

# GOING GREEN

By HK Cheong

We didn't see any crocodiles during our recent trip to Sungei Buloh Wetland Reserve on 12 April but we saw our fair share of iguanas languishing in the sun! Nineteen DSS members enjoyed their rigorous but thrilling nature walk, soaking in the wonder of nature. Accompanied by squirrels, migrating birds, fish, etc, we worked out a big sweat during the 3km walk. Mr Koh Tian Hua and his family had no problem scaling the 4-storey tower to catch a bird's eye view of the beautiful Nature Reserve.

The exercise and the extraordinarily fresh air did everyone some good. A random blood sugar screening before and after the two-hour walk showed an improvement in the blood sugar level. "My sugar level dropped from 18.8 mmol/L to 9.4 mmol/L just after 2 hours of walking!" exclaimed a delighted Maureen Lee.

Our next stop, the Aerogreen Tech Park, made us all go green, as we witnessed the aeroponic way to grow veggies such as butterhead lettuce, ladies finger, etc. We were even treated to some butterhead juice and a bowl of fresh aeroponic veggie salad. It did take some getting used to but it was refreshing indeed.

We're not pulling the stops on our future outings now that we've had such a great time together. It's going to be one hot trip to HortPark next! Stay tuned for more exciting news.



## Upcoming DSS Talks & Health Screening

Date	Particulars	Venue
19 Jul	Talk on Diabetes Mellitus	Kebun Baru Community Club (11am-12pm)
26 Jul	Talk on Diabetes Mellitus	Tampines North CC (9am-12pm)
2 Aug	Health Screening and Talk on Diabetes Mellitus	Nee Soon South CC (10am-4pm)
22 Aug	Cooking Demo	DSS Bedok HQ activity room (2pm-5pm)
6 Sep	Health Screening	Blk 165 Yishun Ring Road (8am-1pm)
13 Sep	Outing for DSS members	HortPark (7am-11am)
27 Sep	Health Screening and Talk on Diabetes Mellitus	Changkat CC (9am-12.30pm)