

npTribune

The Student Voice of
Ngee Ann Polytechnic
theurbanwire



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npTribune polls students to see if they are as fragile as the fruit suggests.

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Start chomping without packing on the kilos.

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THE 5C'S OF NP

Everything you should get out of the school before you graduate.

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Setting sights on excellence

Practice makes perfect, as students get hands-on experience at \$1.2 million Optometry Centre

Geraldine Lee

Furnished with state-of-the-art equipment, the Optometry Centre, launched on Nov 15, seeks to replicate industry practices and standards to simulate real working environments for aspiring optometrists.

The enterprise is run by second-year Optometry students from the School of Health Sciences under the tutelage of their lecturers, who are themselves professional optometrists.

An eye check-up takes two hours and costs \$3 for NP staff and students and \$5 for the public. Similar examinations at external clinics cost about \$100. The appropriate treatment is then prescribed for the patient after the examination.

Students are also assessed by the clinic supervisor based on their performances.

On the practical experience, Lim Chin Yee, 18, a second-year Optometry student, says, "When we were doing our practicals in Year One and Two, we learnt things step by step in class. However in here, we need to have everything at our fingertips because we have no time to refer to notes while conducting the examinations."

Mr Hua Ching Han, 55, an aerospace engineer, brought his wife, Madam Wong Yeng Yin, 55, along for a check up after reading a New Paper article titled 'Get your eyes checked for \$5' on Nov 16, 2010.

"[It] said that I could get a checkup at a cheap price, and it was good because the student [examining me] was knowledgeable," says a visibly-impressed Mr Hua.

He adds, "It also helps that they are very thorough and under the guidance of a lecturer."



To ensure top-quality service and professional standards, Optometry lecturers will be on hand to confirm the students' diagnoses.

NP is also supporting Project Helping Hands by donating all consultation fees from now until Dec 31 to the cause. The project is a collaboration between Lions Befrienders, NP and The New Paper to help monitor senior

citizens living alone through motion sensors. At least \$1 million is needed to install the sensors in 1000 homes.

To make an appointment, please call: 6460-7716.

The school has issued a new directive on punctuality. **KYLENE WU & LOH CHUAN JUNN** race against time to find out more

"If you are late, you are absent" – this is the message that NP is sending out to students with the implementation of a new punctuality rule.

On Nov 15, the previous "15 minutes' grace period" was abolished and students are now expected to be on time for class, or risk getting marked absent.

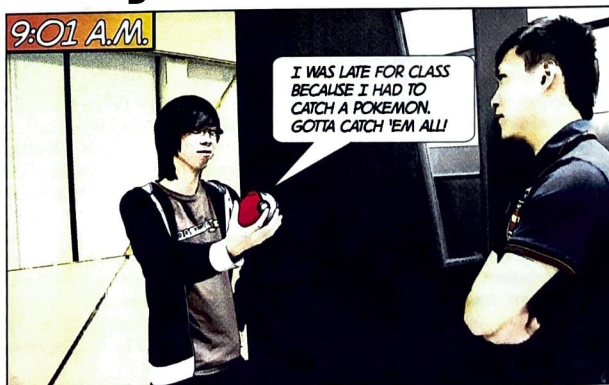
Before 2004, the punctuality rule was exercised at the discretion of each individual school. It was later changed into a school-wide grace period of 13 minutes in 2004 and later, a 15 minutes' grace period.

This is NP's bid to curb the problem of latecoming as well as to educate students on the importance of being punctual.

While surprised by the sudden announcement of a new rule, many students said that they acknowledge that being on time is an important habit to cultivate.

Echoing this sentiment, Ms Andrea Chan, a lecturer at the School of Interdisciplinary Studies, feels that keeping to the scheduled time is "a true reflection of your genuine interest about the issue".

Only time will tell



She adds, "In most situations, it is all about timing. When one misses the chance, then it's gone, and the latecomer eventually suffers."

Ms Heidi Chong, a psychologist who lectures at the School of Humanities, explains that students who are chronic latecomers have a "lack of motivation,

little concern about attendance issues, and [have] commitments outside of school".

However, she acknowledges that there are "possible genuine unforeseen circumstances that can result in lateness".

Indeed, one major concern of students is the issue of getting penalised unfairly.

"Sometimes, it is difficult to judge traffic conditions and you just end up being late even if you had made the effort to leave home early," says Tan Yi Xuan, 18, a second-year Business & Accountancy student.

Most lecturers unanimously agreed that there will always be exceptions to the rule when the circumstances merit so.

Ms Chan says, "Ultimately, it really boils down to the attitude of the latecomer. If he comes in late without even apologising, and continues doing so every time, then it is not an acceptable behaviour."

"On the other hand, it will be different if the latecomer shows signs of being remorseful and makes an effort to be on time the next time."

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SPOTLIGHT

One school, many voices, many cultures

International Fair returns with exciting activities to help foster stronger bonds among local and foreign students

Michelle Ng

After its successful launch back in 2009, International Fair returned earlier this November with a brand new theme - "One World, Many Colours".

Developed by the School of Interdisciplinary Studies (IS), in partnership with Student Services, Students Development & Alumni Relations and the Lien Ying Chow Library, the event immersed students into various cultures from around the world.

The bazaar outside Makan Place saw students crowding around the makeshift stage during lunchtime to watch a variety of performances from co-curricular activities (CCA) groups, such as Chinese Dance and Baracuda Batucada.

"I especially enjoyed the Korean pop dance as it is very dynamic," said Angela Aw, 17, a first-year Child Psychology & Early Education student.

The bazaar also saw an increased number of booths set up by cultural clubs.

Myo Min Htun, 18, a second-year Mechatronic Engineering student, who helped set up the first-ever Myanmar booth, said, "It is good for us foreigners to show our cultures to help other students understand us."

To some students like Ji Na Na, 21, a Chinese national who came to Singapore by himself last year, International Fair represented a slice of familial warmth.

"Many of us will miss home, but seeing other students here from my hometown makes me feel less alone," says the first-year Nursing student.

The International Food Fiesta that happened right before the International Idol competition also proved to be a hit.

"I came to support my friend in International Idol but since there is also a food fair (at the same venue at the Convention Centre), I came to check it



The Malay Cultural Club added colour to the lunch menu with their dance performance outside Makan Place.

out," said Mohd Isman, 19, a second-year Network Systems & Securities student.

On the purpose of having the Food Fiesta, Mr Andrew

Sabaratham, event organiser and Director of the School of IS, says, "It is to let students taste the flavour of international food because many of them just eat

without realising what they are eating and where they are from."

NP has crowned a new Idol. Find out who she is. P5

BRIGHT INTERNSHIP PROSPECTS FOR STUDENTS WITH NEW MOU



The current batch of RWS interns helped to plan and manage the signing ceremony.

Earlier this October, Resorts World Sentosa (RWS) signed a Memorandum of Understanding (MOU) with NP, and the other four local polytechnics, paving the way for exciting internship opportunities for students at the integrated resort.

"We have worked very closely with the polytechnics since day one of our operations and this MOU aligns with RWS's vision of grooming the next generation of talent," said Ms Seah-Khoo Ee Boon, senior vice president of human resources and training at RWS.

This unprecedented partnership with all five polytechnics in Singapore will allow the resort to dip into a pool of ready talent while providing students with attractive learning and employment opportunities in the industry.

Meanwhile, NP is currently in talks with Marina Bay Sands to secure internship opportunities for students in 2012 and 2013.

- NATALIE KOH

FRESHMAN LIVES THE GREEN DREAM IN PUERTO RICO FOREST



Students on the nature conservation trip had to catch and study Anole lizards.

Saving the world may be a pipe dream for many, but for 18-year-old Jasmine-Victoria Lye Hui Li, it is a dream that she is working towards, one tree at a time.

The first-year Horticulture & Landscape Design student snagged a rare opportunity to go to Puerto Rico on a 10-day nature conservation trip sponsored by HSBC.

On how she came to be selected, the ex-chairman of Shuqun Secondary School's Environmental Club says, "My secondary school tutor put my name up for the HSBC/NYAA Youth Environmental Awards, and before I knew it, they were calling me in for an interview."

For Jasmine, getting down and dirty in the rainforest was an enriching experience.

"We had to do tree measurements on a 75-degree slope and study Anole lizards to find out how logging here would have an impact on the biodiversity of the forest," she says of her work at Mohoe Tree Foundation.

- MARK LEONG

DEALING WITH THE BULLS AND THE BEARS WITHIN A CLASSROOM



The online trading platform is the closest students can get to the real deal.

In collaboration with financial investment company Phillip Securities, the School of Business & Accountancy (BA) has introduced an online trading platform modeled after Philips' Online Electronic Mart System (POEMS) into the curriculum.

The virtual stock market is accessible to students from the Banking & Financial Services, Business Studies, and Accountancy diploma courses.

"Students will get a sense of what is available in the stock market via games on the interactive platform," says Mr Chong Kek Weng, a BA lecturer.

The top earners by Jan 3 will receive cash prizes sponsored by the Singapore Management University.

"With this platform, we are giving them the chance to learn about investment and trading, without the actual capital or risk," says Ms Kwang Sook Fong, marketing manager of Phillip Securities.

- VERONICA KOH

CALLING FOR THE NEXT SLASH, STEVEN TYLER AND MICK JAGGER



The five finalists will gain a bigger stage to channel their inner Gene Simmons.

Students with rock star dreams will have their shot at fame with Studio27's first-ever band competition - Campus Rock.

Organised by the iMedia Centre, the contest hopes to encourage budding musicians by inviting the top five bands to perform for the NP Open House on Jan 7.

"Potentially, Campus Rock could become an annual competition. We could even expand to other categories like Chinese songs, unlike the restrictions we have now - English songs only," says Ms Mimi Yahya, 34, an interactive graphic designer at the iMedia Centre.

Clips of the bands' auditions can be viewed on the NP Campus Rock's Facebook page, with the number of 'Likes' each video gets contributing to forty per cent of the final results.

The winning band will receive \$600 in cash vouchers, in addition to a personalised music video that will be filmed by staff from the iMedia Centre.

- KOH LEE MEI FANNY

We, the citizens of the strawberry generation

npTribune finds out if our youth are crushable like delicate strawberries or actually made out of sterner stuff

Phoenix Leow

Eight in 10 students claim that they can take hard work and adversity in their stride. However, only 60 per cent of those surveyed demonstrate the basic ability to be able to cook a meal for themselves.

The poll of 100 students by npTribune also revealed that 91 per cent of them believe they lead a comfortable life. Most do not perform household chores beyond the washing dishes or sweeping the floor, which they do only occasionally.

On the findings of the poll, Mr Chong Kek Weng, 50, a father of three and lecturer from the School of Business & Accountancy, says, "Youths today are overly sheltered and

unable to withstand challenges in life, which hampers them from competing effectively in an increasingly globalised Singapore.

He adds, "They tend to take things as a 'given' and have a demanding attitude, to the point of thinking that most of what they receive is their entitlement." Recognising the importance of inculcating independence and resilience in the young generation, Senior Minister Goh Chok Tong recently brought the issue of our youths being too "soft" back into sharp relief when he emphasised the need for "rugged" youths who have the grit and gumption to don the mantle of leadership.

The public furore that played out across the national media and online on popular forum

boards, such as <http://forums.hardwarezone.com.sg/>, over the validity of his comments led to Singaporean youths born between the 1980s and 1990s being labelled as the "strawberry generation", so utilised by the Taiwanese media after the highly perishable and fragile nature of the fruit.

The government's concerns are not unfounded. Parents here are notoriously protective of their progeny, with real-life stories of primary school children who have their nails trimmed, shoelaces tied, and bags carried by the domestic helper a daily sight.

A New Paper article titled 'Mr bodyguard, babysit my kids' on Aug 9, 2009, revealed that there is an increasing trend of Singaporean parents hiring bodyguards to protect their children from their schoolmates, illustrating the mindboggling extents to which parents will go to keep their children from harm's way, real or perceived.

Not surprisingly, growing up in such a sheltered and doistered environment has had an adverse effect on the psyche of youths today, many of whom are unable to withstand stress, lack financial literacy, ill prepared for the future, and apathetic toward local politics. Instead, ignorance about the harsh realities of life has perpetuated a culture of demanding and complaining among the younger set.

Yash Mavani, 17, a second-year Banking & Financial Services student sums up the situation best when he said, "We demand because we know that when we demand, someone up on the ladder provides."

Affirming the sentiment, Mr Chong adds, "The lack of crisis and hardships facing our affluent youths these days may have cast a pall on their mental capacity to face up to the hard knocks in life. They are more prone

“

They tend to take things as a 'given' and have a demanding attitude, to the point of thinking that most of what they receive is their entitlement."

Mr Chong Kek Weng, 50, School of Business & Accountancy lecturer



The Chinese have a saying: You cannot grow a pine tree in a flowerpot, nor can you groom an eagle in a cage.

WHAT IS A STRAWBERRY?

The appellation "strawberry generation" was coined by Ms Christina Ongg, Chairman of Career Consulting, in her 1993 book, "The Office Story", to describe fragile youths today who easily succumb to pressure.

The term was subsequently popularised in a Taiwan News article on Sep 12, 2005, which described the "strawberry generation" as those who "grew up in an environment without war and political persecution, with less poverty and easy access to information. This generation feels free to abandon tradition and takes education and freedom for granted."

Usage of the term peaked in 2008 when Taiwanese students took part in sit-in protests on various political issues. This became known as the "Wild Strawberries" movement.

The movement died in 2009, but the term experienced a revival in the East Asian press, including Singapore, directly following Senior Minister Goh Chok Tong's allusion to it in his keynote speech at the Singapore Scout Association's 100th Year Anniversary Dinner in February.

Our very own Teresa T!



NP77/GERALDINE LEE

It was no surprise when Teresa Tseng, 20, a first-year Chinese Media & Communication student, was crowned "International Idol". Also the female champion in Campus SuperStar 2006, she has been singing since she was in kindergarten.

Her moving rendition of Sandy Lam's "Weathered the Cold Wind for You" wowed the judges and won her the grand prize of \$300 and a singing contract with the School of Music & Arts.

International Idol Night, the finale of the International Fair, was organised by the School of Interdisciplinary Studies and the International Student Club. Idol Night saw 11 contestants and a 1000-strong audience. - LAVINNA KAUR

Send in your original compositions (song and lyrics) to contest.nptribune@gmail.com and stand a chance to win an hour of professional recording, and an hour of vocal or songwriting lesson with Intune Music School. Contest closes on Jan 3.

NEWS



Participants to the Taiwan International Cultural Design Camp 2010 visited cultural sites such as (clockwise from left) the Blueprint House, the Tainan Tree Valley Science Park, and the An Ping Tree House.

Nicholyn's recent trip to Taiwan saw her return with a bronze medal, and a new-found appreciation for culture. **NG JIAN YANG** reports

While most of her peers were indulging in some much needed rest during the recent semester break, Nicholyn Teo Hui Wen, 20, was exploring a tree house and immersing herself in aboriginal culture.

It was all in the name of research for the final-year Mass Communication (MCM) student, who participated in the week-long Taiwan International Cultural Design Camp in Tainan in August. The inaugural camp is jointly organised by Taiwan

Design Center, the Ministry of Education, Taiwan and the National Yunlin University of Science and Technology.

Confessing that her decision to sign up was largely spur-of-the-moment enthusiasm, Nicholyn said, "I saw it as an opportunity that came knocking on my door, so I grabbed it without a second thought. I wanted to discover for myself how culture could shape designs."

32 international participants learnt from Taiwanese and

international speakers, such as Mr Mark Chang, owner of Phalanx Creative, and visited various cultural sites to better understand contemporary issues on cultural design. They also had to work in pairs to produce materials to promote Taiwanese culture for a design competition.

Nicholyn and her Malaysian partner, Lee Mei Chye, 20, from the In-House Multimedia College, produced a set of posters that introduces the various aspects of Taiwan's aboriginal tribes.

Said Nicholyn, "We chose to focus on the aborigines because we realised that Taiwan lacked a single, unique identity. Is Taiwan about its tasty food, Chinese pop singers, vibrant night markets, or Taipei 101, the world's second tallest building, and the list goes on; we were stumped. So we decided to return to the beginning - to the original inhabitants of Taiwan."

The duo interacted with a couple from the Amei Tribe to understand more about their culture and way of life. En route, they also learnt to sing the lyricless songs and perform the traditional dance of the tribe.

Describing the experience as a culture shock, Nicholyn said, "I was speechless when I found out that women woo their husbands, and husbands live in the women's houses. There is also a knife that is hung by the door of their marital abode. If a woman deems her husband to be unworthy, she will throw that knife, along with her husband, out of the house."

The duo bagged the bronze in the competition.

Also on this trip with her is Mr Matthew Ng, a MCM lecturer who was invited as a guest speaker and contest judge for the camp.

>> CONTINUED FROM FRONT PAGE

Punctuality: A matter of courtesy and consideration

npTribune speaks to the Principal, Mr Chia Mia Chiang, to solicit his views on punctuality and the new ruling



Q: What was the initial purpose of a grace period and what prompted the latest review on school rules on punctuality?

A: The 15-minute grace period had actually been around for several years. From time to time, we would receive feedback from lecturers that

they find it difficult to make good use of the first 15 minutes of a class due to disruptions caused by students joining the class late during the grace period.

This [sparkled] a review, where it was determined that a better system would be to remove the grace period, start classes on time and end them 15 minutes earlier to allow students time to move to the next class. This would optimise teaching and learning outcomes for all students.

Q: What are your views on the importance of punctuality in society today?

A: It is always good to be punctual, be it in a workplace, classroom setting or social occasion, as a matter of courtesy and consideration for others. Most NP students do make it a point to be punctual, and this will stand them in good stead wherever they go.

Q: Some students say that to have no grace period at all is rather unfair, because of various reasons that may be out of a student's control, such as traffic jams or other unforeseen circumstances. What is your view on this?

A: The new system aims to single out the habitual latecomers rather than students who may at times be late due to unforeseen circumstances. The objective is educational, and not just an exercise to enforce the punctuality rule rigidly. Lecturers will exercise some discretion and flexibility. Students who are late for class due to unexpected situations can inform their lecturers, and all reasonable explanations will be accepted.



Email your letters (no longer than 300 words) to nptribune@gmail.com

VIEWS

[editorial]

A spate of youth crime has plagued Singapore in recent weeks, with reports of vicious gang violence dominating headlines. Slashing, it seems, has become the flavour of the moment.

In the short span of five weeks, there have been four confirmed and separate cases of such attacks, leaving one dead and many injured.

These gruesome displays of senseless violence have left citizens recoiling in horror, quivering in indignant rage at the temerity of such flagrant lawlessness in their backyards.

But before we become too eager to point fingers, we should firstly examine the deeply entrenched social malaise that culminated in the series of unfortunate events.

According to a my paper article titled 'More youth nabbed for rioting' on Nov 10, 2010, age-old factors such as "parental neglect" and "the need for a sense of belonging" continue to serve as effective lures to attract youth into gang life.

For these misguided youth, the need to prove themselves to the "brotherhood" means that brutal fights can and do erupt over trivial matters such as staring incidents.

Correspondingly, statistics from the Singapore Police Force (SPF) released in November revealed that there has been an increase in the number of youth arrested for rioting to 278 in the

first half of this year, from 263 over the same period last year.

Laws against unlawful assembly, affray and rioting, the latter of which can carry severe penalties of up to seven years imprisonment and caning, do not seem to have a deterrent effect on wayward youth, who continue to congregate at HDB void decks and shopping malls till the wee hours, often becoming a public nuisance with their boisterous activities.

Neither has a 2006 initiative by the SPF to alert parents of children who are found loitering outside after 11 pm via letters seemed to have dissuaded youth from such unsavoury behaviours, with the police issuing 6,000 warning letters in 2009, as compared to 2,400 letters in 2008.

As cliché as it sounds, it may truly be that if we desire for the situation to change for the better, education must start at home. After all, as psychologist Nicolas Gabriel Lim astutely pointed out in the my paper article, parents should never transfer the duty of disciplining their children "to their children's friends or their schools" as they play "a vital, critical and quiet supporting role" in their children's overall development.

Ng Jian Yang
Editor

'C' the light

While adults hope to achieve all the 5Cs – car, cash, condominium, credit card and country club membership – by the end of their career, we at NP have our own 5Cs to strive towards. **CLARE ISABEL EE** lists them out



CAFFEINE

Chilled in cans or hot over the counter, coffee is essential to our survival. On days that are packed with lectures, deadlines, or exams, this brown liquid is our elixir of life, the fabled philosopher's stone that prolong lives – or in our case, consciousness. With four canteens, two cafés, and vending machines situated at every building, you do not have to worry about where to satiate your caffeine cravings.

CALVES

Our campus is basically made up of hills. We climb a hill to go to class, another hill to go to lunch, and yet another hill to reach the lecture theatre... you get my drift. While these hills are the bane of some students' existence, there is no denying that they provide a good cardiovascular workout. So try not to grumble like old grannies the next time you have conquer yet another hill, because three years later, we will all have extremely toned calves.

CATS

Yes, these sneaky little creatures are hiding in every available corner of the school, waiting to pounce on you so that they can rub their oh-so-clean fur coats all over your jeans. However, students have grown to love the feline population here and it is not unusual to see some of them feeding the campus cats. It does not matter if you were not fond of cats before you came to NP, because your love for them will be sure to grow within the next three years.



C GRADE

Your lecturers seem to be speaking in a foreign language all the time, and you watch your classmates claim the top spot for modules after modules at every prize-giving ceremony. Sounds familiar? Well, do not fret. While you might not be the sharpest tool in the shed, you can and should at least aim for a minimum of a C grade for every module. It is really not that difficult to achieve as long as you put in the effort to fulfill the basic module requirements.

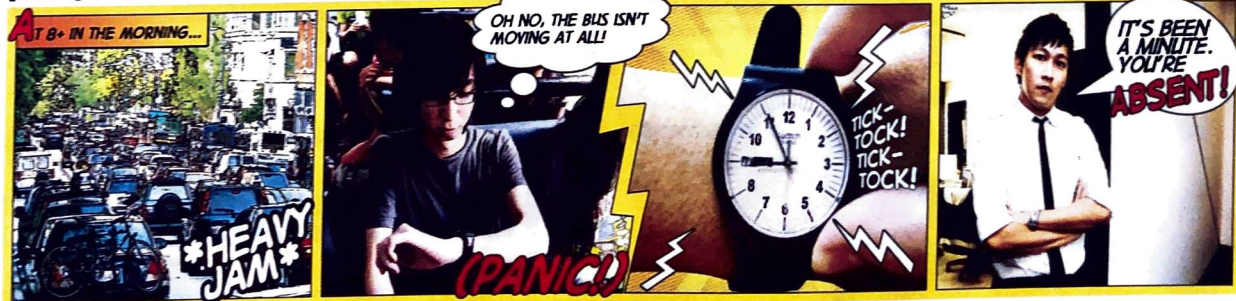


COMPANY

In good times and bad, sickness and health, there will always be friends who are there for you 24 hours a day, seven days a week. From screaming at each other during projects to overnight mugging sessions at McDonald's, these unwavering friendships are what you will gain after three years at NP, besides that precious diploma of course.



[comic]



npTribune

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SPECIAL

From lessons to life skills

Students are putting the skills they learnt from books into action through community service trips, reports

MICHELLE NG & VERONICA KOH

While stories about community service trips where volunteers spend their time cleaning, building houses and distributing food are commonplace, some NP students are not contented with doing just that.

From providing eye check-ups to installing solar-power lights, these students are going the extra mile in applying the skills that they have picked up in school for needy communities.

BEYOND SONG AND DANCE

On Oct 4, 23 students and two lecturers from the School of Humanities (HMS) made a 12-day study trip to Hanoi, Vietnam, to visit a kindergarten that NP had adopted – the Hoa Hong Practical Kindergarten. Every three students were assigned to take charge of a class of 55 students aged between five to six years old.

"The students conducted activities like games, story-telling sessions and songs to capture the children's attention. We also helped the teachers there to enhance their lesson plans by giving them suggestions on how to teach English," says Ms Maygalai K. Pannirselvam, a HMS lecturer.

Previously, the Early Childhood Education students had undertaken the Designing Learning Environments module, where they learnt to create conducive surroundings for classes.

Putting the knowledge they have accrued to practical situations, students compared the learning environments between Hanoi and Singapore, and brainstormed for suggestions to improve Hanoi's classrooms.

Explains Hee Yan Ting, 18, a second-year Child Psychology & Early Education student, "We used various children songs, especially those with actions to teach English. We also played ball games while singing with them. It aids the children in learning the language."

Following the usual practice of visiting the same school for two consecutive years, HMS will return to the kindergarten next year to volunteer again and evaluate the effects of their efforts this year.

THE GIFT OF SIGHT

Similarly, 37 Optometry and Nursing students from School of Health Sciences (HS) got to flex their healthcare expertise when they volunteered at a village in Phnom Penh, Cambodia, called Baray, for two weeks from Oct 9 to 23.

"We used to simply send money over to Cambodia. But this time, we decided to bring the students down and make use of what they have learnt in school to make a difference in people's lives," says Ms Vicky Ratnam, one of the three HS lecturers who went on the trip.



The Nursing students set up a mobile clinic where they did basic health checks for villagers living around the area. As head lice is a common problem there, delousing sessions were also carried out by the students, who removed them with medicated shampoo and a delousing comb.

Optometry students also got the chance to apply what they have learnt in class when they conducted eye checks for the villagers. Prior to the trip, they had collected over 1,000 used spectacles from a spectacles donation drive in NP and refurbished them for the villagers' use. This is the first study trip from HS to include

“Apart from help platform to learn

Optometry students since the start of the diploma last April.

"We learnt about eye conditions such as cataract in school but we never had the chance to actually diagnose such conditions," says Low Ren Kai, 18, a second-year Optometry student.

He adds, "There was a woman of 60 years old who could not see properly

Impacting the lives of the underprivileged does not have to happen abroad.

Linking hands, h

Dawn Michelle Lazaroo

A motion sensor system developed by students and staff from NP's Electrical Engineering (EE) division may soon be able to benefit over 1000 seniors living alone, thanks to a fundraising project launched on Oct 17.

Project Helping Hands, a collaboration between NP, The New Paper and the Voluntary Welfare Organisation Lions Befrienders Service Association, aims to raise at least \$1 million in order to implement the system in the homes of 1,000 needy senior citizens.

NP's creation, dubbed the Elderly Monitoring System, makes up the hardware portion of the project. The wireless motion sensor system can be installed in a home and sends

an alert via SMS to a caregiver if the elderly person living alone at home is motionless for a pre-set elapsed time.

"The idea for it came about three years ago, when I came across newspaper articles of elderly dying alone at home," says Mrs Lek-Lim Geok Choo, 51, Deputy Director of the School of Engineering's EE Division, who has been spearheading the project since its inception.

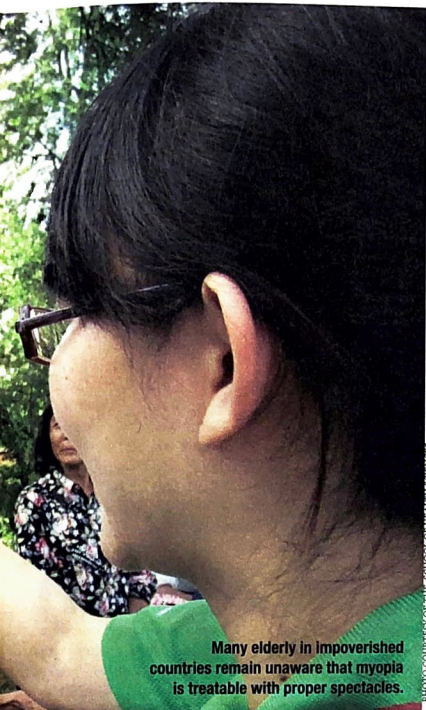
The students and the supervising team finally decided on a monitoring system for the elderly after many brainstorming sessions. The initial concept of an Internet-based real-time monitoring system was tested and tweaked over the years, before the final prototype was implemented in a trial that started last December at homes of two senior citizens in Mei Ling Street. The students involved in the trial have since graduated.



As part of the trial, students Yin Yin and Ivan Toh installed the Elderly Monitoring System in Madam Molly Lau's home.

PHOTO COURTESY OF THE SCHOOL OF ENGINEERING ELECTRICAL ENGINEERING DIVISION

SPECIAL



Many elderly in impoverished countries remain unaware that myopia is treatable with proper spectacles.



PHOTO COURTESY OF THE SCHOOL OF HEALTH SCIENCES



PHOTO COURTESY OF THE SCHOOL OF HUMANITIES



PHOTO COURTESY OF THE SCHOOL OF HUMANITIES

TOP LEFT: A Cambodian girl getting her eyesight checked by Optometry students.

TOP RIGHT: These children are learning the popular 'Nobody' dance by Wonder Girls.

LEFT: Children from the Hoa Hong Practical Kindergarten enjoy an English lesson conducted with songs, dance and games.

g those in need, we have a
rom."

Gerald Seetoh, 18,
Second-year CEM student

because of myopia and never knew that it was treatable. After we tested her eyesight and prescribed her with the correct glasses, she was laughing so happily because she can finally see clearly again."

LIGHTING LIVES

In November earlier this year, five second-year Clean Energy Management

(CEM) students and their course manager helped to install a three-metre tall solar-powered lamppost at a kampong rental shack in Pulau Ubin.

The course manager of CEM, Mr Yang Kian Giap, who had also previously helped to design NP's solar house at Block 39, says, "We stayed there during leadership camps and I noticed that the landlady was using a huge noisy generator for all their electricity needs, even to switch on a lamp. It produced a lot of pollution as well."

On learning that the landlady had to spend thousands of dollars every three months to buy diesel for the generator, Mr

Yang suggested setting up a small solar-power lighting system to help offset the rental shack's maintenance cost. However, before they could start on the project, the landlady passed away.

Mr Yang persisted in continuing with the project, which started in March.

"I wanted to fulfil my promise and also, give the students an out-of-the-classroom experience," he says. "A lot of what the students learn is all lab-based in a controlled environment. Though they may know what to do on paper, completing tasks out in the real world is a different matter."

Echoing his sentiments, Gerald Seetoh, 18, a CEM student who was involved in the project, says, "Apart from helping those in need, we also had a platform to learn on. And when you are doing an external project like this, there are more things to consider, such as how many solar panels and batteries we would need. We had to think out of the box."

With the successful installation of the first lamppost, Mr Yang plans to install more of them during Phase Two of the project.

"The landlady's son was so happy when we finished installing the lamp post. He ran around shaking our hands and thanking all of us," says Mr Yang.

ese enterprising engineers show how community service can begin at home

arts, and sensors

Benson Lam Jun Jie, 19, a final-year EE student currently working on the Elderly Monitoring System, says, "I find it very meaningful as there is an increasing number of senior citizens living alone, and this system can give them the peace of mind to lead a more independent lifestyle."

An alarm system for the elderly is not an entirely new concept, with one such system already available in the estate where the trial was held. However, as Mr Eric Cheong, 46, Befriender centre manager (Mei Ling Street), said, "The challenge of the old system was that the senior citizen needs to pull a cord to activate the alarm. In some cases, they may be unable to reach for the cord. Hence, we felt that this motion sensor system was a [natural upgrade]."

The senior citizens whose homes had the system installed initially had some concerns, such as whether they would

have to pay more for the electricity. According to Mrs Lek-Lim, however, the power consumption of the system is low, and the data collection (via SMS) can last for over five months with a prepaid value of \$8.

The team also made sure that minimal disruption was caused to the senior citizens' daily activities. Other than the installation and maintenance of the system, most of the refinements are done on campus.

"For this project, we needed to apply what we have learnt over the past three years, and more. There is really a lot of independent learning, where the only way we can find out the answers is to research, and trial and error," adds Benson.

The Elderly Monitoring System is just one of the many projects that final-year EE students have embarked on.

UPCOMING TRIPS

DECEMBER 2010:

Phnom Penh, Cambodia - Open to Psychology & Community Services students, 45 available slots.

Siem Reap, Cambodia - Open to Business & Social Enterprise students, 45 available slots.

MARCH 2011:

Youth Expedition Project to Fujian, China - Open to Mechanical Engineering students, 22 available slots.

Youth Expedition Project to Phnom Penh, Cambodia - Open to Psychology & Community Service students, 20 to 25 available slots.

Youth Expedition Project to Philippines - Open to Business & Social Enterprise and Early Childhood Education students, 20 to 25 available slots.

NPEOPLE

UN diplomat in the making?

Business Studies student grabs opportunity to participate in the first Model United Nations conference in Indonesia

Taina Teravainen

For 18-year-old Melvin Singh, being able to say that he has served as a diplomat for the United Kingdom (UK) is a feat that not many of his peers can boast of.

The final-year Business Studies student was one of the two lucky Singaporeans who attended Indonesia's very first five-day Model United Nations (IMUN) conference, a replication of the Harvard WorldMUN.

"I actually had no idea that such conferences existed, until my senior from school told me about it," he admits.

Held from Oct 23 to 27 at the University of Indonesia, the IMUN was attended by 162 delegates from Indonesia and five delegates from Vietnam, the Philippines and Singapore.

Melvin had to submit two essays to the IMUN conference committee for selection. The essays were titled *A letter to Ban Ki-Moon: How Could the United Nations Contribute to Promotion*

of the Peaceful Use of Nuclear, and How Can You Use Your Diplomatic Experience at IMUN to Strengthen The Association of Southeast Asian Nations' (ASEAN) Ties in Our Country.

The IMUN theme was "Challenging Future Challenges: Bringing Diplomacy Forward" and participants discussed topics such as nuclear and renewable energy.

They also deliberated the agendas they set as part of the General Assembly, ASEAN Regional Forum and United Nations Security Council.

It was the International Economics module that piqued Melvin's interest in world issues. He says of the module taught by Ms Koh Poh Tee, "We had to read the newspaper every day or risk being made to stand outside the lecture theatre." Class discussions always "expanded to topics outside of regular material" which made them more engaging and fun.

As part of his role as the UK delegate, Melvin had to read up

on the country's policies and a 100-page packet of IMUN's rules and procedures. Learning about the power of influence and how the United Nations (UN) operates was an eye-opening experience for him.

"One discussion that stood out to me was about the need for more transparency from the International Atomic Energy Agency, which is an organisation that runs on its own and thus, is not governed by the UN," says Melvin.

Mr See Khay Soh, 61, a lecturer from the School of Business & Accountancy, says, "I'm very impressed by how articulate and mature he is in his thinking."

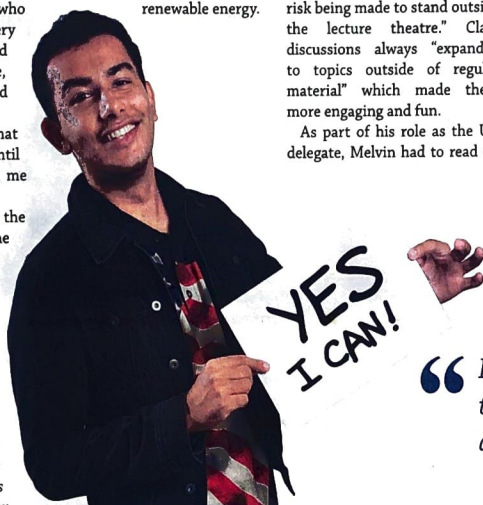
He adds, "Over the years, apart from being active in co-curricular activities such as floorball, he excels academically, with very positive feedback given by [his] lecturers and tutors. He is respectful, considerate and

conscientious in his studies."

Mr Alvin Lim, 24, a Banking & Financial Services diploma graduate, pushed Melvin to take up the opportunity as he himself had attended the 2007 United Nations World Youth Assembly for Road Safety in Geneva, Switzerland. He feels that going through "a global experience [such as IMUN] would prove to be invaluable" in allowing Melvin to "broaden his outlook on life, build self-confidence and also foster new friendships".

In March 2011, the National University of Singapore will play host to and co-organise with Harvard University the 20th World Model United Nations Conference.

"I would encourage everyone to sign up because there are so many opportunities," urges Melvin. "It is not as difficult as you think it is."



NPT / JEREMY LO

“I would encourage everyone to sign up because there are so many opportunities. It is not as difficult as you think it is.”

Melvin Paul Singh

The accidental YouTube star

Fame does not come easy, unless you have a YouTube account, a video camera and a hacker as your fan

Justine Chng

Like many aspiring artists, Koh Xinyi, 19, has been uploading her covers of songs by her favourite bands and singers on YouTube, since 2007 under the pseudonym "talktothewalls".

But the combination of a sweet voice, innate musical talent and doe-like features still proved insufficient to launch a music career for the final-year Business Studies student.

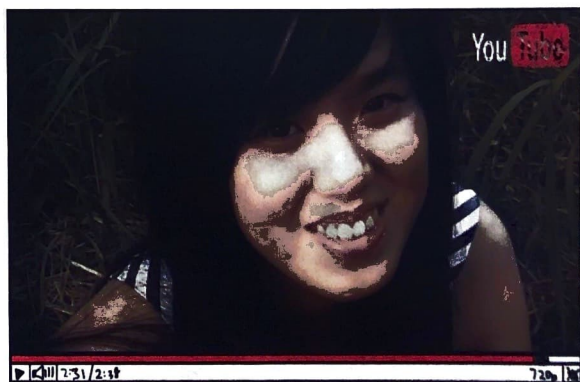
Her breakthrough came when a fan, an Australian woman, hacked the website in August 2008 and placed one of Xinyi's videos under the most viewed section.

She became a YouTube celebrity overnight, with her covers quickly rising to the top spot of most viewed video in India and seventh most viewed video globally in the coming weeks.

The fame has been overwhelming for Xinyi, with fans coming from the Philippines, Thailand, India and the United States.

Says Xinyi, "There was this one time a guy followed me home and found out where I lived, rang up my doorbell and asked me to sign his guitar capo." However, she is grateful for her supporters and takes time off to interact with them via social networking sites such as Formspring and MySpace.

Despite criticism - some Youtube



Xinyi proves that she can not only sing, but also compose songs with "Yours To Keep".

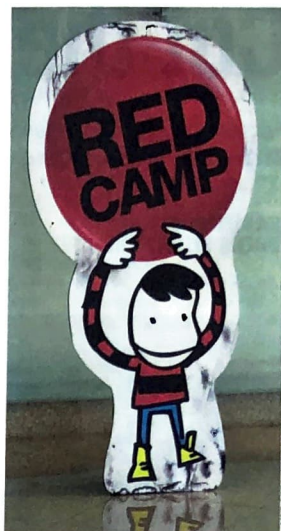
users told her to "take some lessons" and some called her an "epic fail[ure]" - Xinyi has gone on to collaborate on well-received duets with fellow YouTube artists, such as Pavel of "Twintapes" and Ted of "slowlawty".

An original composition titled "Yours To Keep" was produced a year ago and supported by the Whatlah! project, a local movement promoting homegrown music

talents. The video has till date received over 70,000 views and has even sparked several covers by other YouTube users.

Xinyi hopes to eventually further her studies in music.

"I also intend to set up a small cafe or boutique with a stage for open microphone performances by local songwriters," adds the ardent supporter of local music.



Raving about RED Camp 2010

“The campers really made me feel very proud to be their Student Leader.”

Kenny Lim Feng Xiang, 19,
Final-year Mobile Business Solutions student

“The camp exceeded my all expectations with the high levels of energy displayed.”

Sri Andala Bte Chansudin, 16,
Yuan Ching Secondary School

“I love it so much that I started missing RED Camp the day it ended!”

Yeo Hui Ling, 16,
Mayflower Secondary School

“It was awesome! I knew that it would be fun, and it was all that – and more.”

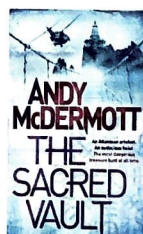
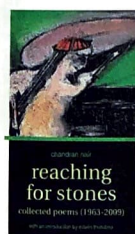
Cherie Kwek, 16,
Deyi Secondary School

[book reviews]

Reaching for Stones: Collected Poems (1963 - 2009)
Chandran Nair
Price: \$19.26 (with GST)
Available at Kinokuniya (Takashimaya store), Books Actually, Select Books and online at www.ethosbooks.com.sg

Most creative writers tend to find themselves falling into the dangerous trap of regularity and monotonicity as they continue to write, but Mr Chandran's third collection of poems is anything but contrived.

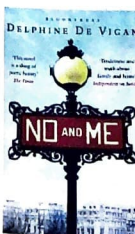
The arrangement of the 101 poems he has written over the last 46 years reflects the growth of an Indian boy in a predominantly Chinese 50's neighbourhood to a student, mentor, husband and then a father. A master wordsmith, Mr Chandran's language is clear, concise and nuanced, which makes for a decidedly thought-provoking read. - **SOPHIE HONG**



The Sacred Vault
Andy McDermott
Price: \$17.07 (with GST)
Available at Kinokuniya, Times and Borders bookstores

Andy McDermott's latest addition to his Eddie Chase and Nina Wilde series is perfunctory, if nothing else, and could easily be mistaken as yet another Dan Brown novel. It sees the return of beloved ex-SAS operative, Eddie, and his trusty archaeologist sidekick, Nina; this time, in a battle against Indian IT magnate, Pramesh Khoil, who seeks to annihilate humanity.

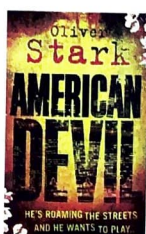
While the heat of the action cannot hide the lacklustre plot, The Sacred Vault is a fun and fast-paced romp of a read that will keep you entertained from cover to cover if you are not looking for intellectual stimulation. - **MARK LEONG**



No and Me
Delphine de Vigan
Price: \$18.94 (with GST)
Available at Kinokuniya and Borders bookstores

A bittersweet tale about friendship, imperfect families and neglect, No and Me revolves around a 13-year-old child prodigy, Lou Bertignac, who befriends a destitute teenager living on the streets, No, for a school presentation on homelessness.

Their friendship carries long after the project ends, and Lou finds a confidante in No, a capricious and self-destructive realist who seems to be her polar opposite. With compelling short chapters, de Vigan explores grief and loss in a deceptively simple and engaging narrative that will keep you turning the pages until the very end. - **SYLVIA KOH**



American Devil
Oliver Stark
Price: \$17.07 (with GST)
Available at Kinokuniya, Times and Borders bookstores

The premise of Oliver Stark's debut thriller novel, American Devil, is simple enough. There is a serial killer on the loose in New York, who is butchering young, blonde and wealthy women. The NYPD is baffled and brings in detective Tom Harper, who was suspended from the force for assault, under the condition that he agrees to undergo therapy.

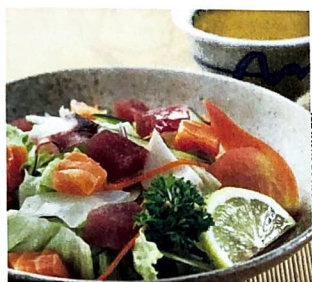
Sharp and snappy dialogue interwoven with fleshed-out and believable characters ensure that the plot never tips over into banality. With plans to develop the novel into a series, we expect to hear a great deal more from Stark. - **TAIINA TERAVAINEN**

ZEST

Cut the calories, go green!

According to the 2010 National Health Survey, one in 10 Singaporeans is overweight from unhealthy diets. **BRYAN TOH & SYLVIA KOH** introduce four greens that will not only soothe those hunger pangs but also help you to keep obesity at bay

SASHIMI SALAD FROM SUSHI TEI



Price: \$10.90 per serving

Location:

Paragon, Orchard Road, 290, #05-04/05

Operating Hours:

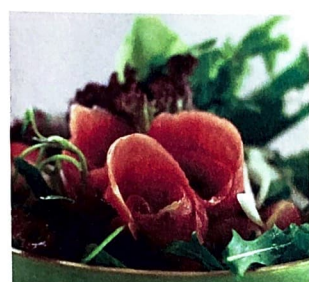
11.30 am to 10 pm daily

Tel: 6235-1771

A must-try for all sashimi lovers, this salad is a giddy mix of thick and succulent slabs of salmon, tuna and octopus sashimi, coupled with bite-sized fresh vegetables, and completed with your choice of any three dressings.

If you want to spice up your meal, pair it with the *wafu* dressing - a smooth and piquant mix of Japanese soy sauce, rice vinegar, and vegetable oil - for a zesty and refreshing kick that accentuates the freshness of the seafood.

OMEGA₃ BABY FROM SALAD STOP!



Price: \$11.50 per serving

Location:

6 Raffles Boulevard, Marina Square, #02-06

Operating Hours:

Mon - Fri: 9 am to 9 pm,

Sat: 11 am to 9 pm.

Closed on Sundays and public holidays
Tel: 6720-8590

With a myriad of colourful ingredients like salty smoked salmon, beetroot, sunflower seeds, and various greens, this is a rustic dish complemented by the tangy balsamic vinaigrette which, unfortunately, slowly coagulates at the bottom of your salad bowl as you eat.

Other than that blip, this light salad packed with Omega 3 fatty acids is a health-conscious teen's best friend!

ARUGULA WITH PRAWNS FROM MESCLUNS



Price: \$9.50 per serving

Location:

CityLink Mall, 1 Raffles Link, #B1-26BC

Operating Hours:

Mon - Fri: 9 am to 10 pm,

Sat - Sun: 11 am to 10 pm

Tel: 6884-6120

A pleasantly tangy dish with a sweet and sour base, the main highlights are the grilled prawns, nestled in a bed of arugula, creamy avocados, cherry tomatoes, and crunchy cucumbers.

Decorated with an Asian dressing, as well as coriander and a sprinkling of sesame, the distinct tart taste garners an immediate "Mmm...". If oriental cuisine is what you are looking for, look no further than this delectable and filling salad.

SEXY PROSCUITTO FROM THE GREEN BAR



Price: \$8.50 per serving

Location:

Suntec City Mall, Tower 4, #B1-09

Operating Hours:

Mon - Fri: 9 am to 9 pm,

Sat - Sun: 11 am to 9 pm

Tel: 9728-6448

Composed mainly of proscuitto (thin slices of dried cured ham) and poached pears, each mouthful is an interesting contrast of sweet and salty goodness. The peppery arugula provides an interesting counterpoint and an added bite.

Serving as a breather in between the riot of flavours are the tomato slices, red lettuce and goat's cheese, laced liberally with mustard seed dressing. So if you are looking to re-energise your day, this delightful salad is a must-try!

Mixing and matching made easy

Create and accessorise a complete outfit using any of the following items to win ClubCouture vouchers worth \$100! Send your answers to contest.nptribune@gmail.com by Jan 31



Vintage Print Dress (\$49)

If you love Rachel McAdams' style in *The Notebook*, try this understated yet classy dress.



Military Inspired Parka (\$79)

Parkas are as good for chilly weathers as they are for cold lecture halls.



Khaki Linen Top (\$49)

Matching your tops with your other clothes is much easier when they are in neutral shades.



Lace Panel Leggings (\$29)

Add a hint of playfulness by jazzing up your outfit with these lace panel leggings!



It's all about keeping it chic with a **Dusty Pink Top (\$39)** and **Black Pleated Shorts (\$39)**. Shoes, model's own.



PHOTO COURTESY OF KHROSOSPHERE PRODUCTIONS

It will be a night of fun and revelry from 9 pm onwards at St James Powerhouse Station for visitors to the Traffik Light Affair on Dec 21.

Prepare to paint the town red on Dec 21

Geraldine Lee

Red, amber, and green: These are the colours you will get to choose from when you enter St James Powerhouse Station for the Traffik Light Affair.

Organised by 18 final-year Business Studies students from the School of Business & Accountancy in collaboration with Khronosphere Productions as part of their final-year project, the party is open to all students looking for a break from their books.

"We hope to break down social barriers and make it easier for people to make friends," says Justin Tan, 21, one of the co-founding directors of Khronosphere Productions.

He hopes to leverage on the fact that both polytechnic and university students will be having their vacation during the December to January period to encourage students "to have fun, as well as to expand their social circles."

Light sticks will be given out at the entrance to help identify if a person available,

confused, or in a relationship, and are coloured green, amber and red, respectively.

Cai Jia Hui, 19, a final-year Business Studies student and president of the organising committee, says, "We will also be organising drinking competitions and contests to liven up the atmosphere."

Pre-event tickets at \$20 can be purchased from December onwards. Tickets at the door will cost \$25, and all tickets include a complimentary drink. For more information, go to <http://www.khronosphere.com.sg/>.

A slice of the Big Apple

With the same melodious tunes that charmed the hearts of many New Yorkers, Johnny Rodgers Band showed aspiring musicians in NP how it should be done

Mark Leong

The humble Atrium was transformed into the grand Jazz at Lincoln Center in New York as the Johnny Rodgers Band showed aspiring musicians in NP how it should be done

Brought over by Student Development and Alumni Relations (SDAR) and The Rhythm Road on Nov 15, this was a cross-cultural musical exchange supported by the United States Department of State Bureau of Educational and Cultural Affairs. The concert aimed to educate and introduce students to American music.

"They interacted a lot with the audience during the live performance, and their stage presence was really strong," says Sanjay Pal Singh, president of Baracuda Batucada, who also performed the opening act of the night and even got to jam with the band.

It was a rare experience for them as it is not every day that a student percussion group got to share the stage with an illustrious foreign band.

Named after vocalist and keyboardist Johnny Rodgers, the band consists of guitarist Joe Ravo, bassist Bryan Glassman and drummer Danny Mallon. These veteran performers have rubbed shoulders with the likes of Liza Minelli, Michael Feinstein and Tom Harrell.

With such impressive credentials, it is little wonder that the band got the audience swaying to the beat of their tunes in a matter of minutes.

"Music isn't isolated, everyone is a part of it," explains Johnny Rodgers. "It is 5 per cent playing, and 95 per cent the people you are with."

It was this exact same mindset that brought the four talented men together.

Although they are all accomplished musicians in their own rights, they decided that feeding off each other's creative energies would help them to achieve more musical depth.

"Our inspirations come from each other," says the band. They also advised budding musicians out there to "always play with someone better than yourself".

In fact, Johnny Rodgers feels that the best environment for a young band to hone its skills is in school.

"It gives awareness of artists. It gave me the information and inspiration to dig deeper," he says. "You learn from everybody you play with. In that sense, school is perfect, thanks to the people."

Just like how the Johnny Rodgers Band had enchanted the city that never sleeps, listeners in NP too were kept spellbound by their music.



PHOTO COURTESY OF THE RHYTHM ROAD

Clockwise from bottom left: Drummer Danny Mallon, bassist Bryan Glassman, guitarist Joe Ravo and frontman Johnny Rodgers.



NP TRIBUNE/STAFF

A student getting his blood drawn by a nurse from the Health Science Authority.

More than a drop of hope

Sophie Hong

If the constant flow of people at the recent blood donation drive in October is anything to go by, NP students are increasingly compassionate.

Organised bi-annually by the Red Cross Humanitarian Network (RCHN), the three-day event at OurSpace@72 saw a 41 per cent increase in students wanting to donate blood to 576, from 409 in May.

Over three days, 358 packs of blood were collected.

Many like See Xuan Bin, 17, a first-year Business Studies student and first-time blood donor responded positively to the RCHN's appeal for more blood donors.

He says, "I saw the email regarding the blood donation drive and decided to drop by to do my part for people in need."

A Ngee Ann Poly Blood Donor Privilege Card which grants the cardholder discounts at places such as Botak Jones, Frolick, Mr Bean and Mambo Billiards, was also given out as a token of appreciation and to incentivise students to come forward and donate blood.

Xuan Bin says, "I was initially very apprehensive because I heard that donating blood is painful, but I did not feel anything when my blood was being drawn. I will definitely donate my blood again."

The next RCHN blood donation drive will be held on Jan 18 to 21.

11 & 12 Mar 2011
Open House@SIM
www.sim.edu.sg/openhouse

Sr RenghaRajan
Bachelor of Science (Hons)
Economics and Finance
University of London, UK

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BSc (Hons) Business Management with Language - FT
BSc (Hons) Business Management with Industrial Placement - FT
BSc (Hons) International Business - FT
BSc (Hons) International Business with Language - FT

University at Buffalo, The State University of New York, US

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Bachelor of Science (Business Administration) - FT
Double Degree in Bachelor of Science (Business Administration)
and Bachelor of Arts (Psychology) - FT
Double Major in Bachelor of Arts (Communication & Psychology) - FT

University of Wollongong, Australia

Bachelor of Computer Science (Digital Systems Security) - FT/PT
Bachelor of Computer Science (Multimedia & Game Development) - FT/PT
Bachelor of Information Technology (Computing) - PT

RMIT University, Australia

Bachelor of Applied Science (Construction Management) - PT
Bachelor of Business (Accountancy) - FT/PT
Bachelor of Business (Economics & Finance) - FT/PT
Bachelor of Business (Management) - FT/PT
Bachelor of Business (Marketing) - FT/PT
Bachelor of Communication (Mass Communication) - PT
Bachelor of Design (Communication Design) - FT

The University of Manchester, UK

BSc (Hons) Management - PT

The University of Sydney, Australia

Bachelor of Nursing (Post-Registration) - FT/PT

University of London, UK

BSc (Hons) Accounting & Finance - FT/PT
BSc (Hons) Banking & Finance - FT/PT
BSc (Hons) Business - FT/PT
BSc (Hons) Computing & Information Systems - FT
BSc (Hons) Economics - FT
BSc (Hons) Economics & Finance - FT/PT
BSc (Hons) Economics & Management - FT/PT
BSc (Hons) Information Systems & Management - FT/PT
BSc (Hons) Management - FT/PT
BSc (Hons) Mathematics & Economics - FT

FT = Full-time, PT = Part-time

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SPORTS

Comeback of the Titans

Their toil, tears and sweat has finally paid off with a long-awaited medal

Roxanne Lim

The dry spell came to an end for the Titans, NP's female canoe polo team, when they came in third for this year's National Canoe Polo Championship.

"I was elated knowing that we finally won something for our school," says Koo Kah Pin, 19, a final-year Chemical & Biomolecular Engineering student and canoeist. "The three years of hard work did not go to waste!"

Looking back at the win, it is hard to believe that the team of eight girls had picked up the sport only three years ago.

"We have sort of been arch rivals with the team from the National University of Singapore (NUS) for the past couple of years as their team players started [canoe polo] in the same year as us," says Amanda Mak, 19, a final-year Psychology & Community Services student and team captain of the Titans.

The girls finally managed to emerge triumphant against the NUS team with three goals to one in the round robin stage. However, a subsequent loss to Nanyang Technological University resulted in a bronze medal instead of silver.

"We will definitely train hard for the Singapore Polytechnic Canoe Polo Open Championship in March 2011," says Kheng Yun Lin, 19, a final-year Mass Communication student and vice-president of the Canoeing Club.



PHOTO COURTESY OF NP CANOE POLO

He was foiled by the oil

The defending champion lets slip of top spot in the POL-ITE Games, an annual sports competition between the polytechnics and the Institute of Technical Education

Ng Yang Han

There are two things that every bowler has to pay attention to in competitive bowling – the oil pattern and the arrows located at about one-third into the bowling lane.

To achieve a strike, Nicholas Lim Jun Rong, 19, has to get his 14-pound (6.4 kg) bowling ball to somewhere just about the third arrow. Successful execution will ensure that the ball tracks a path through the oil – a friend one day, a foe the next – and upon meeting friction, it will annihilate all ten pins at one go.

That, the final-year Electronic & Computer Engineering student will tell you, is the theory. Sometimes, things go your way and other times, they do not.

This might explain the 86-pin difference between his highest and lowest games at the POL-ITE Games held at SAFRA Yishun on Nov 20, which eventually cost him the champion title in the singles and all-events categories.

The oil, which he had full mastery over through seven games, betrayed him at the end. Despite that, the captain of the NP Bowling team appeared upbeat about his silver medal-winning performance.

"Although I did not maintain my first place from last year, I thought it was a great accomplishment. I put up a good fight but lost to a high game," he says.

That said, 2010 had not exactly been an easy year for the ex-national bowler.

"After last year's POL-ITE, I took a three-months break and returned to

bowling in February this year. I stopped private coaching, and I think I reached the point when my drive for the sport dipped a little," he admits.

Indeed, it would be difficult to top the past two years of his bowling life, when he achieved a perfect game en-route to clinching first runner-up at the Milo International Junior All-Stars tournament in Kuala Lumpur in 2008, and his triple gold medal feat at last year's POL-ITE Games.

But when the time came for him to step up as the team captain this year, he knew he had to pick himself up.

The one man who oversaw all that was Mr Richard Koh, 60, the coach of the bowling team, whom Nicholas has known for nine years and affectionately terms as a "father figure" to him.

"As a bowler, he is much more analytical and his technical knowledge is stupendous," says Mr Koh of his charge.

He adds, "If [Nicholas] chooses to be, he can be a coach himself."

For their efforts, the defending Men's champions had to settle for an overall bronze this year.

Says Nicholas, "I don't expect myself or the team to perform as well every year. Bowling is a sport where there is no guarantee of success or security. But the important thing is to be determined to improve and not let failures get to you."

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Nicholas Lim
NP Bowling Team captain

NP POL-ITE SCOREBOARD

GAME	MEN	WOMEN
ARCHERY	1 st	1 st
BADMINTON	6 th	1 st
BASKETBALL	6 th	6 th
BIATHLON	6 th	2 nd
BOWLING		
CHINESE CHESS		1 st
DRAGON BOAT	4 th	
FLOORBALL	5 th	4 th
HOCKEY		5 th
INTERNATIONAL CHESS		3 rd
KAYAK SPRINT	5 th	5 th
NETBALL		6 th
ROAD RACE	5 th	5 th
RUGBY		5 th
SEPAK TAKRAW	5 th	
SOCCER	6 th	1 st
SQUASH	2 nd	3 rd
TABLE TENNIS	5 th	3 rd
TENNIS	2 nd	1 st
TOUCH FOOTBALL		3 rd
VOLLEYBALL	2 nd	4 th
WATER POLO	1 st	

Results last updated Nov. 10, and are accurate at press time.
Source: Student Development & Alumni Relations Office



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