



THE WINEPRESS VOL. 1 / 2022

ENGAGING OUR COMMUNITY

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Food

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Learning

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WinePRESS

WHAT'S HAPPENING?

Do you know that Jurong Christian Church (JCC) @ 2 Tah Ching Road is a happening place? We have started hobby and interest groups to provide opportunities for Taman Jurong residents to learn and play together. If you wish to volunteer, there are also opportunities to help those in need. Check them out!



KidsREAD (Saturdays, 10-11am)

A free literacy programme for 4-8 years old from low-income families.



Urban Farming (Saturdays, 10am-12pm)

Green fingers are welcome to plant and harvest herbs together.



Cycling Club (Sundays, 2.30-3.30pm)

Free basic bike repair is on Sundays while bike outings are ad hoc.



Bread Distribution (2nd & 4th Fridays, 7.30pm onwards)

Volunteer to bring food to our needy neighbours.

Please contact Ms Peggy at mobile 8321 2057 or email peggy@lutheran.org.sg for more info or to sign up!

Announcements

BARANG FAIR

SATURDAY 6 AUGUST
10AM-3PM @ MPH1
2 Tah Ching Rd

Donated items in good condition; take items you want (bring your own bag).

Semuanya percuma!

都是免费的!

JOIN THE BICYCLE CLUB!

This is a group of cycling "nuts" who came together to have some cycling fun! On 11 July 2022 (Hari Raya Haji), the more experienced cyclists led a group of young and old folks (men, women, children) to cycle from church at 2 Tah Ching Road to Marina Bay Sands and back. They set off at 7am and returned by about 2pm. The total distance covered was about 50km.

One senior citizen, Sunshine (yes, her name is Sunshine), joined the team for the first time and accomplished the 50km challenge. She enjoyed it so much that she wants to share the fun and excitement that they had during the trip.



Here's what happened:

- At 7am Rev Anthony prayed for safety and flagged off the group.
- **Stretch 1 (8km):**
 - Started riding on the pavement in a single file till we reached Bukit Batok where the PCN (Park Connectors Network) started.
 - Reached Ghim Moh market for a light breakfast.
- **Stretch 2 (10km):**
 - Started heading towards the Green Corridor.
 - Reached former Railway Station at Tanjong Pagar.
- **Stretch 3 (5km):**
 - Cycled on pavement and arrived at our destination, Marina Bay Sands Hotel.
- **Return stretch** (with breaks in between):
 - From MBS Hotel, took a different route back.
 - Stopped at Zion Road Food Centre for light lunch.
 - Headed towards the Alexandra Trail on PCN till Queenstown MRT station.
 - Rode on pavement to Ghim Moh and took PCN all the way to Bukit Batok.
 - Rode on pavement from Bukit Batok to JCC.



Join the club and get free maintenance service for your bicycle. **Bike Clinics are every Sunday, 2.30–3.30pm @ level 1.**

TIPS ON MENTAL WELLNESS FOR SENIORS – LEARN FROM THE EXPERT

As we grow older, our bodies may age, but we should keep our minds active and alert. The pandemic has also caused people to experience increased levels of anxiety, depression, and even fear, especially for seniors.

So, what can we do to cope with these challenges?



We must take an active step to develop and maintain good mental health on a daily basis. Do you know that one of the simple things we can do is to be grateful for the simple things and pleasures in life? Recall each situation that made you smile. And explore simple things that you can do.

[Check out the free webinar >>](#)

It is made up of a series of short videos recorded during a workshop conducted by Dr Richard Lim, a Consultant and Psychotherapist who has helped seniors and many others manage life challenges and develop resilience relating to mental health.

HOW TO TAKE A PHOTO FOR SINGAPORE PASSPORT RENEWAL

There are 2 parts to taking a photo for Singapore Passport application. Firstly, to take the photo and secondly to crop the photo to the required size.

1. TAKING PHOTO

- Look for a location with good natural lighting.
- Find a white background, such as a white wall.
- To avoid shadows, the light should be falling directly on the face and not from the side.
- Use a smartphone or camera to take the photo. If you are taking the photo for your friend:
 - Ask your friend to stand about a foot from the wall so that his shadow does not appear on the wall.
 - Ensure his face is in focus and facing the camera.

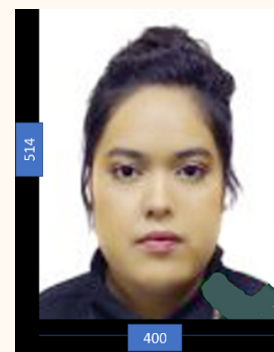


Photo from ICA website

- The eyes must not be blocked. It is recommended that spectacles be removed.
- Your friend should not smile and must keep mouth closed. The teeth should not be visible in the photo.
- The forehead should not be blocked by hair or hat.
- Give some allowance above the hair when framing the shot.

TIPS ON MENTAL WELLNESS FOR SENIORS – LEARN FROM THE EXPERT (CONT'D)

2. CROPPING PHOTO

Install a photo-editing software to crop the photo. You can download a free software called PhotoScape X to get started:

[Download it free >>](#)



Passport photos must be 400 x 514 pixels.

The ICA website does recommend using the following apps for taking passport photos:

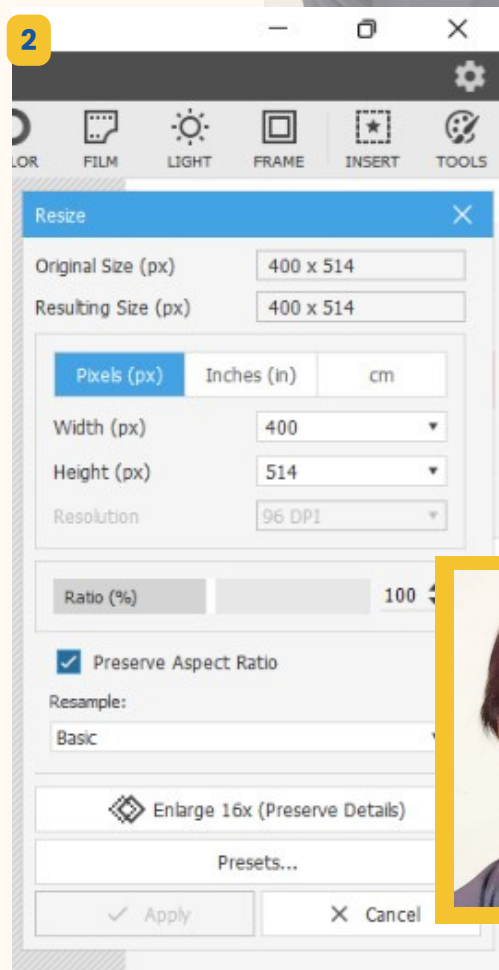
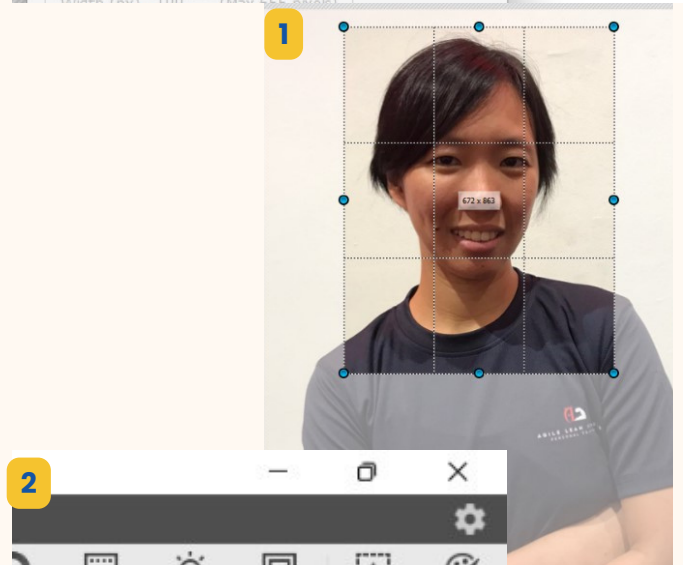
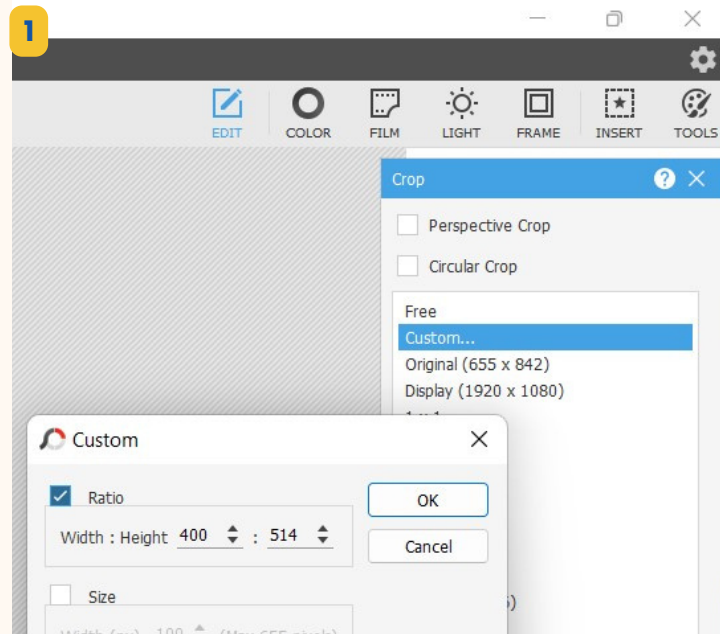
- IC Photo Singapore
- Passport Size Photo Maker
- Passport Photo ID Maker Studio – ID Photo Editor

(But we'll use the PhotoScape X for this tutorial.)

1 Use the CROP function to cut out the face and part of the shoulders. Select Custom and enter the width 400 and height 514.

2 Then use the RESIZE function to size to approximately 400 x 514. In this case, when entering the width of 400, the height is automatically changed to 514 pixels. Ensure that width and height do not exceed the requirements.

3 This, however, is an example of a photo which will not pass the ICA requirements. The lady is not facing directly at camera and lower half of the face is in shadow. She is smiling and her mouth is opened.



3



MY FAVOURITE WANTON MEE IN JURONG WEST

By Martin Cheah

The proliferation of wanton mee stalls within a 1-mile radius of Tah Ching Road reflects the popularity of this dish. In the hawker centre at Block 505 Jurong West St 51 alone, there are 4 stalls selling solely this dish. In the nearby coffeeshops, there are also standalone wanton mee stalls. In the Taman Jurong Hawker centre (3 Yung Sheng Road) there is a wanton mee stall but it sells other types of noodle dishes too.

Wanton mee is one of my favourite hawker foods and I used to love one particular stall in Tiong Bahru hawker centre. It used to have long queues and I had to wait about 20 to 30 minutes to be served. Unfortunately, quite unexpectedly, the stallholder passed away and the business folded.

In the Jurong West Blk 505 Hawker Centre, Long Kee Wanton Noodle, located at one entrance of the wet market, is one of the better choices in the neighbourhood. At peak hours, long queues are normal. By 1pm, the stall would usually finish selling.

For a slightly sweeter tasting dish, Wai Kee Wanton Noodle at the opposite entrance to the wet market will suit those with lower preference for chilli. Originally, this stall was called Kok Kee Wanton Noodle but the brand name was sold to a food and beverage group in 2020.



Long Kee Wanton Noodle



Wai Kee Wanton Noodle



WINEPRESS NEWSLETTER

The WinePress is a monthly newsletter of Jurong Christian Church. It contains articles to educate, encourage and edify members in their spiritual walk with God. Click to read more articles:

