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Looking at what we have in our coffer for eYearbook 2016 edition, I am amazed at the inspiring words and lively spirit of our colleagues in the School of Business & Services. If you are short on inspiration, feeling burned out or unmotivated, I hope you’ll find just that kick to help you shift gears.

This edition is packed with topics on learning. And why not? It’s a subject that resonates with us all. Lifelong learners gamely shared their experience of the courses they are pursuing or have recently completed. Movers and shakers among us also gave thought-provoking perspectives of the SkillsFuture.

In our line of work, there are many instances where we go beyond our call of duty to be there for our students. I believe that the tagline, Going the Distance aptly epitomises that value which we all hold dear. We’ve also added a few light moments into the mix. Check out Food Glorious Food where colleagues revealed amusing gastronomic secrets. Expect a few question marks over cute-looking younger versions of our colleagues in Guess Who? And get up close and personal with colleagues who shared their life experiences in Eastside Stories.

The EDGE, our eYearbook, has remained true to our main intention to be the voice and a platform for us, the staff, to share. While we could not capture all the events that had happened within our School for the whole year of 2016, we hope to give you a glimpse of the lively spirit and inspirations that permeate throughout.

We hope that as much as you have inspired your students to grow and develop themselves in the many positive ways, you too will be inspired personally and professionally. Let’s continue to share so that together, we can prosper in bonding and knowledge. Enjoy reading!

Haj
Hajijah Koming
Editor
From
Our Director

Going the Distance

As with days gone by, 2016 will soon make its grand exit amid the festivities and celebrations, and leave in its trail an irrevocable world order characterised by Brexit brashness, disconcerting disruptions, un-thinkable Trumpism, and of course, preposterous post-truth!

Closer home, it was another bustling work year as we took in the stark realities of our red-dot economy and rolled up our sleeves to deep-skill our students for a viable SkillsFuture. The word itself might just be the most cited in the course of our workplan and meetings throughout the year. Familiar, yet with a distinct ring of uncertainty, it called for a whole lot of commitment and discipline to walk students through the distance with industry partners/future employers. With the gig economy and the likes of Fintech re-defining business models, SkillsFuture also demanded that our team think out-of-the-box in preparing students to be work-ready, world-ready!

The work is far from complete come 2017. But going by the energy and enthusiasm with which our team has risen to the task in the past months, I am positive we are on track to realise the student outcomes envisioned. So, let’s relive those special moments in these pages and draw inspiration for the challenges ahead! Along the way, indulge your colleagues and re-connect with those you think you know (really?) ...
The latest buzz word, SkillsFuture, is a national movement to provide Singaporeans with more upgrading opportunities so that workers become more skilful at their work.

Upgrading myself in the latest management skills and keeping abreast with the latest trends in sport will help me stay relevant in my organisation. Personally, SkillsFuture allows me to attain skills mastery as I advance towards my next phase of life, in my retirement years. I’m looking forward to enriching my life by taking up courses that enlighten me personally.

For my students, SkillsFuture programmes such as industrial attachment and involvements in sport events beyond the campus will enable them to expand their horizons and enhance their unique selling points to future employers.

Raymond Ong
Course Manager
Sports Studies
SkillsFuture is an opportunity for staff like me to upgrade our skills in the subjects that I am teaching. It enhances our passion to acquire new knowledge and improve our pedagogical teaching practices and communication with students.

SkillsFuture allows our students to excel in skills mastery. An example of this is forklift driving training. This training is open to ITE and CET students who can attain mastery in forklift driving - a highly demanded skill in the industry. The internship that our students undergo with our industry partners also gives them an insight into their chosen career and opportunities to develop their passion for the work within the industry. With an open mindset to deepen their skills, our graduates will stay relevant in the industry.

Being a small country with no natural resources, we can build upon our workers’ skills mastery and innovations.
As part of the SkillsFuture programme, our Nitec in Fitness Training students will have more on-the-job training through a 20-week internship in 2017. The emphasis on translating theory into practice aims at giving students a more comprehensive learning outcome as they will cover key knowledge and skills application during their internships.

Enhanced internship for our students will certainly give them the platform to experience real work through collaboration with industry partners. Students will be ready to join the workforce in their chosen field after graduation.

Faith Hong
Section Head
Fitness Training
Developing Skills and Personal Styles

SkillsFuture is very relevant for our students in the Nitec in Hair Fashion & Design course. In our trade, it is imperative that we, as lecturers, consistently upgrade and keep up with the latest technologies and trends as we train students for careers in this industry.

Industrial attachment and collaboration with industry partners increase our students’ options for employment. On a regular basis, we invite industry partners to hold workshops and give career talks. Selected students are also given opportunities to take part in overseas exchange programmes.

We are also setting up a communication platform for all our graduates to share new skills and exchange updates on the latest trends and developments within the industry. We always emphasise the importance of hard work and dedication to develop skills and personal styles for our graduates to be successful practitioners in the industry.

Steven Ang
Senior Lecturer
Beauty & Hair Fashion
To me, SkillsFuture is a good initiative from the government, particularly so for our ITE students. To be able to do well at school and work, it is important that one stays healthy. This is where physical education comes in.

Physical education aims at giving our students an awareness on the need to keep fit. When we train students during our Physical Education lessons, we do not want them to just practise during lesson time but to embrace the habit of keeping fit so that it becomes very much a part of their lifestyles. To get them interested in physical fitness and push up their adrenalin levels, we organise many activities, events and competitions.

We hope that our youths will adopt a healthy lifestyle that will make them fitter, look better, concentrate better in their studies and eventually do well at their workplace.

Trevor Ian Lim
Section Head
Physical Education
Striving Towards Excellence

Today, a teacher is expected to impart knowledge and skills, facilitate learning, mentor and counsel students. Apart from the necessary academic qualifications and interpersonal skills, one would need to acquire skills relevant and essential to perform his or her job effectively.

SkillsFuture is the driver for lifelong learning - acquiring and deepening skills for us to stay relevant and effective in the industry that we are in. And one crucial skill is life skills, also one of our most transferable assets.

In this ever-changing economic landscape, staying relevant and striving towards excellence is key to our progress towards an advance and inclusive society.

June Tan
Section Head
LifeSkills
It is said that creativity has no limit and this applies in the sports industry too. In order for us to be the best possible, not only do we need to acquire the foundational skills in sport management, but also have to constantly keep up with the innovative changes, emerging trends and demands in the industry.

The SkillsFuture programme is totally relevant for our students. The exposure during internship will provide a good grounding for them to pick up skills beyond the theory and practical they have learnt in College East. Students can also develop their talents and skills to better prepare them for their future chosen careers.

The experience gained during internship will also allow them to see the endless possibilities of this rapidly growing industry. With the right attitude to deepen and widen their skills and knowledge, our graduates will be sought after in the industry.

David Chee
Lecturer
Sport Management
Cultivating an Optimistic Attitude

Since joining ITE, my constant guiding star has been: It’s how we embrace the ideas with a positive mindset that make us different from others in cultivating an optimistic attitude. For SkillsFuture to work, each and every one of us needs to develop a positive mindset in upgrading ourselves in our chosen careers.

Over the years, I have always encouraged my Nitec in Beauty & Wellness students to be like a sponge, absorbing knowledge and learning as much as they can. We give them many opportunities to challenge themselves such as getting them to take part in competitions. When they go for internships, students will learn how to deal with customers. Possessing their trade skills is not enough as they need to know how to delight their customers with excellent customer service skills.

These opportunities will allow our students to experience the real work life and hence prepare them to be work ready.

Elaine Ng
Lecturer
Beauty & Hair Fashion
Constant scientific and technological innovations and rapid changes in social, economic and political arenas have profound effects on learning needs and styles. Learning can no longer be divided into a place and time to acquire and apply the knowledge. Instead, learning is an ongoing and voluntary pursuit of knowledge for personal and professional gains. Check out our self-motivated colleagues who are pursuing or have recently completed their courses in their quest for lifelong learning...

Keeping Abreast with Changes

The sports scene in Singapore is dynamic and constantly evolving. I believe the course I’m pursuing allows me to keep abreast with the changes, practices and developments in this field. One of the current challenges is obesity among youths. A poor knowledge on nutrition and the lack of exercise make it difficult for them to attain healthy fitness levels.

There are many new developments in food sciences and techniques on training youths to achieve fitness. Such information keeps me updated and allows me to guide and educate my students better.

“….to keep abreast with the changes, practices and developments...”

Ratna Suffian, Lecturer, Physical Education
Master of Education
Nanyang Technological University
I love to ask questions whenever I’m in doubt. I believe in a lifetime of learning and embracing new experiences. I attend courses that interest me and upgrade myself academically by taking up this course. This personal achievement serves as a stepping stone for me to explore and discover myself as well as the world around me.

When in Doubt, Ask

I am a firm believer of lifelong learning. I have never shied away from learning new skills and upgrading myself - from a three-day short course like Wilderness First Responder to an 18-month Advanced Diploma in Marketing.

Becoming a more effective and capable educator was the main reason for pursuing a postgraduate degree.

It has been quite a challenge having to juggle family, work and studies, but it has been well worth all the efforts put in. I look forward to providing value-added guidance to my students.

“I believe in a lifetime of learning…”

“I have never shied away from learning new skills…”

Well Worth It!
Appreciating Culture Through Language

“I learn Japanese...merely to appreciate its culture.”

Many years ago, I took up a course in Japanese language and was conversant in it. However, as I began to focus more on my career, I did not get to practise much Japanese. Hence, I lost fluency in it.

I learnt Japanese, not for any practical reasons but merely to better appreciate its culture. Learning about a different culture always excite me! Recently, I took up a part-time Japanese language course to brush up on my Japanese again.

For now, “頑張ります!” - which simply means “I’ll do my best!”

Back to School

“I truly believe that learning doesn’t and shouldn’t stop.”

Going back to school is such a refreshing experience, after all these years!

This course has widened my horizons. I understand the underlying principles behind curriculum development and how I can employ such principles in classroom teaching.

With my 16 years of teaching journey, I truly believe that learning doesn’t and shouldn’t stop.
Count on Me

My impetus in pursuing this course stemmed from the limitations I experienced in resolving the myriad of personal challenges faced by my students. I feel that my enhanced competencies will better equip me to counsel students when the need arises.

Since commencing this course, I have gained a greater self-awareness and insight into the psychology of my students. With this newfound knowledge, I believe that I can become a better mentor, friend and brother to my students.

…a better mentor, friend and brother…

Learning Opportunities Aplenty

I am thankful for the opportunity to attend this programme at the start of 2016. This course gives me great benefits, especially as I can apply the acquired knowledge in my new role, working alongside Special Education Needs (SEN) students. It has been most meaningful and I look forward to contribute more in this area.

I hope that one day, I can look back at this chapter as the most exciting and fulfilling days of my life at ITE.
In a field where concepts and practices are ever-changing, continuous learning and development is essential in keeping our knowledge and skills up-to-date.

My passion for education and content mastery spurred me to take up this course, where I learnt about current and emerging trends in the sport and exercise industry.

I’m motivated to add value to students by sharing the best practices and imparting relevant and current information in the industry.

“I’m motivated to add value…”

Milestones in My Journey

“I sincerely appreciate the unfailing support from ITE’s management, my colleagues and family members…”

Since young, I have always been in the hospitality industry. Hence the decision to take up a part-time course in hospitality came naturally to me. The two-and-a-half year duration of the course came with challenges. But it was a significant milestone in my journey of lifelong learning.

I sincerely appreciate the unfailing support from ITE’s management, my colleagues and family members which has allowed me to enhance my knowledge in the field that I have a great passion for.
I remember vividly the first time my two brothers and I joined our first Judo session. I was six then, but the memories are still fresh with me - as if it was just yesterday...

My mum was a judo coach at the club in our hometown in Scotland. I was really nervous the first time, as I wanted her to be proud of me. Before long, however, I fell in love with this sport.

Judo has indeed taught me a lot of positive values and discipline. After many years of training, it was only natural that I chose to coach judo. I moved to Edinburgh, coaching young children in a ‘judo taster’ programme - an introductory session with the aim of sparking interest in this martial art.

That was twenty years ago. However, my love for judo will always remain with me. Here I am at ITE, doing what I love most - coaching our students in the beautiful sport and martial art of judo.

Coaching judo brings me a great deal of joy as students not only build their strength and stamina, they also learn more about self-discipline, respect, courage, humility, perseverance and friendship. These qualities will surely help them in their personal development and as they start their next chapter in life after graduation.

On a personal level, I hope my two young boys will enjoy this same sport and get to glean all the positive benefits that come with it.
Being a mentor to my colleagues is never a one-way traffic. A mentor-mentee relationship that develops is not merely a sharing of information from me as the mentor, but a learning process for me from the mentees. This two-way learning process allows me to keep abreast with the changes and to look at things through different perspectives.

As a mentor, I am fortunate to have many opportunities for interactions with new staff who are hungry for knowledge and willing to experiment with new techniques. Whenever we interact, I find myself looking at certain areas discussed from new perspectives. These allow us to explore the less trodden paths and discover fresh ideas. For example, when I was mentoring Esther, I sharpened my knowledge of the different approaches lecturers can take to engage students. I also learnt to carry out lessons in modules which I have never taught before.

I believe that for the mentorship programme to be successful and mutually beneficial, both mentee and mentor must have trust, open mindsets and the willingness to share.

Esther, Hian Hwee’s mentee, said, “Having a mentor like Hian Hwee made a big difference for someone like me. When I first stepped into ITE, it was a different culture from my previous industry. I felt that everything was new, so having a mentor who was willing to listen to and discuss things with me really help. She guided me in many areas; from handling students, taking different approaches to lessons and to administrating examination processes. I am grateful to have her as my mentor.”

“In learning, you will teach.

In teaching, you will learn.”

~ Phil Collins

Chan Hian Hwee
Senior Lecturer-Mentor
Accounting

EASTSIDE STORIES
Cruising through Different Cultures

Having flown to different corners of the earth for many years, May Chang has a different take on life. She shares her appreciation of the experience and most importantly, how grateful she is, living in Singapore.

I flew with Singapore Airlines for 11 years and resigned when I was a Leading Stewardess. During my time overseas, I enjoyed sightseeing, capturing the sights and sounds that I had envisioned while growing up.

I also cherished the interactions with every passenger I came into contact with, appreciating their different cultures and respecting their beliefs. For a few of the countries that I had visited, I was discriminated simply because of my skin colour. Such experience, however, made me appreciate the racial harmony and equality we so often take for granted in Singapore. No place can be sweeter than home.

Flying can be seriously challenging. You work with a different set of crew for every flight and sometimes, a straightforward one-hour flight can feel like hours on end. Once, I was in-charge of a full load of Business Class passengers and an English-speaking Chinese passenger insisted that I serve him personally. He asked me to explain every in-flight meal and entertainment and translate them in Mandarin as I was the only Chinese crew in the cabin on that Shanghai-bound flight.

All these experiences taught me to be resilient, open-minded and to treat everyone as an individual. When I interact with my students, I apply the same principle. I also consciously make every effort to remember their names so that they would feel important.

I hope that the sharing of my good and bad experiences as a stewardess, and my encounters with different people in different places will motivate and spur my students to reach out for their goals.
Like May Chang who had flown before joining ITE, meet Miranti who was from the same industry. As an ex-Singapore Girl who had flown to metropolitan cities like New York, London and Tokyo, she shares that there’s more to this job than meets the eye. Let’s hear from Miranti...

As a sport management graduate who prefers to be in T-shirts, shorts and jogging shoes, one of my biggest challenge in this job was having to wake up in the wee hours of the morning to groom myself with impeccable make-up.

Any air stewardess can tell you that this job carries with it a huge amount of responsibilities. We have to ensure that every passenger’s journey is safe, comfortable and delightful. With each flight, I learnt new things and how to tackle the challenges in different ways. I also developed resilience and perseverance as I met all types of passengers - some very friendly, others difficult and demanding.

But I must admit that my flying days had been a whirlwind of fun and adventures too. There’s no end as to how much of the world one can see and the things one can learn from. I believe that I have learnt a lot and gained new insights from my travels.

Although, I’ve clipped my wings and started a new chapter at ITE, I will always cherish those memories. I often share those stories and learning points with my students in the hope that they will open their hearts and minds to such life lessons.

Miranti Hamid
Lecturer
Sport Management
An avid action movie and animation story fan, Samuel keeps a large collection of action figures spanning over 20 years. Samuel shares his toy story...

As a kid from the 70s, I have always been fascinated by the *Star Wars* movies. Besides the groundbreaking film techniques and storylines that started the worldwide pop culture, I was hooked by the Jedi characters and their light sabers. The best part of it all is that the movie has its own action figures! I remember playing with these figures and recreating scenes from the movies. Regretfully, these figures were spoilt due to regular use and lack of care.

In 1999, when *Star Wars* Episode I was launched on the big screen with a whole new series of action figures, my love for these figures was reignited. With more cash to spare as I was a young working adult, I was able to resume my toy collection journey.

Soon, my collections expanded outside the Star Wars universe and into action figures from popular Hong Kong comics - *Wind and Cloud (The Storm Riders)*, *Japanese Manga Dragon Balls, One Piece* and some other random movies that I love such as *The Matrix*.

Through my collections, I’ve learnt two valuable lessons: firstly, I’ve learnt about limits. I’ve limited resources, space, time as well as energy. It is not feasible to desire and own everything that I love. Secondly, I’ve learnt to appreciate some things without having to own them.

These days, I refrain from buying anything to add to my collection. Unless the item is very unique, rare and awfully awesome.

Toy Story
I have three online accounts: Qoo10 for local and Korean facial and hair products, iHerb for supplements from USA and Taobao (a Chinese website similar to Ebay) for household items, clothing, herbs and gadgets.

I try to sniff out products at the best times to enjoy price slashes and huge savings. One of the first things to do is to mark your calendar down for days such as ‘Black Friday’ for amazing deals on US products and ‘Bachelor Day’ for cheaper goods from China.

If, like me, you are getting all tingly with excitement at the idea of shopping, just a few cautionary pointers to stabilise your dopamine levels. Do perform adequate due diligence on the suppliers to avoid getting scammed or disappointed. Read reviews from past customers, look out for sales performance and check the suppliers’ website if they have one. If you fail to do these, it may hinder you from getting the best deals in terms of price, quality, functionality or timely delivery.

If you are easily swayed by offers or discounts and are afraid you may break the bank, don’t fret. I was a victim of impulse buying in the past. My usual practice would be, after adding items to the online shopping cart, I will give myself a few days, which I term as “my cooling period” before paying for the items. In this way, I can delete those which I don’t really need. It’s a simple but effective plan for me!

The Savvy Shopper

Like most of us who relish the joy of shopping, Wendy Leng loves to browse her favourite brick-and-mortar shops. But it has been a few years since she ditched her trusty mall shoes for fluffy bedroom slippers. Wendy is now an online shopper. And quite an expert at it too!

Wendy Leng
Senior Lecturer
Business Services
In 2013, I was appointed as the Chairman of Woodgrove Zone 8 RC. I was engaged in conducting house visits at selected households to help resolve some of the problems they had been facing. Occasionally, I played the role of a mediator during conflicts between residents.

The chance to organise and conduct events for my community has allowed me to stay connected with the residents. I am grateful for the many opportunities given to bring residents closer together. The network and friendships that I have developed over the years is my main motivating factor. Despite being in Zone 8, the events I have helped to organise go beyond the 21 blocks. After serving for more than five years with the RC, I still hope that more residents will come forward to contribute their services or bring up issues that can improve the community. I look forward to building a more inclusive and cohesive society where neighbours demonstrate sincere care and concern for one another.

I have gained invaluable skills while volunteering. Organising RC activities has broadened my horizons and listening to the residents has allowed me to know my community better.
In recent years, food has become one of the most talk-about topics. So, it is only natural that we attempt to cover ‘Food’ in this issue.

When we approached colleagues to tell us about the food they love, conversations flowed. Even colleagues who do not think of food as an integral part of their lifestyle are just as happy to share something about their favourite food.

Cuy, one of Peru’s most famous dishes, is not for the faint of heart. Intrepid Joo Huat who has travelled to many corners of the world, tried it out during his recent trip to Peru.

This fried or roasted guinea pig is a Peruvian delicacy. Gourmet cuy are fed exclusively with an alfalfa diet to ensure tenderness of the meat. They are often cooked whole - with the head, teeth, ears and other parts left intact. As to the flavour, Joo Huat attested that it was a cross between a rabbit and a chicken. “Truly yummy!” laughed Joo Huat. Now, what do you make of it?
I was inspired to create my own recipes after watching a cooking programme. At that time, I was trying to impress my then girlfriend - now wife, with my little concoctions. It was a winner! And so it encouraged me to keep on trying to ‘perfect’ my new dish.

This invented dish has now become one of my specialities. It has a spicy flavour with a sweet tang. The main ingredient is shrimp cooked in grape juice. I always add sharlots, garlics, figs and even cashew nuts. Over the years, I have also learnt to substitute western herbs with local basil, laksa and kaffir lime leaves to give it the Asian flavour. I name this concoction *Shrimp Jitster*. Would you like to try it?

Isn’t it great to find out that our gorgeous lecturer, Eunice, is just as much of a foodie as you are? Eunice has generously shared with us her latest favourite haunt. Known as the Non Entrée Café, it is located at Rangoon Road.

Eunice cannot hold another dessert outlet in higher regard. Original desserts like *Chocolate Avalanche*, *Bak Chor Mee*, *Tutu Kueh* and *Ang Ku Kueh* will tempt your taste buds. Check it out and remember to thank Eunice for her fantastic recommendation!

**My Shrimp Jitster Dish**

**My Dessert Haunt**
I love home-cooked Japanese food as it is easy to prepare and more nutritious. For me, a meal always begins with miso soup with a thick slice of ‘konbu’ (dried seaweed), salmon bones and fins, vegetables and tofu. Rice would be brown or mixed-grain rice with a mixture of short-grain rice. I like steamed or grilled fish with stir-fried vegetables - the leafy-and-stem types. I spice this up with a plate of mixed nuts comprising walnuts, cashew nuts, almonds, lotus seeds and peanuts.

It is refreshing, especially with beer or wine during dinner!

Douzo meshiagare! Enjoy your meal!

I fell in love with cake baking since young. My mother loved baking so, it is only natural that after watching and helping her, I developed the same passion.

Baking is therapeutic for me. I bake whenever I have the time. I continue to deepen my skills by attending short courses such as designing the latest types of cakes using unique ingredients and decorations. Over the years, I have baked for my children’s birthdays and weddings, and a few other family events. Although I’ve received many requests for my cakes, I have not thought of commercialising them simply because of the time factor.

Would I consider taking it up after retirement? Hmmm... Something I have yet to consider for now.

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My son is over a year old now but when I was expecting, I had the strangest pregnancy cravings one can imagine! I simply loved any food that was yellow. You might have guessed that I must have eaten plenty of bananas. That’s right! I discovered an even more mouth-watering combination - roti prata with bananas! So delicious!

Going Bananas: I had lots of them.

“Mummy’s cooking is the best!” most kids would exclaim.

I’ve always thought that bought food tasted good when I was young. However after a few unfortunate episodes of falling sick after consuming them, I realised that my mama’s cooking is the best.

Nonetheless, I refrain from praising my mama simply because I prefer her to spend time resting rather than cooking.

I don’t love her because she cooks well. I love her simply because she is my mama!
Confessions of a Fast Food Junkie

I am an unabashed fast food junkie who enjoys finger-linking meals at places like Burger King and Texas Chicken. But more recently, 4FINGERS is what I gravitate to when the hunger pangs come a-calling.

My first experience with 4FINGERS was at Changi Airport and it took me by surprise that their menu stays clear of processed food as they use fresh ingredients. My usual order would be their Chicken Rice Box or Tofu Rice Box with Japanese rice and house-made kimchi coleslaw. Just thinking of their crispy chicken fried to perfection and lathered generously with soy garlic or hot and spicy sauce makes my tummy rumble.

Bowled over by Pho Bo

One of my favourite dishes is Vietnamese beef noodles, also known as pho bo. I was bowled over with this dish eight years ago during a trip to Vietnam. My favourite local version is from a stall called A Vietnamese Street Kitchen located at PasarBella@Suntec City.

However, none of the local pho bo can beat those from Vietnam. During a recent trip to Hanoi, I ate it daily. I even attended a pho bo cooking class hosted by a professional Vietnamese chef. It was such a satisfying experience!

4Fingers at Changi Airport: Happy Hadhirah at her fast food haunt.

Menu Favourites: From top, Chicken Rice Box and Tofu Rice Box

Totally Mouth-watering: Applying tips learnt, Jamie creates her own concoctions of pho bo.

A Delightful Culinary Experience: Learning how to cook pho bo from the best.

Hadhirah Othman | Lecturer, Business Services

Jamie Foo | Lecturer, Fitness Training
Nourishing Ties & Warming Hearts

15 student volunteers from Nitec in Human Resource Management Course accompanied the elderly from Pacific Health Senior Citizen Centre to Gardens by the Bay. This community service event encouraged civic responsibility, all-inclusive values and compassion in our students.

Nourishing Ties
‘The smallest act of kindness is worth more than the greatest intention’ ~ Khalil Gibran

Warming Hearts
Our student volunteers walked and talked with the elderly and assisted the wheelchair-bound. The elderly and students had heart-warming time together. Mr Edmund, an elderly participant enthused, “I had a wonderful time today - enjoying the scenery and interacting with the young people. Thank you for organising this trip!”

Young Hearts, Touching Hearts: Students find enjoyment nourishing ties with the elderly.

Learning while Giving: For many of our students, this is also their first visit to the Gardens by the Bay.
Each year, the Finance Services Department organises the Chinese New Year Hamper Competition. This year, the event was extended to include three secondary schools, namely Pioneer, Regent and Greendale Secondary Schools.

55 teams comprising students from all the four schools in College East, staff and the three participating secondary schools gathered at the Amphitheatre. The teams were given an hour to wrap donated groceries and basic necessities into beautiful hampers which would then be delivered to the senior citizens from Lion Befrienders at Tampines. The winning team walked away with attractive prizes at the end of the competition.

Over at Lion Befrienders, some of our students conducted activities such as sing-a-long session and games for the beneficiaries while waiting for the hampers to be delivered to the Centre. Some even went the extra mile and helped the elderly carry the hampers back to their homes.

It was indeed a meaningful and memorable event for everyone involved.
In preparation for the Emergency Preparedness events, 50 first-year Nitec in Beauty & Spa Management students were selected to attend training workshops on moulage make-up. Moulage refers to the art of applying mock injuries for the purpose of training Emergency Preparedness Team and other medical and military personnel.

Organised by the Singapore Civil Defence Force (SCDF), the Emergency Preparedness events were held across different constituencies ranging from Pasir Ris West to Teck Ghee. At each event, our students work on three to five casualties, deep cuts or gunshot wounds with moulage make-up.

Lecturer Michelle said, “These exercises gave our students a platform to contribute to society and provided them with good training ground, helping them realise the importance of these exercises which may one day save lives. It is also a great exposure to showcase their talents, as learning takes place outside of the classroom.”

In another separate event, moulage make-up training came in handy again. ‘Moulage for Ex Bear 2016 - Seletar Airport’ saw the collaboration between our Enhanced Nitec Foundation Programme (e-NFP) and Nitec Beauty & Spa Management students and Changi Airport Group to prepare and get their staff ready in the event of a terrorist attack. Eleven students injected realism through the application of moulage make-up for the 50 activated Seletar Airport staff.

“It was an authentic and enriching learning experience for the students as they witnessed first-hand the simulated terrorist attack. They also get to hone their craft by learning new make-up skills they would have otherwise missed out had they not participated in this event,” said Cincelia, the lecturer-in-charge for this group.
"The stuff that we’ve always taken for granted as youths in Singapore are not easily available elsewhere." This is what Joleen Lim, a second-year Nitec in Beauty & Wellness student and her school mates learnt when they visited Moneanh Primary School and DAIL Community Orphanage in Siem Reap, Cambodia.

The five-day Overseas Community Service (OCS) Programme opened their eyes to how the less fortunate live. Our students organised activities to raise awareness of personal hygiene among the children. They also distributed donated items which they had obtained from Singapore. These included shampoo, dental sets, hand sanitisers, chocolates, stationery, learning materials and toys.

“Although this visit is a small contribution from us, I hope that we have made a difference in the lives of the children. The children are so grateful for the little things we did. It was very touching,” said Joleen.
Students learnt the true meaning of paying it forward with a big heart when they took part in the ‘GO FOR GOAL’ Charity Football 2016 event.

“This charity event which saw over 200 guests and students was co-organised with Students Care Service, a leading social work organisation. The community engagement and fund raising activities of this event provided authentic learning opportunity for our students,” said Darren, the staff in-charge.

Eden Foo, Higher Nitec in Human Resource & Administration student, who was among the more than 30 students involved in organising the event said, “Planning for this event gave us hands-on experience from its first stage to execution on the ground. Along the way, we made a few mistakes, took recovery actions and learnt from there. This experience certainly prepared me to be work-ready.”

The amount raised during the event would go a long way towards providing for the needy students. Chairman for Students Care Service, Dr Ang Seng Bin and College East Principal, Dr Yek Tiew Ming graced the event.

Authentic Learning: Students learn through hands-on involvement.

In Action: Teams from various companies participated in the 11 a-side soccer matches that lasted for six hours.
Comprising two categories: The Apprentice Category for the secondary school students and The Hairsmith Category for the Nitec in Hair Fashion & Design Course Year Two students, ‘My First Haircut’ inaugural finals was attended by close to 300 guests from the hair fashion industry, secondary schools students as well as ITE staff and students.

For Mohamed Rizq Aiman, a secondary school student from Bedok North Secondary School who won the Championship award for the Apprentice Category, “It was a wonderful eye-opening experience for me. I had never imagined getting so much limelight even before I decided on my course at ITE. Now I’m more certain of the course that I wish to take at ITE.”

Senior Lecturer Arthur explained, “This event aims at creating awareness for the Nitec in Hair Fashion & Design Course among secondary school students. This is also a platform where our own students develop their skills further and network with people from the industry.”
When Siti Nabilah got to know her lecturer, Ms Audrey Aw, had to attend an urgent meeting and cancel class, she and her classmates were cool about it. “We can access our work through myConnexion and submit our assignments by the end of the lesson,” said Nabilah calmly.

Nabilah, a first-year Nitec in Finance Services student, together with 240 of her course mates are under the BYOD programme.

What is BYOD? It stands for Bring Your Own Devices, an initiative aimed at using technology to bring out the best learning outcomes for students. Students need to own and bring a portable computing device (e.g. laptop or tablet) to school.

“The primary objective of this initiative is to prepare lecturers and students for continuity in learning should classes be suspended in the event of a crisis. This initiative also encourages self-directed learning among students, as students get to explore and conduct online research. This learning can take place anytime and anywhere,” said lecturer Hadhirah.

“During facilitation, we can engage students through activities and discussion forums via myConnexion to maximise learning, exploration and sharing. We can also monitor students’ learning and participation via the forum sharing and submission of assignments,” added Audrey.

Meanwhile, lecturers and students are enjoying the online platform and giving feedback to further improve BYOD’s implementation in the School of Business & Services.

Bonding through Gadgets: Collaborative learning among students.

Behind the Scene: A few of the many staff who work hard on BYOD.
When Shawn Ng Yang Jie got his GCE N/T (General Certificate Normal Technical) results in 2014, he was totally devastated as he did not pass any of the subjects he had sat for. But Shawn’s secondary school teacher, Ms Ong, explained that he could have a second chance to continue his studies if he were to take up the Enhanced Nitec Foundation Programme (e-NFP). At ITE, Shawn grabbed the opportunity. Having completed the two-year programme, Shawn is now in his final year towards attaining his Nitec in Mechanical Engineering Certificate.

Introduced by MOE and ITE in 2014 to help GCE N/T students with a nil or one subject pass, students like Shawn are able to acquire skill qualifications through the provision of this customised three-year programme. While learning technical modules paced over three years, students are trained in English, Mathematics and Character Development.

“In this programme, students do a lot of hands-on activities to actualise what they learn in theory. Learning journeys and camps further enhance students’ learning experiences,” said lecturer Li Hiang.

“I feel heartened, having witnessed the benefits and competencies that my students are now equipped with to successfully progress to their Nitec trade modules. Our first cohort of e-NFP students are successfully completing the final year of this programme. Yay!!” enthused lecturer Aidil.
Higher Nitec in Beauty and Spa Management student, Chloe Ng’s hard work paid off when she won a bronze medal in the Beauty Therapy category in the 11th Asean Skills Competition in September 2016.

The three-day competition included various segments such as manicure, pedicure and facial spa, nail art and make-up. The training and exposure she received will go a long way towards developing her mastery in her chosen field.
‘When life gives you lemons, make lemonade’ is Jeslina Angel’s positive outlook to life. Despite financial struggles in her growing years, Jeslina made it to the Director’s List for three consecutive semesters.

As a student leader in the ACE Club, Jeslina is active in giving support and guidance to her schoolmates. She led a team of 12 to do community service with the ‘Soup Kitchen’ a voluntary group which delivers free food to needy families. She also led a team on a Youth Expedition Programme (YEP) trip to Kandai Province, Cambodia, to refurbish a local primary school and teach the children basic English.

An aspiring entrepreneur, Jeslina, together with her team clinched a grant prize for a trial product at the NTU Startable Competition 2015. In the same year, she was presented with the ITE Lee Kuan Yew Model Student/Trainee Award. Jeslina is an exemplary student whose spirit of excellence is an inspiration to many.
Amanda Neo Yan Lin, a first-year Nitec in Business Services student from the School of Business & Services was elected the 13th President of Student Council, ITE College East in November 2016. The soft spoken, calm yet plucky student who is determined to take up her leadership duties seriously, speaks...

As the newly elected President, I would like to thank all who have put their trust in me. I feel privileged to be given the responsibility to lead the student body and be your voice at College. At the same time, I am humbled to be given this chance to lead and serve as the President of Student Council.

This opportunity would not be possible without the help and support from everyone - fellow students who supported me through thick and thin and most importantly, the caring staff and management who recognised the potential in me and guided me all the way.

As new councilors, my team and I may have a roller coaster ride in carrying out our duties, but it is through serving that we will surely learn and understand more. We will work as a team and create further milestones for our College that all of us can be proud of.

With the continuous support from my fellow councillors and guidance from staff advisors and lecturers, my team and I will work hard to serve our best.
The ITE Combined Women’s Soccer Team has done us proud once again and retained their POL-ITE (Polytechnic-ITE) Championship title! With an impressive display of teamwork and determination, they managed to repeat last year’s feat with no conceding goal and a massive score of 29 goals!

Our top scorer was none other than Nur Farhanah, Nitec in Fitness Training student. Delighted, Farhanah said, “Our lecturers are so committed in all areas that there is no way for us but to give our best.”

“The synergy off the field, working together with different soccer masters and class advisors from various Colleges to ensure that the players are allowed to represent ITE in the midst of their studies, industrial attachments and many other commitments proved to be the driving force of our victory,” said Ratna.

May this feather in the cap continue to inspire our students to work together to produce a team of magnificent players worthy of more titles and achievements!
The Logistics Skills Competition 2016 saw two Logistics classes represented by their best team of five members going head on against each other.

It was no mean feat as the teams were measured based on authentic tasks such as proper stacking of cartons and handling of equipment like the pallet jack. Motivated, the students cheered on to support their classmates who participated.

Section Head, Ms Jacquelyn Loh said, “The competition was organised to enhance the students’ learning interest. They also learnt the importance of accuracy, efficiency, teamwork and safety.”
Values We Share

When Darius Wong, second-year *Higher Nitec* in Accounting student, was blind-folded and tasked to clear challenging obstacles at each station, he was initially daunted, but after listening carefully to the instructions given by his team mates, he managed to clear the tasks rather well.

Darius is among the 800 students and staff from all courses within the School of Business & Services (SBS) who took part in various activities to practise SBS’s three key values: Respect, Resilience and Responsibility.

The different courses were grouped into three teams; each team represented in different coloured attire: ‘Respect Team’ in black, ‘Resilience Team’ in blue and ‘Responsibility Team’ in red. “The three values were incorporated throughout all the games and activities, namely Ninja Warrior Obstacle, Tug-of-war, Talent Show (with Cheer) and Human Logo Formation conducted during the event,” said lecturer-mentor Elaine.

“While we understand that all sound values are important, we feel that these three key values are more critical and relevant for our SBS students. These exercises are merely triggers for our students to embrace and breathe these values in their private and professional lives,” added lecturer Eleanor.
When Yee Si Xuan, first-year *Higher Nitec* in Mechanical Engineering student, stood in front of a full-house auditorium in the finale of the *iSpeak, iWrite: Creative Jamboree* programme, he was awestruck. It was his debut performance since joining ITE in January 2016. Being one of the triumvirate who bantered on the topic “If I were the Principal of ITE College East for the day,” Si Xuan revealed: “I was really nervous but when I saw the audience responding actively to what we were saying, it really encouraged me. I never realised how powerful words can be!”

Many students like Si Xuan had their first tastes of literary endeavours through this programme. Students across all Schools were given many opportunities to be engaged in English language activities such as Lyrical Writing, Poetry Slam, Photo Journaling, Feature Writing and Public Speaking throughout the year of 2016.

Being under the umbrella of ‘Confident, Competent and Creative Communicators Programme’, *iSpeak, iWrite* aims at developing our students’ confidence and communication skills so that they are ready for the ever-changing demands of the work environment. Other than raising their language standards, students are given a platform to showcase their talents.

The different activities also cultivate students’ interest in the English language and this motivates them to improve their communication skills,” said lecturer Simon.
Challenges at the Challenge

After months of sheer hard work and determination, five teams from Higher Nitec in Human Resource and Management, ITE College East, emerged as the top ten finalists against 40 others vying for the Singapore HR Challenge (SHRC) ITE-wide 2016. Team ISL and The A Team won the 1st and 5th prize respectively. The remaining three teams bagged consolation prizes.

This year’s SHRC explores the theme Are Our Organisations Future Ready? “As this competition falls under our Recruitment and Selection module, we really find the learning process very meaningful as we had to study and analyse how organisations are doing before proposing how they can be better prepared for what is to come,” said Muhd Izzul Shafiq, a second-year student from the ISL team.

“This competition provides an authentic learning platform for our students. Our students enjoyed the applied learning opportunities as they levelled up in terms of their knowledge and skills in the HR module,” remarked senior lecturer and mentor Hariharan.

Irene Choong | Lecturer & Hariharan Dharmarajan | Senior Lecturer | Human Resource & Administration | 13 August 2016

BEYOND THE CAMPUS
We are Global Citizens

We are Global Citizens - Global Mindset, Global Deeds is the theme for this year’s Global Education Day. The event celebrated the continuous success of ITE Global Education Programme (GEP) which seeks to develop students holistically with new skills, global mindset and perspectives. This year’s theme provided a platform for students to share and reflect on the world as an integrated globe.

Isaac Tan, a Nitec in Network & Systems Administration, a GEP participant shared, “I have learnt quite a lot about global warming through this programme. My involvement raised my awareness of happenings around the world and made me think about what I can do to help,” said Isaac who had travelled to Mongolia for the GEP trip.

The event kick-started with a brilliant keynote speech by Mr David Chua, CEO of the National Youth Council. A Memorandum of Understanding was also signed between ITE and International Enterprise Singapore, as part of the efforts to bring Singapore youths to the world. The highlight of the event was the enlightened sharings by ITE students who had participated in GEP. Over 1000 enthusiastic audience members comprising industry partners, ITE staff and students were captivated by the sharings and performances.

GEP has, over the years, accorded many opportunities for ITE students to glean the outside world, broadening their horizons and deepening their perspectives of life. “I believe my trip to Mongolia has made me a better person as it helped me develop leadership, enhanced my public speaking skills and increased my knowledge of the world,” shared Isaac.
Mark Frederick Anthony, a student from Nitec in Fitness Training considered himself very fortunate. He and his course mates were among the few selected students who clinched a 10-week internship with Phiten Singapore. “Since joining #Phiten team, I have learnt to serve customers, giving product demonstrations, particularly in Phiten aqua titanium tape. I have also shared on the use of this product with college mates during the 7-Aside Football Tournament. The experience boosts my confidence greatly,” said Mark.

With enhanced internship, ITE students can grow their needed skills through applied learning and enhance the nexus between College training and workplace learning.

Students will have the opportunity to experience working in a company and undergo training conducted by company trainers. These enhancements will result in more meaningful workplace attachments and increased involvement on the part of companies in developing and training interns, which will help prepare students better for their transition into the working world.

Learning at the Workplace: Mark (right) has developed confidence and improved his public speaking skills.

Maximised Learning during Internship: Denesh visiting and guiding his students at the workplace.
About 350 first-year students from Nitec in Business Services and Fitness Training posed as mystery shoppers and surveyed 47 Guardian outlets across Singapore.

“As part of their in-course assessment for Customer Service module, we decided to make this field research more authentic by collaborating with Guardian,” said lecturer Andrew.

“This field research gave our students an authentic learning experience. While having fun playing mystery customers, students made many interesting observations regarding customer service delivery. They could relate their observations to the learning received in class,” added lecturer Tshee Yeen.
X Country@Singapore Sports Hub

Jordan Tan, a second-year student from Higher Nitec in Sport Management was excited when he stepped into the integrated Singapore Sports Hub (SSH) for the first time. He, together with 1800 other students from ITE College East, were participating in the annual X-Country 2016 event.

“This event gives an opportunity for our students to immerse and experience our world-class hub. Students get to enjoy running together through a route which covers the National Stadium, Singapore Indoor Stadium, OCBC Arena/Aquatic Centre, Water Sports Centre, Singapore Sports Museum, Sports Hub Library, Kallang Wave Mall and Beach Volleyball Court,” said Tammilmani.

For Jordan and his college mates, the experience had been exhilarating and memorable, and they look forward to going back again next year.
Guess Who?

Bowl cuts, missing teeth and funny outfits - we all have embarrassing childhood photos tucked in a drawer that we hope will never see the light of day. But these snaps are just too good to be kept hidden. Our colleagues have gamely shared old pictures of their younger days with us. Can you guess who they are through the Haiku clues?

A) Red superhero,
   Unafraid of kryptonite,
   No spider dares bite.

B) Passion in reading,
   Enjoy animals at zoo,
   Now hair grown longer.

C) Love for chicken rice,
   Reads business and travel mags,
   Runner and cyclist.

D) Soccer, basketball,
   Enjoyable games as a kid,
   Now I walk and swim.
E) Cooking and baking,  
Pretty dresses with trinkets,  
These are stuff I love.

G) Running since childhood,  
Through the oceans and blue seas,  
Passion is now gym.

F) My mother’s words ring,  
Feet indebted to the road,  
My spirit alive.

H) Intrigued by cultures,  
Loves exploring different lands,  
Breath of Innocence.
Did you get them right? Check them out!

A) Fhirhad Omar Khtab
    Section Head
    Physical Education

B) Tan Hwa Lee
    Lecturer
    Finance Services

C) Lim Kah Heng
    Lecturer
    Business Services

D) Leo Goh
    Lecturer
    Logistics
E) Prity Rai
Lecturer
Beauty & Hair Fashion

F) Kang Jaw Yeu
Section Head
Physical Education

G) Warren Lim
Lecturer
LifeSkills

H) Marco Kwok
Lecturer
Business Services
Staff and Students from the School of Business & Services