

THE
CAPTSULE

PART 2



CLUBS AND SOCIETIES



JAM CITY

Jam City was formed by a group of CAPTains who hoped to create a fun music community in CAPT so people can come together to play music as well as learn and appreciate different styles of music. We create a platform for musicians in CAPT to meet others with similar interests, to perform and collaborate with each other, to nurture new talent, to improve our skills, and most of all, to meet other fun-loving people! Through stage performances during dinners and ad hoc events, we hope to cultivate a music culture in CAPT that is all-inclusive, despite the wide variety of musical backgrounds we might have. Best of all, Jam City is open all year round to new faces, so do join us on Tuesdays at Theme Room 2!

CAPT THEATRE

CAPTheatre is the drama interest group in CAPT. In 2013, CAPT had its first musical, *Beauty World*. Following the culmination of months of endless rehearsals, prop making, and set building, we gave a fantastic show that sold more than 900 tickets. This was an immense achievement considering the team was largely made of students who have little to no theatre experience and it was an exhilarating experience for all those involved in it. We then asked ourselves why couldn't we share this experience with the rest of CAPT? Hence the idea for CAPTheatre was born. Armed with the mission to make theatre fun and accessible to everyone no matter the experience level, we hope you would come join us on our journey as we fill the hallowed halls of CAPT with joy and laughter!



COOKING CLUB

CAPT's very own cooking school for both beginners and cooking enthusiasts! From a humble gathering of a few CAPTains who are passionate about food, Cooking Club has now evolved into a full scale interest group that meets every week to experiment new cuisine and dishes! For last semester, participants got to try out a new cuisine every single month. This includes highly challenging dishes such as the famous Singapore Chicken Rice and pineapple tarts in line with the Chinese New Year Season! In line with the college's core focus of engaging the community, Cooking Club has organised an inaugural volunteering event to Willing Hearts Soup Kitchen, with the possibility of more to come! Through it, CAPTains found out how the organisation helps the people in need and also did their part to help the community. If you are someone passionate about making good food for you and your community, then Cooking Club is the right Interest Group for you!



GUITARPELLA

Guitarpella is a performance-based interest group formed in the College of Alice and Peter Tan (CAPT). The club, which started as a platform for a small group of like-minded individuals, with a common passion for the guitar and acapella to come together to make music and perform, has now blossomed into a widely recognised and reputable performing arts group. We have performed extensively in both CAPT and external events and have even performed for distinguished guests, including the former president of Singapore, Mr S.R. Nathan.

SPORTS INTEREST GROUPS



To provide a platform for developing a sports culture in CAPT, the Sports Committee oversees the running of our various Interest Groups, namely: Badminton, Basketball, Captains Ball, Dodgeball, Floorball, Frisbee, Hamundo, and Tchoukball. Our IG sessions happen on weekday evenings from Monday to Friday at various locations, mostly in our Multi-Purpose Hall where the IG members partake in friendly competitions as well as helping one another in working to perfect their skills.



INTERCOLLEGE GAMES



Organised by Yale-NUS this year, ICG 2016 brought the annual sporting competition to a new level. With the introduction of Residential College 4 and an addition of 5 new sports, ICG is now a more enjoyable sporting competition for all. Bearing in mind the purpose of building inter-college relations with our neighbours, the Sports Committee encouraged our athletes to focus on team bonding and enjoying themselves, making this an unforgettable experience for all who participated. This year also saw #teamCAPT embodying the CAPT fighting spirit and sportsmanship. With sheer hardwork and dedication, CAPT came in overall third this year. Many CAPTains who participated in ICG commented that they have forged new friendships and enjoyed themselves, especially during ICG trainings with fellow CAPTains.



BEYOND CAPT



How did you come to pick up gardening as a hobby?

I love food and thus have been drawn to the idea of harvesting my own food from a young age. Gardening presented to me a way to do exactly that, one that did not require as much space as hunting, foraging or fishing. While that started me off, I now love gardening for many other reasons, such as the many life lessons it teaches and the ability to share my produce with the people I care about. I also appreciate how I have learnt to care for the environment through projects like composting.

What skills/qualities does one need in order to excel in it?

The willingness to make mistakes and to 'fail' every now and then is something I have learnt to develop over time. The reality of gardening is that sometimes, even when you think you have done everything right, the plant may still not grow well. When you learn not to push blame, either on yourself or on factors beyond your control, I think you become a much better gardener. You move beyond trying to blame your problems on something/someone to simply doing your best and taking joy in the little joys and surprises that come your way.

Any misconceptions about gardening to clear?

The notion that you need green thumbs to grow plants is a myth. As long as you are disciplined about providing enough water for your plants, the sun and the air provide the other key elements for the plant to survive. That being said, though, there are simple ways to give your plant a better chance of survival, such as switching out to a larger pot and mulching well (applying a layer of organic material like leaves or grass on the soil).

Will you consider gardening as a career?

Through gardening, I've seen how my passion can make a very tangible difference to the world. I am not 100% sure if I want to pursue it as a career, but I'm sure I want to continue learning, upgrading myself and sharing my knowledge so I can make the world a better place.

BRIAN THIAN

BEYOND CAPT:

JOSHUA CHIA



Once you have tasted flight, you will never look at the sky in the same way again.

It all started with my weekly trips to Changi Airport's viewing gallery when I was a little boy. Looking at those heavy, metallic giants glide so gracefully in the air as they come in to land fascinated me greatly. I have always dreamt of being at the controls someday and it was no surprise that I jumped at the opportunity to learn how to fly with the Singapore Youth Flying Club when I entered Junior College.

After joining the club, I quickly realised that flying is not all about fun and chill as some amazing Youtube videos would otherwise depict it to be. As much as the fundamentals of flight and construct of the plane is deeply rooted in science, the process of flying and manoeuvring the aircraft is an art that requires great skill and concentration. Flying involves calibrating your mind and body to feel the intricate movements of the aircraft and thereafter, translating the "feel" into delicate movements of the controls to achieve the intended manoeuvre. It requires a great multi-tasking ability of the pilot to be at the controls while communicating with air traffic control, planning ahead and keeping within the constraints of the limited airspace in Singapore all at once.

The best part of pilot training is the day you eventually get to fly solo for the first time and it was an experience I will never forget. I was still a little shell shocked when my instructor handed me the keys to the aircraft and left me on my own on the fifteenth flight, one flight earlier than scheduled. It was an exhilarating mix of emotions to know that I was then the only person at the controls, fully entrusted with the responsibility of controlling the aircraft and ensuring the safety of the flight and lives on the ground.

After graduating from the club with a Private Pilot License, I went to Long Beach California in 2014 with a couple of friends to obtain our U.S pilot license. Flying in the United States was a very different experience; sharing the airspace with large commercial jets around us required us to be much more aware of our surroundings and compliant to instructions. We were expected to make timely decisions as pilots instead of relying solely on the controllers to maintain separation from other aircraft and I experienced first-hand a late manoeuvre to get myself out of the flight path of an American Airlines jet. Besides admiring the beautiful shoreline off the coast of Los Angeles from the skies, we also got to learn navigation for cross-country flights and flying at night, things that we would not have been able to learn in Singapore.



BEYOND CAPT: BRANDON CHAN

My interest in magic started at the age of 14 when a friend of mine (Muhd Haziq bin Shahul Hameed) lent me a magic book. I read it, and realised I could pick it up decently. I enjoyed performing what I had learnt to others as well. Gradually I became known as the school's magician and that motivated me to learn more. However, I forced myself not to refer to any other magic books because I felt that the way it was taught in books was too dull. They were all tricks per se; there wasn't any showmanship. I believe showmanship is the crux of all performances. In any art form, be it music, magic or dance. I held that belief after watching Lu Chen (a Taiwanese magician) perform. His performances were astonishing not because they were unsolvable. In fact, most of his performances were based on usual magic principles; it was his showmanship that made magic brilliant. Since then, I concluded that even the simplest of tricks could be a sophisticated performance because ultimately, it was the performer that counts.

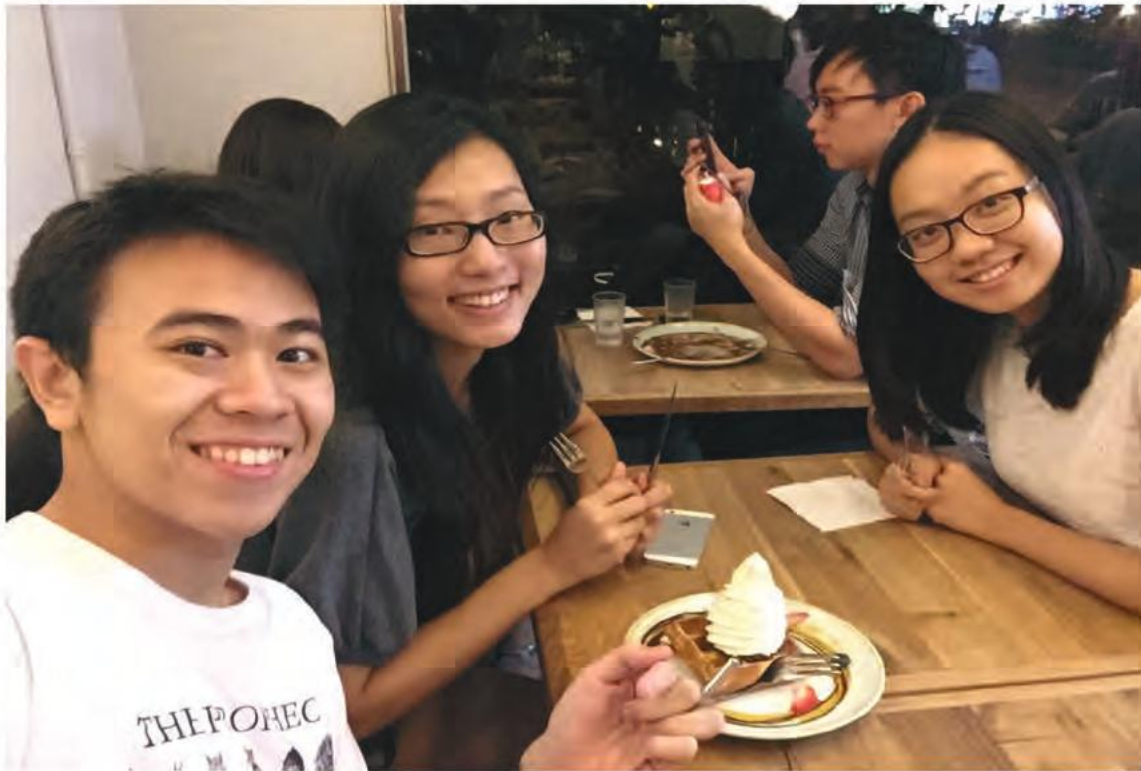
At the age of 15, I decided to create my own performances because I got bored with that book. My first creation was about burning a card and making it appear in a sealed clock. I performed this at my school's fund-raising event for the handicapped.

The one most important quality needed for magic is confidence. You need to have the guts and confidence to pull off magic performances. The great thing about confidence is, even if you do the performance wrongly, such as slipping up on tricks, so long as you can confidently and nonchalantly move on to another trick (like explain that the slip-up is intended to happen and then subsequently perform some other trick), the audience will still think you're an excellent performer. It's all a confidence game. In fact, come to think of it, life itself is a confidence game.

Lastly a point to note- magic is not just about tricks. Tricks are mechanical and technique-focused. Calling all magic "tricks" is a misnomer. Magic in its entirety is a performance. It heavily includes showmanship, and showmanship largely revolves around how you connect with the audience. When the connection is made, it is exactly that that makes a magic performance memorable, and I believe all magicians should work towards achieving this.

CAPT BUDDY PROGRAM

CAPT Buddy is a program that pairs local and exchange students together with the aim of forging international friendships and introducing Singapore to the world.



The CAPT Buddy Program helped me to learn about life in other countries. In Semester 1, I was fortunate to be paired with Luman, a Chinese-national studying in the US. Our conversations over dinner and dessert deepened my understanding about how life is like in both the US and China. The information was different from those in textbooks and on the Internet as it was personalised and I knew more about various issues from her perspective. Apart from learning more about other countries, I have also forged long-lasting friendships. I enjoyed bringing my buddy and her friends to different non-touristy places around Singapore. It was also a fun and memorable time when I introduced her to food from Singapore and of other cuisines. This friendship that I have forged did not end when she left Singapore but it continues even till today.

Having experienced how CAPT Buddy program has benefitted the exchange students in Semester 1, I decided to sign up as an organiser in Semester 2. The CAPT Buddy program strives to continue enriching both exchange students and their local buddy's lives, and I believe that there are many things we can learn from each other. The local buddy is also an ambassador who can make his/her buddy's exchange in Singapore a meaningful and enjoyable one. Ultimately, it is all about helping one other and forging friendships.

Krittin Kawkeeree

EXCHANGE STUDENT

ANDREW GAFFNEY



Looking back on almost two semesters on exchange, CAPT has been at the very heart of it. As someone who isn't particularly social or outspoken (or fit, or coordinated, etc.), I didn't really expect college to be a big part of my exchange. But somehow, over the space of a few months, CAPT became a home away from home. I owe this to my neighbours, who were very patient and forgiving during the first few weeks when I would sit wide-eyed in embarrassed silence in the dining hall, struggling through some very *paiseh* moments to develop a basic understanding of Singlish. Roc has gone on to jio me for dragon boating, plays, art exhibitions, and a whole host of other events that I never would have imagined being involved in. Just recently I learned how to play contract bridge. Then, six hours later at INS, I learned how bad I am at contract bridge.

CAPT has also taught me a lot about myself. My interest in theatre is entirely new to me, yet I somehow managed not only to act – a terrifying prospect – but also to help write and direct an end-of-semester production. Unfortunately, at the time of writing, I'm unable to attend. However, fingers crossed, by the time you read this, CAPTheatre's wonderfully talented and committed cast and crew were able to put together a great show for all in attendance. To CAPT Café's long-suffering exco, who had to endure many a long-winded anecdote or tirade from my "Australian perspective", I'm grateful; without you, I wouldn't have learned nearly as much about this country or about you, my fellow CAPTains.

And to you, my fellow CAPTains, I owe my deepest thanks. My exchange experience has exceeded every possible expectation I could have set for it, and this is because of you. I leave this place with friendships and memories that I won't soon forget. Drop me a line if you're ever in Sydney and I'll try my best to repay the warmth and the hospitality that you've shown to me.

FOOD



CONVERSATIONS AROUND THE DINING TABLE



It took me two weeks to forget how Mother's watercress soup tasted like, but two months to get used to the one they serve in dining hall. In between, every dinner tasted like airplane food — warm, yes, but not quite like home.

Yet, two months into CAPT, I learnt to look forward to the faces of friends as much as I anticipated my family's. I accustomed myself to a life in which the people fussing over me were no longer my parents, but fellow CAPTains (who are no less motherly). I was used to simple meals at a round table meant for five; these morphed into nightly fiestas that brimmed with gusto! cheer! and riotous laughter, as if every dinner was a family reunion.

Sometimes, during the busy periods (when midterms and assignments beset us), our collective vigour waned. Mealtimes became shorter, quieter. During those times I thought of my brother, and how he was quietest when he was drinking bowl after bowl of watercress soup.

Eighteen weeks into the semester, on the last moonlit night, I realised that I would miss dinners at CAPT as much as I had missed dinners at home. I guess, what I'm saying is this: maybe what matters isn't where or what we eat, but who we eat with. And at the end of hearty meals, we will feel the same warmth in our hearts as we do in our bellies.

Fiona Teo



"My secondary school friend just added me on Facebook. She took five years to realise that i am handsome."

Dining Hall Auntie: "Eh, is this your girlfriend?"

Dude: Yes

Dining Hall Auntie: 她很美 leh

Dude: 我知道

"I'm gonna try to feign a modicum of interest in your toy elephant."

"What?"

"Feign a modicum of interest -"

"What?"

"...I'm gonna pretend that I like it"

"They all extinct already is it" - on the 5 neighbourhoods' namesakes

"but you live on the 15th floor right? how did the ants even climb up to your room?"

PANTRY



A strong desire to cook burns within us. Given the opportunity and freedom to do so in CAPT, it has brought us together to cook at least once a week. The fun comes when we go off-recipe and experiment with different spices and agar our way through the process. We secretly think we are undiscovered masterchefs, and the dishes we cook range from Asian (claypot chicken, stir fried beef, sambal kangkong) to Western (variety of pasta, bruschetta).

The secret to cooking great meals in CAPT (yes it is possible!) is to ensure you have a well-stocked pantry and not being afraid to try new things, even if they may seem complex. As Gordon Ramsay wisely says, taste everything and season generously! And of course, always cook more, never less. Extra portions of food always go a long way to filling hungry mouths in your house!

OUR FAVOURITE SUPPERS

In the spirit of brutal honesty, I shan't mince my words. Supper (affectionately known as 'fourth meal of the day', 'my second dinner' or, 'just a snack') is a staple of campus life. CAPTains love their suppers, though some more than others. Here's a short review (by percentage) of your favourite late-night treats:



- | | | | | | |
|---|-----------------------------|---|---|----------------------|--|
| 1 | AMEENS
(54%) | Naan dipped in butter chicken sauce always hits the spot. | 4 | CHIPS
(3%) | Every satisfying crunch leaves you hankering for more. |
| 2 | MACS
(22%) | McSpicys and Happy Meals: so good, but so bad for you. | 5 | PRATA
(2%) | An ideal prata is crispy, greasy and p-i-p-i-n-g hot. |
| 3 | SWEET CHOON
(17%) | For your late-night dimsum fix, Sweet Choon never fails. | 6 | CHOCS
(2%) | Chocolate makes you happy because... it's delicious. |

COMMUNITY ENGAGEMENT



Phoenix Staff Appreciation Session

The Phoenix neighbourhood organised a Staff Appreciation Session which was attended by 20 CAPTains, 10 cleaning staff and 15 dining hall staff. The lunch saw lively engagements, with staff members sharing stories pertaining to their job scopes and personal lives. On top of that, Phoenix residents baked chocolate chip cookies and distributed them to dining hall and CAPT office staff. Through these initiatives, Phoenix members had a glimpse into the lives of those who have been working tirelessly behind the scenes to ensure a smooth flow of activities within CAPT.

Popiah Making Event

The Popiah-making Event was to provide an opportunity for CAPT students to interact and engage with the CAPT staff meaningfully. CAPTains who participated in this event learnt about the various struggles that the CAPT staff faced and had an insight into their working life within the CAPT environment. Through this event, CAPTains learnt to appreciate our CAPT staff who have been working hard to make CAPT a place that we all truly call home.

THROUGH FOOD



Willing Hearts

I have always wanted to organise a cooking-related CE activity for the cooking club members as well as for the CAPTains. Willing Heart Soup Kitchen felt like a perfect choice! Initially, I was quite pessimistic with the sign ups since the activity was held on a Sunday at 7am in the morning. However, I was heartened to see that CAPTains were willing to sacrifice their sleep on a weekend to participate in this activity.

We began cutting vegetables for 2 hours and moved into the kitchen to cut the fish while others did meal packaging. Cutting the fish skin proved to be a very challenging task as we did not have sufficient sharp knives. However, our creative CAPTains found a creative solution by doing the task in pairs.

Cindy Amelia

FORMAL DINNER



Formal Dinner can be said to be an indispensable part of the induction process for CAPTains. With this cosy setting wherein invited guests, seniors, juniors and professors are closely seated, we enjoyed a line of dishes that were served by our diligent dining hall staff. Up to this time, the hall has not accommodated a greater crowd than ours, so we were relieved that we could fit over 520 people and a portable stage in our hall.

Preceding preparatory work included a tasting session of the dishes, and delivered an improved selection: nachos as appetizer, followed by mushroom soup, choice of spiced chicken with sides or salmon fillet or vegetarian baked penne, and finally mango pudding topped with cream and fresh strawberries. There was also a long line for Moscato wine served at a kiosk on the side; the wine disappeared surprisingly fast! The meal was interspersed by speeches by our guests and professors, and performances by our artistic interest groups and talented individuals.

It was certainly difficult to coordinate the different groups of people that contributed to this event, given the tight timeline, but teamwork had made it all possible. There was collaborative effort from the beginning to the end, and we are grateful to all that offered their time: there were some that volunteered to help at our registration desk, there were others that helped us with the eventual clean-up. Simple gestures like these truly highlight the CAPT passion for service and keenness for community-building

Yvonne Loo

HOME



FRESHMAN ORIENTATION CAMP 2015



Welcome To CAPT! It's FOC time.

Here are your OGs

Make friends – it's not a crime.

We'll start with a mass game

Of girls versus boys

Oh girls, please be tame

These boys aren't stuffed toys.

First day's for bonding of CAPT as a whole

Through games so exciting

they'll light up your soul!

On day 2 you'll say hi to our

friends from all over

The island we love and we call Singapura.

These are partnerships formed through

engagements and more

That CAPTains have built the

past three years, now four.

Learn how we do it for soon you will too,

Pick up the ethos of CE we do.

Third day we're HYPED UP

we go to the beach,

And hear your house cheers

oh what volumes they reach!

Then games on the sand, and inside the water

It's hot but no worry cuz CAPTains are hotter.

The dust we kick up for the final mass game,

Those balloons are all popping,

water bombs fall like rain.

And then there's a quiet.

Look – a rope on the ground

Leading five ways and there's gloves all around.

It's time to pit muscle against one another

Backed by your cheers with all that

your voices can garner.

Such an-ti-ci-pa-tion between

each round's victory



Open Day Director: Desmond Koh / Camp Director: Justin Chew
Rag and Flag PD: Zhang Yue / Fledging Week PD: Sheiffa

The last one is epic with roars like an army
But who won is no matter for we know one thing;
That CAPT is one college so we all form one ring;
CAPT cheers like a family cause we know we're one,
Will shout down the sunset, goodbye Palawan.



The last day reveals our friendship night buddies,
Take off your blindfolds, oh look all those smilies.

"Into new OGs all of you go!"

You'll play new games together, for your intro.

It won't be awkward if you think this way:

Friendships are golden as long as you say

We're not here as a 'girlfriend'

or 'boyfriend' you know,

Just laugh off the shyness

we'll be good friends just so

The next two years in CAPT we'll have
one friend in addition

To the many we'll know through
our house immersion.



We finish with water-bombs flying on high
Such brilliance of colors that fill up the sky!
And land on our shirts so we know that as CAPTains

We belong to our houses

but there's many more reasons

To build up One CAPT as a college that's family

You'll need to work hard towards it's unity.

So here's a gift from our efforts;

the seniors have made

Friendship bands with five colors

cause memories fade.

Know that this college is special indeed,

With each person's inputs then we'll succeed.

Here is a place you'll not walk alone,

The last thing to say:

"CAPTains, Welcome Home."



Joshua Yee
Freshman Orientation Project Director

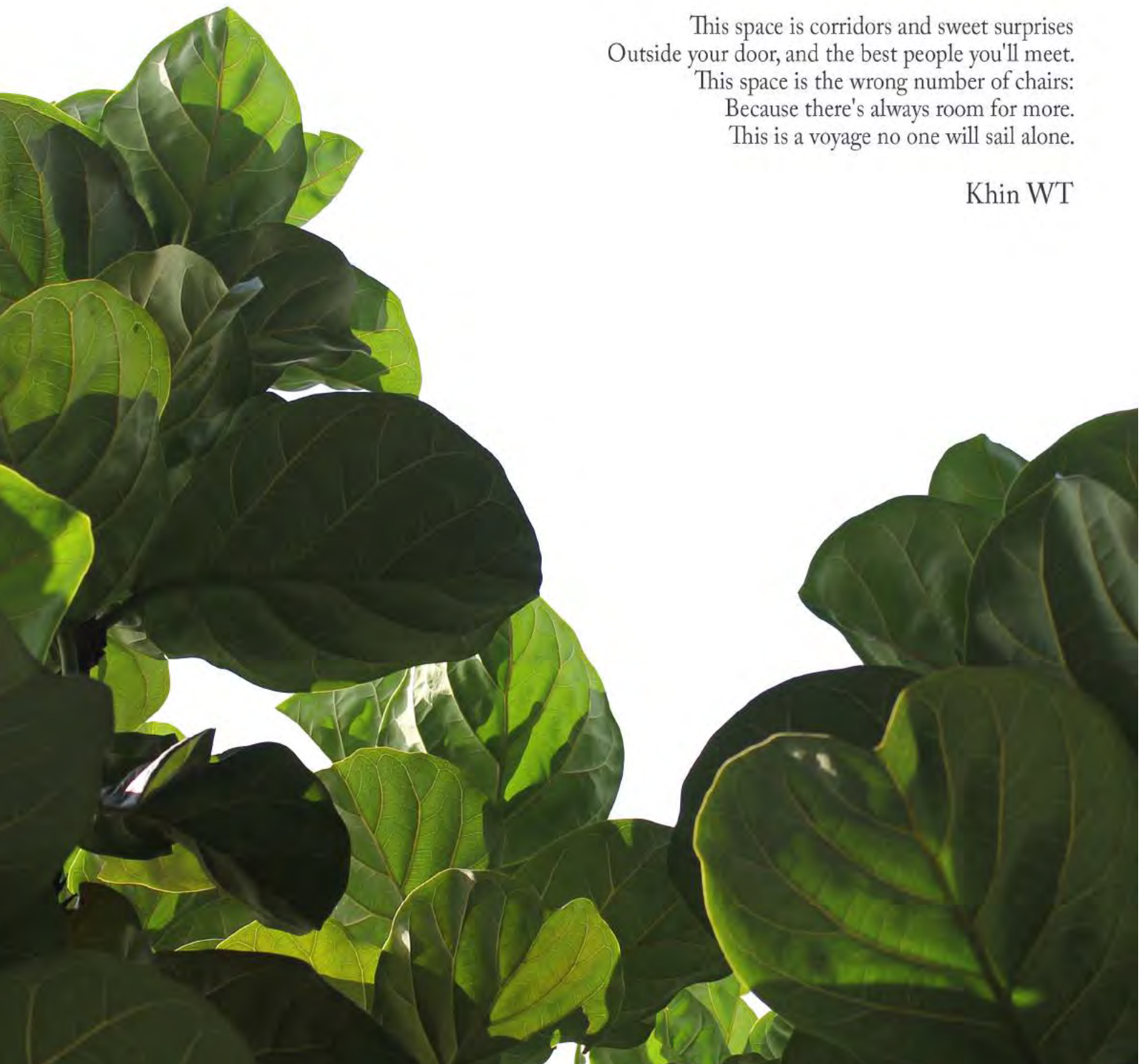
Families are not chairs and tables and the right number of cups:
They are what gives a home its warmth,
They are what make you return to the place
You try to leave, try as hard as you might.

It's not a place. It's the right kind of people.
Emanating warmth transmuted from love. It's memories,
It's laughter, it's stories at the dining table,
It's acknowledging unbridgeable differences
And accepting them all the same.

They are brothers and sisters from different parents,
Late night (unhealthy) eating habits,
Forgoing sleep, and camping in what could be
A Gryffindor common lounge.

This space is corridors and sweet surprises
Outside your door, and the best people you'll meet.
This space is the wrong number of chairs:
Because there's always room for more.
This is a voyage no one will sail alone.

Khin WT



PEOPLE OF CAPT



Any interesting encounters with students?

Recently, there was a pizza lunch appreciation thing for the staff by CAPTains. Firstly, thank you very much for the lunch, it's nice to know that we're being appreciated. The thing was, I guess nobody there really knew how to make pizza so it was a bit funny since everyone was overloading on the ingredients, especially with the cheese. There were a few pizzas just overflowing with cheese, but it's okay *lah*, one day we pig out, it's okay I guess. And it's also interesting working together with students. Usually we are in the office and students just come and interact with us, like, just short periods where they come in and ask "can I have this?" or "can you help me with this?" It's nice when you can get together with them, work with them, and find out more.

How are theme nights conducted?

Theme nights are like mini-parties, where the kitchen basically makes a really scrumptious dinner for the students. We usually prepare special desserts and fruits, and when it's dinner time, the students will come and we're proud to serve them the fare. The food on theme nights is really good! Sometimes we will cook salmon for western fare, and other times, it's more oriental. It depends on what the student representatives want. They plan and tell us what kind of dishes they would like, and we will prepare accordingly. They also decorate the dining hall, like the stage and the balloons. We only decorate the serving area, and if the occasion calls for it, we will also dress up accordingly. It's different for each theme night, depending on what the students want.

Mr Navarraj, Housing Office



Dining hall dinner shift staff



PEOPLE OF CAPT



Uncle Chu works on the first floor; students often catch him changing the recycling bins next to the printers in the Flying Seed.

Are you happy working here?

I've been working here for three years already, and I can't really say if I am happy or not. Happy or not, I still have to work to earn money. But at least the people here are nice. I've always worked at RC4 and CAPT, except for a short period of time, I was transferred to Cinnamon. I worked here from the start, but I didn't like the supervisor, so I wanted to quit and leave. When I wanted to resign, the manager asked me if I would be willing to transfer to work at Cinnamon and Tembusu. Even now sometimes I have to cover as a relief cleaner when there are not enough of them over there. It's not the same working there as it is here, but we have to learn to be flexible.

Uncle Chu



Where do you see CAPT in five years?

The students will definitely have a more mature sense of identity and CAPT itself will have better branding. Everyone will recognise each of the residential colleges and we will have our own identity, distinct from the rest. The sense of being a CAPTain will become very obvious, people will know who we are, the things each CAPTain does and believes in. Academically, I hope to see our modules grow, in terms of variety and the number of fellows who are involved in the teaching them.

If CAPT was a city, which one would it be?

I like New York City, because it's such an interesting place with lots of diversity; it's a melting pot that is very dynamic. CAPT would be like NYC, a city that never sleeps.

Ms Chia Hsiao Ching, Curriculum/HR