



ENGAGING OUR COMMUNITY

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WHAT'S HAPPENING

KIDSREAD 6-MONTHS LITERACY PROGRAMME

We're garnering registrations for next January's KidsREAD course. Children who are 4-8 years old and are Singapore citizens can enroll for FREE! The session is every **Saturday, 10 - 11am** and is prioritised for low-income families. Register with Ms Peggy at 8321 2057 or email peggytan@lutheran.org.sg.



HANYU PINYIN CHINESE PROGRAMME

Our Chinese L2-certified teacher is recruiting kids for the next Hanyu Pinyin Chinese literacy course beginning in February 2023. The session is every **Saturday, 1 - 2.30pm**. There is a monthly material fee of \$25. Register with Wu Lao Shi at 9117 2225 or email jcc@lutheran.org.sg!

CHRISTMAS SERVICES

Jurong Christian Church is hosting a **Christmas Eve worship service** on Saturday 24 December, 9.30 - 11pm @ Level 2 Sanctuary. (Chinese service is at 7.30pm.) We will also be hosting a **Christmas worship service** on Sunday 25 December, 10.45am - 12.15pm. (Chinese service is earlier at 8.45am.) Friends and family are all welcome to walk-in!



WEEKLY BADMINTON & TABLE TENNIS

Join our young and old players for leisurely or competitive games of badminton or table tennis. Our players are at the Level 1 lobby every **Monday and Wednesday from 7pm** onwards. Feel free to bring your own rackets but we already have some spares to share.



DON'T BE SCAMMED

by John Lee

There are smart scammers and gullible victims. Obviously, scammers are having a field day because there is no lack of easy prey. [This Straits Times report](#) that “Scam victims include lawyers, professors, senior servants” is a sobering reminder that we must always be on alert, never thinking that we are too smart to be scammed.

Here is a business offer with which you find out whether you are foolish enough to lose a tremendous opportunity to make money or smart enough not to lose your money.

A manufacturer invites you to be the product’s local exclusive agent in Singapore. You can earn a handsome profit of 25% on your sales, yet you do not have to pay any fees or put up any deposit for a stated maximum order quantity.

Sounds too good to be true? Out of your usual prudence, you discuss with your more educated friends.

“It looks completely risk-free,” one of them (Tom) says encouragingly.

“You must look a gift horse in the mouth,” cautions another (Jerry).

Finally, being *kiasu* or *kiasi*, you decide to heed Jerry’s advice. Tom, the smarter guy, is quick to take your place and salivate at the great profit opportunity.

Shortly, Tom receives an enquiry from a customer arranged by the manufacturer. A successful deal is closed. Similarly, more successful deals follow and Tom is laughing to the bank while you rue your loss.

One day, a huge order comes from a prospective customer. Due to potential profits and the experience of past sales successes without hiccups, Tom willingly places his deposits requested by the manufacturer for such a huge order.

What happens next? The potential customer cancels his order. Goods are not delivered by the manufacturer. Both the “customer” and the “manufacturer” overseas become uncontactable. Tom is left to rue his greed. You feel relieved that you have been saved by Jerry’s wisdom.



So, from this experience of yours, you find out that at times it is good to be *kiasu* or *kiasi* when assessing a gift horse whether it is real or fake.

Scams frequently work by presenting real gains to you that are temporary and realistic until you are lulled into complacency when the scammers then home in for the kill. Called by any name (job scams, e-commerce scams, love scams, phishing scams, etc.), scams are all similar with the scammers feeding on the victims' greed and emotions.

One common definition of "scam" is a deceptive scheme. There are also worrisome "scams" that are not illegal. They offer excellent value or benefits at first sight to entice you into decisions, and you realise later that you are deceived only after the fine prints suddenly stare into your face when significant hidden costs or risks rear up. When you feel that you have been "deceived", then it is a "deception" or "scam" although it is not something you can report to the police.

Here are [6 ways to avoid being scammed in Singapore; helplines and online resources](#).



FAST PIPING HOT FOOD

by Martin Cheah

If you are rushing for a meeting after the service, there is a Koufu food court in Taman Jurong, just a short walk from JCC, which sells delicious Ipoh Curry Noodle. The curry is tasty without being too spicy. You can replace the curry chicken with the char siew alternative, which I usually do.

When ordering the dish, remember to refer to it as Curry Noodle and not Laksa. If you refer to his dish as Laksa, he will refer you to a Laksa stall in the same food court. The seller is very proud of his distinctive dish.






Usually there are plenty of seats available so there is no problem to find a table to have a quick lunch. You can "chop, chop" eat your lunch and be back to JCC in time for your meeting. Of course, be careful not to burn your tongue because the curry is quite hot when served.



KNOW YOUR BANANAS!

by Bryan Tay

Bananas is a commonly available fruit. Most people like it. But do you know that bananas have different characteristics at different stages of ripening?

How Ripe?	Appearance	Firmness	How Long?	Characteristics / Uses
Under Ripe		Very firm	Up to 4 days	Can help with weight loss Can promote gut health Can improve blood sugar control
Barely Ripe		Firm, full of resistant starch	Up to 3 days	Low in carbohydrates High in fibre Can improve blood sugar control
Ripe		Peels easily	Up to 3 days	High in potassium & Vitamin B6
Very Ripe		Soft, not mushy inside	Up to 3 days	Easy to digest High sugar content Can blend with muffins and oatmeal
Over Ripe		Soft, mushy inside	2-5 days	High sugar content Natural sweetness Can replace fats in baking

Picture attributed to [Freepik](https://www.freepik.com). Contents adapted from <https://greatist.com/health/banana-stages-benefits#ripeness-stages>





I LOVE FRIDGE MAGNETS! CHEAP AND GOOD

by Bryan Tay

The holiday season is here! With Covid restrictions lifted in many countries, you might be itching to travel again!

What kind of souvenirs do you buy to remind you of your holiday destinations? I am sure you have plenty of ideas. Walk into a souvenir shop and you will find all kinds of things: T-shirts, mugs, key chains, ball caps, thimbles, coasters, teapots, ornate teaspoons and...many more.

For my family, we have always made it a point to buy at least one magnet to help us refresh memories of the good times we had in that destination, in addition to photographs of course.



Magnets come in different shapes & sizes, materials and design. Some are 2D and others are 3D. They are not expensive, usually costing from \$3 to \$10.

Over the years, we have collected a wide range of magnets, displayed on the front and side panels of our refrigerator. A section of our fridge display is shown below. If you like, you can also place them on magnetic whiteboards.

So, if you think this is a cool idea, start collecting magnets from your future holiday destinations and create your beautiful fridge panels. It makes for great conversation topics too!





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:



NOVEMBER 2022

THE WINEPRESS

O TASTE AND SEE THAT GOD IS GOOD



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