

THE GRADUATE

The Magazine of The National University of Singapore Society

October - December 2014



PM Lee Delivers the 60th Anniversary Lecture

SINGAPORE IN TRANSITION

THE NEXT PHASE

ALSO IN THIS ISSUE

Putting Heart and Soul into Action

Creating Love with Kindness

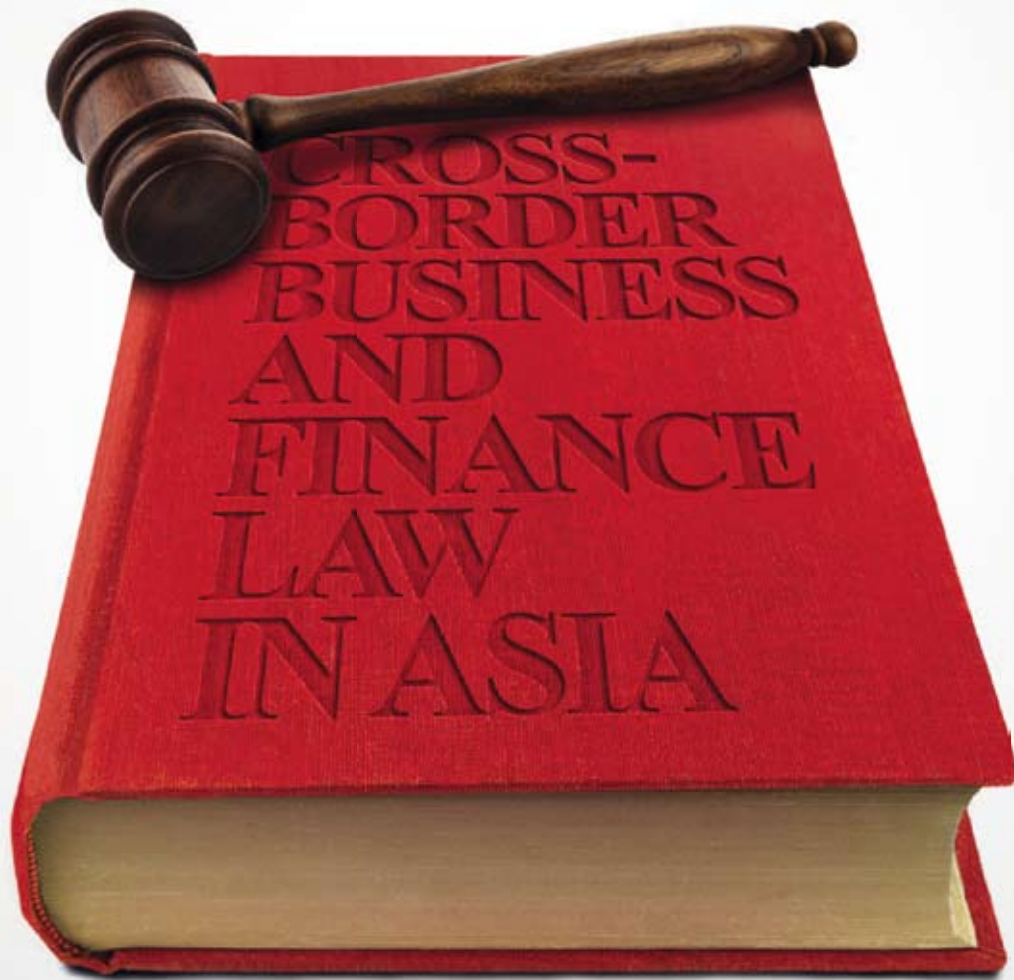
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President's Message

Dear Fellow Members

New spirits, loftier heights of excellence

NUSS CELEBRATES 60TH ANNIVERSARY

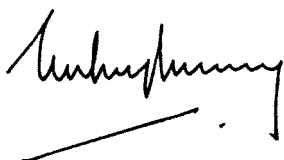
As we close our chapter on the 60th Anniversary celebrations with capacity-packed audience at the NUSS Lecture by Prime Minister Lee Hsien Loong and overwhelming members' support at the Gala Dinner with President Tony Tan as our Guest of Honour, it is time to take stock of the challenges ahead.

The Society has made tremendous strides in the last 10 years: enhancing physical infrastructure, membership growth and supporting our alma mater. We have taken bold steps and deepen our reach in every aspect of our activities. This includes intellectual pursuits, culture, heritage and arts, as well as community outreach. Worthy of special mention is the Paint the Past President project, Groceries with Love on Wheels (GLOW) initiative and the establishment of the NUS Alumni Bursary Fund.

As we celebrate our achievements, we are ever mindful of the daunting tasks ahead and look forward with new spirits to achieve loftier heights of excellence. This cannot be done without harnessing the energy of NUSS as one cohesive body to face the challenges. Central to this mission is to maintain a dedicated stewardship of the Society's leadership, complemented with an influx of new and younger members who share the same sense of purpose and passion to take the Society through the next 60 years and beyond. NUSS must remain relevant to her core mission to support our alma mater, the wider graduate community, the society at large; and, above all, to extend her heritage of success.

Finally, on behalf of the Society, I thank each and every member for our achievement of the past decades and look forward to the 'new spirit' of every member to elevate NUSS to even greater heights in the next 60 years.

Happy 60th Birthday, NUSS!



David Ho C'72
President



Above:
NUSS Lecture.



Left:
GLOW at
MacPherson.

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THE GRADUATE

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PM Lee Outlines the Future for Singapore in Transition

It was another milestone for the Society as Prime Minister (PM) Lee Hsien Loong delivered the NUSS 60th Anniversary Lecture titled “Singapore in Transition – The Next Phase” to a full-house at the University Cultural Centre.

The Prime Minister opened his lecture by saying, “We are at an inflexion point, changing gears, changing pace” and that Singapore “needs not only to navigate the eddies and currents from moment to moment, but also needs to keep in mind some basic principles which will help us maintain our momentum and our purpose.”

Centring around three thoughts (*see sidebox*), PM Lee framed the future for Singapore and urged Singaporeans not to become too self-centred or disregard things happening in other parts of the world.

“We have been concentrating in recent years on what is happening within Singapore,” remarked the Prime Minister. “Understandably so, as we have had urgent issues to deal with – housing, public transport, medical care and so on.”

“As a society, we are making strategic policy shifts to prepare for longer-term trends, like changing demographics, ageing population and maturing economy,” PM Lee added. “These are major changes, with very long-term consequences, so we have got to proceed very cautiously and make sure we get them right, because once you make the move it is irrevocable”

The Prime Minister, who last addressed the Society at the NUSS 50th Anniversary Lecture in 2004, went on to offer three reasons why Singaporeans need to have a broader



3 KEY MESSAGES from PM Lee to move Singapore forward

- While focusing on **domestic** challenges, we must keep **looking outwards**
- While being **good-hearted**, we must not shy away from being **hard-headed**
- While we immerse ourselves in the **present**, we must understand our **past**, and be confident of our **future**



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On not speaking about what the Government is doing

“Naturally the Government will do its part, and will do more, will do whatever we need to. But for Singapore to succeed, everybody must do your part. The responsibility is on individuals, on civil society, on the community - Not only to understand what is happening to the country, to our society, the issues that we face, but also to play your part: to actively contribute to the community, to work hard, to follow what is happening around us and solve problems and open new windows for us.”

On the lessons learnt from major events in the 1950s and 1960s

“[The 1950s and 1960s are] within living memory, but the events are receding into the past and many of us here today are too young to have personally experienced these formative moments ... SG50, our fiftieth anniversary next year, is an important occasion to remember this history ... So the lessons of history need to be reinforced, because if we do not remember them, we may not learn the hard-won lessons and may fail to value what we have painstakingly built.”



NUSS and NUS community listening attentively to the Lecture.



Professor Tommy Koh moderating the dialogue session.

view. The first was setting our own issues in perspective. The second was about major changes in the Asian landscape having a big impact on Singapore. The final reason was that globalisation and technological advances can create and disrupt businesses swiftly in an open and connected society such as Singapore.

Members and guests sat in rapt attention as PM Lee went on to outline the need to have compassion while not shying away from making hard-headed decisions because “the head part is also important as hard facts cannot be wished away” and used the population policy as an example.

“On the overall population policy, we are paying attention to both the emotional and practical aspects of the problem,” PM Lee said. “We have to be both good-hearted and hard-headed, understand the anxieties of people, and do our best to address them. But we must be honest and clear about what we need to do for the good of Singapore and to secure our future.”

In his opening address, NUSS President David Ho also highlighted the altruistic character of NUSS members through initiatives such as Groceries with Love on Wheels and



Mr David Ho, President of NUSS presenting a token of appreciation to Prime Minister Lee Hsien Loong.



Prime Minister Lee Hsien Loong mingling with the members and invited guests.

providing seed funding for the creation of the NUS Alumni Bursary Fund.

PM Lee said that he was glad that NUSS and the alumni are doing their part in creating opportunities for the next generation through bursaries and awards, increasing awareness by organising forums such as the NUSS Lecture and giving back to society through community events for senior citizens and the underprivileged.

To conclude his lecture, PM Lee urged everyone to get ready for the opportunities opening up and “make Singapore better than any other country to live in and to be an exceptional society” as well as have “confidence to aim high, to dream, and to build on what we have”.

“Anxiety is understandable, anxiety is even constructive, up to a point, even some paranoia is helpful – because as Andy Grove says, only the paranoid survive. And it can keep you on your toes,” PM Lee concluded. “It is like the anxiety you feel before you go on stage to perform. But it should not lead to paralysis or despondency. We need to be both paranoid and at the same time paradoxically confident. Then we can make this a special nation for Singaporeans.” ■



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A Study in Media and Medical Community Collaboration

Professor Charles Briggs, the Allan Dundes Distinguished Professor of Folklore at the University of California at Berkeley and renowned global leader in medical anthropology, was invited to speak to NUSS members and members of the public on his lecture, entitled “Does the News Make the Science? A New Perspective on Media-Medical Linkages.”

The media, both social and traditional, have had a tremendous impact on how stories and information about diseases, health, life and death are disseminated. Media and health institutions have increasingly become closely interconnected, and these interconnections make new stories that shape the public’s understanding of health issues.

Professor Briggs was speaking and sharing his expert views at the annual NUSS Professorship Lecture at the Della and Seng Gee Guild Hall. The NUSS Professorship is part of NUSS’ efforts to contribute to the development of meaningful partnership with its alma mater through academic pursuits. It also enables eminent professors from different disciplines to share their knowledge with the NUS community and the general public and was established with an endowment of S\$1.5 million to fund a visiting professor at NUS.

Professor Briggs’ work on bio-communicability has been offering novel insights into the social construction processes. Exploring the intersections of communication and biomedicine, Professor Briggs also brings to light the communicative processes through which meanings are assigned to biological phenomena and ways in which these meanings are mobilised within the broader structures of power.

According to Professor Briggs during his presentation, the process of “Biomediatization” does not involve the translation of medical terms into popular language by the media. Citing the example of the H1N1 outbreak in 2011, he noted that the biological object at that time was just emerging and very little was known about the virus’ biology.

In presenting his research findings, Professor Briggs noted that the term “swine flu epidemic” was co-produced by the media and health professionals and was a hybrid - part biology and part media. What was significant was that the process occurred largely without professional or public scrutiny and debate. As such, this process had significant health policy and fiscal implications.

What was most interesting about the H1N1 case study was the lifecycle of news coverage with the sudden appearance of a new strain of virus. This led to a rapid ascendance to prominence in media coverage that was global in scope. However, it also had a limited life span as a major story.

In conclusion, Professor Briggs commented that the change in the media landscape, such as the advent of social media, would seem to facilitate lay participation in health communication. However, spaces designated for public participation and lay participation in knowledge production remain limited and constrained.

From the rapt attention of the audience to the range of questions posed to Professor Briggs during the question-and-answer session, it seemed like the session was well-received by members. ■

Professor Briggs said lay participation in knowledge production remain limited.



NATIONAL DAY AWARDS 2014



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 our members
 who were
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 their pride
 and salute
 them for their
 contributions
 to making
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The Public Service Star	S Chandra Das
The Public Service Star	Dr Ong Ann Tee
The Public Administration Medal (Gold)	Prof Ang Chong Lye
The Public Administration Medal (Gold)	Prof Tan Eng Chye
The Public Administration Medal (Silver) (Bar)	Sim Wee Meng
The Public Administration Medal (Silver)	Abdul Majeed Bin Abdul Khader
The Public Administration Medal (Silver)	Chiang Kah Kee
The Public Administration Medal (Silver)	Koh Kok Keng
The Public Administration Medal (Silver)	Sabrina Suvanaris
The Public Administration Medal (Silver) (Military)	Col (Dr) Gan Wee Hoe
The Public Administration Medal (Bronze)	Prof Lim Tow Keang
The Public Administration Medal (Bronze)	Teng Lai Kwan
The Public Administration Medal (Bronze)	A/Prof Hum Sin Hoon
The Public Administration Medal (Bronze)	Leow Thiam Seng
The Public Administration Medal (Bronze)	Tan Kia Huan
The Public Administration Medal (Bronze) (Military)	Col Lai Hing Nam
The Commendation Medal	Chan Chui Leng
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The Long Service Medal (Military)	LTC Tang Kar Kee
The Long Service Medal (Military)	ME6 Ang Thiam Guan



Putting **Heart** and **Soul** into **Action**

With dedication and commitment, the NUSS Management Committee sets out to forge a common vision among members on how to promote further growth.

At the Society's Strategic Meeting held in June this year, in adopting the **'Heart and Soul'** theme, members of the Management Committee knuckled down to steering the NUSS ship forward by identifying and implementing a strategic framework for the 2014-2015 term. This framework is aimed at supporting activities and initiatives, which in turn, will sustain and stimulate the Society's continuous growth. Each committee member brought renewed passion and enthusiasm for personal involvement, motivated to be part of the core group responsible for the direction of the Society's future.

NUSS President,

Mr David Ho, explained that the thrust of the Strategic Meeting was to address **membership issues**. Instead of resting on the laurels of past achievements, the Committee must strive for continuous progress. New marketing ideas were explored aimed at increasing membership while staying relevant to the Society's alma mater and the wider graduate community. Also discussed were ways to **stimulate continuous ties** with the Society's alma mater, the **National University of Singapore**.

Other topics on the discussion table included ways to enhance the current **service standards**; improving productivity

and **organisational culture**; promoting **intellectual discourse** and **life-long learning** through cultural, social and recreational activities; and refining the food and beverage sales.

Heads of Department within NUSS also made their contributions by identifying three cultures to develop internally which will further benefit members. The **Service and Hospitality Culture** which promotes a fun, happy and gracious environment to engage members; The **Organisational Culture** with core values like teamwork, trust and continuous open communication; and The **Business Culture** which aims to provide convenient professional

services to members through innovation and productivity.

With all these new developments in progress, NUSS members can look forward to exciting and rewarding experiences in the near future. ■

Instead of resting on the laurels of past achievements, the Committee must strive for continuous progress. New marketing ideas were explored aimed at increasing membership while staying relevant to the Society's alma mater and the wider graduate community.

Creating LOVE with KINDNESS

NUSS members spread love and happiness through generosity by distributing free groceries as part of the GLOW@MacPherson project.

With smiling faces and a swing in their steps, NUSS President Mr David Ho led a delegation of 15 enthusiastic and passionate members from the NUSS Community Care Sub-Committee, distributing food and grocery bags filled with essential daily items to grateful residents at the **MacPherson Majlis Iftar - Groceries with Love on Wheels (GLOW)** event. Also in attendance was Ms Tin Pei Lin, Member of Parliament and Guest-of-Honour. Intending on bringing some cheer and happiness to the lesser-privileged families living within the MacPherson district, this event is part of NUSS's "giving back to society" programme.

Since its implementation, the NUSS Glow project has benefited more than 11,700 Singaporeans in the lower-income bracket. In 2010, the project broke the national record for having the largest number of vehicles simultaneously delivering grocery bags to needy households. The following year, it smashed records again for grocery bag distribution to 1,628 households.

Much talk about levelling up in our society over the past few years has finally gained enough momentum with the Pioneer Generation (PG) Package announced in Parliament earlier this year. However, another much needed tandem call is for those who have already benefited from the



Since its implementation, the NUSS Glow project has benefitted more than **11,700** Singaporeans in the lower-income bracket.



advancement of Singapore to help fellow Singaporeans in the lower-income bracket to overcome their difficulties in today's fast-changing world.

With this in mind, and in line with NUSS' "Body, Mind and Soul" programmes that will be implemented in the coming year, Mr Ho believes more members will continue to give their wholehearted support to this worthy cause. ■

NUSS 60TH ANNIVERSARY
Gala Dinner

11 NOVEMBER 2014, TUESDAY
SUNTEC SINGAPORE CONVENTION
AND EXHIBITION CENTRE

GUEST-OF-HONOUR
PRESIDENT TONY TAN KENG YAM

PRESIDENT'S MESSAGE

Dear Members

NUSS 60th anniversary culminates in an exceptional celebration with the Gala Dinner commemorating the Society's Diamond Jubilee.

Raise a toast and celebrate our achievements for the past 60 years!

President Tony Tan Keng Yam will be gracing the event.

Be prepared for an evening of glitz, glamour and non-stop entertainment!

Due to overwhelming response, we have limited tables available!

Gather your fellow members, family and friends and form a table at \$1,000 nett! For enquiries, please call 6779 1811 or email nuss_gala@nuss.org.sg

Warmest regards



David Ho C'72
PRESIDENT





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Not Quite an Accidental Author

Professor Maurice Baker is not quite the accidental writer as many discovered at the launch of his book titled *The Accidental Diplomat*.

From an accidental diplomat to a 'reluctant' author, Professor Maurice Baker penned his autobiography (published by World Scientific) over a 2-decade period. It was not meant to be published but rather for the eyes of his family only and their record keeping. It was no surprise that so many turned up to honour Professor Maurice Baker, now 94, and his wife, Mrs Barbara Baker, in a grand evening of celebrating his life and book.

The book, despite being an autobiography of Professor Baker, brought out the early history of independent Singapore as seen through the eyes of this self-sacrificing lecturer, scholar and true post-independence Singaporean. An academic and one of Singapore's pioneer diplomats, Professor Baker grew up in colonial-governed Malaya and Singapore. His deep love for literature inspired him to obtain an Honours in English despite the cruelties faced in the Second World War era.

Professor Baker's humble beginnings and political consciousness quickly earned him the friendship and respect of many diplomats including Singapore's top leaders



“We are very proud to have Professor Maurice Baker back in the Guild House. It has been a long time since we saw him. It is very enriching to have our past presidents coming back to share with us the history of the Society.”

Mr David Ho
President of NUSS

during his various missions to India, Malaysia, and the Philippines before retiring from his diplomatic career in 1988. In between his diplomatic missions, Professor Baker returned to Singapore to head the Department

of English at the University of Singapore. He also served as President of NUSS previously.

Speaking with deep respect for Professor Baker was Mr Max Phua, World Scientific's Executive Director who said, "As a pioneering diplomat for Singapore, Professor Baker's personality, intellect, morals and professionalism helped to ensure that Singapore moved through such uncertain times. It was through his dedication and sacrifice that brought Singapore the peace and tranquility that we sometimes take for granted. His love for English Literature inspired many of his students to be articulate and well-read and allowed his autobiography to come alive."

Mr David Ho, President of NUSS, also honoured Professor Baker commenting, "We are very proud to have Professor Maurice Baker back in the Guild House. It has been a long time since we saw him. It is very enriching to have our past presidents coming back to share with us the history of the Society. Let us not forget that without the intervention of Professor Maurice Baker at that time to cement the relationship between the Society and the University, we would not be enjoying this moment."

To further commemorate the book launch and celebrate Professor Baker's life, Mr Chin Hong Xiang, Ms Jill Quah, Mr Mushahid Ali and Professor Kirpal Singh gave touching readings of extracts from his book. Also in attendance were Professor Baker's sons, Edmund and Bernard. Mr Edmund Baker, who also spoke on his father's behalf, read an inspiring passage from Laurence Binyon's poem, 'For the Fallen' to mark the occasion. ■





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Off to a Great Start

The Society's Alumni Development and University Relations (ADUR) sub-committee, in collaboration with the National University of Singapore Institute of Engineering Leadership (IEL), kicked off the inaugural Venture N.E.T. (Network of Engineering Technopreneurs) to overwhelming response.

Getting excited with new connections and businesses was up the sleeves of the many who attended the evening event. With a palpable buzz in the air, Venture N.E.T. saw NUSS members and invited guests take up prominent roles in local start-up businesses whilst showcasing some of the most exciting engineering start-ups within Singapore.

In his opening address, NUSS President David Ho said that investing in start-ups is a challenging exercise and related a personal story to illustrate his point. He concluded by saying that integrity and honesty are of utmost importance, especially when dealing with investors and clients in businesses.

Further sharing his vision for innovation in Singapore, Professor Hang Chang Chieh, Executive Director of IEL, said that research does not equate to innovation and entrepreneurship and that Singapore and NUS will have to step up in the value creation journey.

The teams that were pitching for funding at the event showcased innovations such as revolutionary lab-grown skin used for testing in the cosmetic industry, an early detection kit for pneumonia in children and an in-home physiotherapy system.

Led by Professor Luda Kopeikina, head of the Enterprise Development Lab at IEL, the teams were also given opportunities to answer questions from the audience after their presentations. The presentations were polished and well-prepared, judging from their quick responses and presenters exuded confidence in promoting their visions.

Professor Kopeikina said that there is a big potential to make these



Each of the five teams was given 10 minutes to present their business proposals which included information such as market validation, revenue projections and business road maps for the next three to five years.

start-ups global entities and for Singapore start-ups to make it to the next level, there is a need to engage them.

The evenings proceedings were also given a boost by guest speakers, Professor Nitish V Thakor, Provost

Chair Professor, Director of Singapore Institute for Neurotechnology (SINAPSE), NUS; and Mr Benny Chan, Senior Vice President of SME Banking, Institutional Banking Group, DBS Bank, who shared their experiences on what to invest in and what investors are generally looking for in start-ups respectively.

Judging from the responses and the interactions between the start-ups and the attendees, it seems like Venture N.E.T. has something going for it with its fresh approach and professional organisation.

Long-time NUSS member, Ms Jun Fok commented that the evening was very interesting, innovative and important in bringing together the technopreneurs (i.e. the start-ups) and members of the public so that such opportunities are not limited to just the venture capitals. ■

NUSS Choir strikes gold

Led by conductor Mr Adyll Hardy, the National University of Singapore Society Choir was conferred the Gold standard, Category Winner (Senior Category) and the coveted Golden Voices Award. The last award was given for being an inspiration to other choirs. Article by **Monica Lim**.

With 14 participating and two guest choirs from five different countries, the festival had its fair share of competition with an international flavour. There was also ample opportunity for cultural exchange among choir members. Choirs participated in various categories ranging from Children to Senior, Chamber, Open and Folklore.

All choirs that attained the highest standard, including the NUSS choir, competed in the exciting Grand Finals on the closing night. Presenting two songs for the competition, a Latin song, "Gloria" by Sally Albretch and a Chinese classic, "Bu Liao Qing" or translated as "Love Without End", NUSS choir members were delighted with the Gold win and proud of the two trophies that they brought home.

Preparations for the choir competition began in January this year, with extra rehearsals held on Mondays in addition to the normal Thursday practices as the competition drew near. Said choir member, Dr Teoh Siew Har, "Pre-competition preparation training was intense, but the conductor helped us manage our expectations and emphasised the importance of enjoying ourselves when singing". Dr Teoh added that participating in this competition was "a good way to improve ourselves as a choir as we can compare ourselves with other choirs regionally."

Conductor Hardy shared, "It was heartening to see all members putting in a lot of effort during and before rehearsals. Coming from diverse backgrounds, there were always times when members had to skip practices due to work or family commitments. Nevertheless, the members took responsibility in learning their parts well for the competition."

Ms Grace Lim, a first-time participant in such an overseas competi-



tion, commented that the choir had prepared well with a common vision to do their best. Ms Lim remarked, "We put our hearts into our performance especially with the Chinese song and we smiled more than the other choirs."

"As a soloist, I felt that it was an exhilarating and scary experience at the same time," Ms Loh Wai Sim said. "This trip, as with previous ones, was so enjoyable due to the choir members' friendship and we bonded over food with lots of laughter." It was also the first time that the choir featured soloists in a competition piece.

Assessed by an independent panel of international adjudicators from the Philippines, Sri Lanka, Hong Kong and Portugal, members were impressed with the international line up of judges.

One of the judges from the panel, Mr Pedro, said the expression of the joy observed in the NUSS Choir while singing impressed him deeply and played an important part in the overall performance. Areas for improvement were taken into account in the lead up to the Grand Finals and members were heartened to note that Mr Pedro commented that the choir's performance was even better in the Grand Final.

"It was exciting but nerve-wreck-

ing at the same time as the focus from the choir was intense! It was a satisfying feeling walking off stage after our final bow. And when they announced the Gold, I was just happy for the choir as their hard work paid off," remarked Hardy.

Dr Fong Poh Him, the Choir Convenor said, "The team spirit from the win can be seen in the many meals and shared activities we had!" Singing not only builds on one's vocal abilities; provides opportunities for travel and new experiences, but also forges firm friendships.

Dr Thomas and Elaine Sim, both long time members of the choir, felt that the Hong Kong trip was the best overseas trip made by the choir as there was a great deal of bonding with everyone focussed and determined in giving their best efforts. Encouraged with this trip and the win, the choir is currently exploring opportunities to perform in Europe in 2015. ■

WE ARE RECRUITING!

The NUSS choir was formed in 1998 and practices every Thursday night from 7.30pm to 10pm at the Activity Room at Kent Ridge Guild House.

Interested members who like to sing and would like to join the choir are invited to contact the Secretariat, **Ms Renee Yang** at **65863736** or email renee.yang@nuss.org.sg for more details.



Scan your QR code reader to see more pictures

CPF Life Means Universal Coverage

Conditions for coverage were very much on the minds of members who attended the dialogue session to find out more about MediShield Life.

Curious NUSS members took an evening out from their schedule to hear first-hand from Mr Bobby Chin, Chairman of the MediShield Life Review Committee on the process of gathering feedback and information that led to the recommendations by the Committee to the Government.

Mr Chin noted during his opening address to a full house at the Della and Seng Gee Guild Hall, that the most important feature in CPF Life is that all Singaporeans and Permanent Residents will be covered under the scheme for life. Despite the importance of the subject, the evening was kept light by Mr Chin's easy-going demeanour and style, peppering his answers patiently with self-effacing jokes and anecdotes. "The key word here is 'Universal'

and this is a very important point as it means that everyone is covered, even those with pre-existing conditions," commented Mr Chin. "There is no minimum or maximum age as it is a cradle-to-grave scheme."

Mr Chin went on to say that the terms of reference for his committee was to engage widely, which is the committee ensured during the information and feedback gathering stage.

In a presentation by Ms Lee Shiao Wei from the Ministry of Health (MOH), members were also briefed on the most crucial features of the CPF Life scheme and explained how it provides better coverage for policy holders.

During the ensuing dialogue segment of the evening, Mr Chin emphasised that the committee's recommen-



Mr Chin: It's a cradle-to-grave scheme.

dations took into account many factors including medical inflation, balancing premium affordability and benefits as well as the need to keep the fund solvent and sustainable.

Comments and questions from members came thick and fast with some very spirited members asking pointed questions or sharing their thoughts on the way forward.

In response to a question on the reason for CPF Life scheme kicking in only at the end of 2015, Mr Chin concluded by saying that there are still many implementation issues, some of which are complicated and which MOH will have to iron out to ensure as smooth a rollout as possible when the time comes. ■

NUSS Singathon 2014 | 30 August 2014 | Della and Seng Gee Guild Hall

A RESOUNDING

Melodic Success

Putting aside their competitive nature for a moment, every chorister sang their hearts out just for the sake of their passion for choral music. With 'National Day' as the theme for this year, it resonated well for everyone present, especially when the choirs came together with their conductors to sing Dick Lee's beloved and all-time favourite, "Home", during the event, moving many hearts doing so.



Using this opportunity to learn from other choirs and to be exposed to national Choir standards, NUSS had invited choirs from various schools to come together for a 'Choir Singathon' and use the experience as benchmarks for their own future performances.

Inaugurated in 2011, Singathon aims to bring together choirs and choristers of all ages. This year's Singathon 2014 saw 14 schools participating and also included special school's Pathlight Youth and Junior Choir.

Singathon (Marathon Choral Singing) primarily began as a development of a culture of choir singing in Singapore that is not competitive driven and includes young and old from all levels of intellect. It was essentially for choirs to sing for each other in a fun, healthy and happy environment.

With many smiling and singing along, it clearly shone through how music could transcend words, bringing each one 'home' in musical bliss. ■

"We are also glad to have a chance to listen to Pathlight Choir. The dedication of the conductor and teachers, together with the children's sincere singing nearly moved me to tears."

Mr Kevin Chong
Pei Hwa Secondary School Choir

"Such a great enjoyment with this lifelong singing work, especially when it touches so many hearts."

Ms Alice Blomworth
NUSS Choir

"This was yet another great platform for them [Pathlight School students] to experience a slice of mainstream school life."

Ms Loh Wai Sim
Pathlight School

TOASTMASTERS

An Exhilarating Journey

“We realise that the two most important factors in Toastmasters is **Mentoring and Evaluations**, there is no doubt that if these two are done well and there is a good Mentoring programme, your club will be filled with spark plugs ready to fire upon request. ... once you light that fire the only thing it needs is some kindling.”

Dr. Ralph Smedley

Founder, Toastmasters International

With that spark ignited, coupled with a passion for public speaking, the NUSS Toastmasters Club envisions being the Premier Graduate Toastmasters Club in Singapore. This vision has been a compass for the club since its charter on 17th December 2004. Over the years, the club has achieved remarkable milestones through the Toastmasters International’s Distinguished Club Programme, having been awarded both the Select Distinguished Club Award and the President’s Distinguished Club Award.

Our members have benefited from the communication and leadership programmes organised by the Club. Some interesting programmes held this year included the “How to Craft an Inspirational Speech” workshop and the “International Speech and Table Topics Contest”. A Speech Craft programme with strong participation was also successfully organised with many keen to master communication techniques that encompassed speaking, listening, thinking and evaluating skills.

Through collaboration with

NUSS Sub-Committee members, the NUSS Toastmasters Club has had far reaching opportunities for exposure to the greater community.

Our members have presided as emcees at the NUSS Meet-the-Ambassador Series with Her Excellency Amira Aron, Israeli Ambassador to Singapore, NUSS Meet-the-CEO Series with Mr Desmond Kuek, CEO of SMRT and “Conversations with Tommy Koh”, Ambassador at Large, Singapore Ministry of Foreign Affairs.

One of our members was also invited to be the facilitator at the talk “Predictions 2014” given by Feng Shui Master Lynn Yap.

As our membership has grown tremendously within the last term, the Club now holds three additional chapter meetings to cater for those who are keen to work on their communication skills. The Executive Committee members meet quarterly to review past activities and chart new programmes to continue working towards fulfilling

the needs of the Club. In addition, our Toastmasters worked hard on their communication and leadership tracks which led to the Club achieving the President’s Distinguished Club Award. As a culmination to the Club Awards, our Club President was awarded the

distinguished “Triple Crown”, a title allotted to members who have earned at least three educational awards within the current year. It has been a truly fulfilling and an accomplished 2013 and 2014 term.

The NUSS Toastmasters Club continues to chart new territories to help our members improve their goals in communication and leadership. We hope to attract the interest of new members who wish to enjoy the benefits of Toastmasters in their social and working lives. ■



JOIN US!

The Club meets on the 4th Thursday of every month at the Kent Ridge Guild House. Come and join us at our NUSS Toastmasters Club Chapter Meetings for an enriching experience.

For more information, please contact **Gayathri Ayathorai** at email gayathri@nuss.org.sg.

Go around the world with **NUSS** in **3** simple steps

1 Write to mship@nuss.org.sg

2 Indicate your choice of reciprocal club/s

3 Request for a Letter of Introduction by stating:

- Name
- Membership ID
- Mailing address*
- Email
- Intended Period of Visit



For more information, please visit <http://www.nuss.org.sg/reciprocal>

* Letter of introduction will be mailed to this address.

University Club of Saint Paul

A tranquil respite in the heart of the city

With two clubhouses (Summit Avenue Clubhouse and Saint Paul Athletic Club), reciprocal club members can enjoy the extensive range of benefits and facilities offered by the University Club:

Summit Avenue Clubhouse

- Formal dining in the Ramsey Room with great view of the Saint Paul skyline and Mississippi River Valley
- Casual dining in the Members' Bar and the Varsity Grill
- Outdoor dining on the deck during summer
- Meeting and banquet rooms
- A reading room/library with a wide selection of newspapers, magazines and books
- Fitness center
- An outdoor swimming pool (open June, July, August only)
- An outdoor clay tennis court
- Overnight accommodations at the carriage house next door
- Free Wi-Fi access throughout the clubhouse

Saint Paul Athletic Club

- Work out in their 68,000 square feet of private athletic facilities
- Dine at the Butler's Café on the Mezzanine level and the Lobby Bar
- Grand Ballroom
- Rooms for meeting, corporate training and film screening
- Overnight accommodations at guest rooms
- Free Wi-Fi access throughout the clubhouse

Additional benefit to reciprocal club members

- Retreat at Stout's Island Lodge



Whether it is for leisure or business purposes, enjoy an unparalleled experience at the University Club of Saint Paul. To find out more, contact **Ms Amanda Tan** at **6586 7051** or via email at amandatan@nuss.org.sg. You can also visit the University Club's website at www.universityclubofstpaul.com.



Conrad Centennial Singapore
FITNESS CENTRE

ENJOYMENT FOR EVERYONE

NUSS members can now enjoy the facilities at the Conrad Centennial Singapore Fitness Centre. This is one of the concerted efforts of the Management Committee to continuously enhance membership benefits. In order to enjoy the facilities adequately, members are required to make prior arrangements.

Bookings must be made at least 7 days prior through www.nuss.org.sg or by calling our **NUSS Member Relations Officer at 67791811**.

Please note that all cancellations made after 48 hours prior to the date of booking and no-show will incur a fee and will be charged to the member's account.

Members are reminded to present their **membership card** upon arrival prior to the usage of the Centre's facilities for verification.

Meanwhile, we wish all members a pleasant experience at the Fitness Centre.

For more information, please visit <http://tinyurl.com/ConradGym> or scan the QR code.



Life Membership Family Transfer

Because we know that family is for life...

NEW!

You can now transfer* your membership to your sibling, grandchild, niece or nephew in addition to your spouse or child!

As a Life Member, you are exempted from paying the monthly subscription fee and at the same time, enjoy the benefits and privileges of being an NUSS member.

Transfer* your membership while retaining your membership entitlements. Together, you and your loved one can take pleasure in what the Society has to offer!



To carry out a Life Membership Family Transfer, please call **Margaret Ee** at **6586 3730** or email margaretee@nuss.org.sg.

NOTE: An administration fee of \$200 (subject to prevailing GST) applies in a Life Membership Family Transfer

**Prevailing monthly subscription fees apply to transferee.*



NUSS
The Graduate Club

60 YEARS
1954 - 2014
old wine, new spirits

Lauding Winners Par Excellence

NUSS once again recognises and honours winners of the NUSS Medal for Outstanding Achievement.

Since 2010, NUSS has been recognising and awarding NUS students who have excelled academically and have had a proven track record in student activities, community and voluntary services. The Society established the **NUSS Medal for Outstanding Achievement** as one of the many initiatives to forge closer ties with its alma mater through the financing of endowments for educational purposes as well as synergistic partnerships to strengthen bonds between the graduate community and NUS.

NUSS congratulates the following winners and wish them all the best in their future endeavours:

- **Lucille Cronan Heffern**
Master in Public Policy
Lee Kuan Yew School of Public Policy
- **Lim Joachim Theodore**
Bachelor of Music
Yong Siew Toh Conservatory of Music
- **Cher Wei Liang Eric (Xu Weiliang)**
Doctor of Medicine
Duke-NUS Graduate Medical School
- **Tan Wei Han Denis**
Bachelor of Engineering
Faculty of Engineering
- **John Paul Chua Dong Jie**
Bachelor of Science
School of Design & Environment
- **Wong Su Lee Fiona**
Bachelor of Science
Faculty of Science
- **Ong Yang Lin Nathan**
Bachelor of Social Sciences
Faculty of Arts & Social Sciences
- **Clovis Tan Choon Kiat**
Bachelor of Computing
School of Computing
- **Tan Sock Keng**
Bachelor of Arts
Faculty of Arts & Social Sciences
- **Leong De-An Kenneth**
Bachelor of Business Admin
NUS Business School
- **Kok Yee Keong**
Bachelor of Laws
Faculty of Law
- **Cheryl Lee Yen May**
Bachelor of Medicine, Bachelor of Surgery
Yong Loo Lin School of Medicine

NUSS

MEMBERSHIP DRIVE LUCKY DRAW

GRAND PRIZE WINNER

NUSS congratulates **Mr Tan Kuang Wei**, grand prize winner of the Membership Lucky Draw.

The draw, which took place on 17 April 2014, had members trying their luck at winning the grand prize of a pair of return air tickets and \$5,000 cash. Mr Tan was presented his winnings at a prize presentation held on 15 May 2014.



Mr Tan shared with us his lucky trip to Perth:

"The prize as you can imagine was a lovely surprise. I was chuffed to bits! We have a two and a half year old toddler and as you can imagine it is hard to travel when they are young. So prior to this trip, we had not really taken a long vacation overseas for a number of years. We planned for one for this year and so this win could not have come at a better time. We chose Margaret River because it is relatively close and yet exotic. Our friends travelled there recently with similar-aged kids and they had a whale of a time. And so we went!

It was amazing. The weather was nice and cool, as winter was just beginning. The landscapes in Australia are just breathtaking. We visited the vineyards and beaches (although it was too cold to swim) and brought our kids to one of the many farms in the area. My little one loved feeding the animals and all the wide open spaces. Food was really good and I think I put on 2 kilograms after the trip.

I would like to extend my heartfelt thanks to the team at NUSS for making this possible."

NOW ON

The **Member-Get-Member** promotion is now on till 31 December 2014. Introduce a friend today and receive \$200 F&B vouchers or \$100 shopping vouchers. Plus, your name will also go into our lucky draw. Call **6777 6060** or email marketing@nuss.org.sg for more details. Lucky Draw will be held on New Member's Night 2015.



SINGAPORE GOING DOWNWARDS

Land scarcity and the lack of natural resources combined have forced Singapore to face head-on the challenge of accommodating its burgeoning population. With the mounting space constraints, would living below ground be an option? **Antoinette Tan** surveys Singapore's urban landscape, digging deeper into the challenges faced by this population-land dichotomy and whether living below ground is a feasible reality.

According to the Department of Statistics Singapore, the country's total population stands at 5.4 million as of June last year. This number is set to swell to between 6.5 and 6.9 million by 2030, as revealed by the

Population White Paper 2013. With that number in mind, the question is "Where will everyone live, work and play then?"

An estimated 3.15 million Singapore residents currently live in HDB flats, accounting for 82 per cent of Singapore residents. One of the government's goals is to plan and invest in infrastructure for high

quality living ahead of demand, by creating urban spaces that ensure the infrastructure can support population trajectories.

Last year, during the conference 'Lee Kuan Yew and the Physical Transformation of Singapore' by the Lee Kuan Yew Centre for Innovative Cities and the Centre for Liveable Cities (CLC), Chairman for the CLC,

Dr Liu Thai Ker, said, “The bigger challenge for HDB is that with the continuous increase in our population, how are we going to make a long term plan to accommodate them with no loss in the quality of life?”

At that same conference, Mr Peter Ho, Urban Redevelopment Authority (URA) Chairman and former senior civil servant, highlighted that there has been recent discussion about expanding downwards, literally.

“There has been some recent talk about underground space, if you put more of your functional types of activities underground, (it) opens up enormous possibilities,” noted Mr Ho. “We will have to continue to innovate along that way as there is no such thing as an end point; it is always work in progress.”

Is Subterranean Living Feasible?

According to Ms Olivia Ruth Tang, Executive Architect at RSP Architects Planners & Engineers, “Humans are adaptable, if not the most adaptive creatures and we will find a way to survive. What is more pertinent is to identify what the motivations are for Singapore to venture underground. In precedent cases of ancient underground cities and modern underground master plans of cities alike, the ‘pull’ into the core of the earth is for resources, fortification and shelter from extreme climates above-ground. What is Singapore’s ‘pull’ underground?”

Associate Professor Victor R Savage, Department of Geography, National University of Singapore (NUS), analyses the landscape, “Right now, as you can see, there are many things that are underground in Singapore. Shopping complexes that are underground, such as CityLink Mall. There are transportation lines, carparks and storage places that are all put underground, including entertainment such as restaurants which are also underground.”

In fact, about 12 kilometres of expressways and close to 80 kilometres of transportation lines in Singapore are already below surface, not forgetting basement after basement of retail space at malls along Orchard Road, and within the City Hall and Marina Bay areas too.

“So in a sense, it is not something that is totally alien to all of us, there are many current activities that are housed underground,” says Assoc Prof Savage. “And for Singaporeans,



Infrastructure for high quality living: Urban Redevelopment Authority’s Mr Peter Ho said, “If you put more of your functional types of activities underground, (it) opens up enormous possibilities. We will have to continue to innovate along that way as there is no such thing as an end point; it is always work in progress.”



“We have increased space in three different ways in Singapore. We have increased space **horizontally**, through reclamation; we have increased space **vertically** by building high-rise flats, offices, shopping centres, entertainment facilities; and we have increased space **underground**, through underground carparks, underground transport system, and entertainment places.”

Associate Professor Victor R Savage

Department of Geography,
National University of Singapore

there is a greater acceptance of this because of our spatial constraints. Maybe in other countries, it would not be so acute. But here, because of space constraints, we are more willing and ready to accept the use of underground space for a lot of different things.”

Dr Vincent Chua, Department of Sociology, National University of Singapore (NUS) says, “It is quite common, for example, shopping malls. But I wonder how (underground living) will work. Firstly, how do you direct natural light into the underground spaces? What about ventilation, natural air, breeze and open spaces? A wide open field with natural light and the breeze to run in? Greenery under an open sky. Can underground living offer these?”

Below Ground Success

To exemplify the need of an underground masterplan, National Development Minister Khaw Boon Wan cited on his blog a list of countries and cities that featured underground successes. This included the extensive passageways and shopping malls in Japan, Canada and Scandinavia, as well as Montreal’s underground city Reso, which features 32 kilometres of tunnels covering about 12km² for offices, hotels, entertainment, universities and transportation that half a million people use daily.

As such, he stated that there are possibilities aplenty in Singapore for “creating underground transport hubs, pedestrian links, cycling lanes, utility plants, storage and research facilities, industrial uses, shopping areas and other public spaces here.”

In fact, within Singapore there is a perfect example: the Jurong Rock Caverns (JRC) proves that Singapore has successfully pushed the boundaries of underground land use. Developed by JTC Corporation, the JRC is Southeast Asia’s first commercial underground liquid hydrocarbon storage facility for oil and petrochemical products, located 130 metres below Banyan Basin on Jurong Island.

The JRC features a 24-metre diameter access shaft, with its excavation taking two years to complete. It also features a ring beam system, steel-fibre reinforced concrete lining, shotcrete and rock bolt system, as well as two lifts that can carry 45 tonnes of machinery and materials each – all through the layers of reclaimed sand, marine clay, residual soil, weathered and fresh rocks. Of course, the architectural and engineering feat would be the operational tunnels and access tunnels to five storage caverns, which boast the dimensions of a 9-storey building!

Unravelling The Challenges

What does this mean for Singapore? And will our future revolve around moving underground?

Assoc Prof Savage comments, “You can say we have increased space in three different ways in Singapore. We have increased space horizontally, through reclamation; we have increased space vertically by building high-rise flats, offices, shopping centres, entertainment facilities; and we have increased space underground, through underground carparks, underground transport system, and entertainment places.”

Cost and health are the top two concerns the professor has.

“It is okay if you are working underground and after eight or ten hours, you come out and you are back again to breathing fresh air. However, if we live underground without that kind of exposure to sunlight, I do not know what are the



Photo: JTC Corporation

An artist's impression of the Underground Science City beneath Kent Ridge Park, which will be home to 4,200 scientists and researchers in 40 interconnected research laboratories and data centres – all located 30 stories below ground.



Photo: JTC Corporation

Jurong Rock Caverns, 130 metres below Banyan Basin on Jurong Island.

long-term health implications to live for long periods underground. Also, all the underground spaces currently have air-conditioning and ventilation, so it could be very, very costly (to move underground permanently).”

Assoc Prof Savage said that Singapore has taken a bolder leap citing the example of putting all our cables underground as breaking away from practices during colonial times. While it was a costly endeavour, he noted that once it is done, it would be fine because the infrastructure has been created.

“Today, because of the nature of technology, building underground has become a lot cheaper,” he continues. “And obviously, you know, all our commercial buildings have



“[Living underground] should only provide **temporary refuge**, as I believe the **negative effects** of prolonged subterranean living **outweighs its potential benefits**. When we recognise that all basic elements for survival (such as sunlight, air and water) are only found naturally above ground, then doing all living, working and play underground is going **against the grain** with potential **psychological issues** affecting a society as a whole.”

Ms Olivia Ruth Tang

Executive Architect,
RSP Architects Planners & Engineers



underground car parks to save space above ground so they can use it for more economic productive space. Even the condominiums build underground car parks. However, they are all paying a premium to do so as it is not cheap. So it is a question of cost. We have spatial constraints, so you have no choice. The issue here is that our spatial constraints have necessitated a thinking of doing things underground.”

For Ms Tang, it is about having a balanced and healthy quality of life. She says, “Although it may be possible to live underground, the absence of natural daylight may have adverse effect on our biological rhythm. Part of planning for future landscapes of urban cities is to improve the quality of life.”

“Perhaps, the underground city is good to protect Singaporeans from unforeseen circumstances such as the recent regular encounters with haze. It could ensure continual economic and social vitality of cities when their airspace aboveground is polluted,” she adds. “However, it should only provide temporary refuge, as I believe the negative effects of prolonged subterranean living outweighs its potential benefits. When we recognise that all basic elements for survival (such as sunlight, air and water) are only found naturally above ground,

“Research actually shows that people are more likely to be **generous** when surrounded by **nature**. Open spaces and nature create welcoming conditions for **sociable behaviour** and forming **friendships**. (Underground living) is artificial, and ultimately, I imagine, quite stifling.”

Dr Vincent Chua

Department of Sociology,
National University of Singapore

then doing all living, working and play underground is going against the grain with potential psychological issues affecting a society as a whole.”

“We should avoid building subterranean self-sustainable living as there could be potential problems with psychological, biological and environmental effects,” Ms Tang concludes. “What is critical is planning a subterranean landscape to complement and integrate seamlessly with activities and developments above ground.”

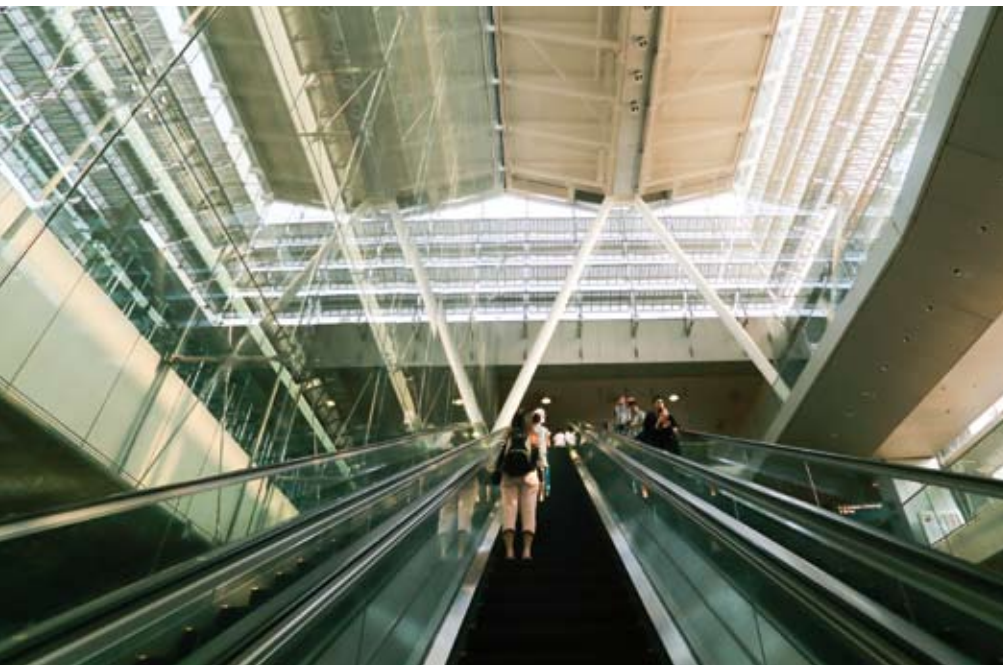
Dr Vincent Chua adds, “Research actually shows that people are more likely to be generous when surrounded by nature. Open spaces and nature create welcoming conditions for sociable behaviour and forming friendships. (Underground living) is artificial, and ultimately, I imagine, quite stifling.”

However, it seems that government efforts are pro-subterranean as a “strategic resource” in land-strapped Singapore. Eight million dollars in research grants have been pumped into four R&D projects under the Ministry of National Development’s Sustainable Urban Living programme. These include the areas of Underground Construction Technology, Land Reclamation Technology and Space Optimisation.

Another project is the Underground Science City (USC), which will be home to 4,200 scientists and researchers in 40 interconnected research laboratories and data centres that support the biomedical and life sciences industries – all located 30 stories below ground. Meanwhile, as Singapore developers have been gearing up for a subterranean future, some experts have already warned of the potential pitfalls of going downwards. This project has been on-going and is still in the works.

Considering the cost, effort and resources channelled into subterranean research, development and construction, it appears that the only way that Singapore can move forward and rise above is, ironically, to go down. ■

IN CONCLUSION Land scarcity, increased population and the lack of natural resources may well be pushing Singapore under ground as the nation finds ways to accommodate and adjust for the future.



Singapore’s spatial constraints have necessitated a thinking of doing things underground.

SNAPSHOTS

Creating A Profitable Business
2 August 2014
Kent Ridge Guild House

A PROFITABLE SESSION WITH BIG GAINS

Becoming profitable should be the goal of every business and the key to profitability is having a well thought-out game plan right at the start. 30 participants received some insights to building a profitable business online by using the most appropriate software to create websites and avoid making costly mistakes in the afternoon workshop.



SWAMI Home Visit
16 August 2014
SWAMI Home

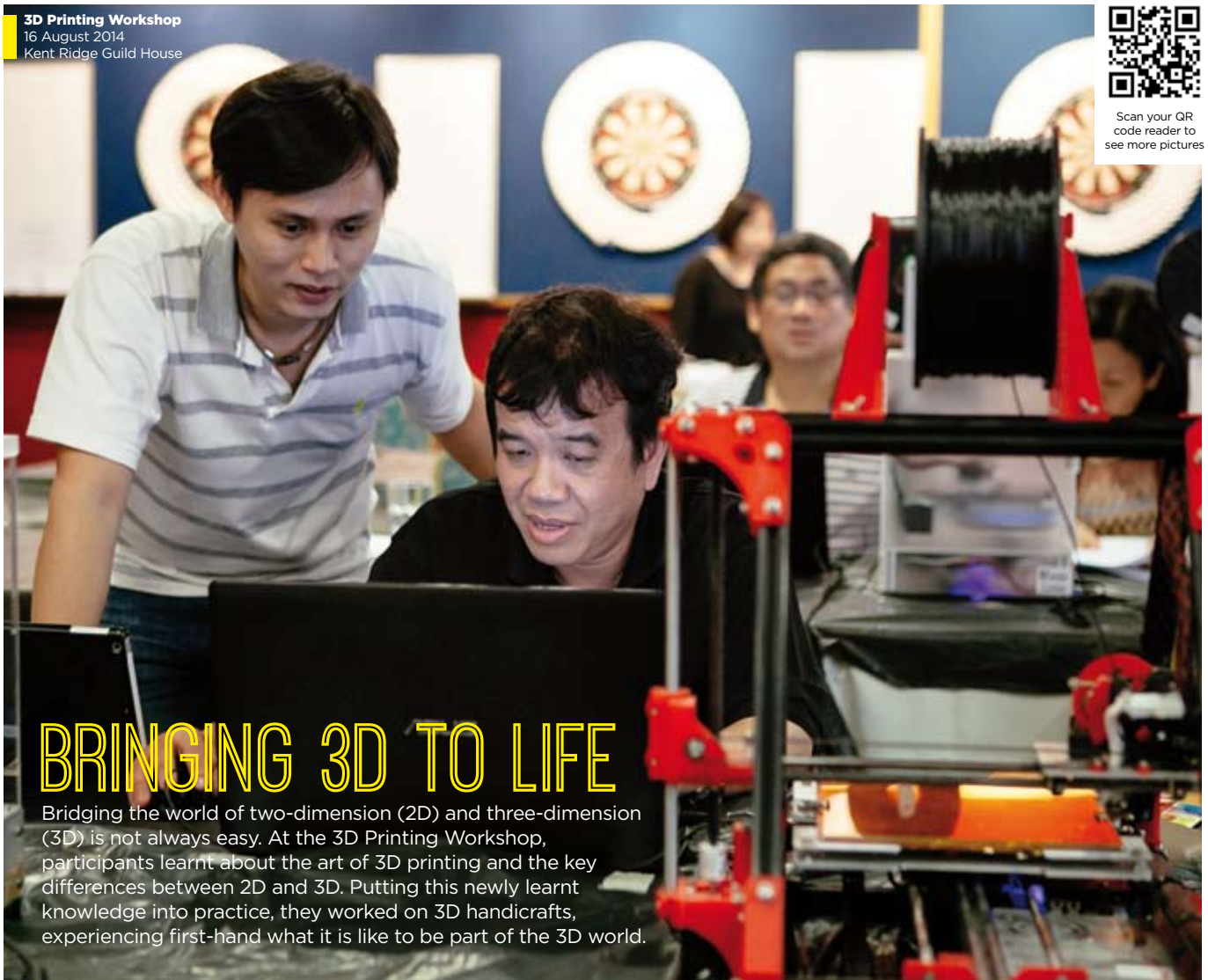


Scan your QR code reader to see more pictures

BRINGING IN THE SUNSHINE

A group of caring individuals brought joy to the elderly and needy folks at SWAMI Home. Uncle Rocky Wong, NUSS members, The Silverstones (NUSS' resident band), together with CommCare Sub-Committee members entertained and lunched with the residents. Happy smiles and twinkling eyes all around!

3D Printing Workshop
16 August 2014
Kent Ridge Guild House



Scan your QR code reader to see more pictures

BRINGING 3D TO LIFE

Bridging the world of two-dimension (2D) and three-dimension (3D) is not always easy. At the 3D Printing Workshop, participants learnt about the art of 3D printing and the key differences between 2D and 3D. Putting this newly learnt knowledge into practice, they worked on 3D handicrafts, experiencing first-hand what it is like to be part of the 3D world.



Scan your QR code reader to see more pictures

Curry Cooking Workshop
26 August 2014
Cookery Magic



CURRY AND SPICE ... AND EVERYTHING NICE!

Avid cooks heated up the kitchen in this hands-on workshop learning the spicy secrets behind a pumpkin curry and a prawn and mango curry.

Music Genre Night: 60s & 70s Night
18 July 2014
The Chill-Lab

SWINGIN' AND GROOVIN' DOWN MEMORY LANE

Kicking back to the 60s and 70s when peace, love and funky disco dancing were in fashion, retro-loving individuals boogied the night away on the dance floor while singing along to the hits of yesteryears.



SNAPSHOTS

Portuguese Feast!
16 August & 30 August 2014
Chantilly Culinary Studio



Scan your QR code reader to see more pictures



FEASTING THE MADEIRAN WAY!

Portuguese cuisine lovers learnt how to make Portuguese Chicken, Crushed Potatoes, Mediterranean Salad, Portuguese Egg Tart and Portuguese Bread for a true Portuguese experience! While most Portuguese are convinced theirs is the finest in the world, just ask the 21 participants who attended the hands-on workshop and they may reply *Estas aqui, estas a comer* (You are here, you are eating!)

Etiquette Essentials for Today's Professionals
14 August 2014
Kent Ridge Guild House



Scan your QR code reader to see more pictures

MINDING P'S AND Q'S

With manners being paramount in the working world, it was timely that participants acquired skills such as introductions, greetings, using appropriate handshakes, exchanging name cards and learning the principles of professional behaviour at work and much more at the evening workshop. Ms Audrey Quek, dubbed as a 'Makeover Maven' led the way in showing participants how to be confident so that establishing relationships in a social situation becomes priority.





Scan your QR code reader to see more pictures

The Glenlivet Pairing Dinner
31 July 2014
Suntec City Guild House

TASTING THE VALLEY'S BEST

It is not every day that one gets to appreciate the finer nuances of Glenlivet's range from one of the most famous Scotch distilleries, The Glenlivet distillery. Translated from Gaelic, the Scottish favourite means "Valley of the Livet" and features its trademark fruity creaminess in its single malts. With Mr Rajan Menon, the brand ambassador for Pernod Ricard guiding the fifty guests on how to best pair Glenlivet with the fine 4-course menu and the live entertainment by Adia and Khalis, the night was certainly well appreciated.



Oktoberfest 2014
26 & 27 September, 2014
Café Terrace, Kent Ridge Guild House

CELEBRATING WITH BOTTOMS UP!



With an atmosphere that could rival other Oktoberfest parties in Germany and around the world, enthusiastic beer lovers raised their beer mugs, unable to contain their excitement as they celebrated with loud cheers at the NUSS Oktoberfest. Amidst enjoying the frothy classic Erdinger beers, revellers also enjoyed the traditional Oktoberfest gourmet buffet which included a roasted whole lamb and roast pork knuckles. Plenty of fun, best-dressed competition, family games and live entertainment by the Swiss Alpine lions Band kept the festive merrymaking through the event, with many already looking forward to next year's fete.





NUS Alumni Bursary Fund

NUSS Golfers raise more than \$200,000

The 28th NUSS Annual Golf Drive raised more than S\$200,000 for the NUS Alumni Bursary Fund, the second year running where the NUSS Golf fraternity raised funds for the worthy cause.

It was a day where the best of sports and charity were put in the spotlight. The 28th NUSS Annual Golf Drive saw best plays driven towards helping needy students and of the 144 golfers who teed off, many found the greens challenging on that hot and humid day.

Groans and moans could be heard throughout as near-misses and incidences of slipping piled up. However, spirits and inspiration remained high with the knowledge that many will benefit from the amount raised for the NUS Alumni Bursary Fund.

Organising chairperson of the event and NUSS Golf Convenor, Mr Joseph Ng shared that coupled with the S\$150,000 raised from last year's event and not including matching government grants, this brings the total of NUSS contributions to \$350,000.

NUS President, Professor Tan Chorh Chuan, also commended the brilliant plays for the day. Sharing



in his evening's opening address, he said that the funds would be put to good use and that he is confident it will grow due to the "incredible leadership of NUSS".





Scan your QR code reader to see more pictures



Organising chairperson of the event and NUSS Golf Convenor, Mr Joseph Ng shared that coupled with the **\$150,000** raised from last year's event and not including matching government grants, this brings the total of NUSS contributions to **\$350,000**.

lucky draw were also given out with cheers and appreciation from the audience.

Rounding off an exciting day was an equally exciting auction for a pair of Business Class tickets sponsored by Qatar Airways. The winning bid of S\$12,000 by member Mr Tan Hang Meng will be donated to the NUS Alumni Bursary Fund, taking the donations raised to over the S\$200,000 mark.

The day's event was also one of nostalgia as it was the last opportunity for the golfers to play on the Tanah Merah Country Club – Garden Course in its current configuration. Parts of the course will soon be returned to the government for redevelopment. ■

THANK YOU The Golf Section and Organising Committee would like to thank all our generous sponsors, donors and contributors who have helped NUSS immensely in achieving the target sum.



“Since 2009, NUS has increased financial assistance to needy students by 240 per cent and increased by 63 per cent the number of students receiving aid,” Professor Tan remarked. “Aid makes a big difference in their lives and starts a positive spiral.”

As the game ended for the day, players adjourned to the Della and Seng Gee Guild Hall for the dinner reception where animated discussions between golfers were overheard about missed opportunities and evaluation about their games. The evening had a touch of elegance as members and guest sat down for a sumptuous 4-course Western style dinner. The entertainment was just as inspiring with performances from the USP (University Scholarship Programme) Band and guest entertainer, Ms Jessie Yeong.

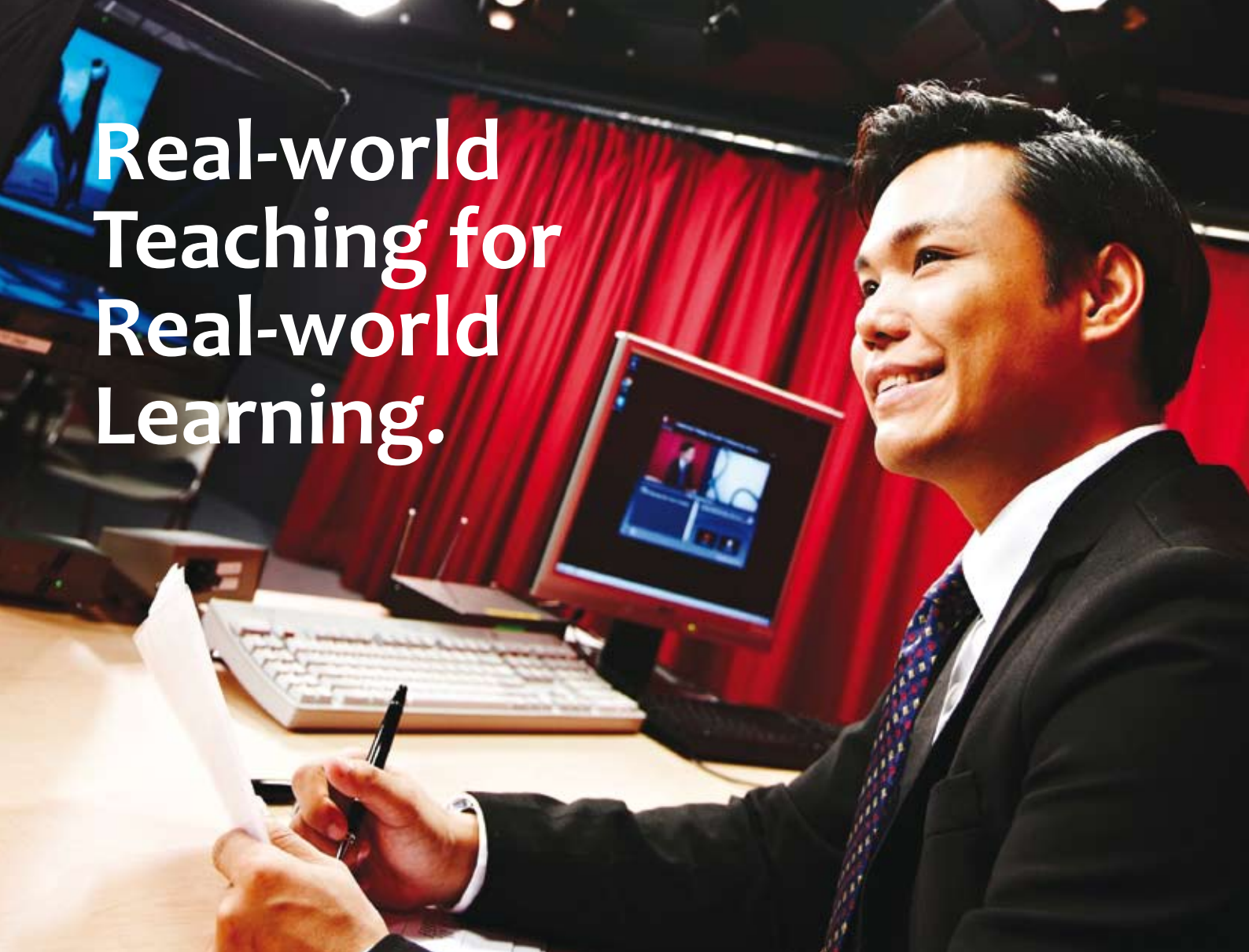
Ms Yeong impressed everyone with her strong vocals, belting out popular ballads from Whitney Houston, Celine Dion and Mariah Carey. The undergraduates from the USP Band held their own with one

of the members even performing a self-composed instrumental guitar piece. The last song was greeted with loud applause and calls for encore at the end of the various sets.

The loudest cheers for the evening were saved for the winners of the various awards given out such as “Best Gross”, “Best Nett”, “Nearest to Pin” and the various division awards. Prizes from the



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Fostering of Friendships in Full Swing

Homeground advantage proved decisive for the host alumni association (PAUM) at the 3rd annual CUAU-NUSS-PAUM Friendship Golf Classic as PAUM dethroned two-time defending champions NUSS.

Held at the Kelab Golf Perkhidmatan Awam situated within Bukit Kiara Off, Jalan Damansara, about 18km from Kuala Lumpur City Centre in Malaysia, the Society fielded a team of 16 players for the annual competition. Persatuan Alumni University of Malaya (PAUM) swept the three major titles contested – Overall Best Golfer, Champion (55 years and above category) and Champion (under 55 years category). Their best

showing came in the 55-years and above category where they held a monopoly on the top three positions.

While NUSS and Chulalongkorn University Alumni (CUAA) Golfers put up a valiant display, their relative unfamiliarity with the course hindered a better showing. Groans of disappointment and heads shaking in disbelief could be heard and seen as near misses and lipping came at unexpected holes.

With fun and bonding topmost in their minds, NUSS Golfers could be seen in high-spirits during and after the game, which by nature was meant to foster friendship between the three leading university alumni associations in Malaysia (PAUM), Singapore (NUSS) and Thailand (CUAA).

At the gala dinner and prize presentation which was attended by the Singapore High Commissioner to Malaysia, Mr Ong Keng Yong and Thai Ambassador to Malaysia His Excellency, Mr Krit Kraichitti, old friendship was renewed and new friendship was forged. It also brings to close the first cycle of the tripartite golf contest, which now shifts to Thailand as CUAU will be hosting the game next year. ■



NUSS NATIONAL DAY GOLF TOURNAMENT | 15 August 2014 | National Service Resort & Country Club, Changi and Kent Ridge Guild House

Teeing Off to a Jubilant National Day

NUSS Golfers travelled to the eastern tip of the island to take part in the NUSS National Day Golf Tournament.

To mark Singapore's birthday in August, NUSS Golfers teed off at the National Service Resort & Country Club (NSRCC) located along the tranquil East Coast, amidst the backdrop of aeroplanes taking off and landing at the nearby Changi Airport.

Golfers pitted their skills against each other on the 120 hectares of lush

greenery that offered a grand and picturesque sea view. Despite the heat and humidity, the golfers were in high spirits, dishing out high-fives for putts made and groans of disappointment for close calls and

lip-outs. The occasion also saw His Excellency Manuel Gerardo Talavera Espinar, Ambassador of Peru to Singapore join in the exciting play with the NUSS golfers for the day.

The great day of golf was followed by a sumptuous celebratory dinner at the Kent Ridge Guild House. After



the feasting and the customary prize giving, the evening wound down with members taking turns at the microphone and singing their favourite karaoke tunes.

WINNERS

MEN'S DIVISION

Winner: Manfred Tan
1st Runner up: Chua Choon Giam
2nd Runner up: Joseph Ng

WOMEN'S DIVISION

Winner: Vicki Tan

Running along the Pacific Ocean in Gold Coast, Australia

Dream became reality for four members of the NUSS Running Section when they joined 358 other runners from different age groups, ethnicity and background as part of Team Singapore at the Gold Coast Marathon on 6 July this year. By **Chan Whye Mun**

For Chia Tee Hien, Wayn Chiu, Wee Hui Kan and I, with countless hours of training behind us, we were now focused on achieving our personal best running times.

Family members and friends alike turned up at Changi Airport for an encouraging and inspirational send-off. After a seven-hour red-eye flight to the Gold Coast, a quick breakfast stop followed by a short drive, we checked in at the Hotel Grand Chancellor in Surfers Paradise where Team Singapore was staying for the duration of the race. With all check-in procedures settled, we headed over to the Gold Coast Exhibition and Convention Centre to collect our race packs. The atmosphere there was one of intense excitement, a feeling definitely missing when participating in local races. We met up with fellow Team Singapore runners and exchanged smiles and greetings.

It was an early and cold start on Race Day. We caught the free shuttle bus to the race precinct in Southport, about 5 kilometres north of Surfers Paradise. Extra layers of clothing kept us warm in the 6 degree Celsius temperature.



Three of our four NUSS Runners clocked personal best times.

The race started promptly at 7.20am as the first rays of the morning sun lit up the cloudless sky warming the ambient temperature to a cool 12 degrees Celsius. The scenery throughout the run was breathtaking (no pun intended) –

Gold Coast's beautiful surf beaches facing the Pacific Ocean on one side and the city's glimmering skyline on the other.

Throng of spectators and supporters lined the race route providing constant motivation for the runners with their endless cheers. Some also distributed little goodies like gummy bears, chocolates and pastries thus adding to the festivities.

The cooler and drier less humid weather saw three of our four NUSS Runners clocking personal best times.

Participating in international races also allowed the runners the opportunity for a little sightseeing before and after the competition - a marked difference from the local scene where the runners would turn up for the race and head straight home afterwards.

The Gold Coast Marathon, with its overall running conditions (terrain and weather) is worth considering for runners aiming to achieve and/or improve their personal best running times. Easy logistics as well as awesome spectator support contribute to an overall enjoyable and memorable race. ■

NUSS BRIDGE CHAMPIONS AGAIN

Our NUSS Bridge team has again brought glory to NUSS by becoming champions in the **Singapore Premier Bridge League** which ended last month.

The Inter-Club League games were held this year from March to July and the matches were played on a round robin basis with each club taking turn to play host.

The NUSS team of seven was led by Captain Tan Kok Poh and ably supported by Siak Chong Leng, Trevor Li, Chang Sui Sim, Colin Loy, Lim Kim Yin and Tanny Siak. The empathic winning margins in all matches of the competition have given all members great satisfaction.

NUSS congratulates the team for their resounding win and effort and trust that the team will go for the hat-trick next year.

The Bridge Section hopes more members will come forward to join in playing this immensely enjoyable and mentally stimulating game.



Batting with the Best!

Having dreams of making a great chop block or scoring a winning lob against your competitor? Then the NUSS Table Tennis section is your cup of tea.

Declaring our intentions as “Wanting to be the table tennis champions of the NUSS-PAUM games”, it is no wonder that the section has been encouraged by their successes in winning the TANS competition earlier in the year as well as emerging as the champions of the ITIS-NUSS competition last year.

Our **Table Tennis section** has come a long way since our early days

NUSS TABLE TENNIS Section Promo

a decade ago, when a few of our table tennis members lived a nomadic existence then by playing in a few venues in order to sustain interest in the game.

The section is now looking for members who would like to play competitively to come forward to support the section. We are in the process of organising teams to participate in the Singapore Table Tennis league. However, for table tennis enthusiasts wanting to be involved socially, you are still welcome. We will continue to organise internal competition for our members to sustain interest and members can look forward to friendly competitions held locally as well as abroad.

New members can now look forward to enjoying the game at our new air-conditioned venue. Practice sessions are held every Tuesday and Thursday nights from 7 to 10 pm while Saturdays sessions are held from 2 to 6 pm.

JOIN US!

Interested members can get in touch with **Mr Wong Hoe Sang** at hoesang3875@gmail.com or call 98254837.



NUSS DARTS Section Promo

Aiming for the Bullseye

Do you get a thrill from hitting the Bullseye? Would you like to be a sharpshooter? Then the game of darts is for you and you are the one the NUSS Darts Section is looking for!

The game of darts is hundreds of years old. According to tales of yore, it originally began as a contest between bored warriors who used arrowheads to hit a ‘dartboard’ made out of the circumference of a tree trunk, during breaks from battle. Fast forward to modern times: in the last decade, darts has grown into one of the most popular sports in Britain. According to some reports, darts comes second only to football in terms of satellite television viewing figures.

The game of darts is unique: age, gender, size, physical strength and endurance have minimal effect on a player’s ability to do well and enjoy the sport.

The cost of the equipment is inexpensive, a relatively small amount of space is required, and no special clothing is needed. In other words, the barriers to entry for anyone to start playing are almost non-existent,

and it is a sport that can be easily enjoyed by one and all regardless of age, gender and physique!

Playing darts will help develop your hand/eye coordination, patience, precision and motor-control. Most importantly, it is an extremely relaxing and fun sport. With the company of like-minded darters in the **NUSS Darts Section**, you are sure to make darting one of your favourite pastimes in no time.

Do not feel shy or daunted to join the section because you think that your skills may not be up to par. All of us were beginners once, and we all know how it is like. Just turn up, and you will be pleasantly surprised at the willingness of the seniors to teach and guide new members regarding



all aspects of the game. The Darts Section Nights for the year 2014 are tentatively scheduled to take place on Thursdays, 8pm to 11pm at Bukit Timah Guild House.

JOIN US!

Please contact NUSS dart convenor, **Mr Nakoorsha** at email: nakoorsha@yahoo.com.

NUSS
BOWLING
Section Promo

Strikes and Spares!

Is there a Shayna Ng or Remy Ong amongst us? This is the challenge that NUSS Bowling Section is looking forward to in 2015 and beyond. Bowling is one of the few sports that called a world champion of their own in the sporting fraternity in Singapore.

The **NUSS Bowling Section** started in the 1980s with just 2 bowling events in a year with the main objective of fostering and promote camaraderie and sportsmanship amongst NUSS members. Our NUSS bowlers have participated in the National League organised by the Singapore Bowling Federation and are placed among the top teams. We are now looking to inject new blood into our bowling team to take us to greater heights not only within the Singapore bowling circle but also to participate and excel in regional and international tournaments.

New members can look forward to bowling competitively in Monthly Medal Bowling Competitions which are usually held on a Sunday at Superbowl, SAFRA Mount Faber. The Bowling Section will also provide a platform for serious bowlers to excel and to compete in top flight competitions like the NUSS-PAUM and TANS Games.



The Bowling Section is also looking into other tournaments where we can participate in Singapore and regionally to hone our skills next year.

However, social bowlers have not been left out as we have also been organizing friendly games with other social clubs in Singapore to let off steam and relax.

JOIN US!

For more information, please contact:

Kelvin Koh
Bowling Convenor
kelvinkoh2@gmail.com
97872927

Vincent Lim
Deputy Bowling Convenor
roadrunner3881@yahoo.com.sg
98202261

H S Chong
Bowling Advisor/Coordinator
hschong2003@yahoo.com.sg
98531323

Score the Goals with Us!

Unseen to many, the unassuming **Soccer Section** has been dynamic in fostering camaraderie among the section members with its active calendar - the bi-weekly friendly match against other social teams, the annual NUSS-PAUM match and the bi-annual ITIS Soccer Tournament. It is also in the pipeline to make short overseas soccer trip to neighbouring countries a more regular affair.

The turnout has been encouraging ever since the section has secured a pitch at Turf City as its 'home ground'. We are witnessing more enthusiastic response from the section members to every match call-up, with many placed on a waitlist due to the section's popularity. Players are offered plenty of playtime and bonding among those who turn up for each match. This has resulted in more smiles on our members' faces, be it during on-pitch action or off-pitch bantering.

Quite a few of us also lack the technical basics. Yet, these two factors have not dampened our spirit when it comes to matches where we often square up against much younger and stronger opponents. Post-match reports written by our captain, Gan Kien Siong,



JOIN US!

For more information, please contact:

Yap Ning Jee
Soccer Convenor
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Gan Kien Siong
Soccer Captain
gks_79@yahoo.com

helps us to keep our spirits up and makes us look forward to the next match.

With the busy 2014 soccer calendar, it was timely that the section acquired a new set of kit. We are certainly looking forward to more soccer action, more bantering among the players and most importantly, flying the flag of NUSS high and wearing the badge of NUSS with beaming pride. So join us today!



Preparing for the Worst

Preparing for the worst in life is not just about having adequate life insurance. It is also about arranging your financial matters clearly while you are still around so that your loved ones will not have to unravel or trace your assets and monies after you are gone.

Leaving clear directions about how you want your estate distributed should also ensure that your estate is smoothly handed over to the ones you want to provide for. If you are worried about becoming incapable of handling your own financial matters even when you are still alive, read about the Mental Incapacity and how you can pre-plan with a Lasting Power of Attorney.

Estate Planning

Estate planning is about how you distribute your estate – the money and savings you worked hard for – according to your wishes after your death. It is about making sure that the people and causes you care about receive some of your estate in the amount and manner you want them to.

What is a Will?

A will spells out exactly how you wish to distribute your movable assets (e.g. bank deposits and insurance policies) and your immovable assets (e.g. flat, apartment, shop units or house) among the people or causes and charities you want to inherit these (your beneficiaries).

It is a written document which will only take effect upon death and you can amend this at any point during your lifetime. Your will needs to set out your wishes clearly.

You may want to seek legal advice when you prepare your will to ensure there is no question regarding its validity. You may also wish to consider appointing a trustee to manage your assets for your beneficiaries, for example, if they are still young and incapable of handling large sums of money.

But setting up a trust may not be cost-efficient unless your assets need to be managed and you are prepared to pay for the services of a trust company.



In the absence of a will, your assets will be distributed under Singapore's **intestacy laws**... Intestacy rules are **inflexible** and it is possible that the prescribed way of allocation is **not in line with your wishes**.

If you don't have a will...

In the absence of a will, your assets will be distributed under Singapore's intestacy laws (that is, under a fixed set of rules by the law). For examples of how the distribution may be like, please access the Insolvency & Public Trustee's Office website.

Intestacy rules are inflexible and it is possible that the prescribed way of allocation is not in line with your wishes. Your money may not reach the people who you feel truly need it most.

For example if your spouse and children are financially self-

reliant, you might have wanted to provide for your elderly parents, disabled or unemployed siblings, your grandchildren or even your grandparents.

Make a will if the intestacy laws will not provide for other people or causes you care about. A will can help prevent unnecessary complications after you have passed on. ■

A bright, enthusiastic and charismatic chef, it is difficult to tell that Chef Eric Teo has been in the culinary trade for more than 28 years. Having been the first Singaporean to be helmed as President of the Singapore Chefs' Association in 2005, Chef Eric is definitely a veteran in his trade with numerous awards to boost. He now busies himself with his mentees as he aims to pass his skills on to the younger generation as **Heidi Chan** discovers.



A Window into a Chef's Life

Mentorship is Legacy

As Honorary President Mentor of the Singapore Chef's Association, Chef Eric stresses on the importance of mentorship. After all, it is with thanks to many Chef mentors in his life that has led him to be the man he is today. To name a few, his close tutelage with Otto Weibel, Peter Knipp, Andreas Stalder and MPS Puri have allowed him to not only form his strong foundation in the Culinary Arts, but also build on his character.

Chef Eric recounts one of his greatest learning lessons from Otto Weibel that has now become his life philosophy: "Whatever you can complete in



Many Chef mentors in his life that has led him to be the man he is today.

5 minutes, complete". It is perhaps this tenacious attitude that has led to Chef Eric's many achievements.

Walking Down Achievement Lane

When asked about his proudest moment, Chef Eric responds with a spirited smile that it was when he won his first gold medal back in 1988 - he has never looked back since. From being awarded the World Gourmet Summit Executive Chef of the Year 2006, 2008 and 2009, to being named the Best Western Cuisine Chef at the Hospitality Asia Platinum Awards, his office walls are creaking from the weight of his many trophies and medals.

However, his reign is far from over, in the later half of this year; he will be leading the Singapore Culinary Olympic team to Luxembourg for the Culinary Olympics. He chuckles that this competition is very unlike television cooking programmes where drama is at an all-time high.

Most teams work seamlessly and are extremely focused. He notes, "Preparing for the Culinary Olympics involves a great amount of hard work but it is an honour to fly the flag of Singapore high".

Starting Small

You would be impressed to learn that despite the envy-worthy list of awards, Chef Eric's beginnings as a chef started unexpectedly simple. He was never book-smart and applying to be a waiter in the Hyatt was a way to escape his academic struggles. Out of sheer coincidence or perhaps gifted foresight, the head chef asked if he was interested to enter the kitchen due to a vacancy. Intrigued by the availability of good food, he agreed.

His passion for cooking was not strong at the beginning and it was only during culinary school in SHATEC where he slowly learnt that he had a forte for knife and fire skills and his tongue palette was suitable for distinguishing specific tastes. It was with these realisations that his passion grew bigger and developed.

The Evolution of Challenges

Not many realise that choosing to be a Chef as a career comes attached with health risks. Chef Eric mentions



Apart from the physical demand of having to stand while on the job, many Chefs suffer from gastric as they can only eat at irregular hours.

that apart from the physical demand of having to stand while on the job, many Chefs suffer from gastric as they can only eat at irregular hours.

When questioned on the challenges faced over the years, he states that they have evolved with every

my skills down and inspire younger chefs to cook." He laments that he has met many who learn quickly but also leave quickly, contributing to a labour crunch that is posing a huge problem to many food and beverage outlets.

Growing the Food Scene

Nonetheless, he is heartened to note that social media has made the food scene in Singapore livelier as patrons now play a greater role by 'Instagramming' almost everything they ingest. This has led to more creative Chefs bringing new ideas to the table to tease those who live to eat.

However, he also mentions that with great connectivity comes great responsibility and the voice given to the citizens has led to stronger repercussions when met with unsatisfied customers.

Favourite Food on Earth

On a more personal note, the Chef's favourite cuisine would be that of Western and Chinese mix, with the use of Lemongrass, Ginger and Calamansi spices cooked with Western products such as Norwegian Salmon, in order to produce a fusion dish of unique tastes.

And the all-important question: "What would your last dish on Earth be?" Chef Eric quips with much laughter, "Chefs generally have many favourite foods but if it were up to me, I will always be enjoying my wife's cooking - even if she cannot cook very well!" ■



"Chefs generally have many favourite foods but if

it were up to me, I will always be enjoying my wife's cooking - even if she cannot cook very well!"

passing decade. During his first 10 years, his diligence in acquiring new skills helped him overcome the time-consuming and repetitive nature of learning how to cook specific dishes, such as Chicken Rice or Roast Beef. In the next decade, he faced management-related problems, such as costing of dishes, staff relationships and conceptualisation of new menus to entice customers.

As for the challenge of this current decade, he gripes, "Today, the difficulty lies in how I am going to pass

LUNG CANCER

Not just for smokers

In recent years, there is a startling observation that even non-smokers are falling prey to lung cancer. However, with a better understanding and more effective treatments, patients can now look forward to living longer with a better quality of life.



When you take a breath, air goes through your nose, down your windpipe (trachea) and into the lungs, spreading through tubes (bronchi). Lung cancer usually starts in the cells that line these tubes, with the tumour taking years to develop.

There are two main types of lung cancer:

1. **Non-small cell lung cancer (NSCLC):** This is the most common type of lung cancer, and can be further divided into subtypes, including adenocarcinoma, squamous or large cell lung cancer. It tends to be confined to the lungs for a longer period of time.

2. **Small cell lung cancer:** This only makes up 10 per cent of all lung cancer cases, but grows more rapidly and spreads earlier to other organs, such as the liver and brain, than non-small cell lung cancer.

In Singapore, lung cancer is the number one killer in men, and the second in women. Between 2005 and 2009, there were about 1,193 people diagnosed with lung cancer every year. There were 6,407 new lung cancer cases diagnosed between 2008 and 2012.

Non-smokers are at risk too
Cigarette smoking remains the main cause of lung cancer.

“Both the number of years spent



smoking, as well as the number of cigarettes smoked per day are directly proportionate to a smoker's risk of contracting lung cancer,” says Dr Toh Chee Keong, Senior Consultant, Division of Medical Oncology, National Cancer Centre Singapore (NCCS). Pipe and cigar smoking also increase the risk of lung cancer.

However, non-smokers appear to be more and more at risk. A recent study by the National Cancer Centre Singapore (NCCS) found that three in 10 lung cancer patients here are people who have never smoked a single cigarette in their lives.

Dr Toh adds, “In the medical field, they are referred to as ‘never-smokers’, and the incidence of this group being diagnosed with lung cancer appears to be increasing.



DATA

In Singapore, lung cancer is the **number one killer in men**, and the **second in women**.

There is a higher proportion of our lung cancer patients who are never-smokers, compared to 10 years ago.”

When compared globally, it also seems that Asian female non-smokers are more vulnerable to lung cancer than

their Western counterparts.

Other risk factors include age, a family history of lung cancer and lifestyle habits such as an excessive intake of alcohol. Exposure to environmental risks such as second-hand smoke (also known as passive smoking) and workplace chemicals such as asbestos, coal gas, chromium, nickel, arsenic, vinyl chloride and mustard gas may also play a part.

A cough that won't go away
During the early stages, the symptoms

of lung cancer are vague or non-existent. By the time the patients are usually diagnosed, the cancer is likely to be advanced at Stage III or IV. So, stay alert and keep a lookout for the following signs and symptoms of lung cancer:

- **A chronic cough:** Usually, a cough associated with a cold or respiratory infection will go away with time. But a persistent cough lasting over two weeks could be a possible sign of lung cancer.
- **Changes in your cough:** If you suffer from a chronic cough, pay attention to any changes in your cough, such as the presence of mucus or blood-stained phlegm (sputum). This is especially true for smokers.
- **Breathlessness and wheezing:** If you notice a wheezing or whistling sound when you breathe, it could be due to constricted, blocked or inflamed airways, which may be a symptom of lung cancer.
- **Chest pain:** Lung cancer may cause the lymph nodes to become enlarged, or spread to the chest wall, lining around the lungs (pleura) and the ribs. Chest pain – sharp, dull, constant or intermittent – may then occur.
- **A hoarse voice:** When the tumour affects the nerve that controls the larynx (voice box), it could cause your voice to start sounding deeper, hoarser or raspier.

Other less common signs and symptoms include headaches, sud-

den and unexplainable weight loss, bone pain, recurrent chest infections and fever, as well as a general weakness and fatigue. But these signs and symptoms may not necessarily indicate lung cancer. If you are troubled by any of them, it is better to consult your doctor.

Diagnosing lung cancer

During the medical consultation, your doctor will check for lung cancer with the following tests:

- **X-ray and/or CT** (Computed Tomography) scan of the lungs
- **Sputum exam:** If you are producing sputum, your doctor may observe the sputum under a microscope to check for lung cancer cells.
- **Bronchoscopy:** Here, a fibre-optic tube will be inserted through the nose and into the lung under light-sedation and local anaesthesia. Small pieces of tissue are then painlessly removed for further examination. During this half-hour procedure, the patient will still be able to breathe normally.
- **Fine-needle biopsy:** Using a thin needle, your doctor will collect a sample of suspicious cells from your lung for analysis.

“If you have lung cancer, the next step is to determine the stage of the cancer, as in, how much it has spread,” says Dr Toh.

There are four stages of cancer, from I to IV. By Stage IV, the cancer would have spread beyond the affected lung to the other lung or to distant areas of the body.

Better treatment prolongs life

The treatment for lung cancer will depend on several factors, such as how much the cancer has spread and how fast it is growing. Doctors will also take into account your age and health condition.

- **Chemotherapy:** Early treatment typically consists of chemotherapy, which uses drugs to kill cancer cells. Sessions lasting four to six months can be used to destroy cancer cells after surgery to control tumour growth or relieve other symptoms of lung cancer.
- **Radiation therapy:** This uses high-powered energy-beams, such as X-rays, to kill cancer cells. It can be delivered and targeted from external or through needles and catheters which are inserted into the body near the cancer cells.
- **Surgery:** An invasive procedure, this is when the surgeon works to remove the lung cancer tumour. Sections of the lung to the entire lobe may be removed, together with lymph nodes from your chest should your surgeon want to check them for signs of cancer. Recent advances in robot-assisted technology have also enabled surgeons to remove the tumours from early-stage lung cancer patients more accurately.
- **Targeted therapy:** Used in the control of lung cancer in advanced stages. Its use is dependent on the presence and type of gene changes present on the lung cancer cells, which is determined by tests that can be performed on a biopsy sample.

Smokers and non-smokers undergo similar treatments, which usually involve a combination of surgery, radiation therapy, chemotherapy and/or targeted therapy. With proper diagnosis and systematic treatment, it is possible to manage the condition for a better quality of life. ■

The article was contributed by Singapore Health Services (SingHealth), which offers more than 40 clinical specialties across Singapore with two tertiary hospitals, five National Specialty Centres for Cancer, Heart Neuroscience, Eye and Teeth and a network of primary healthcare clinics.

FOR HAPPY, HEALTHY LUNGS

By making certain lifestyle changes, you can significantly reduce your risk of lung cancer. Here's how:

- **Don't smoke:** If you have never smoked, do not start. However, if you are already a smoker, quit the habit.
- Limit regular and long-term **exposure to second-hand smoke:** If you live or work with a smoker, encourage him or her to quit or smoke outdoors.
- Eat more **fruits and vegetables:** A healthy diet is key. Eat a variety of foods to get all the nutrients you need.
- **Work out regularly:** Everyone can exercise, no matter your age, gender or health condition. Of course, do consult your doctor before you embark on any exercise programme.



TIPS

How To Handle Your WORK APPRAISAL

Work appraisals are like a rite of passage in the professional world. Here are several tips on how to handle them positively and make the review process effective.

With the year-end approaching, the time for work appraisals draw closer. Some people dread this “report card moment” with their bosses, others appear to embrace them as an opportunity to get their point across and demonstrate and discuss the value they have added to the business in the last year. It is important that both the employee and employer prepare for an appraisal.

Prime time for reflection

Appraisals should look at past performance, achievements from a personal and team perspective as well as analysing the weaker points of the employees’ work, so that the line manager and direct report can collaborate together to improve certain areas and performance.

What to do when you’re being appraised

As the appraisal, it is your responsibility to make sure that you have carefully prepared examples of your work and performance, and collated all the facts before going into the session. Appraisals can be make-or-break moments in your career and as such you should prepare for them as you would for an exam or an important interview.

Start thinking of what you want to achieve in the next five years and whether your current employer is able to help get you there. Make a point to discuss possible training options, industry qualifications or how you could gain different experience and broaden your skills base — things that will help your career in the long-term.

Your employer might not be able to meet all your demands but try



Appraisals can be make-or-break moments in your career and as such you should prepare for them as you would for an exam or an important interview.

and meet them halfway. For example suggest an incentive tied to a reward (e.g. if you increase your KPI’s by 20 percent you will be entitled to training in an area that you wish to improve). This way, it will be a win-win situation.

What to do during the appraisal

In some situations it can be sensible to keep the discussion relaxed such as going out for coffee, especially if you have matters that need to be discussed off-site. However, it is generally advisable to keep appraisals in the office as this not only ensures that the meeting is professionally dealt with but you are also able to get through it within a specific and allocated time frame.

If you have ideas on improving the role, the team, or a specific process within the firm then this is your chance to speak up. Your appraisal

also gives you the opportunity to talk about your role and express your expectations for the future, express an interest to take on extra responsibility - this is a sure way of getting ahead, being noticed and showing your commitment to the firm and your position within it.

This is a golden opportunity to collaborate with your manager and discuss how you can grow in your role so that both benefit long term. Be honest in your appraisal as it offers a real opportunity to springboard you into the next level in your career. ■



*This article is contributed by **Dominic Salomoni**, Associate Director, Robert Walters Singapore – Accounting & Finance specialist divisions, focusing on recruiting top talent across commerce industries.*

TAKING
THE STING
OUT OF

SOLO SHOE STRING TRAVEL!

Gallivanting across the world on your own can be as unnerving as sitting on a hedgehog for long - but no guts, no glory! With the freedom of exploring things on your own, fun and frolics follow. Unlike popular belief, travelling alone can be enjoyable, safer than most imagine and experienced at rock bottom price as **Sonia Shah** discovers.

With the gloom of the economic recession making everyone reel, what better way to bloom some joy into your life with some wanderlust? Spontaneous moments and strangers can sweep you off your feet to make a smooth landing. Even when your local currency drops its pants down, a long holiday need not have an earthquake effect on your finances.

There is always the option of applying for a credit card with zero interest from several months and even up to a year or two. Otherwise, it is just a matter of saving up for a few months or sometimes even a few years, depending on your current savings, commitments, which part of the globe you would like to explore and for how long. It is always worth the wait for

memorable life changing moments!

For those seeking a rough and ready adventure, backpacking minimises your spending. **South East Asia** is the cheapest continent to travel around, followed by South America and Central America. Chile and Brazil on the other hand cost twice, compared to other South American nations, but still prove to be more economical than North America, Europe, Australia and surprisingly even Africa. Bear in mind, Eastern Europe is a bargain basement compared to Western Europe.

Travellers on a low budget populated **hostels**, one answer to affordable lodging. Hostels normally accommodate four to ten people in one room with shared bathroom facilities. Some are even equipped with kitchens to fit all your culinary needs, although eating meals for less than two dollars in the cheaper continents is common. Most hostels provide lockers to stash away any valuables.

For those who are on a shoe-string budget, **couch surfing** is becoming a popular option. As insane as it may sound, people around the globe are happy to offer a couch or a spare bed, booked online at no cost in their house to random strangers, despite the horror stories seeping through the media.

Couch surfing is proving to be more of a community of like-minded souls who want to exchange their

cultural backgrounds and stories. With over a million members globally and no joining fee charged, it is obvious that it's not such a crazy idea to be staying at a complete stranger's place.

In addition, you will get instant access to local places to visit, which may not always be mentioned in guide books, making your experience even more authentic.

If you are the type who finds it difficult to make friends, this is a great way to mingle with the locals. Preparing a meal, offering a bottle of wine or even inviting your host to stay with you, should they visit your city is common courtesy.

Everyone's profile details are shared online, and either party can gauge each other's



For travellers who do not enjoy hostels nor crashing on a couch at a stranger's home, home stays are taking off. With the popular www.airbnb.com visitors save significantly with this option, giving them a more homely and intimate experience, rather than an expensive, isolated hotel one.

personality type, in terms of safety and compatibility. Hosts also receive references from previous guests. With reliable reference systems intact, safety is not much of an issue.

For travellers who do not enjoy hostels nor crashing on a couch at a stranger's home, **home stays** are taking off. With the popular **www.airbnb.com** visitors save significantly with this option, giving them a more homely and intimate experience, rather than an expensive, isolated hotel one.

Of course, another alternative to get completely free accommodation is **house swaps**, where people offer strangers around the world to come and stay at their place, whilst they stay at their guests' houses in their



Just for \$42 a night, this luxury room with kitchen, listed on www.airbnb.com, Bangkok, Thailand is of higher value than first class hotel rooms.



Hostel room with city view. Color room. Bright interior.



A house swap in Isla Mujeres, Mexico, where the owners and guests from another country swap their homes with each other for an agreed period of time.



Travelling solo:
Getting lost
somewhere is
half the fun.

home country on a mutually agreed space of time.

House sitting from pent houses to villas also offer free accommodation in exchange for watering plants, walking a dog, and attending to other light chores and errands, leaving plenty of time to explore a brand new city!

These new styles of stays are bucking the trend and hospitality is at its best for the modern nomad.

OVERCOMING FEAR OF THE UNKNOWN

Many fear travelling by themselves, not realising that it is liberating not to depend on anyone to experience the exotic.

Sharing a dormitory room with a dozen others at a hostel may sound bizarre, but it is the perfect spot to make new friends and share tips. Hotels may be more luxurious, but most people keep to themselves in this environment. At hostels, there are more opportunities to mingle over breakfast where guests share tables with each other, forging friendships. Most hostels offer self-catering services, where kitchens turn into another socialising scene for small talk.

Unexpectedly, someone may invite you for a cheap meal out, or to a local event where there is a chance to mingle with locals. South America or Africa may be portrayed as “beware

SOLO TRAVEL

Travelling solo compels you to talk to anyone and it is a great confident booster. A sense of independence seeps in and developing a sense of humour is important.

of the big bad wolf”, but the locals’ shimmering smiles and hospitality should allay all fears.

Long bus journeys within countries hold an opportunity to pick up locals or other foreigners, who could invite you to join them on their journey. You could either accept or decline - the choice is yours. There is simply no time to be bored and always enough to keep you distracted.

You’ll be surprised how easy it becomes to pick up random strangers, should you need some company on the way - whether trudging through a volcano on your own, or wanting to go out for a meal. Getting lost somewhere is half the fun, and the other half could be asking someone for directions who later lures you into their company.

Travelling solo compels you to talk to anyone and it is a great confident booster. A sense of independence seeps in and developing a sense

of humour is important. After all, travelling is about leaving the serious world you have known completely behind and getting you to push yourself out of your cocoon.

It sounds impressive on your CV to any employee, who will perceive you to be independent, resourceful and a leader as well. Many fall out with friends and family when travelling together. With strangers, there is at least a choice to curtail the time spent travelling together, should you decide to as there is no real obligation towards them. No company is better than bad company!

If you want to find someone to join you, just ask someone on the way to your destination. Many solo travellers appreciate the company of another! There is no need to huff and puff meeting the rest of the world on your own. It is less daunting than sitting on a hedgehog!



This hut like accommodation is an unusual hostel on top of a boulder in Park Tayrona, Colombia. There are no beds, but 20 hammocks strewn together, for guests to sleep in for \$8 a night. It's a casual place to stay. There are no lockers here, unlike other hostels. Guests share outdoor facilities on the beach and if no valuables are left inside, it's a safe stay with ravishing views and a restaurant on the shores.

IS IT ALL GUNS, CRIME AND VIOLENCE IN FAR OUT WONDERLANDS?

As nutty as a box of pistachios this idea seems, many take a break and leave their jobs to discover the real gems of the unknown, despite all the warnings.

Tales of dangers and demons lurking in mystical continents pounce out from every corner. "Did you hear about the woman who disappeared in Ecuador? And the kidnappings and drugs that prevail in South America and Asia?"

Blood shed images in the media ridiculously prompt many to believe that some frontiers break out into continuous volley of bullets and pandemonium - far from the truth.

Most recently, terrorist bombs besieging the suburbs of Nairobi handicapped vast amounts of tourism. Travel advisories exaggerated any mishaps, prompting many to cancel their trips unnecessarily.

Local Kenyans continued living their lives despite the unfortunate incidents, whilst the rest of the world believed that the nation was torn into bits from every corner, when only a small part had been affected!

Whilst images of killings in "outlandish" nations are highlighted, many forget the endless thefts, teenage rapes and murders common in the UK and USA. The colourful histories and

landscapes of these misinterpreted nations are shamefully shoved to the back seat by many.

There is more pleasure than pain on many exotic plains than one imagines. Snorkelling with sea lions under turquoise paradises and riding through the rich greens of the jungle are just a few of the perks that entice some to overlook all the risk factors that the media paint to the public.

Beaming smiles and the hospitable personalities are hard to resist. The advice of "Don't talk to strangers" immediately flies out of the window when in exotic lands. Locals often communicate with foreigners even if there is a language barrier, most of them without ulterior motives.

Common sense and safety come hand-in-hand. Anyone who walks around on their own in isolated areas in the middle of the night in shifty areas, whether in Paris, Milan, New York, London, or Lima loses the right to complain if they get assaulted.

Looking your expensive best with designer clothes and matching jewellery is not wise in any part of the world.

Unlike popular belief, many terrorist groups abroad do not seek random strangers in the cities, unless they are known to have a voluminous bank account, which most backpackers do not.

The only way to encounter them for those who want to run the risk,

is to go off the beaten track looking for them. Countries such as Colombia whose reputation as a hostile country is slowly fading thanks to more security implemented and the number of visitors are increasing endlessly.

Mingling with the right people also helps to scoop out the reality of what goes on behind the curtains of violence that veil the newspaper terror reports. ■

TRAVELLER'S TIPS

- **Lonely Planet's Thorntree forum** is a networking platform for travellers to post queries. Tips on destinations, where to stay and other advice are usually found here thanks to other travellers' personal sharings.
- Lonely Planet, Foot Print and the Rough Guide recommend **hostels** for various budgets. Otherwise www.couchsurfing.org or www.hospitalityclub.org offer free accommodation around the globe.
- For useful resources on travelling, www.budgettravel.com and www.theparadisepack.com provide the perfect guidance.
- Travelling on your own is **not for everyone** - all depending on your comfort zone, it can be daunting to mingle with strangers or sharing bathrooms with random strangers.
- It is advisable to put a recent picture of yourself if using any website that requires **your personal details**, mentioning your interests and a brief **introduction of yourself** to instill confidence in the people hosting you.
- Ensure your **visa requirements** for the length of your stay is still valid for each country!
- Always check **weather patterns** for each country you visit, even in the same continent as they can vary drastically.
- Pocket-sized **phrase books** from the Lonely Planet for each country are worth purchasing to smoothen your journey.
- Budget-wise, expect to spend US\$6 to US\$12 a night on accommodation in South America and US\$4 to US\$8 in Asia. An average spend in South and Central America will be US\$700 a month, and approximately US\$1,100 in Brazil and Chile. **South East Asia** will lower your budget to about half of **Latin America**, whereas **Western Europe, North America** and **Australia** will be approximately two to three times the budget of Latin America. **Japan** and **Korea** equate to the budget of many Western countries.
- For **house swaps** and **house sitting** opportunities, www.lovehomeswap.com and <http://housesittingacademy.com> are rich resources.
- For **home stays** in addition to www.airbnb.com, www.villaholidayhomes.com and www.housetrip.com also provide listings of home stays

Check in-store for bundle promotions!

NUSS 60TH ANNIVERSARY WINE

PICCINI MEMORO

A warm style with notes of dark cherries,
figs and coffee in a delicate oak frame.

Fruity and heavy weight,
concentrated with great structure,
yet balance and soft with long finish.



\$54
per bottle
Member

\$49
per bottle
Takeaway

FREE DELIVERY

Free delivery for orders of minimum 12 bottles

Terms and Conditions

- Prevailing GST applies
- F&B credits are accepted

The Scholar Chinese Restaurant

Kent Ridge Guild House

For reservations and enquiries, please call 6586 3710 or email scholar@nuss.org.sg
You may also make your reservations online at www.nuss.org.sg

TILL NOVEMBER 2014

HAIRY CRAB PROMOTION

Available daily for lunch and dinner



Picture for illustration purpose only

Steamed Hairy Crab served with
Ginger Tea and Vinegar Dip
1 for 1, \$32 per crab

Braised Beancurd with Hairy Crabmeat and Roe
\$14 small, \$21 medium, \$28 large

Steamed Hairy Crabmeat and
Egg White with Soya Milk
\$14 small, \$21 medium, \$28 large

Fried "Nian Gao" with Hairy Crab Shanghai Style
\$32 per order

TILL DECEMBER 2014

SHANGHAI FAVOURITES

Available daily for lunch and dinner



Baked Whole Fish with Rock Salt



Double Boiled Hairy Crab Meatball
with Cordyceps Flowers

Double Boiled Hairy Crab Meatball with Cordyceps Flowers
\$8 per person

Braised Whole Guangdong Sea Cucumber with Shrimp Roe
\$18 per person

Braised Pork Belly Shanghai Style
\$16 per order

Baked Whole Fish with Rock Salt
\$32 per fish

Stewed Bamboo Shoot and Salted Pork with Layered Beancurd
\$14 small, \$21 medium, \$28 large

Poached Baby Cabbage with Sea Treasures in Supreme Stock
\$14 small, \$21 medium, \$28 large

Fried "Nian Gao" with Shredded Meat Shanghai Style
\$14 small, \$21 medium, \$28 large

Glutinous Rice Ball in Osmanthus Wine
\$5 per person



Poached Baby Cabbage
with Sea Treasures in
Supreme Stock



Braised Pork Belly
Shanghai Style

Pictures for illustration purposes only

F&B credits are accepted • 10% service charge applies to NUS staff



Organise your year-end party at NUSS!

KENT RIDGE GUILD HOUSE

Agnes Phua at 6586 3771
email agnesphua@nuss.org.sg

SUNTEC CITY GUILD HOUSE

Ragu Naidu at 6395 6626
email ragu@nuss.org.sg

BUKIT TIMAH GUILD HOUSE

Jason Quek at 6586 3269
email jasonquek@nuss.org.sg

Visit us at www.nuss.org.sg

The Bar

Suntec City Guild House

CARVERY LUNCH

Available from 11.30am to 2.30 pm



Pictures for illustration purposes only

\$16.50 per plate

Salads

- Mixed Mesclun Salad
- Grilled Vegetable Platter
- Thai Chicken Salad
- Potato Salad

Monday

Roast Ribeye Beef with Herb Crust served with Burgundy Reduction

Tuesday

Roast Whole Oregano Chicken with Tarragon Sauce

Wednesday

Braised Pork Loin glazed with Honey and Ginger with Prune Sauce

Thursday

Roast Leg of Lamb with Garlic Confit, Mint Jelly and Rosemary Browned Jus

Friday

Baked Whole Salmon Fillet topped with Caramelised Wafu Sauce

Coffee or Tea

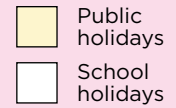
Carvery plate is accompanied with roast potatoes and hot seasonal vegetables

Top up \$4.00 and get a **dessert** of the day.

Add \$6.50 and get a glass of **Gemtree Tatty Road Shiraz** or **Chardonnay 2012**. (U.P.: \$8.50)

CALENDAR

OCTOBER 2014

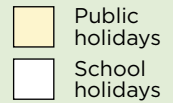


SUN	MON	TUE	WED	THU	FRI	SAT
SECTION NIGHT Tennis, Badminton, Running, DanceSport	SECTION NIGHT Billiards, Darts, Squash	SECTION NIGHT Badminton, Table-tennis, DanceSport	SECTION NIGHT Bridge, Running, Tennis, Badminton	SECTION NIGHT Choir, Darts, Squash, Billiards, Table-tennis	SECTION NIGHT Tennis DanceSport	SECTION NIGHT Badminton, Table-tennis DanceSport
			1 Exerfit Moves Zumba Fitness	2 Zumba Gold Swimming for Ladies Zumba Dancercise	3 Zumba Fitness Pilates Swimming for Juniors NUSS 60th Anniversary Lecture	4 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic Spanish Menu
5 Ballet for Juniors Swimming for Juniors	6 Hari Raya Haji	7 S-Connect Pickle-ball S-Connect Connection	8 Exerfit Moves Zumba Fitness How To Build CASH FLOW - Using Asset Allocation to Optimise Your Returns	9 Zumba Gold Swimming for Ladies Zumba Dancercise	10 Zumba Fitness Pilates Swimming for Juniors	11 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic Watercolour Painting for Beginners Bento Boxes
12 Ballet for Juniors Swimming for Juniors	13 Yoga Flow Gentle Yoga Flow Energy Pilates	14 S-Connect Pickle-ball S-Connect Connection	15 Exerfit Moves Zumba Fitness YSTCM Music Appreciation Series: Beyond the Score - Mozart, The Start-Up	16 Zumba Gold Swimming for Ladies Zumba Dancercise	17 Zumba Fitness Pilates Swimming for Juniors S-Connect Lunch Talk on Osteoarthritis	18 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic Watercolour Painting for Beginners
19 Ballet for Juniors Swimming for Juniors	20 Yoga Flow Gentle Yoga Flow Energy Pilates	21 S-Connect Pickle-ball S-Connect Connection	22 Deepavali	23 Zumba Gold Swimming for Ladies Zumba Dancercise	24 Zumba Fitness Pilates Swimming for Juniors 60th Anniversary Fundraising Concert	25 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic Watercolour Painting for Beginners
26 Ballet for Juniors Swimming for Juniors	27 Yoga Flow Gentle Yoga Flow Energy Pilates	28 S-Connect Pickle-ball S-Connect Connection Business Succession Plan	29 Exerfit Moves Zumba Fitness	30 Zumba Gold Swimming for Ladies Zumba Dancercise	31 Zumba Fitness Pilates Swimming for Juniors 29th NUSS-PAUM games	

Information is correct at time of print.
For details and updates, please visit www.nuss.org.sg

CALENDAR

NOVEMBER 2014





SUN	MON	TUE	WED	THU	FRI	SAT
SECTION NIGHT Tennis, Badminton, Running, DanceSport	SECTION NIGHT Billiards, Darts, Squash	SECTION NIGHT Badminton, Table-tennis, DanceSport	SECTION NIGHT Bridge, Running, Tennis, Badminton	SECTION NIGHT Choir, Darts, Squash, Billiards, Table-tennis	SECTION NIGHT Tennis, DanceSport	SECTION NIGHT Badminton, Table-tennis, DanceSport
30 Ballet for Juniors Swimming for Juniors						1 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic Watercolour Painting for Beginners Cranberry White Chocolate and Heart-Shaped Shortbread Making 29th NUSS-PAUM games
2 Ballet for Juniors Swimming for Juniors	3 Yoga Flow Gentle Yoga Flow Energy Pilates	4 S-Connect Pickle-ball S-Connect Connection	5 Exerfit Moves Zumba Fitness	6 Zumba Gold Swimming for Ladies Zumba Dancercise	7 Zumba Fitness Pilates Swimming for Juniors	8 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic S-Connect: The Lasting Power of Attorney
9 Ballet for Juniors Swimming for Juniors	10 Yoga Flow Gentle Yoga Flow Energy Pilates	11 S-Connect Pickle-ball S-Connect Connection NUSS 60th Anniversary Gala Dinner	12 Exerfit Moves Zumba Fitness	13 Zumba Gold Swimming for Ladies Zumba Dancercise	14 Zumba Fitness Pilates Swimming for Juniors Noisy Singapore: How loud sound can damage our ears and how to protect them	15 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic
16 Ballet for Juniors Swimming for Juniors	17 Yoga Flow Gentle Yoga Flow Energy Pilates	18 S-Connect Pickle-ball S-Connect Connection S-Connect Book Club	19 Exerfit Moves Zumba Fitness	20 Zumba Gold Swimming for Ladies Zumba Dancercise	21 Zumba Fitness Pilates Swimming for Juniors Is Metabolic Syndrome Causing Your Obesity	22 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic
23 Ballet for Juniors Swimming for Juniors	24 Yoga Flow Gentle Yoga Flow Energy Pilates Lose Fat, Gain Muscle with Barbell Training Demo	25 S-Connect Pickle-ball S-Connect Connection	26 Exerfit Moves Zumba Fitness	27 Zumba Gold Swimming for Ladies Zumba Dancercise	28 Zumba Fitness Pilates Swimming for Juniors	29 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic Christmas Light Up

Information is correct at time of print.
For details and updates, please visit www.nuss.org.sg

CALENDAR

DECEMBER 2014

 Public holidays
 School holidays

SUN	MON	TUE	WED	THU	FRI	SAT
SECTION NIGHT Tennis, Badminton, Running, DanceSport	SECTION NIGHT Billiards, Darts, Squash	SECTION NIGHT Badminton, Table-tennis, DanceSport	SECTION NIGHT Bridge, Running Tennis, Badminton	SECTION NIGHT Choir, Darts Squash, Billiards Table-Tennis	SECTION NIGHT Tennis DanceSport	SECTION NIGHT Badminton, Table-tennis DanceSport
	1 Yoga Flow Gentle Yoga Flow Energy Pilates	2 S-Connect Pickle-ball S-Connect Connection	3 Exerfit Moves Zumba Fitness	4 Zumba Gold Swimming for Ladies Zumba Dancercise	5 Zumba Fitness Pilates Swimming for Juniors	6 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic Festive Meal: Christmas Cooking
7 Ballet for Juniors Swimming for Juniors	8 Yoga Flow Gentle Yoga Flow Energy Pilates	9 S-Connect Pickle-ball S-Connect Connection	10 Exerfit Moves Zumba Fitness	11 Zumba Gold Swimming for Ladies Zumba Dancercise	12 Zumba Fitness Pilates Swimming for Juniors	13 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic
14 Ballet for Juniors Swimming for Juniors	15 Yoga Flow Gentle Yoga Flow Energy Pilates	16 S-Connect Pickle-ball S-Connect Connection	17 Exerfit Moves Zumba Fitness	18 Zumba Gold Swimming for Ladies Zumba Dancercise Toastmasters 10th Anniversary Celebration	19 Zumba Fitness Pilates Swimming for Juniors Grad Jam Night	20 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic
21 Ballet for Juniors Swimming for Juniors	22 Yoga Flow Gentle Yoga Flow Energy Pilates	23 S-Connect Pickle-ball S-Connect Connection	24 Exerfit Moves Zumba Fitness Christmas Eve Brunch, Dinner at Della and Seng Gee Guild Hall at Kent Ridge Guild House Christmas Eve Buffet at Suntec Guild House Functions Rooms	25 Christmas Day	26 Zumba Fitness Pilates Swimming for Juniors	27 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic
28 Ballet for Juniors Swimming for Juniors Choir Annual Concert	29 Yoga Flow Gentle Yoga Flow Energy Pilates	30 S-Connect Pickle-ball S-Connect Connection	31 Exerfit Moves Zumba Fitness Countdown Party			

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 For details and updates, please visit www.nuss.org.sg

Directory

Kent Ridge Guild House

Tel: 6779 1811

Operating hours	Sun to Thurs (including PH) - 8am to 12am Fri, Sat, & eve of PH - 8am to 2am
The Scholar Chinese Restaurant	Lunch: Mon to Sat & eve of PH - 12pm to 3pm Sun & PH - 11.30am to 3pm Dinner: Mon to Thurs - 6pm to 10pm Fri to Sun & eve of PH, PH - 6pm to 10.30pm
Café on the Ridge	Sun to Thurs & PH - 12pm to 10pm Fri, Sat & eve of PH - 12pm to 10.30pm Breakfast is available from 9am to 11am on weekends and public holidays Mon to Fri - Closed from 3pm to 6pm
The Ridge Bar	Sun to Thurs & PH - 11am to 12am Fri, Sat & eve of PH - 11am to 2am
The Chill-Lab	Mon to Thurs - 4pm to 12am Fri, Sat & eve of PH - 12pm to 12am Sun & PH - 12pm to 12am
The Right Note Karaoke Lounge	Mon to Sun, eve of PH, PH - 4pm to 12am
Jackpot	Sun to Thurs & PH - 11am to 12am Fri, Sat & eve of PH - 11am to 2am
Swimming Pool	Daily - 7am to 10pm, except Wednesdays 9am to 12 noon
Fitness Centre/ Aerobics Room	Daily - 7am to 10pm
Ridge Reading Room	Daily - 9am to 9pm
Children's Playroom	Daily - 9am to 10pm

Suntec City Guild House

Tel: 6779 1811

Operating hours	Sun to Thurs (including PH) - 8am to 12am Fri, Sat, & eve of PH - 8am to 2am
The Bistro	Mon to Fri: Lunch - 11.30am to 3pm Dinner - 6pm to 10pm (last order at 9.30pm) Note: Tapas and Local Delights will be available at The Bar from 3pm to 6pm from Mondays to Fridays. Sat, Sun & PH: 11.30am to 10pm (last order at 9.30pm)
The Bar	Sun to Thurs & PH - 11.30am to 12am Fri, Sat & eve of PH - 11.30am to 2am
K Room	Mon to Thurs - 5pm to 12am Fri & eve of PH - 5pm to 2am Sat - 12pm to 2am Sun & PH - 12pm to 12am
Jackpot Room	Sun to Thurs & PH - 11am to 12am Last change of redemption ticket - 11.30pm Fri, Sat & eve of PH - 11am to 2am Last change of redemption ticket - 1.30am

Bukit Timah Guild House

Tel: 6779 1811

Operating hours	Sun to Thurs & PH - 11am to 12am Fri, Sat & eve of PH - 11am to 2am
The Dunearn	Lunch: 11.30am to 3pm Dinner: 6.30pm to 10pm
The Dunearn (Alfresco Area) & The Upper Quad	Sun to Thurs & PH - 11.30am to 12am Fri, Sat & eve of PH - 11.30am to 2am
Jackpot	Sun to Thurs & PH - 11am to 12am Fri, Sat & eve of PH - 11am to 2am

For full listing of facilities and operating hours, please visit www.nuss.org.sg

The Secretariat Management Team

Secretariat	secretariat@nuss.org.sg
The Graduate Magazine	thegraduate@nuss.org.sg
Corporate Communications	comms@nuss.org.sg
Finance	finance@nuss.org.sg
Information Systems	is@nuss.org.sg
Membership	mship@nuss.org.sg
Sports	sports@nuss.org.sg
Events	events@nuss.org.sg
Banquet Services	agnesphua@nuss.org.sg

Regular Happenings @ NUSS

Badminton	Tuesdays, Wednesdays @ KRGH: 7pm - 10pm Saturdays @ KRGH: 2pm - 4pm Sundays @ KRGH: 3pm - 6pm Contact Valerie at valerietoh@nuss.org.sg
Balut	Every last Wednesday @ KRGH: 7pm - 11pm Contact Santhi at santhi@nuss.org.sg
Billiards	Mondays @ KRGH: 6pm - 10pm Thursdays @ KRGH: 6pm - 10pm Contact Santhi at santhi@nuss.org.sg
Bowling	Monthly competitions @ Superbowl SAFRA Mount Faber Contact Santhi at santhi@nuss.org.sg
Bridge	Wednesdays @ BTGH: 7pm - 11pm Contact Santhi at santhi@nuss.org.sg
Darts	Mondays & Thursdays @ BTGH: 8pm - 11pm Contact Valerie at valerietoh@nuss.org.sg
Golf	Monthly Medals @ various venues Contact Zach at zachng@nuss.org.sg
Running	Wednesdays @ KRGH: 7pm Sundays @ Songfa Bak Kut Teh: 6.30am Contact Santhi at santhi@nuss.org.sg
Soccer	Various venues Contact Santhi at santhi@nuss.org.sg
Squash	Mondays @ KRGH: 6pm - 10pm Thursdays @ KRGH: 6pm - 10pm Contact Gayathri at gayathri@nuss.org.sg
Table-Tennis	Tuesdays @ KRGH: 7pm - 10pm Thursdays @ KRGH: 7pm-10pm Saturdays @ KRGH: 2pm - 6pm Contact Kelly at kellykoh@nuss.org.sg
Tennis	Wednesdays & Fridays @ KRGH: 5pm - 9pm Sundays @ KRGH: 2pm - 7pm Contact Kelly at kellykoh@nuss.org.sg
Choir	Thursdays @ KRGH: 7.30pm - 10pm Contact Renee at reneeyang@nuss.org.sg
Kids' Club	Regular activities @ various venues Contact Valerie at valerietoh@nuss.org.sg
S-Connect on Tues	Tuesdays @ KRGH: 10.30am - 5pm Regular activities at various venues Contact Kelly at kellykoh@nuss.org.sg
DanceSport	Tuesdays @ KRGH: 7.30pm - 11pm Contact Renee at reneeyang@nuss.org.sg
Toastmasters Club	Every 4th Thursday @ KRGH: 7pm - 10pm Contact Valerie at valerietoh@nuss.org.sg
Music	Regular activities @ KRGH Contact Events at events@nuss.org.sg
DramaWorks	Regular activities @ KRGH Contact Renee at reneeyang@nuss.org.sg
Arts Connections	Regular activities @ KRGH Contact Zach at zachng@nuss.org.sg

For more information and registration details please contact the respective personnel.

Overseas connections

NUSS members enjoy reciprocity with graduate associations around the world. For more information please contact Amanda Tan at 6586 7051 or email mship@nuss.org.sg

University House, Australian National University	Canberra, Australia
The Graduate Union of the University of Melbourne	Melbourne, Australia
The University Club of Western Australia	Perth, Australia
University Club of Montreal	Quebec, Canada
The University Women's Club	London, United Kingdom
University Club of Denver	Colorado, United States of America
The Yale Club of New York City	New York, United States of America
University of San Francisco	California, United States of America
University of Saint Paul	Minnesota, United States of America
Hong Kong University Alumni Association	Hong Kong



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Dean's Office
Faculty of Arts and Social Sciences
National University of Singapore
The Shaw Foundation Building
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Date: 23 Jan and 11 Feb 2015

Time: 6.45pm (Registration starts at 6.30pm)

Venue: SMU Ngee Ann Kongsi Auditorium,
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(Next to the National Museum)



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