

The Vibes Newsletter

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This is the biggest volume I've formatted so far; Well, the bigger, the better! -Yu Eng

Definitely a must-read in all of Vibes' newsletters!
-Lynn

Jaw-dropping articles that made me cry. -Elisya



Camp Confidence



By: Falisyah (2 RSP)

Haellie (2 ETP)

Garrett (2 THK)



Sec 2 Camp Dynamism



In this article, we will be sharing our thoughts on our Secondary 2 Camp Dynamism. We will be elaborating on our respective favourite activities. Without further ado, let us jump right in!

Falisyah:

At camp Dynamism, one of our activities was an orientation at Sentosa. It was an inter-class competition to see which class could visit the most number of checkpoints within the given time—it was exhausting but one of my favourite parts of the camp.

When we arrived, the class was separated into two groups and were each given three booklets per group. We were tasked to solve a few puzzles to find out the locations we had to visit. After finding out the locations we had to plan out a route on which locations to go to first, second and subsequently after that. The objective was to try and visit all the 15 locations on the map. Each location had an activity we had to complete before we could move onto the next location.

Many fun memories were made through these activities. It helped my class form a stronger bond with each other. Through these activities, we also learnt how to better voice out our opinions and communicate effectively with our classmates. Overall, it was a very exhilarating and memorable experience and I would love to experience it again.



Haellie



I personally really enjoyed the archery, which was located at Turf City. It was memorable to me since I love archery. The coaches were friendly and patient. They taught us the different skills we needed to master before being able to try archery. After which, we were separated into different groups and tasked to tag our friends with the arrows to win the game.

One of the coaches, who I thought looked like Son Heung-Min, showed me various ways to aim properly and even encouraged me when I failed to shoot correctly. Not only that, he even made a deal with my team to give a free drink to whoever could successfully shoot the target. Unfortunately, I did not manage to shoot any targets, but in the end, the coach still gave me a bottle of Coke which I was really grateful for. Overall, I had a whale of a time during archery.

Garrett



The Cardiopulmonary Resuscitation and Automated External Defibrillator(CPR & AED) activity was very enlightening. We were taught important life skills which we could apply during emergency situations like cardiac arrest. This programme trains us for these crises, as these skills could potentially help us save lives. The trainers were friendly and helpful. They would offer assistance without hesitation whenever we needed help. The small quiz at the end of the programme was also a great way for us to test if we were ready for emergencies such as these.

The programme was very interactive and engaging, and the trainers also frequently asked us for clarifications or if we needed help with the steps to execute CPR & AED. The trainers taught us with patience and understanding. Not to mention, the equipment used was well-maintained. The lesson was carried out in small groups which improved the participation rate of our classmates. I can most definitely see that with every activity, there was a clear objective. It was a very pleasant experience and it taught me a new life skill that I can confidently use in future.



Sec 3 Camp Resilience

By: Eriffah (3 RSP)

Kimi (3 ITG)



Have you ever felt time slipping away far too quickly? You try to grasp it, and yet despite all your protests, it was never meant to be ushered. Time never stops ticking; it marches on. So do we. (sometimes unwillingly).

Well, one place the Secondary 3 students marched into was Sarimbun Scout Camp, for their 3 Days 2 Nights Camp Resilience led by the Sands Leadership Development Centre (SLDC). Resilience refers to the ability to overcome adversity. As such, the camp aimed to instill vigour and ruggedness among students.

We were surrounded by nature, away from the familiar comforts of our homes. Unfortunately, that included our beds. Instead, we substituted it for a 12-person tent! To ensure a pleasant night's sleep, we carefully pitched the tents as per the briefing by the facilitators. We hacked it down to the ground and hoped nature would be lenient to us, lest the tent collapsed or be trashed around by the wind.

After a comfortable rest adapting to the tents, we took a bus straight at the start of dawn to Jurong Lake Gardens; a renowned recreation park for its tranquil scenery and verdant greenery. It is the perfect place for exercising, photo-taking, or relaxing.

Under the guidance of the facilitators, we learnt to use a compass to find the bearings of objects, as well as navigate a map. Thus, with the coordinates of the checkpoints given by the facilitators, we strolled around the park to reach them. We ambled by to enjoy the view and crisp of the fresh morning air. The park was impressive, with its lush fields, a swimming pool, and playground. People were jogging, cycling, or walking past us. Despite it still being early in the morning, it was bustling with numerous activities.





The checkpoints were sometimes a dispiriting distance away. However, I realized it was easier by just taking the first step. Step by step. Soon, the many little steps pile up to form a firm path, and you will be standing before your destination when you least expect it.

After a break and reapplying tons of sunscreen, we trekked 6.1km to our next destination, Pandan Reservoir. It was exhausting under the hot and unbearing sun. My fatigue could never defeat the undenied satisfaction of seeing the reservoir, though!

This activity was the toughest one for me yet. As I was a greenhorn in kayaking, it seems too much of an understatement to say I was clueless. It was frightening, thrilling, and overall strenuous.

Out in the reservoir, with the intolerable sun upon us, we had to row continuously to reach the checkpoints before parking against each other in a straight line. We had to cautiously be aware of our surroundings to avoid others unless we wished to capsize.

In kayaking, communication and collaboration are vital. There is no time to stop for a discussion. You are constantly on the move, deciding which paddle you and your partner should row. It teaches you to be versatile and change rowing directions when needed. Furthermore, you have to have a sense of spatial awareness to avoid any kayak in the way and eventually park against the next kayak perfectly and not overshoot.



In the picture, we had to balance on our kayak and sing 'Heads, Shoulders, Knees and Toes'!

Word Trove

Greenhorn

(A person who is new to or inexperienced at a particular activity.)

Lastly, to commemorate the end of the camp, we had a campfire! To mark the beginning of the campfire, Mr. Toh was invited to light the flames. Even within the short preparation time of 2 days, every class put up a spectacular performance!

It was heartwarming seeing everyone united in cheering after every show, dancing with the facilitators, and singing along. Despite the weariness of the day's activities, the place was alive with the buzz of excitement.



I believe the camp experience is best described through this quote:

"The scary news is: you're on your own now. The cool news is, you're on your own now!"

-Taylor Swift, NYU graduation speech 2022

As we are thrown into this turmoil disguised as adolescence, it is easy to lose track of who we are, who we aspire to be, and who people presume us to be. Although the school curriculum may take a toll on us, we must continue to strive to be the best that we can be.

Remember to prioritise your mental health and check in with one another. In the end, expect yourself to be an individualistic figure working away through the meaning of life and be comfortable choosing choices wisely for yourself as you grow older.

By:

Franchesska (4 CHR)



Sec 4 Camp Readiness

Isn't it hard to call "Camp Readiness" a camp? After all, this year, the Secondary 4 students' camps consisted of a week packed with talks and activities to prepare us for our Post-Secondary Education; A few polytechnics and junior colleges even came to Evergreen to give us some insight on what life would be like at their schools.

One of the talks that I really enjoyed was the Eunoia Junior College talk. They had 3 of their students and their vice principal to share with us the subjects and special programmes that they have in their school. Even though I am not particularly interested in applying for Junior College(JC), I got really intrigued when they mentioned the variations of subjects that students can take. For example, Music was one of the subjects that I did not know could be taken in JC. Since I was young, I have always loved playing the piano and learning how to play songs that I really enjoy. Playing the piano really helps me whenever I get stressed out about school or even when I am not feeling the best. Their school's music programme is conceptualized for students who have a background in musical performance and theory. You would be able to learn how to perform and write music. As a music lover, I was really interested in that programme and I even went to research more about this programme!



Eunoia Junior College

One of the parts about the camp which made me more mindful about my future was the Vision Board Presentation. You might be wondering, what is a vision board?

A vision board is a board where you plan your career choices and the schools that you want to study at as well as the plan to achieve that goal. When it was time for me to plan my vision board, I had a really tough time as I did not know what I wanted to do and where I wanted to go after finishing secondary school.



Thus, I went online to research more about the various polytechnics and courses. After a long time researching, I found one course that was suitable for me. It was the Mass Communication course at Ngee Ann Polytechnic! What caught my eye was that this course allows you to deepen your skills and effectively learn how to use all media platforms. I was really interested in the radio broadcasting for this course because I enjoy speaking. It does not matter who I am speaking to, I just really enjoy it. It was truly rousing to hear that in year 2 of this course, you would be able to do radio broadcasting.

Even though this camp was not what I thought it would be, I still had a blast. It allowed me to learn more about myself and shaped my plan on what I wanted to do after finishing secondary school. Before the talks, I had never really planned or thought about it which is why I feel that this experience really helped me in that process. As the saying goes, "If you fail to plan, you plan to fail."

Word Trove

Rousing:
(Exciting; stirring)

How to Convert to Gym Bro

By: Falisyah (2 RSP), Garrett (2 THK) & Lynn (3 RSP)

Current Relationship Status



Due to the increase of students seen going to the gym in recent years, we wanted to find out more about the people that chose this form of lifestyle. Hence, we interviewed many students and teachers, and have compiled a complete guide on 'How to Convert to Gym Bro starting today! To start off, a Gym Bro is a slang term referring to a person (usually a man) who spends much of their time working out in the gym and taking care of their diet to achieve the body build that they want.

For the very first question, many of you may ask, how does one become a Gym Bro? Some responses from Gym Bros/former Gym Bros, include having an objective and knowing why you are actually in the gym. Some students have stated that to become a gym bro, is to train with your Bro (slang for a friend, typically used for men) to suffer and have fun together. Similarly, another student replied going to the gym with your friend and achieving new personal records (PR).

For the second question, a commonly asked question by aspiring Gym Bros, what are Gym Bros' usual routines? They all responded with similar responses, which is to plan out your routine in the gym and not blindly go without a purpose.

Thirdly, a question that we were dying to know: why did they choose to become a Gym Bro? There were many contrasting responses, such as, to look good, to keep fit and to stay healthy. Other responses are to gain confidence, not to stay lonely and also to relieve stress.

Balancing work and going to the gym may be difficult, hence we asked how they manage to balance work and have the time to go to the gym.

Teachers mentioned the need to have good time management. They also stated that in between lessons during breaks, they would go to the gym instead of indulging in social media. Students mentioned having a schedule or going to the gym straight after school.



Learning how to be a Gym Bro is one thing, but learning how to improve yourself as a Gym Bro is a vastly different thing. Firstly, you can improve yourself by getting professional help which is known to be the best option considering that they offer training routines. However, if you are unable to get professional help, you may look to the internet for advice.

Unfortunately, there are many fraud trainers online, so do look out for them when searching! Secondly, you can also achieve self-improvement by focusing on yourself by consistently going to the gym, following the schedule you have set for yourself frequently, avoiding the urge to skip training and developing a healthy diet.

Some advice for aspiring Gym Bros is that when going to the gym, start light and find the right posture.

Do not aim to do the heaviest weights first just to prove that you can carry them. That is not the way to go, you first have to learn the correct posture, and how to train particular muscles to avoid injuries.

After being able to lift weights with the correct posture, you can gradually build up and become stronger. Just because you do not see any immediate changes, it does not mean that there is no muscle growth. Always trust the process and never give up!



Diets that most Gym Bros have are mostly made up of protein such as chicken and beef, and carbohydrates such as rice and vegetables. Some Gym Bros might also have a target of the number of kilocalories and protein they want to consume per day.

Another popular question some of us may be wondering is, why is there a sudden rise of gym bros in Secondary school? We asked a handful of students and here are the responses we got. Some stated that it was because back in primary school they were unable to go to the gym as they did not allow students below the age of 12 for safety reasons.

Another response we received was that they were inspired by influencers who go to the gym and aspire to be like them.

Lastly, a few stated that teenagers may go to the gym to forget about the stresses they get from school or in general and clear their minds.

In summary, we hope that this complete guide on 'How to Convert to Gym Bro' is useful to fellow aspiring Gym Bros or at least helpful to those who are determined to lead a healthier lifestyle.



**Happy gymming and
stay safe!**





Chinese New Year 2023



By: En Qi (3ITG) & Sara (4THK)

This year's Chinese New Year celebration was a joyous experience. We started off our Chinese New Year celebration with our annual hamper wrapping. Even though the regulations of Covid-19 still applied, it was not as strict as the past two years. The hampers were for the less fortunate people in the Woodlands community. The contents of the hamper included items such as masks, hand sanitizers and hand soaps to help families cope with the Covid-19 situation. Form teachers also played Chinese New Year music to engage the students during the hamper wrapping activity as it gave off celebratory vibes of the Chinese holidays. Personally, I had a blast wrapping the hampers with my class as it was my first Chinese New Year celebration with my new class! We managed to pack all the necessities and helped each other to tape the hamper together. After two years of being in the classrooms, everyone was looking forward to the performances lined up as we finally got the chance to experience all the live action happening in the hall!



We started off the opening showcase with the Chinese Orchestra. The Chinese orchestra boosted the Chinese New Year atmosphere by playing numerous songs with their traditional instruments. It was an astounding performance. Afterwards, we had the members from the Chinese Dance bringing to us fleeting moves. Of course, in between acts, there were trivia quizzes for us to know more about Chinese New Year! Evgians who answered the trivia question correctly were given mandarin oranges. It was chaotic because there was much screaming from the actively participating students. After which, we had more to appreciate from the Malay dance, Guitar Ensemble and the Gamelan Ensemble.



Last but not least, we had the opportunity to watch a Lion Dance, the most unique part of our school's Chinese New Year celebration compared to the previous years. As we all know, Lion dance is a traditional Chinese Dance performance in which two dancers work together in a stylized lion costume to move to the rhythm of the music. Lions are symbolic of wisdom and power in Chinese culture, and the purpose of the Lion Dance is to bring good fortune. As a result, lion dance is typically performed at cultural celebrations, business openings, and religious festivals, especially at Chinese New Year celebrations to usher in the coming year.



Overall, I am sure we all agree that our performers did a spectacular job this year and all the Evgians had an eye opening experience appreciating Chinese culture. I really missed them as watching the concert through our classrooms does not feel the same as watching it in real time. The short quizzes and the cheers of everyone made me feel thrilled. Overall, this is the one of the best Chinese New Year celebrations that I have ever experienced in Evergreen Secondary.

Although the celebration was a huge improvement from the last few years due to it being offline, it would be better if we could add some more activities related to Chinese New Year and maybe take inspiration from last year, for example Chinese Calligraphy. We can take this to another level by buying physical paper, brush and ink used to write Chinese Calligraphy instead of using the iPad and Apple Pencil from last year.





Study Venues Guide



By: Haellie (2ETP), Nabila (3ITG) & Reanne (4ITG)

Don't you love stu-dying?

You do, we are certain of it! Well, let us try to make that experience slightly more pleasant for you. After turning the school upside down, we found three ideal locations for your study sessions.

Noise level, crowd size, and other needs for a comfortable study atmosphere are among the requirements to become the finest study location in Evergreen. These are our suggestions.

Tied in the first place as the finest study spots, we have the Movers and Shakers Corner and the Library.



Movers and Shakers Corner

It is, in our opinion, a place for students to have discussions with their peers, and consultations with their teachers. Not only that, it is also tastefully renovated, making it a relaxing environment to study in. However, different people have different needs. If you prefer to study alone and require a quiet environment to conceive, the next one is for you!





Kopitiam Corner

It has a peaceful setting that is ideal for independent study at your own pace. The best thing is that there is air conditioning! Who would not relish the cooling breeze while studying? If you are sensitive to the cold, be sure to bring your jacket. Do be mindful of the crowds during exam season however. Nevertheless, it is one of the most iconic locations to study in.

How could we forget the tables outside of classrooms such as those outside the Aces Gallery and the Kopitiam corner. Apart from a few occasional passing vehicles, the area is largely calm after school hours, making it a good spot to study. The venue is also suitable for group meetings as there is no need to carefully monitor your voice level. However, the area is slightly more humid than the other choices stated above, so you might feel warm when studying.

If there is a will, there is a way! Anywhere could be a possible spot for you to study in if you put your mind to it. Visit one of these spots and spend your time productively. We believe in you, a survivor of studying!



CCA Open House

By: Yun Xuan (3 RSP), Laekeisha (3 THK)

Last term, we had our annual Co-Curricular Activities(CCA) open house. It was so lively since it was the first time in 2 years that we were able to hold the open house in person due to the pandemic. Every CCA had its own booth set up in the parade square or the canteen for students and parents to go to experience and get to know more about. All the CCAs definitely put in a lot of effort into preparing for this.

The day started off early for the other secondary levels, and everyone was busy setting up their booths for the event happening in a few hours. The Performing Arts CCAs were busy tuning their instruments and rehearsing for the final time, the Sports CCAs were busy warming up for their physical exercise routines to showcase, the Uniformed Groups were busy setting up their trophies that they have achieved over the years and finally the Clubs and Societies were preparing the last of their presentations. When it was time, everyone was on their feet, ready to impress and recruit the Secondary Ones to their CCAs. Upon arriving in school, the Secondary Ones were promptly directed to the different CCA booths. After visiting each and every one of the CCA booths, they were then able to freely venture out on their own to the different venues.



EVG's Guitar's Ensemble keying up for their performance!

Shortly after, the students were able to reunite with their parents, signaling the start of the various performances. It started off with the uniform groups consisting of National Cadet Corps(NCC), National Civil Defence Cadet Corps(NCDCC), National Police Cadet Corps(NPCC) and Red Cross Youths marching into the parade square. Following up, the Performing Arts CCAs which includes the Chinese Dance, Malay Dance, Gamelan Ensemble, Chinese Orchestra and Guitar Ensemble showcasing their talents through wonderful performances. It was truly delightful to see everyone applauding and cheering throughout the performances. Not to mention how exhilarating it was to watch a live performance after so long of being unable to do so.



Needless to say, this year's CCA open house was no doubt a huge success thanks to the immense effort put in by the teachers and the students of the different CCAs. To the Secondary Ones, us, seniors, hope that you have enjoyed yourselves during this CCA open house and to the seniors who had put their utmost effort into this event, you were all superb! No matter the outcome, we hope that you have created many more fun and memorable memories with your CCA mates during this special annual event. A pat on the back for everyone!



ELDDS! (The Best CCA)

Secrets of Owning A Cat

By: Aisha (2 DYN)

& Yan Xi (2 DYN)



Do you actually know cats from head to toe, or dare I say paws? The felines that occasionally show you their undivided attention and care, but will not hesitate to scratch you at any moment. Well, here are some fascinating facts about these adorable and feisty felines!

The first fun fact is that one of cats' senses is their whiskers. Cats are not as big as you may assume; their fur is merely what gives them their chubby appearance. Thus, the whiskers are used to determine if their body can fit through tight spaces. Similarly, if a cat's whisker is removed, it would get disoriented and frightened. It is as though they have been blinded and robbed of their ability to identify their surroundings.

Furthermore, cats are curious and active animals! They love chasing things such as birds and insects. Wonder why they are so quick on their feet? By utilising their acute sense of hearing and eyesight, they are able to detect motion quickly. The same applies while pursuing mice, lasers, or essentially anything that moves. Thus, remember to close or mesh your windows before leaving them alone at home, since they could jump out to grab a bird or another flying object.

If you are a cat owner, you may notice hairballs lying around. This is because cats will occasionally cough up hairballs. As they clean themselves by licking their fur, they may unintentionally swallow their fur. As a result, they cough up hairballs to discard them from their body. They usually only do this once every one to two weeks. If it occurs frequently, the cat may have ingested too much fur and needs medical attention as it might have choked.



Why Do We Have Hands?



There Are Many Reasons:



pat the Cat



hold the Cat



cherish the Cat



forfeit all mortal possessions to Cat

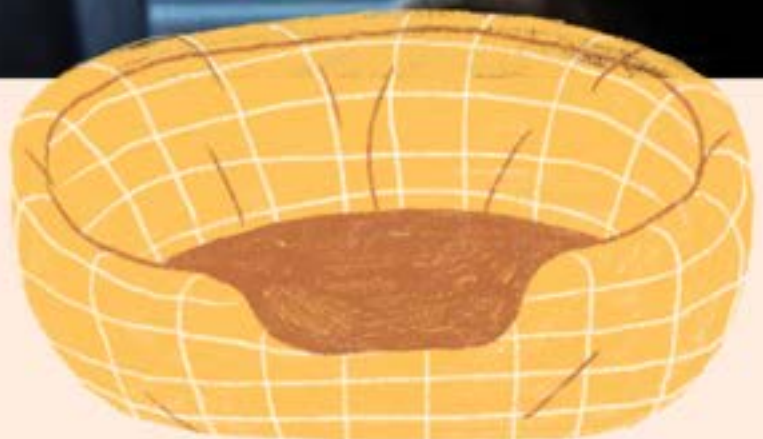


Have you ever seen cats shoving objects off of tables or counters? Well, they could just be attempting to garner attention. Knowing how loud the crash can be, no one will ignore them. Or, they might just be curious cats that are fooling around with the item.

Cats have a regular rhythm of purring at a frequency range between 25 and 150 Hertz at intervals when they breathe. Several studies have also shown that sound frequencies in this range can improve bone density and aid in human healing.

Finally, since cats have more rods in their eyes than humans, they would not be able to distinguish colours properly. They are thus sensitive to the distinction between light and dark. As such, they are easily fascinated by how the light and shadows change. Now you know why cats love chasing laser pointers!

That is our list of interesting facts about these charming and adorable felines. We hope you enjoyed learning more about them! Have a purrfect day. (You knew this was coming.)





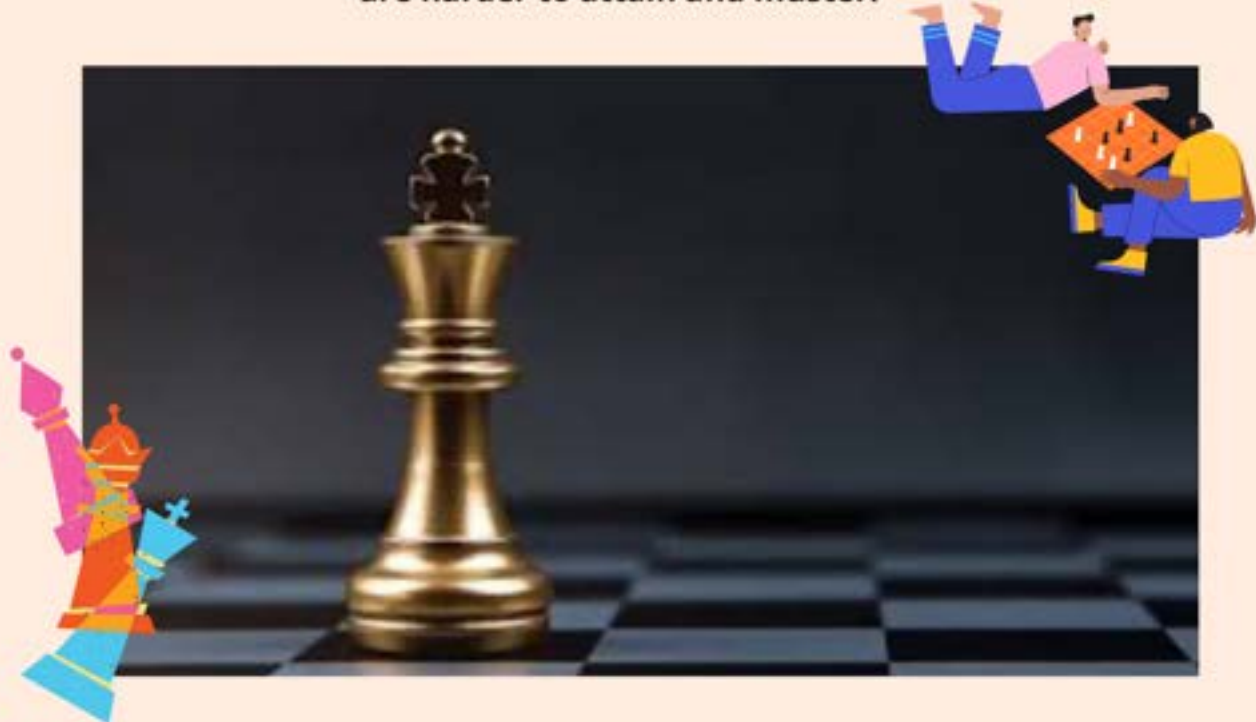
Chess 101

By: Caius (2 CMT) & Chi Foh (4 THK)



Have you ever tried Chess before? I know Chess might not be the first thing that comes to your mind when you hear the words "Fun games to play", but the various strategies and gameplays makes the atmosphere more tense and thrilling to play. Not to mention, Chess actually increases your Intelligence Quotient(IQ). Furthermore, winning in a game of Chess, brings a vindictive sense of satisfaction beating your opponent.

Personally, I love chess. It is a game that you can actually benefit from, though it may not be as fun as other mobile games at first glance. You have to practice playing Chess consistently, preferably against different people, to get exposed to different experienced players and gain an upper hand towards an unfamiliar opponent. Despite Chess not directly improving your examination scores, playing it does improve our cognitive thinking, memory and helps develop quick decision making skills. These are critical soft skills that are harder to attain and muster.



Here is how Chess works: Each player takes turns to make a single move. Players cannot choose to skip a turn - they must move a piece. Each chess piece moves in a specific way, and must be moved according to its legal movement. There are also different tactics to use in Chess, such as the skewer, interference, and fork. In Chess, a skewer is an attack upon two pieces in a line and is similar to a pin. A skewer is the opposite of a pin; the difference is that in a skewer, the more valuable piece is the one under direct attack and the less valuable piece is behind it. The opponent is compelled to move the more valuable piece to avoid its capture, thereby exposing the less valuable piece which can then be captured. If you are interested, you can find out about the other moves through the internet.



It might not be surprising to learn that expert chess players have strong memory skills. The game involves memorizing numerous combinations of moves and their potential outcomes. After all, many famous people play Chess, some that you may know of. Examples include Albert Einstein, Mark Zuckerberg and Bill Gates, all of whom are known for their intelligence which further supports the claim that chess does make you smarter.

If you want to dive into the world of Chess, I recommend using the website [chess.com](https://www.chess.com). You can play against many players globally that are around your skill level, whether you are a beginner or a grandmaster. Recently, the popularity of chess has rapidly increased. You may even have also noticed your classmates are playing chess against each other, so, what are you waiting for? Challenge them to a game of chess today!



Feedback from Evgians

By: Natasha (4 THK) & Elisya (4 ETP)

The acclaimed scientist, Albert Einstein, once said, "All that is valuable in human society depends upon the opportunity for development accorded to the individual." Do you understand this quote? We did not either. After several Google searches, we found that the meaning of this quote is quite simple: we need to give each other feedback in order to grow.

Us students are used to receiving feedback but there are many who also want to voice out their own opinions and help the school grow and flourish. So, here at Vibes, we wish to amplify those voices! Here are some pieces of feedback (and a handful of compliments) from Evgians:

1. Small breaks in between three consecutive periods

During three consecutive periods, it gets draining and repetitive. Hence, allowing students to have short breaks will make lessons more conducive and learning more efficient as students would have the time to process what they have learnt. A simple five minute break in between the second and third periods can allow us to freshen ourselves so we could absorb more information without feeling overwhelmed. With that being said, we would also like to send our appreciation to some teachers who have taken this into consideration.



Mr Goh allows his students to snack anytime during his lessons as long as it does not interfere with anyone else. Not only does this help students to stay energised throughout the lesson but it also prevents them from feeling hungry! Another teacher we would like to show our gratitude to is Ms Hanna. She allows her students to take walks outside the classroom as well as engage light hearted conversations with them. Simple things like these make us students much more active for lessons. We are aware that there are many more teachers who have also done the same. To those teachers, we hope that you are aware that we are extremely thankful for actions like these!

2. Rewind Corners

Long school hours can be quite taxing. Some Evgians have suggested adding sources of entertainment at various locations around the school. For example, there could be board games such as chess or reversi for students to play during recess or after school while waiting for CCA to start. These board games could be kept in cabinets around the school at venues like the Kopitiam, Malay and other study corners. With this, students would be able to rejuvenate and take a mental break from studying hard. Not to mention, the addition of board games would promote healthy mental well-being without the usage of phones. There are also more opportunities for more bonding time with friends!



3. Ample time between dismissals

It is definitely an awful feeling to be anxious and scurrying over to the different venues for lessons especially when you are late. Sometimes, our lessons eat into the next lesson when we are dismissed slightly later. As a result, we were bound to turn up late for the next lesson and would have to rush up and down the stairs like a maniac. This also cuts down the given duration for our lessons which interrupts the flow. Hence, the majority of students feel that it would be nicer to have punctual dismissals so that we would have time to move to the different venues and be punctual for our lessons.

EVERY PLANT HAS THEIR OWN REQUIREMENTS IN ORDER TO GROW...



AND SO DO PEOPLE.

All in all, it is extremely encouraging to see the school provide more platforms for students to share their thoughts and feelings on how the school can create a more comfortable environment with platforms like the Voices of EVG. We, Vibes members, wish to use our newsletter to build another bridge between students and school leaders. We hope that the school leaders will carefully consider these suggestions! Let us grow together!

Musical Recs

By: Yu Eng (4 THK), Batrisyah (3 THK)

On the final day of January, something rather remarkable happened; Instead of spending their usual Tuesday Assembly period in their respective classes, Evgians were called to the hall for a very special assembly program. I remember feeling mildly peeved that my in-class revision time had been interrupted, but all my exasperation soon dissipated when a smartly-dressed man entered the stage.



That man was Dylan Foster. Founder of TotalVocal, a Singapore-based voice coaching school. Yet, voice coaching is not all that TotalVocal does—They also organise in-school performing arts education programmes. In Evergreen's case, we were treated to our very own live mini-musical performance! Dylan, along with his companions Ian and Skye, put up a spectacular show, serenading all of us with songs from famous musicals like 'Be Our Guest' (Beauty & the Beast), 'Stars' (Les Misérables) and 'This is Me' (The Greatest Showman) while sneaking in snippets of musical facts for our learning.

It was a highly enjoyable show, and TotalVocal deserved all the applause and more for their wonderful performances! As a musical fan myself, this show was all the more dear to me and needless to say I have a whole bunch of new musicals on my list to listen to.

But enough about me; Having been inspired by the recent musical performance, Batrisyah and I, members of the fabulous EVG Vibes, will be serving up a finely-curated list of modern-musical recommendations! So come along for the ride, and 'Be our guest'!

Word Trove

Peeved
(Annoyed or irritated)

Curated
(of information: selected, organised, and presented using professional or expert knowledge.)





Starting off with one of the most popular modern musicals, we have 'Dear Evan Hansen'! Originally a book by Steven Levenson, it was adapted into musical form by Benjamin Pasek and Justin Paul (there's also a movie, but we do not talk about that). The plot follows Evan Hansen, a teenage boy who suffers from social anxiety. Through a misplaced letter, a simple misunderstanding quickly snowballs when Evan invents a role for himself in a tragedy he was never a part of.

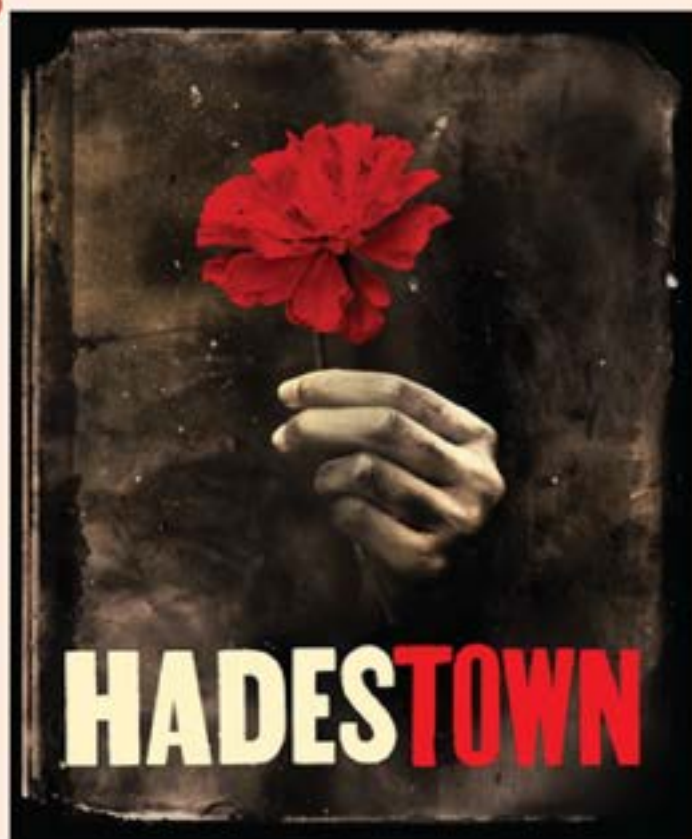
Dear Evan Hansen is just as much as a love letter to those who feel unseen as it is to musical fans. It might not hit the mark sometimes, especially in parts which would benefit from the deeper nuances of mental illnesses to be explored, but it can be sincere and genuinely comforting when it tries to be.

"Waving through a Window", Evan's solo song in the beginning, conveys the struggle of forming connections with other people, likening it to waving while behind a closed glass window without anyone noticing. "Disappear" assures listeners that no one in the world deserves to be alone or feel forgotten. Even the songs that don't address the topics of anxiety or loneliness, like "Does Anybody Have a Map" or "Requiem" are not to be missed out on. And the Act 1 Finale song, "You Will be Found" is personally one of my favourites.

Did the latter sound familiar? Well, that's because it was featured in last year's NDP Parade; Aisya Aziz did a stunning rendition of this DEH song. During the pandemic, it was easy to feel alone, isolated from the rest of the world while being stuck indoors. Many Singaporeans experienced hardship in these tough times, and even now, many are still recovering from COVID-19's after-effects. "You Will Be Found" is meant to be uplifting, delivering a powerful message of hope and interconnectedness to anyone who listens.



Word Trove
Nuances
 (A subtle difference
 in or shade of
 meaning,
 expression, or
 sound.)



Next, we have Hadestown! With lyrics, script and music written by Anais Mitchell, Hadestown is a retelling of the Greek myth of Orpheus and Eurydice, two young lovers; But this isn't any ordinary love story. It's an old tale, a sad song, a tragedy—But one that's going to pull you along.

Hadestown is as much about the narrative as it is a performance. A common method musical playwrights and songwriters use to map out a character's development or the progression of a specific theme is having them evolve in Acts. Hadestown uses this in spades, with 'Wait for me' and 'Epic'.

'Epic' and its three Acts could be considered the most central songs in Hadestown; Throughout the musical, Orpheus attempts to finish a song that will bring back the order of cyclical seasons to his impoverished land. 'Epic I' begins as a barebones melody, performed as a bid by Orpheus to convince Eurydice to wed him. However, it's symphonic and lilting, resplendent in its simplicity. 'Epic II' then fleshes out the song with lyrics, but Orpheus's one-track dedication to completing the song causes him to unintentionally neglect his wife. Eurydice succumbs to the temptation of Hadestown's comforts. Eventually, everything culminates in Orpheus singing 'Epic III', a fully completed version of the song, so as to convince Hades, lord of the Underworld, to let him bring Eurydice back.



Word Trove

Cyclical
(Occurring in cycle;
recurrent)

Impoverished
(Deprived of strength or
vitality)

Resplendent
(Attractive and impressive
through being richly
colourful or sumptuous)

Batrisyah

Those are excellent recommendations by Yu Eng but now it's my time to jump in. I too, as a fellow thespian pursuer, has something special to recommend to you. Firstly, I recommend a theatre classic, which I consider to be the pinnacle of musicals, the crème de la crème, Hamilton. You have no idea how much I adore Hamilton. With a total of 46 songs, it is worth the 2 hours and 45 minutes!

For context, Hamilton is a sung-and-rapped-through musical with a book by Lin-Manuel Miranda, based on Ron Chernow's 2004 book titled 'Alexander Hamilton'. The musical tells the story of its eponym, American Founding Father Alexander Hamilton.

I would personally recommend the song, "Wait for it" since it's such a powerful song. Just the vocals and the story-telling in it gives me goosebumps. It is sung by Leslie Odom Jr. and the cast of Hamilton. I was astounded by a TikTok that showed his raw vocals while singing the song.



Yu Eng

And now, it's back to me, Yu Eng! So, now that you've read all these amazing recommendations, I bet you're eager to explore them; So how do you begin a foray into the wonderful world of musicals? Well, besides the unfeasible option of going to Broadway in-person to watch them live, here are three ways to become a bona-fide musical fan!

Word Trove

Thespian

(Relating to drama and the theatre.)

Crème de la crème

(The best person or thing of a particular kind.)

Eponym

(A person after whom a discovery, invention, place, etc., is named or thought to be named.)

Firstly, you can watch musical bootlegs on YouTube. Is it illegal to film a musical? Probably. Is it presumably the only way for the majority to see an actual musical performance? Yes. If you dig around, you'll find videos of filmed musicals online, with the caveat that they're usually under some creative titles used to dodge YouTube's flagging system.

(Some fun ones include:
Ham sandwich making - Hamilton
Sad Tree Boy and Friends Slime Tutorial Part 1- DEH)

Or, you can start by listening to the musical soundtracks, which are accessible on both YouTube and Spotify! Be sure to open up the musical's wiki page though, so you can read a summary of the synopsis while listening to the soundtrack; Otherwise, you might find yourself puzzled about what's happening. Remember the sudden intrusion of an escaped criminal plot line in the TotalVocal musical? That is what happens when you do not keep up with the plot.

And lastly, my favourite method to enjoy musicals—animatics! Several talented artists on YouTube have made PMV (Picture Music Video), or animatics as they're more generally known as, based on their favourite musicals! In this way, you can appreciate fabulous art and visuals while listening to superb songs!



Credits

Teacher-in-charge:

-Mdm Ratna

Vibes Support:

-Clarinda (2 THK)

-Arissa (3 ITG)

-Xander (3 CHR)

-Cleo (4 ITG)

Layout:

-Lynn (3 RSP)

-Elisya (4 ETP)

-Yu Eng (4 THK)

Editors

-Eriffah (3 RSP)

-Yun Xuan (3 RSP)

-Elisya (4 ETP)

And all all our splendiferous

Vibes' Writers! <3

Good luck lies in Heather,
Rosemary for remembrance,
And in that Iris, courage



Every moment is a new
opportunity to try.