

# HAPPY HANDS

Building An Endearing Home

## At the heart of animal welfare

SPCA Executive Director  
Dr Jaipal Singh Gill  
strives for kindness to all,  
whether two legs or four.

Dr Jaipal Singh Gill  
Executive Director, SPCA



Meet Mdm Jumiah Bte Yunus,  
an inspiring 73-year-old who  
leads *qigong* classes in her  
neighbourhood

Find out how students from  
Republic Polytechnic are helping  
schools be more energy-efficient

Imagine a car-lite future with  
Singapore Polytechnic students  
at Car-Free Sunday SG



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## SHARE A STORY

Share with us a story today! We would love to hear your inspiring stories and personal journeys about volunteering with the MND Family. Whether it is in the form of an article, an illustration or a photograph, we welcome your contributions. Do drop us a note at [happyhands@mnd.gov.sg](mailto:happyhands@mnd.gov.sg)!

## FEEDBACK

Tell us how we are doing! Did we meet your expectations? Do you have suggestions that could help us make this newsletter interesting and relevant to you? Let us know via [happyhands@mnd.gov.sg](mailto:happyhands@mnd.gov.sg)!



**Chairman of the MND Family Volunteer and Alumni Network, Minister for Social and Family Development and Second Minister for National Development Desmond Lee (rightmost), with Pesta Ubin volunteers and participants. Uncle Lim's provision shop (pictured) hosted the kampung photo booth and Pulau Ubin Fun Map colouring activity for Pesta Ubin 2017.**

Dear Friends of the MND Family,

It has been 2 years since the formalisation of our MND Family Volunteer and Alumni Network, though many of our volunteers and partners have worked alongside us for much longer than that. I have had the chance to meet many of you and I am always inspired by your passion and dedication. You spend time and effort supporting various areas of our work. You share views and perspectives from your communities. And you contribute ideas that help us achieve better outcomes as a society.

For example, Dr Jaipal of the SPCA, together with many other animal welfare groups, is working with us on various initiatives to advance animal welfare in Singapore. Mdm Jumiah from Tampines is a retiree who enriches her heartland community by leading *qigong* lessons for other elderly in her neighbourhood. Both are featured in this issue. In their own ways, Dr Jaipal and Mdm Jumiah, are making a real difference in their communities and for Singapore.

I am heartened that our youth are actively seeking ways to get involved and contribute. Students from Singapore Polytechnic collaborated with URA on a social media campaign to promote a car-lite society. Republic Polytechnic students are collaborating with BCA and industry professionals to help schools become more energy-efficient. And young animators from ITE College Central, Nanyang Academy of Fine Arts and Temasek Polytechnic created animated videos to promote inclusivity through Universal Design.

I am also encouraged to see greater collaboration across the public, private and people sectors. Whether as youth, retirees, academics, industry professionals, or members of NGOs, there are many opportunities for us to collaborate and achieve our shared goals. I look forward to continue working together with you on meaningful projects and partnerships to help make Singapore a better home for all.

Yours sincerely,

Desmond Lee  
Minister for Social and Family Development  
and Second Minister for National Development  
Chairman of the MND Family Volunteer and Alumni Network

## VOLUNTEER SPOTLIGHT (AVA)

### At the heart of animal welfare

Executive Director of SPCA, Dr Jaipal Singh Gill, encounters heartbreaking animal welfare cases but remains optimistic for the animal welfare movement in Singapore.



**Project ADORE (ADOption and REhoming of dogs) is an excellent demonstration of how we can come together to find workable solutions to animal-related problems with some give and take.**

**Dr Jaipal Singh Gill**  
**Executive Director of SPCA**



*Once a young boy who brought home animals he found on the street to care for them, then a teenager who learnt about the exploitation of animals in various industries, Dr Jaipal Singh Gill, 34 years old, now heads the Society for the Prevention of Cruelty to Animals (SPCA), where he strives to advance the animal welfare movement in Singapore.*

#### **What got you interested in animal welfare?**

From as young as I can remember, I have always had an interest in animals. This took many forms, from reading lots of animal books, watching television programmes featuring animals, bringing home and caring for animals I found on the streets, to keeping many pets.

Of course, having an interest in animals is not the same as being passionate about animal welfare. This occurred a little later when I was a teenager and I started

learning about the various ways we have industrialised the use of animals, and the issues which result from such practices. I remember, when I was 14 years old, getting quite upset and angry reading about how food-producing factory farms treat animals with little to no regard for their well-being. This spurred me on to find out more about how as a human race we exploit animals of all shapes and sizes, from food and clothing production to entertainment purposes.

The scale of the problem I encountered was a little overwhelming, but I felt that doing something and helping some animals was better than doing nothing at all. This was when I first got involved in the animal welfare movement.

#### **How did you get involved in the SPCA's work?**

In 2007, I spotted an SPCA advertisement for the position of Inspector. This was a very unique

opportunity to contribute to animal welfare in Singapore and I was lucky to have been offered the role. I spent a year as Inspector investigating over 700 cruelty and welfare cases. The work was tough and very often heartbreaking but it gave me a good understanding of the ground. As I saw that there was still much to be done, I decided to stay on for a while!

#### **In 2012, the SPCA was one of the first groups involved in Project ADORE. Tell us more about this collaboration.**

Animal welfare groups have always had a hard time finding homes for street or local breed dogs, affectionately known as 'Singapore Specials'. One of the main reasons was HDB's policy of only allowing toy breeds to be kept in HDB apartments, which significantly reduces the pool of potential adopters for these animals. As a public housing provider, HDB's aim was naturally to preserve a pleasant living environment.



With that in mind, the SPCA, together with another animal welfare group, Action for Singapore Dogs, jointly proposed Project ADORE to the authorities. The programme was carefully crafted with not just the animal's welfare in mind, but also with the intention to minimise any potential nuisance the rehomed animals may cause, by among other things, mandating obedience training. The numbers and sizes of dogs rehomed under the scheme were also controlled, to slowly get HDB residents used to living with these larger canines.

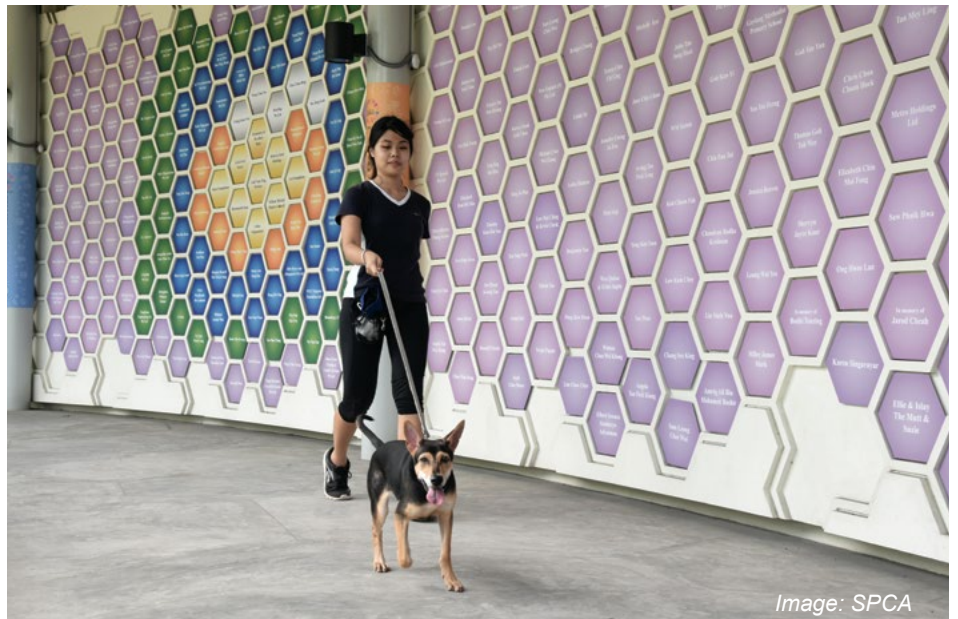


Image: SPCA

Project ADORE is an excellent demonstration of how we can come together to find workable solutions to animal-related problems with some give and take. The programme has been a tremendous success, having resulted in hundreds of dogs successfully rehomed whilst maintaining a very low complaint rate.

**You are also part of the multi-stakeholder work group on animal welfare. Challenges and takeaways from the experience?**

Animal welfare issues can sometimes evoke strong emotion and due to the diversity of views and agendas, there will always be disagreements in a multi-stakeholder setting. The biggest challenge is to produce a final product that takes these range of views into account, but still stays true to the initial aims of the committee. A general lack of data on animal-related matters here in Singapore also makes policy formulation challenging. I believe more research needs to be done to guide our decision-making.

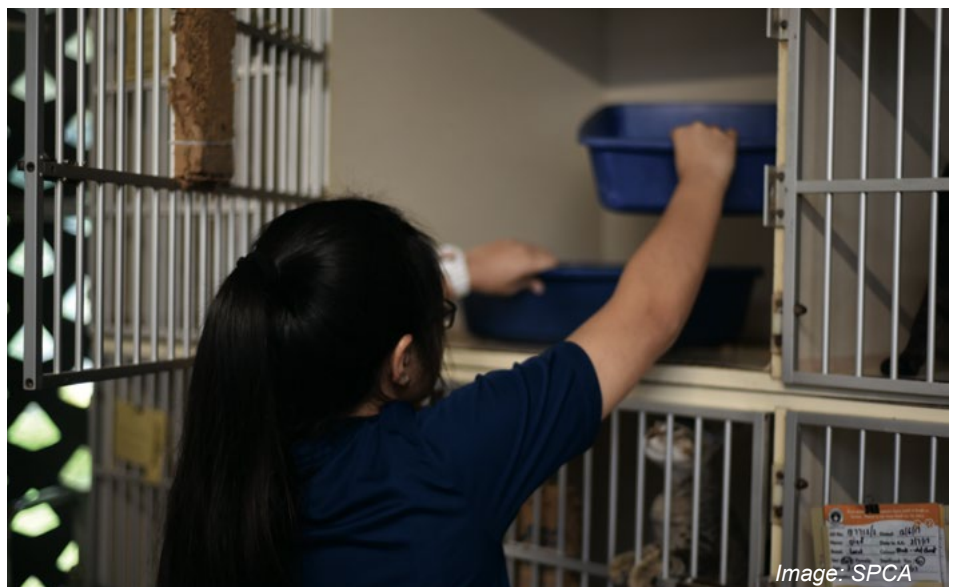


Image: SPCA



Image: SPCA

**At the SPCA, volunteer duties include walking the dogs in the shelter (top image), cleaning the animal enclosures (centre image), and preparing food for the animals (bottom image).**



Image: Agri-Food and Veterinary Authority

**The SPCA's booth at a roadshow to raise public awareness on Responsible Pet Ownership.**



Image: SPCA

**An energetic 6 year old, Viking enjoys going for walks and learning new things. Contact the SPCA at 6287 5355 to find out more about adopting him.**

### **Are Singaporeans more informed on animal welfare issues now than before?**

There has been a steady rise in animal welfare awareness over the years. This has probably resulted from the decades of education programmes run by the SPCA, and more recently by the AVA and other animal welfare organisations. The sharing power of the Internet, in particular social media, also plays a significant part in this.

### **Your advice for individuals interested to get involved in the effort?**

The animal welfare movement is always in need of additional help. You can offer your time to an animal welfare organisation. There are a number of organisations and opportunities to choose from. Help may be required with animal care work, administration and events. Or you can offer your skills in areas such as photography, graphic design and public relations. Each organisation has its own area of focus, so there is something for everyone.

Donations are also always required to keep operations going. And do not underestimate the power of speaking up and advocating for the cause; many of the positive developments we see happening today have occurred in part due to the large number of voices asking for change.

Many of the choices we make on a daily basis have an impact on those around us, animals included. For example, you can choose to purchase cosmetic products that have not been tested on animals and only visit animal welfare friendly tourist attractions.

### **What do you hope for the future of animal welfare in Singapore?**

I hope for animal protection to be a part of our national agenda and that we will take a collaborative and evidence-based approach to solving animal welfare problems. I would like us to always include in our circle of concern not just pets but all creatures great and small.

Improving animal welfare is a never-ending process. Issues will always crop up, but there will also be new ways of doing things and new solutions available. I also see Singapore becoming a leader in animal welfare in this region and even internationally, and hope that we are able to export and share our best practices to help improve animal welfare beyond our shores.

*Visit the [SPCA website](#) for more information. For more resources on animal welfare in Singapore, visit the [AVA website](#).*



## VOLUNTEER SPOTLIGHT (HDB)

## Lessons in *qigong* and neighbourliness

Mdm Jumiah Bte Yunus, 73 years old, conducts *qigong* lessons for other seniors in her neighbourhood to help them stay active.



“

I made up my mind before I retired from the nursing profession to continue contributing to the community as long as I am still able.

*Mdm Jumiah Bte Yunus*  
Good Neighbour Award 2017 recipient

”

*Cheerful and spritely, Mdm Jumiah finds meaning in her golden years helping other seniors maintain active, healthy lifestyles. For four years, she has been leading daily qigong sessions in her neighbourhood. In May 2017, she received the Good Neighbour Award for going the extra mile for her neighbours and community.*

### How did you start practising qigong?

In 2007 I went to Shenzhen, China when my daughter-in-law was due to deliver. I stayed there for a few months after my granddaughter was born – this was when I first noticed people practising *qigong* nearby.



Residents aged 60 to over 80 years old join Mdm Jumiah's daily *qigong* sessions in Tampines.

During my time there, I had a bad fall which caused a pinched nerve in my arm and left me in a lot of pain. When I returned to Singapore and started learning from a *qigong* master, it gradually went away. I have continued to practise and teach *qigong* ever since!

### Tell us more about leading the daily qigong sessions.

When our instructor left to take a job elsewhere, he asked if I would lead the sessions here at Tampines Park. By then I had been learning from him for four years,



and I agreed to continue the daily sessions.

The style of *qigong* that I teach and practise is slightly different from the traditional practice, as I combine stretching and other exercise elements suitable for seniors. Everyone is welcome to join the sessions, simply by following what the rest are doing. Along the way, I will gently explain the exercises that we are doing.

**What motivates you to encourage other seniors to lead active lifestyles?**

Before retiring, I had spent 40 years in the nursing profession, where I learned a lot about living healthily and improving one's well-being. I want to share my knowledge with others. I made up my mind before I retired from the nursing profession to continue contributing to the community as long as I am still able.

So I conduct the *qigong* sessions every morning and share tips with other seniors to stay active through regular exercise. I also encourage them to get out of the house and interact with the community, as building social connections is also important to stay mentally active. I'm like a health ambassador for the elderly!

**Congratulations on receiving HDB's Good Neighbour Award this year. Could you share some tips on good neighbourliness?**

It starts with simple actions like smiling and greeting neighbours we meet around the neighbourhood. Over time, friendly and helpful neighbours really strengthen community bonds.



**Mdm Jumiah was nominated for HDB's Good Neighbour Award by her neighbour and long-time friend Mr Quek Teck Leng (left).**

**About the Good Neighbour Award**

The Good Neighbour Award recognises and honours residents who go the extra mile to enrich their community with exemplary acts of care and neighbourliness. The Award is jointly organised by the Housing & Development Board, People's Association and Ministry of National Development, and supported by the Singapore Kindness Movement and Singapore Press Holdings. Find out more about the heart-warming and inspiring stories of this year's recipients at HDB's [website](#) and [online publication](#).



## PROGRAMME (BCA)

### Going Green in Schools

Under BCA's Greenovate Programme, students conduct a gap analysis and recommend action plans to improve energy sustainability in schools.

Did you know that you can determine if light fixtures are energy-efficient simply by directing a phone camera at them? Lights that flicker use magnetic ballast and are less energy-efficient than the electronic energy-saving versions.

This was one of the tests performed by a team of Republic Polytechnic students at Whitley Secondary School on 2 July 2017. Under the Greenovate programme, the students were mentored by industry professionals from Johnson Controls (S) Pte Ltd as part of their final-year project in Green Building Energy Management.

The project involves conducting a gap analysis and recommending measures for the school to become more energy-efficient in its journey towards Green Mark certification. Later this year, the Republic Polytechnic students will present the gap analysis to the participating secondary schools and recommend action plans for their consideration.

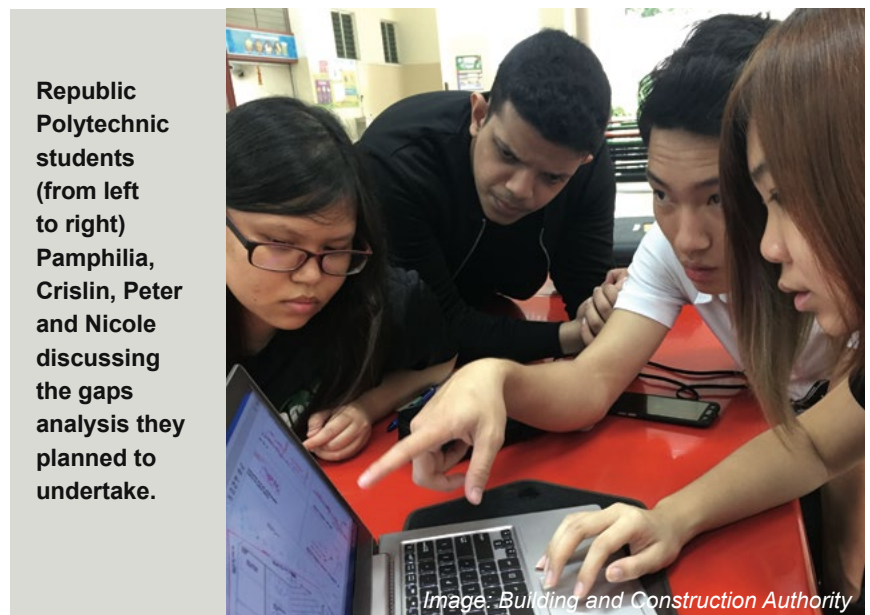
The Greenovate Programme aims to offer secondary and tertiary students hands-on experiences in green building management. It also offers opportunities for students to collaborate with industry professionals and test-bed sustainability projects in their schools.

For more information and to participate in the next cycle of the programme, send an email to [Immanuel\\_Lim@bca.gov.sg](mailto:Immanuel_Lim@bca.gov.sg).



Image: Johnson Controls (S) Pte Ltd

Gap analysis training workshop conducted by industry professionals from Johnson Controls (S) Pte Ltd.



Republic Polytechnic students (from left to right) Pamphilia, Crislin, Peter and Nicole discussing the gaps analysis they planned to undertake.

Image: Building and Construction Authority



Finding out the size of the classroom using a laser measuring tape. The light intensity relative to the size of the room indicates if energy is being used efficiently.

Image: Building and Construction Authority

## PARTNERSHIP (URA)

# Sports, Cameras, Action at Car-Free Sunday SG

Singapore Polytechnic students take over the Car-Free Sunday SG social media page in a campaign towards a car-lite Singapore.



Image: Urban Redevelopment Authority

A team of Singapore Polytechnic students sharing the message of a car-lite society at Car-Free Sunday SG on 30 July 2017.

(Pictured from left to right, standing: Shu Jin, Jamy, Adil; from left to right, sitting: Jing Jie, Shereen, Ghee Yang)

In a social media campaign collaboration with the Urban Redevelopment Authority (URA), a team of Diploma in Media and Communications students from Singapore Polytechnic took over the Car-Free Sunday SG Facebook page from 21 to 30 July 2017. During this time, they produced content and shared updates with over 3,000 followers of the Facebook page.

For three months, the team of third-year students Jamy, Shereen, Ghee Yang, Adil, Shu Jin and Jing Jie worked to put together a social media strategy and interactive content to engage followers and promote active, car-lite lifestyles.

This included infographics and interactive gifs encouraging participants to try out a new sport at the July edition of Car-Free Sunday SG, and another one to encourage cycling from heartland areas like Toa Payoh directly to the Civic District via the Park Connector Network.



\*According to an informal survey conducted with 329 people at the last edition of Car-Free Sunday

To engage followers of the Car-Free Sunday SG Facebook page during their social media takeover, the team produced content in the form of infographics and interactive gifs.



On Sunday morning, as participants enjoyed the car-free streets, the team captured fun-filled moments with their mobile photo booth and continued updating the Facebook page with photos and live broadcasts of the goings-on.

Speaking at The Padang after their second live Facebook broadcast, the team members shared on their experience:

**What do you hope to achieve through this project?** We aim to generate greater awareness and interactivity for the message behind the Car-Free Sunday SG events, which is about moving towards a car-lite future in Singapore.

**Any challenges encountered?** Yes – despite testing our equipment and rehearsing beforehand, we faced technical problems this morning during the first live broadcast at the flag-off. That was the biggest challenge we faced!

**How did you overcome it?** We kept reminding ourselves not to be stressed in the moment, and instead to work out solutions. Eventually we made some adjustments and recorded the segment using a mobile phone camera.

**Most enjoyable moments?** Meeting new people and trying out new activities like Bubble Soccer on the car-free streets! Also, working together and counting on each other's talents and support to overcome inevitable challenges.

**What have you gained from this experience?** Some crisis management experience, and a lot of patience!



The team in action producing live Facebook broadcasts of activities at Car-Free Sunday SG.

Look out for contests, activities and other updates on the [Car-Free Sunday SG Facebook page](#). Share your Car-Free Sunday SG photos using the hashtag #CarFreeSundaySG on Facebook and Instagram.

## IN THE NEWS



Image: National Parks Board

(Top) Students from Nanyang High Girls' School sharing their conservation efforts for Pulau Ubin with Minister Ng Chee Meng and Minister Desmond Lee.



Image: National Parks Board

(Left) Visitors viewing the newly revamped Nature Gallery by HSBC.

### A celebration of Pulau Ubin

Pesta Ubin 2017 was the largest ever annual celebration of Pulau Ubin by the community. Over two months, about 900 volunteers and 45 organising groups worked with the Friends of Ubin Network and NParks to hold over 100 ground-up activities for more than 8,000 participants, showcasing unique aspects of what Ubin has to offer.

Culminating in Ubin Day on 16 July, then Minister in the Prime Minister's Office and Second Minister for Home Affairs and National Development Desmond Lee and Minister for Education (Schools) and Second Minister for Transport Ng Chee Meng unveiled the revamped Nature Gallery by HSBC.

Minister Lee also announced new opportunities for the community to partner NParks in revitalising Ubin: a multi-year kampung house restoration effort in collaboration with the Friends of Ubin Network, the community, and interested volunteers; and the first comprehensive biodiversity survey of the island with the research community. Find out more about contributing to Ubin [here](#).

### Universal Design awareness through animation

Aliens searching for their utopia, mochis finding their way home, a grandmother's love, and a twist on a classic tale as Little Red saves the day. These were the creative story lines of animated videos that students created as part of *UDimation* 2017, to raise awareness on the importance of Universal Design in building an inclusive environment. The videos were screened at BCA's Building Bridges Charity Dinner held at Gardens by the Bay on 20 July.

Watch the videos [here](#).



*UDimation* 2017 videos (from top left, clockwise) "UDopia" and "The Way Home" by students from Nanyang Academy of Fine Arts, "The Station" by students from ITE College Central and "Little Red Saves the Day" by students from Temasek Polytechnic.



## Urban farming takes root

An inclusive, innovative and sustainable urban farm that benefits the community - this is what Edible Garden City's Citizen Farm aims to be. The new facility located at Jalan Penjara was officially launched on 22 June. The initiative is supported by MND, the Agri-Food and Veterinary Authority, Singapore Land Authority and other agencies, to nurture commercial urban farms with social missions as well as test-bed sustainable farming technologies.

As traditional farms face challenges attracting the next generation of farmers, the urban farming movement's adoption of high-tech and environmentally sustainable farming models is paving the way for a new generation of farmers in Singapore.

Find out more about Citizen Farm [here](#).



Image: Edible Garden City

Senior Minister of State for Trade and Industry and National Development Dr Koh Poh Koon with the Edible Garden City team and representatives from various agencies at the opening of Citizen Farm @ Jalan Penjara.

## Weigh in on proposals for Singapore's second CBD

What will Singapore's second CBD look like? An exhibition on Jurong Lake District (JLD) was held from 25 August to 17 September to gather public feedback on this. Held at the URA Centre Atrium followed by Westgate, the exhibition showcased draft master plan proposals for JLD.

The master plan is designed around four key strategies: vibrant and adaptable spaces for the future economy, extensive green and blue spaces, car-lite and commuter-centric connections, and sustainable systems integrated across the district.

Residents and members of the public may continue to share feedback on the proposals [here](#).



An artist's impression of Singapore's second CBD in Jurong Lake District.

## EVENTS & CONTESTS

NParks CIN Biodiversity Watch

# Garden Bird Watch

## 4 - 12 November 2017

Do you love bird watching, or have you always wanted to get involved in citizen science? Join us for the NParks Garden Bird Watch organised as part of the NParks Community in Nature (CIN) Biodiversity Watch series and help us to learn more about our birds!



For one morning between 4 and 12 November, volunteers will carry out a bird survey at a designated site. The data collected will give us information about the current distribution of birds in Singapore and contribute towards better park management and conservation measures.



Anyone aged 12 and above is welcome, regardless of level of experience! Training will be provided ahead of time during any one of the following sessions:

Date: 30 September (Sat) or 14 October (Sat)  
Time: 9 am to 12 pm  
Location: Singapore Botanic Gardens

Private training sessions for corporate, community and school groups of more than 25 people can be scheduled. Please email [CIN@NParks.gov.sg](mailto:CIN@NParks.gov.sg) for more information.



Sign up by 27 September 2017 (Wed) at [www.nparks.gov.sg/birdwatchregister](http://www.nparks.gov.sg/birdwatchregister)



Pink-necked Green Pigeon  
(*Treron vernans*)  
Photo credit: Francis Yap



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Share your love for nature with us at  
[#nparksbuzz](https://twitter.com/nparksbuzz)



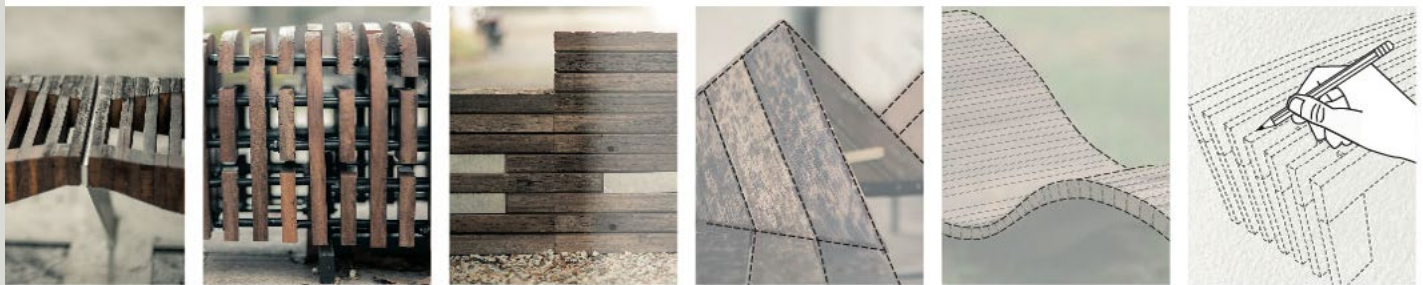


## Re:Bench Design Competition - Call for Entries

In 2012, the 'bench' design competition saw 5 winning designs from the public and 25 from commissioned designers, artists and architects. For the second edition in 2014 called 'Pick a bench, Pick a place', the public voted on their favourite designs and locations to place the benches around Singapore for everyone to enjoy.

In this third edition, 'Re:Bench', young designers aged 35 years and below are invited to bring fresh interpretations for repurposing the remaining historic seating planks of the former National Stadium.

Visit [URA's website](#) for more details on the competition and submit your entries by 30 Nov 2017.



## NParks' Parks Festival 2017 - Parks for Everyone

28 & 29 October 2017

Admiralty Park  
 Bishan-Ang Mo Kio Park  
 Esplanade Park  
 Jurong Central Park  
 Pasir Ris Park

Join in the second edition of NParks' Parks Festival - Parks for Everyone. With special activities at five parks around Singapore this year, there is something for everyone!

Visit [NParks' website](#) for the latest information on Parks Festival 2017 or SMS PF02 to 77275 to receive updates on the event.

Images by National Parks Board.



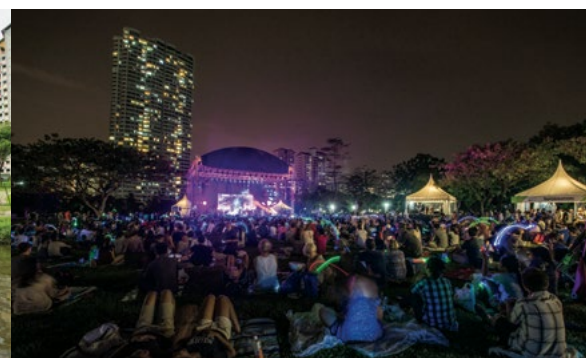
Arts & Culture



Family Fun



Nature



NParks Concert Series in the Park: Rockestra®

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