

THE GRADUATE

The Magazine of The National University of Singapore Society

January - March 2015



Old Wine New Spirits

celebrated in style at NUSS Gala Dinner

ALSO IN THIS ISSUE

- SG50: Building Singapore's National Identity**
- Musicale Spectacular benefits NUS Alumni Bursary Fund**
- Aloha, Hawaii Five-O!**

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The Dunearn

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for 2 persons

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President's Message

Dear Fellow Members

Greetings for a Joyous 2015

2015 promises to be yet another exciting year. NUSS will be celebrating NUS' 110th Anniversary and Singapore SG50. Watch out for the events that we are rolling out to commemorate our nation's significant achievements over the past half-century as well as NUS' rise to be one of Asia's top Universities.

We closed our 60th Anniversary year on a high note with a record member turn out for Gala Dinner event and the launch of the commemorative book "*Old Wine, New Spirits*". Earlier in the year, we opened the new Suntec City Guild House followed by the community outreach programme, "Groceries with Love on Wheels". We championed the NUS Alumni Bursary Fund, promoted the development of Arts with the Fundraising Musical concert at Victoria Theatre and were honoured to have PM Lee deliver the NUSS 60th Anniversary Lecture at UCC. All these milestone achievements would not be possible without the singular sense of purpose and spirited teamwork of our member volunteers, staff and friends. To one and all and on behalf of the Management Committee, I extend my heartfelt thanks.

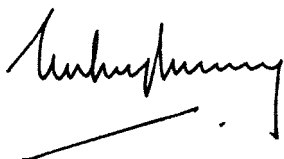
As we look forward to celebrate the Society's next 60 years, one major challenge for us is to further broaden our membership base, and with it infuse more drive and dynamism into the heart and soul of the Society.

History has shown that long-surviving societies succeeded because strong and dedicated leaders were able to rally the support of a passionate membership to work cohesively to make difficult changes for the collective good of the society.

NUSS will have to make 'hard headed' decisions from time to time to stay relevant to our core mission and yet remain emotionally bonded with our members in order to achieve our goals. We have to be inclusive in every action as we embrace new and younger members. We have to nurture our undergraduates as they are our future leaders. We have to support the wider community in every way possible as they are part of the pillars of our society. We cannot stand alone and in isolation. This mosaic of interwoven support is what makes NUSS different from other clubs and societies; and our future depends on our ability to keep this tradition of respect and support for each of our members, our alma mater and the wider community.

As we journey ahead, able members must step forward to serve with passion and commitment and with a selfless desire to continue with the good work of our much respected past leaders.

I wish you a prosperous Year of the Goat and every success in 2015.



David Ho C'72
President



From top:
"Groceries with Love on Wheels"; the NUS Alumni Bursary Fund; Fundraising Musical concert at Victoria Theatre; and PM Lee at the NUSS 60th Anniversary Lecture at UCC.

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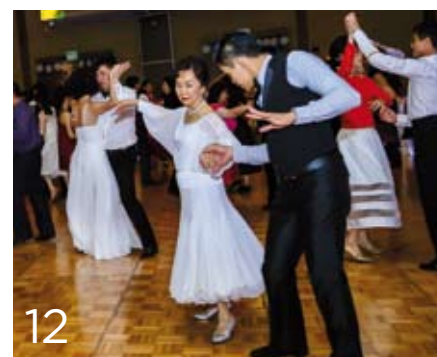
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COVER PHOTO Genesis Photography



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NUSS celebrates 60 Years

The National University of Singapore Society (NUSS) held its 60th Anniversary Gala Dinner with its theme “Old Wine, New Spirits” demonstrating how the Society has bridged the gaps between the generations and how each generation had met subsequent challenges.

Celebration was certainly in the air as NUSS reflected on its long and challenging journey at its 60th Anniversary Gala Dinner. What began as a simple meeting consisting of a modest number of members in 1964 to over 15,000 members this year, culminated in what NUSS is today and the evening’s elegant affair did the Society’s colourful history justice. The celebration saw the Society presenting a cheque of over \$400,000, in favour of the NUS Alumni Bursary Fund to the National University of Singapore’s (NUS) President, Professor Tan Chorh Chuan. Also gracing the occasion as Guest-of-Honour was President Tony Tan Keng Yam who

enjoyed the celebration alongside guests and members of NUSS.

NUSS President Mr David Ho welcomed everyone to the milestone event. In his speech, he highlighted several important initiatives taken over the years such as CEO dialogues, ambassadors’ talks, and the NUSS Professorship lectures, U Town development fund, NUS Alumni Bursary Fund and the U-Town Mentorship programme involving more than 160 students and 67 mentors.

Elaborating on NUSS’ service to the nation, Mr Ho highlighted that members visited those who were less-privileged under the *Groceries With Love* project, where needy individuals were provided bags of essential groceries. However, the evening’s

spotlight was the conferment of NUSS’ highest award, Honorary Memberships to Mr Wong Ngit Liong, Chairman of NUS Board of Trustees, and Professor Wang Gungwu, Chairman of the East Asian Institute.

Mr Wong spoke about being proud of his long-term association with NUSS. He is currently Chairman and CEO of Venture Corporation and serves on the board of the various public and commercial organisations. In addition, he is a member of the Singapore Research, Innovation and Enterprise Council under the Prime Minister’s Office.

In his acceptance speech, Mr Wong spoke on several topics including preparing students as they enter the workforce, the process of building new eco-systems, combining the research outcomes of the University and Industry, driving internship programs, and how the University community can help prepare new leaders in various areas of society.

Also accepting the award was Professor Wang, one of the most renowned and eminent scholars and historians in Asia. He authored





Scan your QR code reader to see more pictures



Mr Ho confers NUS's Honorary Memberships to Mr Wong Ngit Liong (top) and Professor Wang Gungwu.

several books on the history and civilisations of China and Southeast Asia. He also earned several Honorary Doctorates and received the Public Service Award and Public Service Star Award. In addition, he was also conferred the Commander of the British Empire or CBE.

During his acceptance speech, Professor Wang complimented NUSS on its fine track record of bridging generations. Specifically, he recollected being pleasantly surprised at the way NUSS communicated with the new and old graduates during the early days of the Society and remarked, "When I recently met the active members, I realised that its success comes from years of dedication and effort. The Society has continually collaborated with NUS and the community."

He added, "When I first joined the University of Malaya, it was like joining a small company. There were good prospects, but its future was far from certain. I have observed how our University has grown by leaps and bounds. It now has a tremendous record."

The Society also launched its NUSS 60th Anniversary book, *Old Wine, New Spirits* at the Gala Dinner. The exclusive hard cover copy tells of all the important events and experiences over the last 60 years in the life of the Society. Specifically, it celebrates the society's achievements and developments which include various collaborations with NUS, political dialogues, workshops, fundraising campaigns, community initiatives, overseas community initiatives, international outreach programmes, cultural evenings, choir performances, drama concerts, golf



Launched: "Old Wine, New Spirits", the NUSS 60th Anniversary book.

"When I first joined the University of Malaya, it was like joining a small company. There were good prospects, but its future was far from certain. I have observed how our University has grown by leaps and bounds. It now has a tremendous record."

Professor Wang Gungwu
Honorary Member



NUSS raised over \$400,000 for the NUS Alumni Bursary Fund.

tournaments and sports events.

The book also documents the Society's history in pictures through the years such as its first Guild House in a two storey black and white colonial structure in Dalvey Road, and subsequently, Amara Hotel along Tanjong Pagar Road, Orchard Cineleisure, Kent Ridge, Bukit Timah Road, and Suntec City.

The evening's musicians, Vernon Cornelius and his Band, entertained the audience with their unique brand of music, playing classics and oldies. The crowd was brought back to the good old days of ballads, rock and roll, and Cliff Richard hits. Guest singers were also joined in the celebration and brought back the nostalgia and memories. In addition, Scottish harpist, Eilidh McRae, endeared the audience with her rendition of several enchanting pieces. All in all, it was indeed a night to remember judging from the looks of delight on attendees' faces. ■



Musical Spectacular

Raises \$404,618 with a Bang!

Lights, Camera ... And Action! Excitement was certainly in the air as NUS members and guests gathered to raise funds for the NUS Alumni Bursary Fund with the full-house, one-night only NUS Fundraising Concert.

The stage was set upon entering the historic albeit newly-refurbished Victoria Theatre. Boasting a towering ceiling, vintage doors intricately designed and reminiscent of Parisian vintage art, gilded pillar accents, and (of course) a beautiful concert hall, one cannot help but be struck by the grandeur of the evening.

In line with NUSS' intentions and mission to give back to the underprivileged, the Society organised its 60th Anniversary Fundraising Concert to benefit the NUS Alumni Bursary Fund. The "Old Wine, New Spirits" themed-concert raised \$404,618 through generous donations from sponsors and donors and had the full support and attendance of Guest-of-Honour and NUSS Honorary member, Mr S R Nathan, Singapore's sixth President. The fundraising drive even saw a silent auction for the highest donor of the night to bid for a special Chinese landscape painting, painted by Professor Tan Chorh Chuan, President of NUS, who was inspired by Ming Dynasty painter, Dai Jin.

The stage curtains opened to Kimberly Chan, a brash NUS undergraduate who has been annoyed for the longest time with her father, played by Richard Chia. Richard's apparent fondness for bad singing and NUSS opened the scene to how Kimberly's mother and Richard first met. The significance and meaning of the nostalgic journey was not lost on Kimberly as she travelled



A well-deserved ovation for Cultural Chairperson, Mr Jeffrey Khoo and Choir Convenor, Dr Fong Poh Him for their tireless effort to bring the concert to fruition.

back in time to witness the hurdles and obstacles Richard underwent in courting her mother, succeeding only with the timely assistance from the good folks of NUSS.

Exploding on stage were star performers from Singapore's entertainment scene who added their star power to the evening, and did their part alongside NUSS to benefit needy undergraduates. As Dawn Yip, Rahimah Rahim, and Felinda Wong joined a dynamic cast in many moments of great tap and Spanish Latin dancing, singing and acting to a meaningful storyline, the concert was brought to life while showcasing the best of vocal prowess and artistic talents.

To the delight of the enthusiastic audience, an experienced cast comprising Kimberly Chan, Richard Chia, Noor Quek, Tan Soo Khoon, Dr Jim Roy, Jeffrey Khoo, dancers from the Shawn and Gladys Dance Academy, and the NUSS Choir thrilled many with smooth moves and vocals. Much of the credit also went to the original script written by NUSS' very own Management

Mr S R Nathan, who thoroughly enjoyed the evening, remarked, "Tonight's concert demonstrates the verve as well as the sway of NUSS members and the ability of its organising committee to pull together such an outstanding evening of entertainment - Old Wine, New Spirits - to raise funds for the NUS Alumni Bursary Fund, established to support financially challenged NUS undergraduates since 2013."

Committee member, Edgar Liao, and a solid production team behind-the-scenes which included Mary Anne Tan, Richard Tan and Musical Director, Elaine Chan.

NUSS President Mr David Ho remarked, "As NUSS celebrates its 60th Anniversary, it is no doubt a time to once again look back and reminisce. What better way to do it than through singing, dancing and raising funds to support our alma mater? This concert is more than just an enjoyment of the performances as our key objective is to raise funds for the NUS Alumni Bursary Fund which supports undergraduates from financially-challenged families."

In fullest agreement was Cultural Chairperson, Mr Jeffrey Khoo, who mooted the idea of organising the fundraising concert.

"It is a night to remember as we walk through 60 years of NUSS in song, drama and dance ... NUSS has indeed carried this through with the help of numerous individuals," Mr Khoo said.

Dr Fong Poh Him, the Concert Co-Chairman with Mr Khoo, concurred and summed up the experience best in saying, "By providing equal educational opportunities for students in need, we hope our gesture would propel them to give back in the future as well. It has been a tremendously rewarding journey." ■



Scan your QR code reader to see more pictures



NUSS member and popular Project Superstar Judge Dawn Yip with 80s Singapore icon Rahimah Rahim and Golden Age Talentime Judge Felinda Wong wowed the audience with their rendition of all time favourites.

EXCELLENT SERVICE AWARD 2014 | 8 October 2014 | Kent Ridge Guild House



Going the Extra Mile with Service Excellence

NUSS service winners were well recognised and awarded at the Excellent Service Award (EXSA) 2014 for going the distance with their great service levels.

Staff at NUSS have proved themselves again and celebrated their service efforts and accomplishments with wins at EXSA 2014. Selected NUSS staff were honoured with Silver, Gold and Star Award wins at the award ceremony.

The level of professionalism was apparent with NUSS staff from all Guild Houses reflecting their great standards and attitudes.

Kuttan Nair, from Café on the Ridge, shared his excitement on his second time winning the Star Award, “I feel proud and happy with this win and I am grateful and would like to say ‘thank you’ to NUSS, my managers and my Café team for making this possible for me.”

Noorshidah Binte Noordin, a winner from the Member Relations Office, on her win said, “I was surprised and did not expect to win the award. I was so happy and I feel proud that I was chosen for the award. This inspires me to serve customers and work with passion even more. This win has enabled me to believe in myself and the only way to be truly satisfied is to keep doing whatever I believe is great work.”

Candy Hong, another winner from The Scholar Restaurant, also commented on her win and gave thanks to the crew who has inspired her to greater heights, “I am very happy to have received this award. It is an affirmation to me and the team for our dedication and hard work in providing excellent service. I feel very honoured and I believe that our attitude of excellence is one that allows us to meet the needs of every member. It is a testament of my integrity and success in providing the best service.”

Launched in 1994, the EXSA is managed by seven leading industry corporations and supported by SPRING Singapore. A national award that recognises individuals who have delivered quality service, it also seeks to develop service models for staff to emulate and create service champions within the service sector. ■

EXSA 2014 NUSS winners

	Name	Department / Outlet
STAR	Kuttan Nair A/L Mohan	KRGH - Café on the Ridge
GOLD	Agnes Phua Lian Eng	KRGH - Banquet
	Mohammad Azli Bin Asmawi	KRGH - Banquet
	Paul Lim Wee Liam	KRGH - Banquet
	Jacqueline Goh Mui Peng	KRGH - Café on the Ridge
	Shanmuganathan A/L P S	KRGH - Café on the Ridge
	Candy Hong Lai Chien	KRGH - The Scholar
	Hew Siew Ling	KRGH - The Scholar
	Chris Chong Chee Hon	SCGH - Banquet
SILVER	Bernice Tan Siew Yen	BTGH - The Dunearn
	Jelly Rose Jusi Crizaldo	BTGH - The Dunearn
	Kit Tan Jie Lin	BTGH - The Dunearn
	Kong Corrina Ann	Front Office
	Mallar Veeli D/O Vellasamy	Front Office
	Noorshidah Binte Noordin	Front Office
	Siti Suriahati Binte Jalil	Front Office
	Syed Anuar Bin Syed Ahmad	Front Office
	Carol Low Yoke Mui	KRGH - Café on the Ridge
	Wang Qianqian	KRGH - Café on the Ridge
	Ravichandar Rajee	KRGH - Karaoke
	Goh Jong Jing	KRGH - Kitchen
	Saravanan A/L Kuppusamy	KRGH - Kitchen
	Seet Soo Hwey	KRGH - Kitchen
	To Leng Poui	KRGH - Kitchen
	Jacky Ang Hock Lye	KRGH - The Ridge Bar
	Paul Ow Chai Meng	KRGH - The Ridge Bar
	Rena Toh	KRGH - The Ridge Bar
	Huang Shui Song	KRGH - The Scholar
	Huh Siew Fong	KRGH - The Scholar
	Matt Chen Benqing	KRGH - The Scholar
	Ronald Chak Wai Kuan	SCGH - Banquet
	Andy Lim Yan Fatt	SCGH - The Bar
Jimmy Poh Tein Fuei	SCGH - The Bar	
Sky Lee Chan Hoh	SCGH - The Bar	
Carol Lai Boon Ooi	SCGH - The Bistro	
Chen Pui Yee	SCGH - The Bistro	
Kanabathy S/O Sevanlingam	SCGH - The Bistro	
Kawthaman S/O V Arumugam	SCGH - The Bistro	
May Pang Chee Ken	SCGH - The Bistro	
Woo Seow Mei	SCGH - The Bistro	

BTGH = Bukit Timah Guild House KRGH = Kent Ridge Guild House SCGH = Suntec City Guild House

HIGHLAND PARK WHISKY APPRECIATION EVENING | 30 October 2014 | Bukit Timah Guild House

Whisky The Night Away!

Whisky aficionados had a night to get up close and personal with their favourite drink at the Highland Park Whisky Appreciation Evening.

Against the backdrop of live music and servings of whisky-infused canapés, close to 30 members and guests turned up at the Bukit Timah Guild House to taste whiskies from Scotland's Highland Park. Highland Park has performed well at international spirit ratings competitions and originates from Highland Park distillery, a Scotch whisky distillery based in Kirkwall, Orkney, Northern Scotland.

The response was overwhelmingly positive, judging from the rate the whiskies were being "sampled". Besides the 12 and 15 year old whiskies that were tasted, one of the highlights of the evening was

the sampling of the Dark Origins. Attendees also stood a chance to win a bottle of the Highland Park Dark Origins Whisky in a lucky draw. This event at NUSS was the first introduction of this label in Singapore. The stunning, non-chill filtered single-malt went down well with NUSS members. All whiskies were on sale at pricebreaker rates that evening.

The buzz around the introduction of a new whisky was



palpable. The music and food served added to the relaxed atmosphere. When asked for their feedback, most present said they were looking forward to the next whisky social night with many of them already registered for the next event. ■



SUNTORY WHISKY TASTING | 27 November 2014 | The Upper Quad

A Taste of Japan through Suntory

The best of whiskies made by Japanese artisans were brought to the delight of members and guests at the Suntory Whisky Tasting event.

BUKIT TIMAH GUILD HOUSE

Come taste some excellent single-malt whiskies from Yamazaki – the best whisky maker in the world!

Suntory Whisky Tasting

The Upper Quad
7pm - 9pm, 27 November 2014, Thursday
Limited seats available
(Price includes tasting of three whiskies and canapés)

\$25 Member
\$30 Guest

Buy the whiskies at a very special price and stand a chance to win a bottle of Hibiki 17 years and other attractive prizes.

SUNTORY WHISKY

For more information, call 6346 2288 or email info@nus60.com.sg

nuss 60

Most people's knowledge of whisky is limited to the Scottish or Irish brands and tastes. On a cool November evening at the Bukit Timah Guild House, whisky lovers were treated to the warmth and taste of Japanese whisky from Suntory.

Dating back to 1923, Suntory had blended the art of whisky-making with the Japanese culture to create a unique signature Japanese whisky that has endured till today. Members and guests at The Upper Quad had the opportunity to taste the three lines on offer: the single malts of The Hakushu Distiller's Reserve, The Yamazaki Distillers' Reserve and the blended Hibiki 12 year old.

With tasty accompanying canapés, it was a night to savour for the 40-plus members and guests who signed up for this event. The highlight of the evening was the chance to win a bottle of a Hibiki 17-Year whisky. All attendees were offered the opportunity to purchase the iconic Japanese whiskies at special prices as well.

Judging from the feedback and the number of attendees who left with a few bottles in hand, the event was a success with the whisky lovers once again looking forward to the next round. ■



Scan your QR code reader to see more pictures

NUSS-Residential Colleges Mentorship Programme Enters its Third Year

The popular and successful three-year old programme is now a mainstay programme with both NUSS members and residents at the NUS Colleges.

At the annual Appreciation and Welcome Dinner 2014/2015, Professor Peter Pang, Assistant Vice President (University & Global Relations), National University of Singapore welcomed both past and present mentors and mentees to the programme. Observing an overwhelming response to the event, Professor Pang expressed his heartfelt gratitude and appreciation to the participants who had made it a success.

“Three years ago, the programme started modestly with only 15 mentors and 34 mentees. Today, the NUSS-Residential Mentorship Programme has now successfully increased its participation numbers to 70 mentors and over 160 mentees,” said Professor Pang.

Mr Johnny Tan, Immediate Past President of NUSS, shared his views on the programme, “The main objective of the programme is to provide a platform for students to learn from the more experienced alumni and have a more holistic approach in developing their professional lives.” He added that the programme also gave an opportunity to the alumni community to “give back” to the University.

Mr Tan was also encouraged to see that the programme had gone beyond its “yearly activity”, and had now developed lasting relationships amongst its participants. The process could now be described as more “relational” than functional. Feedback also showed more mentees securing jobs from their mentors and their lives enriched in return.

In the previous years, residents from Cinnamon College, College of Alice & Peter Tan and Tembusu College were eligible to participate. This year, two more colleges, Residential College 4 and Ridge View Residential College, have been added to the list.



In the previous years, residents from Cinnamon College, College of Alice & Peter Tan and Tembusu College were eligible to participate. This year, two more colleges, Residential College 4 and Ridge View Residential College, have been added to the list.



After a screening process, the programme offers selected students networking opportunities, guidance and support from members of NUSS. In addition, selected mentors must also have at least five years of work experience before volunteering. During the length of the programme, participants can expect to meet up at least four times. However, most of the mentors and mentees became friends and maintained contact beyond the mentorship programme.

The highly informative and enlightening evening also included an on-stage sharing session by both mentor and mentee Mr Jeffrey Khoo and Mr Joel Tok respectively. When asked about the benefits gained for mentors, Mr Khoo described the most immediate benefit was the opportunity for mentors to give back to their alma mater. Mr Khoo said, “Our objective is to sow a seed [and] play less a role of a teacher and more the role of an awakener.”

Both Mr Khoo and Mr Tok agreed that not changing either individual’s character (mentor or mentee) and “being you” was essential for the relationship to work. When asked how he would moderate the expectations of new mentors, Mr Khoo suggested that new mentors must try to understand the mentee’s strength and weaknesses. This also meant finding out as much as possible about the mentee and adding value to his or her aspirations.

Mr Tok shared his experience with new mentees, “There is lots of self-discovery in the process. Do not be afraid to express your perspective. Be ready to be yourself and take the first step. Sometimes, our timetables might clash but make sure that you are available to meet your mentor at any event.”

The evening continued with lively discussions and conversations among enthusiastic students wanting to find more about different career options and working life. ■



Scan your QR code reader to see more pictures

Beyond the Score: Mozart, The Start Up

Appreciating music through storytelling

The inaugural event brings the art of music appreciation to a new level.

Perhaps the best way to learn the art of appreciating classical music is through a combination of music and story, and what better way to start than to dive into the story of a young entrepreneur, Wolfgang Amadeus Mozart, who started his life in Vienna and worked his way up the ladder of success as a musician.

Excited fans of Mozart who were at the series' launch saw the Director of Yong Siew Toh Conservatory of Music, Professor Bernard Lansky lead his gifted musicians in performing excerpts from "Allegro-Vivace" (Piano Concerto No.14 in E-flat major, K.449) and "Largo-Allegro Moderato" (Quintet in E-flat major for Piano and Winds, K.452).

"We want to get people to listen with greater awareness. The informal setting gives more opportunities for reaction from the audience. This setting allows us to explore the music from the inside. Like the way you digest food, we can explore the ingredients of the music," Professor Lansky said amidst the 4-course dinner served at the event.

He added, "It is an experiment. The space works well. It becomes more intimate with audience. We hope to shake up a few presumptions and see if people can listen with cleaner ears because it doesn't fit the normal way you listen to music. I pitted the series not expecting the audience to have any background in music".

The music was accompanied by Professor Lansky's narration about Mozart's life as an entrepreneur. He put forward a theory that Mozart's creativity was driven by his need to be a professional. It was not just about Mozart making music but him supporting his family by conducting almost 70 concerts a year during the



height of his fame. In 1784, Mozart lived in Vienna where he composed several of his best-known symphonies, concertos and operas.

"There are many things people don't know about Mozart. We are experimenting with this brand new and unique approach to appreciating music."



Professor Bernard Lansky

In his welcome speech, NUSS Chief Executive Officer Mr Roy Higgs said, "This inaugural programme adds another dimension to the Society's activities. We have an overwhelming response from mem-

bers. We feel fortunate to have the resources from the Conservatory."

When asked about the goals and objectives of organising the event, Mr. Jeremy Ee, the Chairperson of NUSS' Alumni Development & University Relations (ADUR) Sub-Committee said, "Over the years, we have built strong relationships with several faculties. For example, we organised several public policy discussions with the Faculty of Arts. However, there was not much focus on music. We wanted to bring lesser-known faculties such as the Conservatory into the spotlight."

Mr. Ee also emphasised the need to keep the numbers at an optimal size so that members could experience a similar ambience to when Mozart played to smaller audiences.

The audience agreed that it was a unique experience.

It is no wonder then, that this series is set to be held once in every semester, a testament to its popularity and success. ■

DANCESPORTS WHITE CHRISTMAS BALL D&D | 13 December 2014 | Kent Ridge Guild House



Dancing with White Christmas Elegance

Glittering and showing off their best footwork, ballroom dancers attended the NUSS DanceSports White Christmas Ball this year. Members and guests gathered for the evening, dressed in formal attire with touch of white and red for ladies and lounge-suit for gentlemen. While diners enjoyed the four-course dinner, guest performers, Mikhail & Olesya, performed two show-stopping dances. This event successfully rounded up the DanceSports Section activities for 2014.



The event was made possible with the support of the following sponsors: Boncafé, Clé de Peau Beauté, Harper's Bazaar, Lawry's The Prime Rib Singapore, Neu Age Clinic, Pacific Eye Centre, Spa Club at Beach Road, Werner's Oven, The Hair Secrets and Galaxy Dance.

NUSS GLAM ROCK COUNTDOWN PARTY 2015 | 31 December 2014 | Kent Ridge Guild House

A Glamorous Countdown Party

Hundreds of people lined the halls to say goodbye to 2014 and to welcome 2015 at the NUSS Glam Rock Countdown Party 2015. The guests who arrived early were greeted by the pre-festivities including caricaturists' drawings, instant pictures taken at exotic locations at the photo booth, and a cocktail session.

The night's festivities started with the emcee Wayne kicking off the show with an icebreaker game. The interesting blend of games, music, and talented singers ensured that the theme 'glamorous rock' was extended and played out to the fullest. The live band, 'Pennylane' also set the mood and played several 'oldies' hits for the crowd.

Popular songs from different musical periods had many singing along and tapping their feet. Karen Lim, a well-known canto pop star from the 1990s era, sang several pop hits in Mandarin, Hokkien and Cantonese. Her infectious dancing got everyone in the room clapping and some even got off their chairs to dance. Four members of the audience were recruited to join Karen on stage.

Couples were also pre-selected and brought on to the stage for the best-dressed game. The winning couple was chosen after a few rounds of dancing to the beat of tunes from various eras.

The fun did not end at midnight. After the confetti, continued singing of "Auld Lang Syne" heralded the beginning of 2015. Guests were treated to a sumptuous buffet spread and late night supper. A customary lucky draw was also conducted and prizes such as wellness gift vouchers, beach resort

stays, green fee vouchers and wines were given away.

Member Lily Tay commented, "Thanks for the Glam Rock party which was well done. Appreciation to the organising committee, Roy, Kelly, Renee and teammates - Paul, Ronnie... for spending the evening working so hard while the members enjoyed. Roy's sporting participation was a delight! It was a fantastic evening celebrating and interacting with Council and fellow members. Wonderful party indeed!"



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SG50

Building Singapore's

NATIONAL IDENTITY

2015 is a milestone year for Singapore — it marks SG50: our first 50 years of independence as a city-state; a reminder of our exceptionally rapid progress over the years; a year of celebrations yet also a chance to learn from past mistakes in order to overcome imminent challenges. But what does this 50th birthday really mean? **Antoinette Tan** finds out just how far Singapore has come these past 50 years, how much more needs to be done, and what challenges the future holds.

Our pioneers were ordinary people who worked together to do extraordinary things," Prime Minister Lee Hsien Loong said at the National Day Rally 2014. "They overcame difficult and dangerous situations to build a sovereign, independent country. They transformed Singapore from Third World to First and they always looked to the future and strove to give their children better lives than themselves. And this is why we are commemorating SG50 next year, to celebrate the spirit of our pioneers

and to commit ourselves to their enduring values as we make our way forward."

According to Mr Harry Chan Keng Howe, former Ambassador of Singapore to Cambodia and Egypt, as a nation, "we should do well to recall, each in his own special way, some strands in the nation-building process which helped in catapulting our small tropical island from a Third World to a First World status."

"We should heed Winston Churchill's wise words to ensure that there is no disconnect between past and present to retain a perspective of an enduring unfragmented continuum that embraces all our

citizens ostensibly and rightfully proud of our national identity," Mr Chan added.

There is no doubt that Singapore has made much progress over the course of the last 50 years. Economically, Singapore has rapidly strengthened its foothold as a financial hub in Asia; we have also grown from an underdeveloped state into one of the world's 10 most expensive cities to live in (according to the Economist Intelligence Unit's Worldwide Cost of Living Report 2014), on par with many extremely developed cities. We have a stable housing market and an advanced transport network that continues

to expand its reach, pushing technological and geographical boundaries.

On the tourism front, as PM Lee surmised at the Tourism50 Gala Night cum Singapore Experience Awards in October 2014, “Over the last half century, Singapore has transformed itself and our tourism landscape has also totally changed. In 1964, when we formed the Singapore Tourist Promotion Board (STPB) – that is what we called it then, we had only a handful of attractions – Haw Par Villa, Singapore Botanic Gardens and Mount Faber and we had 91,000 visitors in that year.”

“Today, we have Sentosa, Gardens by the Bay, the River Safari, and many other very good attractions and I think 15 million visitors. And we host some spectacular events including the Formula One Grand Prix. We have grown from being a leisure destination to a great place for business travel and meetings as well. We have been voted Asia’s Top Convention City and International Meeting City for several years running by industry associations.

HARDWARE



HEARTWARE

In terms of “hardware”, our infrastructure appears to be all in place. However, questions still remain about whether the “heartware” – our people, our social needs and our dreams and goals as individuals and as a nation – is keeping pace with the growth in “hardware”.

So as Singaporeans, we have much to be proud of in our home, and we are very happy that so many tourists want to visit us and enjoy our little island.”

Furthermore, Singapore also recently emerged first on Lonely Planet’s list of the Top 10 Countries to Visit in 2015.

In terms of “hardware”, our infrastructure appears to be all in place. However, questions still remain about whether the “heartware” – our people, our social needs and our dreams and goals as individuals and as a nation – is keeping pace with the growth in “hardware”.

OUR PEOPLE

At the National Day Rally 2014, PM Lee reiterated, “Singapore is changing too. There is a new generation with new aspirations. There is the ageing population, which is creating new social needs. We have a better home, but we have the potential to do much, much more.”

According to the National Population and Talent Division (NPTD) – that was set up with the goal of

“If we open a quarrel between past and present, we shall find we have lost the future.”

Winston Churchill

understanding and creating a sustainable and cohesive population – Singapore’s total population was 5.47 million as of June 2014, a growth of 1.3 percent over the previous year. In their Population in Brief 2014 report, the NPTD stated that the citizen population grew at the same pace as last year to 3.34 million, and continues to age, while the permanent resident (PR) population remained stable at 0.53 million. At the same time, measures were implemented to slow the growth of the foreign workforce.

In addition, according to the Singapore Department of Statistics, Singapore has been accepting about 20,000 new citizens each year since 2007, and will continue to take in between 15,000 to 25,000 new citizens each year to

prevent a shrinking population. However, despite a tightening of the immigration structure since late 2009, Singapore continues to take in about 30,000 PRs each year.

Despite recent governmental mitigation to ensure sustainable growth, this rate of foreigner influx may have had more impact on our society than we can imagine. While Singapore needs the foreign talent to support and grow our economy, the rate of influx feels to be too rapid for the layman. Questions also remain about our infrastructure and economy readiness for this change. The influx of new Singaporeans and Permanent Residents that many are struggling to integrate with has also given new layer to a united Singapore regardless of race, language or religion.

OUR VOICE

“To me, for a big chunk of that time, societal change had been spoken about as if it ran along a fairly singular narrative under banners such as modernisation and nation building, economic survival, and a particular brand of multiculturalism,” says Dr Ivan Kwek Eng Tai, Department of Sociology, National University of Singapore (NUS).

“What we are seeing towards the end of the first 50 years is the unravelling of the discourse, so that increasingly, the varied narratives, experiences and interpretations are clamouring for attention,” added Dr Kwek. “Indeed, we have barely begun to recognise these messier accounts... who are the “we” in Singapore, and who pays for realising those goals?”

“In all fairness, (planners and politicians) have been trying to embrace this COMPLEXITY and to take on board the MYRIAD VOICES and PERSPECTIVES. The challenge, however, is do so in ways that do not ultimately flatten the range of voices, and subsume them into yet again another coherent narrative or set of achievable goals.”



Dr Ivan Kwek Eng Tai
Department of Sociology
National University of Singapore



“In all fairness, (planners and politicians) have been trying to embrace this complexity and to take on board the myriad voices and perspectives. The challenge, however, is do so in ways that do not ultimately flatten the range of voices, and subsume them into yet again another coherent narrative or set of achievable (read measurable) goals,” says Dr Kwek.

However, Mr Ho Chi Tim, NUS Department of History, takes this a step further. “The (above) examples are just as important now and the next 50 years, as they were during the last 50. Perhaps the difference lies in emphasis of each, due to a different type of Singapore society,” Mr Ho says. “Society today is – comparatively speaking – more settled, more educated, and hence



“A key challenge is for all sides (government and society) to not always see **CHANGE and **CONFLICT** as necessarily bad or unstable, but rather as an integral part of the **PROCESS** of nation-building.”**



Mr Ho Chi Tim
Department of History
National University of Singapore

“I envisage a return to ‘Character Education’ of sorts, with issues of **EQUITY and **INCLUSIVENESS** dominating the discourse. This is because of the **PLURAL NATURE** of social issues within a post-modern era, enduring values would be necessary to keep our young focused as responsible citizens.”**



Professor Hung Wei Loong David
Associate Dean
Office of Education Research

perhaps more assertive in areas our parents and grandparents would not immediately venture into such as politics and civil liberties. There is a difference between ensuring an attractive place to work and live in (then) and building a national identity all Singaporeans can relate to (and fight for).”

Mr Ho elaborates, “National identity and its varied components cannot be quantified exactly. But let’s take certain organisation of opinion and action as examples, such as the Pink Dot movement, the attempts to save Bukit Brown cemetery and the earlier successful attempt to save Chek Jawa, amongst many other civil society actions. We could see them as instances of telling us, and everyone else, the kind of Singaporean nation they wish to have, that of a more inclusive society that is also socially and environmentally responsible.”

“From that point of view, they are invested in the idea of making Singapore a home worth fighting for. I guess a key challenge is for all sides (government and society) to not always see change and conflict as necessarily bad or unstable, but rather as an integral part of the process of nation-building,” Mr Ho concluded.

OUR MINDS

Education is another factor that shapes our society and builds one’s identity.

Professor Hung Wei Loong David, Associate Dean, Office of Education Research (specialising in Learning Sciences) opines, “The next 50 years for the education landscape will certainly be challenging as public expectations will be more pluralistic and demanding.”

“The traditional metrics for success will no longer be singularly conceived, and competing perspectives will be commonplace,” Professor Hung explains. “The issue is to find reconciliatory norms that can be shared by the society, and this consensus can only be achieved through dialogue.”

“For social issues, the *process* of achieving consensus is as significant as the outcomes or statements

being communicated. The ‘social construction of meaning’ through dialogue is hence key,” Professor Hung adds. “I envisage a return to ‘Character Education’ of sorts, with issues of equity and inclusiveness dominating the discourse. This is because of the plural nature of social issues within a post-modern era, enduring values would be necessary to keep our young focused as responsible citizens.”

IDENTIFYING OUR IDENTITY

What then is ‘national identity’? This brings to mind *The Short Stories and Radio Plays of S. Rajaratnam*, from before he was a politician. The radio scripts were first broadcast on Radio Malaya in 1957 from July to October but are equally relevant today.

In one of the scripts, *A Nation In The Making I*, the Pessimist asks “But what about the deep-seated race consciousness here? How do you propose to persuade Malays, Chinese, and the rest to give up all their prejudices and preferences and adopt what you call ‘Malayan consciousness’?”

To which the Optimist replies:

... the very idea and concept of a ‘nation’ is always changing through history and it varies from country to country. In Malaya, nationalism will have its own characteristics...

There can be a diversity of social manners, of taste in food and clothing within a nation. Look at the differences within a particular community. A westernised Chinese or Indian or Malay may prefer Western clothes, and he may eat all sorts of different food. There are vast differences in food, clothing and manners within any community.

Many people who disapprove of all these changes try to pretend that the changes don’t exist. But that’s not the point. The changes are taking place, and nothing can stop them.

Modern civilisation standardises manners and personal tastes.

Mrs Ann Wee, an Associate Professorial Fellow (Hon) with National University of Singapore, concurs, “If we identify with a nation we feel ‘this is where I belong. Warts



BELIEF & SPIRIT

“At the heart of the Singapore Story is our belief in Singapore, belief that we can turn vulnerability and despair into confidence and hope; belief that out of the trauma of separation, we could build a modern metropolis and a beautiful home; belief that whatever the challenges of this uncertain world we can thrive and prosper as one united people. Let this belief and spirit burn bright in each one of us and guide us forward.”

Prime Minister Lee Hsien Loong

and all. This is my home!’ For me, this feeling of home includes — this is the place where I understand and share the local jokes and local slang,” Mrs Wee says. “Yes truly, one reason I would now not feel at home in UK is that I really do not know what are the current shared jokes there! I could enjoy a visit, but it is now not where I belong.”

As such, it is prudent that we remember PM Lee’s emphasis at the National Day Rally 2014: “We have all contributed to the Singapore Story. At the heart of the Singapore Story is our belief in Singapore, belief that we can turn vulnerability and despair into confidence and hope; belief that out of the trauma of separation, we could build a modern

metropolis and a beautiful home; belief that whatever the challenges of this uncertain world we can thrive and prosper as one united people. Let this belief and spirit burn bright in each one of us and guide us forward for the next 50 years and more. Together, let us be the pioneers of our generation. Together, let us create a brighter future for all Singaporeans.” ■

IN CONCLUSION The very fact that we are born here, live and work here, the way we interact with each other, the growth of our neighbourhoods together, or contribute to the Singapore story in one way or other, is testament of the building up of our national identity, and a sign of how this will continue to evolve in the next 50 years and many more to come.

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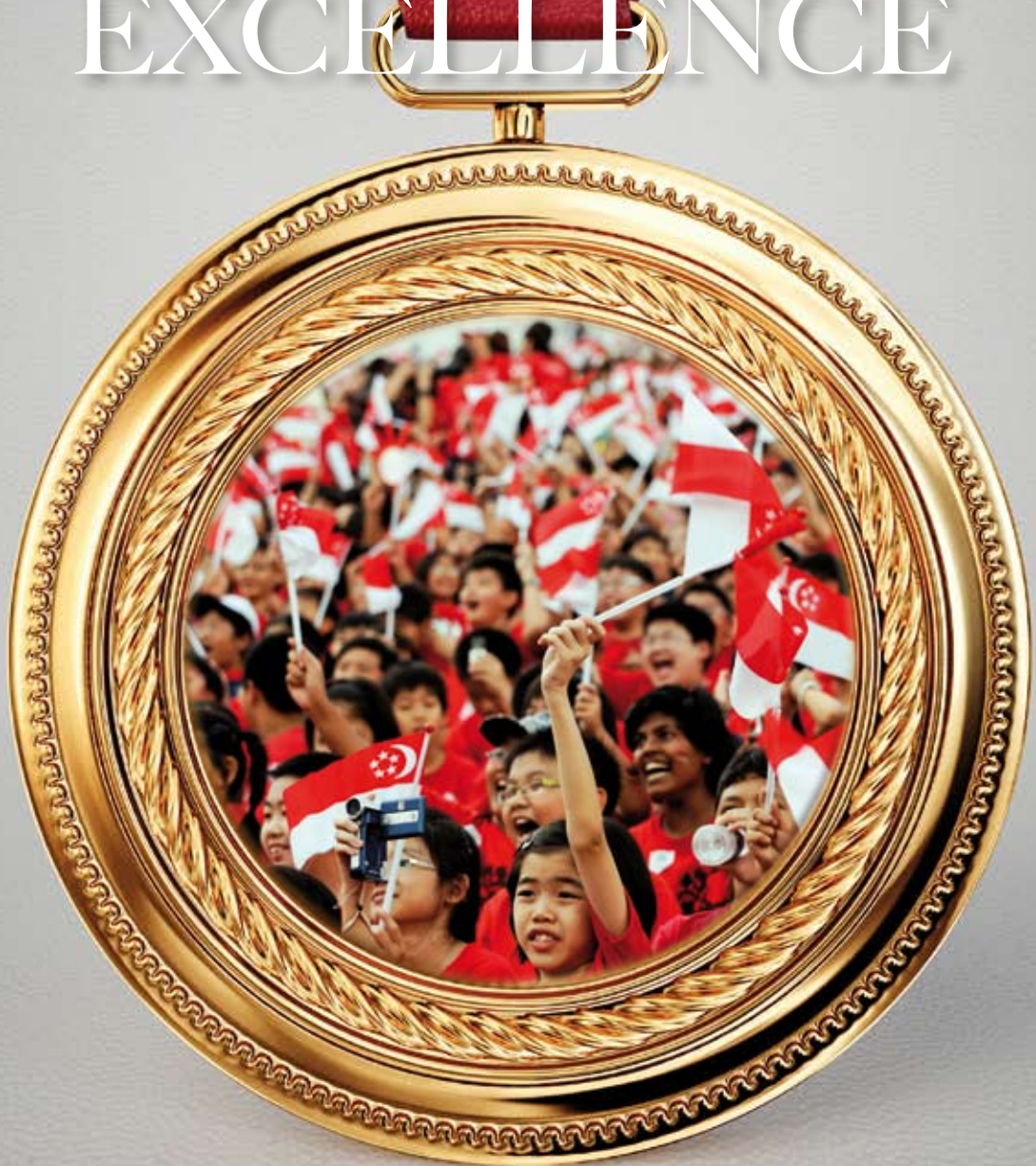
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THE SPORTS BALANCE BEAM

NATION
BUILDING
OR
SPORTING
EXCELLENCE



From the Olympic Games to the World Cup and the SEA games, it is difficult to deny that the new global idea of sporting has developed from what was a simpler showcase of national sporting talent and love for sports to a pull-and-tug exercise of national power and excellence in an international arena. **Heidi Chan** looks at the factors affecting sports excellence and its use as a nation-building tool.

Since the independence of Singapore in 1965, sports have been acknowledged as an important tool for nation building. As such, a sports division was formed under the Ministry of Social Affairs in 1966 under then Minister Othman Wok. This division then became the Singapore Sports Council (SSC) in 1973 and today it is known as Sport Singapore (SportSG), a statutory board under the Ministry of Culture, Community and Youth. SportSG's core purpose is to inspire the Singapore spirit and transform Singapore through sports.

Another obvious example when sports undeniably rallied and unified the nation together was the heydays of the Malaysia Cup in the 1970s. The Kallang Roar was coined to pay tribute to the fans who went in force to the old National Stadium to cheer on the Singapore team as they battled with the state teams from across the Causeway.

During the Malaysia Cup finals in 1994, at least 50,000 Singaporeans made the 6-hour trip to Shah Alam Stadium to bear witness to Singapore lifting the Malaysia Cup once again after a 14-year drought. The nation celebrated and the Singapore football Dream Team was born. It was a moment of sports uniting the nation.

Time of shift

The launch of the Sports Excellence 2000 programme in December 1993 to raise the overall standard of competitive sports in Singapore signaled the start of the push towards sporting excellence. Following its expanded role, the SSC's mission statement was redefined as follows: "To foster a fit and healthy nation based on the policy of promoting participation in sports from the recreational to the high performance levels so as to enhance the quality of life and contribute to nation-building."

At that time, Singapore's only notable wins on the international

stage were Tan Howe Liang's silver medal for weightlifting at the 1960 Olympics and Ang Peng Siong's gold medal for swimming at the 1982 Asian Games.

In 1996, the Foreign Sports Talent Scheme (FSTS) was introduced to raise the standards of selected sports in Singapore so as to compete at an international level. The biggest beneficiary was table tennis, with the women's team bringing home a silver, thus ending a 48-year medal drought at the Olympics. Despite such successes, the FSTS has garnered both plaudits and criticisms.

Prime Minister Lee Hsien Loong, during the National Day Rally in 2008, encouraged Singaporeans to be more accepting to foreigners, applauding our foreign-born athletes for their

who grew up in Singapore and those from whom did not.

Not a unique situation

The debate of importing foreign sporting talents is not unique to Singapore. The British team for the 2012 London Olympics included a number of naturalised English sportsmen such as US-born athlete Tiffany Porter. The situation got ugly when Porter was named Team GB Captain for the 2012 World Indoor Championships and a reporter requested that she sang the British national anthem, God Save the Queen, after accusing her of being a "Plastic Brit" and an "imported" athlete".

The series of questions were reported to have upset Van Commenee, then head coach of UK athletics, who defended, "I choose



During the Malaysia Cup finals in 1994, at least 50,000 Singaporeans made the 6-hour trip to Shah Alam Stadium to bear witness to Singapore lifting the Malaysia Cup once again after a 14-year drought. It was a moment of sports uniting the nation.

efforts in the then Beijing Olympics. He said in Mandarin, "Tao Li, the swimmer, she's done very well. The women's table-tennis team playing in tonight's finals - in more than 40 years, they have won an Olympic medal. So we welcome foreigners so that they can strengthen our team, and we can reduce our constraints."

The issue of importing foreign sporting talents had always been a hotbed for debate. In the recent 2014 Commonwealth Games in Glasgow, response has been less than supportive towards the Singaporean Women's Table Tennis team and out of all 17 podium finishes, netizens were quick to distinguish the wins from sportsmen

a team captain for her leadership skills and her athletic skills and her credibility, not for her ability to memorise words or her vocal skills."

In contrast, other nations have embraced their foreign-born sporting heroes. In the 2012 London Olympics, Kazakhstan was represented by four Chinese-born weightlifters after taking on both Kazakh citizenship and Kazakh-sounding names. They went on to win two gold medals for the team and received much support and praise from Kazakhs.

Even Jacques Rogge, the previous International Olympic Committee President, once commented on the issue before the start of the London

Olympics. He distinguished between athletes who had appropriate reasons for changing nationalities and athletes who do not. He considered it more acceptable for athletes to change their nationalities due to reasons such as lacking monetary support in native countries or family reasons but less for athletes who are economically motivated.

“I have reservations in some cases where athletes who obviously do not lack any support emanating from their local sporting and government authorities still change nationality,” he said. “We cannot oppose it because it is a sovereignty matter, but let me tell you very frankly: I don’t love that.”

The biggest bone of contention, based on comments in the mass media and the social media sphere, seemed to be whether the foreign sporting talents would continue to stay and contribute to Singapore after their sporting years or when funding is cut.

Not just for the love of sports

In an article on the BBC News (2012), Nicholas Fang, former nominated Member of Parliament and chef de mission for this year’s SEA Games in Singapore, stated that the problem lied in Singapore lacking a sporting culture. He continued that without a “broad base of passion and enthusiasm” for sports, it was difficult to create an “ecosystem” to support the sporting dreams of athletes.

Chris Chan, the secretary general of Singapore National Olympic Council also added that realistically, “You cannot make a living playing badminton full time” and this has perhaps contributed to the general Singaporean impression that investing in a career in sports means neglecting one’s academics or career.

To improve on the sporting climate in Singapore, Mr Fang added that increasing the number of sporting events would help increase the vibrancy of the sporting culture in a bid to “remove the stigma that sports versus ‘real issues’ like academics and careers is a zero-sum game.”

Perhaps then a better way to understand the situation we face is that Singaporeans are not as inclined to sacrifice their time and future for sports compared to other foreign-



Above: Slovakian player Jana Celepova at the Singapore 2010 Youth Olympic Games Tennis Girls Singles. The Games showed the world how serious we were about our sporting games and pursuing sporting excellence.



The Formula One Grand Prix attracts an estimated over 500 million viewers for each race that is broadcast live on television and other media.

born nationals and the academic-centered climate of Singapore does little to improve the situation. It is not so much that we lack the talent, but rather we lack the individuals with talent that choose to put sports as a priority.

Showcase for Singapore

In recent years, the Government has encouraged the courting of the highest level of international sports to come to Singapore. With the global reach of sports, there is no better way to showcase the country.

The inaugural Youth Olympic Games held in Singapore in 2010 is an example. Despite the criticism of

being three times over budget, it did help us show the world how serious we were about our sporting games and pursuing sporting excellence.

Another example is the Formula One (F1) Grand Prix, where an estimated over 500 million viewers for each race that is broadcasted live on television and other media. Despite the hefty cost of organising the race, it is co-funded by the Government and being the tourism event of the year, the Singapore Tourism Board (STB) markets the F1 night race overseas through trade shows, consumer roadshows, advertisements, marketing brochures and its website.

STB also organises a programme of activities for F1 fans so that they have a positive and enriching visitor experience and increase their tourist spending in Singapore. In addition, STB encourages businesses in the vicinity of the racing circuit at the Marina Bay to attract Singaporeans by being innovative in their promotional campaigns.

The construction of the Sports Hub at the cost of \$1.33 billion is testament to sports being an important part of Singapore's future, both economically and socially.

Sports as a nation-building tool

As mentioned earlier, gone are the days when sports at the international level was just about the love of sports. With Singapore reaching 50 years of independence this year, the role of sports as a nation-building tool has changed. However, the important role of sports in Singapore cannot be downplayed.

According to Mr Leon Koh, Coach of the National Taekwondo Poomsae Team and the 2014 Combined University Taekwondo Team, "Sports is a powerful agent of socialisation, that was used effectively in our developing years to rally the people and will continue to be an important mix in the growth of our nation. When we consider whether our sports scene provides a suitable platform of excellence for sportsmen, we can say that the foundations have been laid."

"While the sports ecosystem in Singapore is still in its infancy and has to be given time to mature, there are many opportunities to excel in the multifarious domains within the sporting scene," Mr Koh added. "The prerequisite to this excellence is however the drive, belief and commitment of the individual."

On its website, SportSG explains its road map for using sport as a strategy for Singaporeans to have a healthier and better life through the impactful experience of Sports. The Vision 2030 shows how sports can be used as a strategy to achieve our national priorities such as developing healthy and resilient people, forging strong united communities, retention of core values, shared memories, strengthened friendships as well



Born in China, Feng Tianwei moved to Singapore under the Foreign Sports Talent Scheme in March 2007 and commenced her international career in competitive table tennis the following month. She received Singapore citizenship in January 2008. When Singapore exhibits sporting excellence, it is also a nation-building tool no matter the birthplace of our athletes and should always be a cause for celebration.

"Sports is a powerful agent of socialisation, that was used effectively in our developing years to rally the people and will continue to be an important mix in the growth of our nation. When we consider whether our sports scene provides a suitable platform of excellence for sportsmen, we can say that the foundations have been laid."

Mr Leon Koh

Coach of the National Taekwondo Poomsae Team

as building a dynamic society and economy.

"By its very nature, sports develops the attributes that we want and need to compete in the evolving global conditions: a winning spirit, a respect for teamwork, a commitment to leadership and even a love for the country. These are principles that we want firmly rooted, not just in our athletes but throughout our society, in our workforce, our professionals, our educators, our policy planners and our uniformed and public service officers," stated the SportSG page.

Regardless of the debate on the FSTS and the grumbles about road-

closures during the FormulaOne Grand Prix weekend in September, sports remain an important part of building of a national identity. Despite SG50, Singapore remains a young nation, albeit a very successful one. When Singapore exhibits sporting excellence, it is also a nation-building tool no matter the birthplace of our athletes as it asserts our national superiority, and should always be a cause for celebration. ■

IN CONCLUSION Despite the trend towards sports excellence, sports is still an important part of Singapore's nation-building.

Riding the Wave of Success

Laurentia Tan, despite cerebral palsy and profound deafness, has emerged a global celebrity after winning several medals at the past two Paralympics. She became a Singapore Youth Ambassador and one of the Federation Equestre Internationale's (FEI) Solidarity Ambassadors promoting para-dressage around the world. **Harold Toh** finds out Laurentia's thoughts on overcoming early obstacles and discovering her true passion.

Heroes and inspirational figures do not often regularly appear at your doorsteps, or are given global accolades that stir the emotions of a nation. In the case of Laurentia Tan, her challenges began at the early age of five. Her improbable journey from difficult physiotherapy to a World Class Paralympic Champion has now made Laurentia Tan a well-recognised personality in Singapore and internationally. When she started horse riding as part of physiotherapy, she could not sit up, stand, or walk properly. With the help of the added physical training, she developed core strength, coordination, and strengthened back and legs.

She added, "When I first started doing equestrian as a sport, I did not consider riding as a profession until I started competing and doing well. It was after qualifying for the 2008 Beijing Paralympics that I considered it as an option."

Her first challenge was finding



Laurentia with her 'competition horse', Ruben James, which competed with her in London 2012 and at the World Equestrian Games earlier this year.

horses that were suitable, compatible and safe. Not all horses have similar temperament. Over several years, Laurentia had developed a bond with horses, understanding the unique personality and character of the horse.

Giving 100 percent commitment

Before the 2008 Paralympic Games, Laurentia was working as a mental health worker and had stopped riding for eight years while she went to University and started her career. Her job was challenging as the various stakeholders (colleagues, patients, and clients) demanded her undivided attention. As the Paralympic Games

training required her "undivided" effort, she decided to train fulltime for the Paralympic Games.

"I wanted to give it my 100 percent commitment and whatever happened, I can honestly say I gave it my all," she said. "My parents and family, my coach and closest friends, even my former colleagues, were all very understanding and encouraging. It is not without their support that I finally decided to ride professionally."

Learning Trust and Teamwork

In the past few years, the sport of horse riding had transformed into a way of life for Laurentia. She now owns horses and gets involved in the



“Our glorious moments are not in never failing, but in **rising every time we fall**. Things may not go the way we want it to go, and there will always be challenges. We do not know our full potential unless we challenge ourselves. **We do not know what we can or cannot do unless we try**. Shoot for the moon; even if you miss, you’ll land among the stars!”

management and care of the horses. While she helps out whenever she can, she tires out easily.

Laurentia told us, “Equestrian is not just about the partnership between the horse and rider; like any sport, it is also about the people working with them and supporting them. This has taught me the importance of trust and teamwork. I am lucky to have such a great team as well as the support of everyone behind the team. Without them, I would not have achieved all I have achieved.”

Values such as passion, perseverance, determination, and creativity have helped and given her inspiration that anything is possible in life. In times of adversity, she believes it is how one responds or approaches the problem that really counts.

She shared, “My experience and achievements have shown me that sometimes things may not go as we plan them and that these things happen for a reason. Sometimes, opportunities and dreams may come in disguise so everyone should grab whatever opportunities that come their way.”

Inclusion of Paralympic Athletes in Society

After posting successful results in the Paralympic games and being extremely well received in Singapore, Laurentia feels that Singapore has improved in terms of supporting people with disabilities.

“I feel that the general aware-

ness of the disabled in Singapore has increased and there has been more emphasis on inclusion in society,” she shares. “I am happy to have helped increase the awareness of people with disabilities and equestrian sports, and in turn, helped increase the facilities and support in these areas.”

However, Laurentia also feels that there is a lot more to be done to improve equality in Singapore, especially in terms of access, facilities and support for people with disabilities. She observes that there is also a huge potential to transform attitudes and perceptions of people with disabilities and re-educating the public and the community as a whole.

Milestones and being a role model

Laurentia was recently inducted into the Singapore Women Hall of Fame, which honoured outstanding women



Laurentia with Coach Volker Eubel and teammate Max Tan.

in all fields of endeavour including political activism, educators, and philanthropists, for her pioneering achievements.

Presently, Laurentia is a Singapore Youth Ambassador and one of the Federation Equestre Internationale’s (FEI) Solidarity Ambassadors promoting para-dressage around the world. She also helps to support some of the Riding for the Disabled Association of Singapore’s events. In addition, she has also supported several Singapore Paralympic Athletes at the new Equestrian Academy. In addition to these responsibilities, Laurentia is also studying for a post-graduate diploma in psychology.

Laurentia continues to spread the important message to keep dreams alive despite major challenges. Although she is based and trains overseas, she continues to enjoy travelling to Singapore, visits schools and give talks at conferences.

“One thing I hope to continue to show is that disabled people can also enjoy and excel in whatever field they choose, sports or otherwise,” she says. “I am willing to help contribute to any organisations that invite me, to help raise awareness, give encouragement and hope.”

She concludes, “I believe that each and every person who has crossed paths in my life, however long or short it may be, has a place. Hence, they are all (my) role models for different reasons. So, anybody can be a role model.” ■

SNAPSHOTS

Business Succession Plan
28 October 2014
Suntec City Guild House

BUILDING AN ENDURING BUSINESS



Attendees learned how to ensure continuity of their family businesses by understanding the importance of drawing up a business succession plan and a buy-sell agreement at the workshop. The workshop, which was conducted by Mr Teo Hung Lib, a financial advisor from PIAS and Mr Wong Tze Roy, a lawyer from Goh JP & Wong, also treated participants to a delicious 3-course sit-down Western dinner.

Visit to Sun Love Home
25 October 2014
Sunlove Home



Scan your QR code reader to see more pictures

BRINGING IN THE SUNSHINE AND CHEER

As part of NUSS' Community Care Sub-Committee initiative, 20 members visited Sunlove Home bringing big smiles to the residents' faces. Our very own NUSS karaoke singers entertained the residents with their joyous singing, bringing about much laughter. Residents were also treated to a sumptuous vegetarian lunch sponsored by NUSS members, leaving them with a definite twinkle of delight in their eyes.

Get Lean with Barbell Training
 24 November 2014
 Kent Ridge Guild House

WORKING OUT SMART

Serious fitness enthusiasts often lose fats and gain muscles in no time with the right exercise plan and discipline. Over two sessions, enthusiasts learned about the benefits of combining strength training with cardio workouts. With a focus on squats, the technique demonstrated the effectiveness and impact of barbell training, leaving attendees satisfied.



S-connect Lunch Talk on Knee Osteoarthritis
 17 October 2014
 Kent Ridge Guild House

HEALTHY KNEES FOR THE GOLDEN YEARS

With Osteoarthritis as one of the most common form of arthritis affecting millions of people worldwide, it's thus important for seniors to understand how their daily activities such as taking the stairs or squatting can impact the knees. Over 50 members and guests attended the informative session to learn about the symptoms of Knee Osteoarthritis, its causes and effects. Simple exercises that can be done at home or work to reduce and ease the pain and protect the knee were also demonstrated.



Lasting Power of Attorney
 8 November 2014
 Kent Ridge Guild House



ENTRUSTING YOUR AFFAIRS

With many not knowing the right way to work with a Lasting Power of Attorney (LPA), the workshop was timely as participants were offered insights into how they can appoint a person or persons that they trust to act on their behalf in key areas of personal welfare and financial matters. Hands-on practice was provided as the trainer guided participants on filling up the application forms properly.

SNAPSHOTS

NUSS Christmas Light-Up 2014
30 November 2014
Kent Ridge Guild House

LET THERE BE LIGHT

The NUSS Christmas Light-up was a bustling affair with a Christmas flea market selling a wide variety of Christmas gifts, wines, pies, accessories, clothes and a massage booth, delighting members who were present. While many treated themselves to a mini yuletide spread of stews, puddings and Shepherd's pies, the little ones were not left out of the fun either. The children took part in Gingerbread Man and Christmas Ornament Decoration and had fun with Maddie the Mad Magician. The event also showcased performances by The Graduate Singers, the NUS Alumni Choir and The NUSS Choir, who heightened the festive spirit with popular renditions of Christmas carols. With claps of delight, the fun-filled night was topped off with the light-up of NUSS' very own 18ft Christmas tree.



Scan your QR code reader to see more pictures

Noisy Singapore
 14 November 2014
 Kent Ridge Guild House

HEAR YE, HEAR YE!

Whilst we know that healthy hearing allows us to communicate, socialise, or live more effectively, there are types of sounds that are considered safe or dangerous and can ultimately affect one's hearing abilities. Professor Billy Martin shared the differences between safe and dangerous sounds and how protecting the ears from loud and prolonged sounds could prevent hearing losses. A live demonstration was also given on the right way to put in earplugs and how to use earmuffs to protect the ears.



Children's Christmas Bash
 6 December 2014
 Kent Ridge Guild House



Scan your QR code reader to see more pictures

FUN FOR ALL AT CHRISTMAS CARNIVAL

To celebrate the spirit of giving, 100 kids from The Salvation Army, SINDA and Yong En Community Services Society were invited by NUSS to be entertained with stage performances as well as a variety of carnival game stalls and food stalls. Goodie bags, as well as balloons and sweets, were given out to the kids, bringing happy cheers to the children for the festive season.

Whisky Trail
 11 December 2014
 KRGH, BTGH, SCGH

BLAZING THE TRAIL

Setting the mood with Scottish bagpipe music, the whisky trail got off to a brilliant start at Kent Ridge Guild House with Glenlivet 12 years and 15 years served along canapés, pleasing the 38 members and guests present. The journey continued at Bukit Timah Guild House with boutique malt whiskeys such as Aberlour 12 years, Scapa 16 years and Longmorn 16 years.

The last stop was Suntec City Guild House where more canapes and a wonderful dessert spread awaited while live entertainment by the resident band serenaded. Two lucky dip winners also walked away with the Glenlivet 18 and 21 years as their winning prizes. All in all, it was a successful collaboration with Pernod-Ricard with many looking forward to blazing the whisky trail again soon.



Scan your QR code reader to see more pictures



NUSS receives People's Association Award for Support and Contribution towards Community Spirit



NUSS was presented with the People's Association Community Spirit Award (Merit) during the South East Community Development Council (CDC) Corporate Appreciation Lunch at the Mandarin Orchard Hotel for its efforts in organising the "Groceries with Love On Wheels" (GLOW) in collaboration with the PA's PMET Division. This national level award was received by Mr Jeffrey Khoo, NUSS' Management Committee member and Deputy Chairperson for NUSS' Community Care Sub-Committee. The award was presented by Dr Mohamad Maliki Osman, Minister of State for National Development & Defence and Mayor, South East District. NUSS is pleased to have collaborated with PA on such a meaningful event.

36TH NUSSU COUNCIL AFTER-EXAM PARTY | 11 December 2014 | Kent Ridge Guild House

Partying the Night Away After Exams

To welcome the newly elected 36th NUS Students' Union (NUSSU) Council and recognise their contribution to the student community, the student leaders were hosted to the annual networking dinner at The Chill-Lab.

The evening opened with an icebreaker game which required the audience to take "selfies" with members of the Management to win prizes.

Besides Management members, members from the various cultural and sports sections were also present to network and engage with the student leaders. They were later treated to a sumptuous Christmas buffet dinner, interactive games and song performances by NUSSU members.

Mr Jeremy Ee, Chairperson of NUSS' Alumni Development & University Relations (ADUR) Sub-Committee addressed the crowd, and congratulated the NUSSU Council members on their successful elections. He also shared on the one-year complimentary Undergraduate

Membership given to the student leaders in recognition of their contributions.

Mr Lim Kok Seng, President of the 36th NUSSU Council, echoed the

same sentiment and added that the council "[wants] to bring in [NUSS] members to participate as external vendors" for their upcoming events and activities. ■



NUSS
BALUT
Section Promo

Not Just Your Regular Dice Game

Balut is a dice game and, like Bridge, the card game, is a game meant for intellectuals. However, unlike Bridge, Balut is a more relaxed and entertaining game whereby the player can unwind for a day, by playing in a noisier, less restricted and serious environment.

The Balut section at NUSS was established four decades ago and has become one of the most well known Balut teams in this region. The section has a regular active monthly participation of about 25 members, and is focused on social interaction within NUSS through the monthly Balut section games, which is scheduled on the last Wednesday of every month. It also serves the great purpose of providing a good networking environment for people from different social backgrounds to meet.

Besides the interaction within NUSS, the section also actively interacts with other clubs in Singapore by



participating in the Balut Interclub Competitions (local) and the Balut Interport Championship (regional). In 2012, the Balut section initiated an Annual Balut Triangular Competition event with Singapore Cricket Club and Singapore Indian Association.

One most recent initiative was the organising of a Balut Inter-Alumni Competition at Kent Ridge Guild House in association with Alumni International Singapore, where our networking experience extended to the alumni of the various universities in Singapore.

JOIN US!

Members interested in joining the Balut Section may contact **Daniel Chong** on 96917454 (mobile) or Email: daniel.chong@aagroup.sg.

NUSS
SQUASH
Section Promo

Boast, Drive and Drop



The NUSS Squash Section boasts many diehard members of all skill levels that come together to hone and test their skills on Monday and Thursday nights.

During these regular sessions, the section organises squash ladders and in-house tournaments to keep the interests high and the adrenalin flowing from 6pm to 10pm.

Members are eligible to participate in the annual National Squash League organised by the Singapore Squash Racket Association (SSRA). The Squash Section also participates in the TANS Games and PAUM Games regularly as well as the occasional invitational games at other clubs.

The Section is constantly on the lookout for new blood so all novices and those who are interested to find out what squash is about are welcome to join us. Graded members are also needed to keep our squash flag flying for NUSS.

JOIN US!

Our Squash Convenor, **Andy Soh** may be contacted via email at sohandy53@hotmail.com.

Competing and Building Stronger Bonds

Home ground advantage proved decisive at the 29th annual NUSS-PAUM Games once again as this year's host PAUM regained their crown after losing the title of overall champion to host NUSS the previous year.

This year's final results belied the keen but friendly competition that took place in each of the seven sports contested, where PAUM emerged victorious save for golf where NUSS prevailed and a draw in tennis due to inclement weather.

NUSS' Golf Section took home the first points of the Games for the Society as the golfers prevailed 6-4 at the Kelab Golf Perkhidmatan Awam (KPGA). The golfers had arrived a day earlier to get ready for a practice round.

The NUSS shuttlers drew 4-4 with their PAUM badminton counterparts but lost a point on countback on the number of sets won. PAUM had won 11 sets compared to 9 sets for NUSS, thus the point was awarded to the former.

The paddlers from NUSS could not muster enough to overcome



the firepower of their PAUM rivals and succumbed 3-6 during the table tennis competition at the University Malaya Gymnasium.

PAUM players also proved too strong for the NUSS players in squash and soccer, where PAUM emerged 4-1 victors in both sports despite the valiant fight put up by their NUSS rivals. It was the same in bowling where PAUM walked away with the point after winning 44-16.

Despite the competitive atmosphere, it was evidently clear that the Games were more about building bonds of friendship and camaraderie than winning.

In his message on the Games programme, NUSS President David Ho, said, "A major highlight on our sporting calendar, the NUSS-PAUM Games has been a significant platform for making new friends



“The tradition and history of the PAUM-NUSS Games show the close bond and relationship between our two alumni associations in Malaysia and Singapore. Indeed, the PAUM-NUSS Games is a landmark event keenly anticipated by the members of both alumni [associations] in our respective annual sporting calendars.”

Datuk Dr Hj Noordin Adb Razak
PAUM President

and catching up with long-time comrades. NUSS and PAUM have forged and shared a close relationship, and we must take pride and cherish.”

PAUM President, Datuk Dr Hj Noordin Adb Razak echoed Mr Ho’s sentiment, saying in his message, “The tradition and history of the PAUM-NUSS Games show the close bond and relationship between our two alumni associations in Malaysia and Singapore. Indeed, the PAUM-NUSS Games is a landmark event keenly anticipated by the members of both alumni [associations] in our respective annual sporting calendars.”

During the Gala Farewell Dinner at PAUM’s brand new clubhouse, PAUM Organising Chairperson Ir. Eric Goh said, “Though our new clubhouse is not fully operational, I am happy to welcome all of you to our new clubhouse. I am very sure we will continue to strengthen this special friendship and bond among us in the years to come.”

The evening once again saw the friendly spirit between both sides coming to the fore as they pitted their vocal skills against each other during the karaoke session, showcasing the contestants’ other skills besides their sporting prowess. ■

NUSS
BADMINTON
 Section Promo

Smashing Times

The NUSS Badminton Section is seeing much growth in recent years with membership increasing by 30 percent over the last three years. Besides the objective of promoting badminton within the NUSS family and to encourage healthy living, the Badminton Section also fosters networking and teamwork under the auspices of challenging sports.

Players with all skill levels and experiences are welcomed. Newbies can expect to exchange pointers and receive coaching tips from the more experienced members of the section.

Whether you are looking to hone your badminton skills or to get fit, we have regular practice sessions and different levels of competitiveness. We also organise friendly matches with both local and overseas teams including competition trips to Malaysia, Thailand, China, Taiwan and Hong Kong.



All badminton sessions are held at the Multi-Purpose Hall in Kent Ridge Guild House during the following periods:

- Tuesday: 1900-2200hrs (1 court)
- Wednesday: 1900-2200hrs (2 courts)
- Saturday: 1400-1600hrs (3 courts)
- Sunday: 1500-1800hrs (3 courts)

JOIN US!

Members interested to join the badminton section may contact **Tony Ang** at 94889600 or email him at tonyangah@gmail.com.

Cue the Good Times

NUSS
BILLIARDS
 Section Promo



NUSS' Billiards Section meets regularly on **Mondays** and **Thursdays** from **6pm to 10pm** at **Kent Ridge Guild House**, bringing together old hands and newcomers to exchange pointers in snooker and billiards.

Every meeting promises to bring fun and good times as practice games and friendly matches are available for players of all levels.

One of the notable achievements of the section was helping NUSS emerged overall champions at the TANS Games with a 1st runner-up position in Billiards.

The section is currently taking part in Division 4 of the National Snooker League 2014/2015, which runs from December 2014 to March 2015.

The Billiards Section organises an annual NUSS Closed Snooker Tournament and other friendly matches with other clubs and societies as well.

JOIN US!

If you wish to join or know more about the Billiards Section, contact **Ng Wai Hong** via email sports@nuss.org.sg.

SPECIAL NOTICE Due to the schedule of the National Snooker League, practice nights on Thursday will be changed to Wednesday with immediate effect. Meetings will revert back to Thursdays thereafter.

Staying Ahead of the Competition

We all know we need to keep learning and keep moving forward – but how do we learn effectively?

Singapore, a small country with a reliance on the global economy, will inevitably face pressure to keep up with and adapt to the changes in the world to remain competitive. As a society, we have to keep pushing ahead to stay abreast of the latest technologies, thinking of newer ways of working in order to become more productive and maintain our competitive edge.

In our individual roles at the workplace, what it translates into is the ever-present reality for us to do more, with better quality, but with less time taken and lesser resources spent. After all, when was the last time your boss said to you that you were too productive and have to do less instead?

It has become common knowledge that lifelong learning is the key to lifelong employment, and so, training and self-development courses are abundant in the market. However, if both you and I are similarly aware of what the certifications are to “progress” to the next level, and proceed to do the same training courses, how can we really differentiate ourselves from the competition?

The first step in staying ahead of the competition is arming ourselves with the right attitude to learn. It is easy to shut our minds and say, “I have heard it before. There is nothing new you can teach me.” For example, how many of us already know that eating healthily and exercising regularly is good for us? Not all of us then take the action to manage our diet and exercise regularly at all times.

Just because we have heard the advice before, does not mean it has no further value. Prior to attending any training courses, we need to ensure that we maintain a truly open mind, and then ask ourselves what we can actually do with the knowledge that is gained.



THE FIRST STEP IN STAYING AHEAD OF THE COMPETITION IS ARMING OURSELVES WITH THE RIGHT ATTITUDE TO LEARN.

Bernard Shaw said “If you teach a man anything, he will never learn.” As such, learning is an active process. We learn by doing and only knowledge that is used and applied will stick in the mind. This is effectively looking to form a new way of doing something or a new habit. Attempting to form new habits though, is something that will take time, persistence, and reflection.

Learning how to ride a bicycle for example, involves actually getting onto a bicycle to practise cycling. We may have to fall again and again before acquiring the new skill. However, once the skill is acquired, it becomes permanent and is not just an academic exercise. Thus, those that practise the tools and concepts learnt will likely be the more adept manager because of their practical application, and hence, be in a better position to move up the career ladder subsequently.

Putting things into practice is what will make a difference. By taking the

time to practise and seeing the difference it makes, then practising it again until we no longer have to consciously remind ourselves to apply the knowledge. By continuously keeping an open mind in acquiring new knowledge, putting it into practice, and by refining new skills and habits, we can then truly push ourselves forward and stay ahead of the competition. ■



*This article is contributed by **Celeste Lim**, currently a Director overseeing Finance, Operations and Human Resources functions as well as an active trainer with Dale*

Carnegie Training Singapore. The Dale Carnegie Training is represented in all 50 states of the United States and in over 80 countries. More than 2700 instructors present Dale Carnegie Training programmes in more than 25 languages worldwide.

Thyroid Disorders

EXPLAINED

Tick, tock, tick. Did you know that your thyroid gland functions like a clock that tells your body how fast it should work? So when the thyroid gland is over- or underactive, it can cause health problems and affect the quality of your life.



Your thyroid needs an exact level of hormones for your body to function properly. So if your thyroid fails to work properly - such as when it is producing too little or too much hormones - it can cause health problems that will affect your well-being.

Most of us will not give our thyroids a second thought. But this butterfly-shaped gland at the front of your neck is actually vital to keep your body running smoothly.

Situated right below your larynx (or voice box), the thyroid is roughly the size and shape of a bow-tie. The thyroid uses iodine to produce two hormones - triiodothyronine (T3) and thyroxine (T4).

"These hormones get released into the bloodstream and transported to other parts of your body to control metabolism and other bodily functions, such as appetite, muscle strength, body temperature and the reproductive system," explains Dr Goh Su-Yen, Head and Senior Consultant, Dept of Endocrinology, Singapore General Hospital.

Ultimately, it is all about getting your thyroid in balance so that you can reap the health benefits that follow. Dr Goh adds: "Your thyroid needs an exact level of hormones for your body to function properly. So if your thyroid fails to work properly - such as when it is producing too little or too much hormones - it can cause health problems that will affect your well-being."



WHEN YOUR THYROID IS UNDERACTIVE...

An underactive thyroid does not produce enough hormones to adequately meet the body's needs - a condition known as hypothyroidism. This may cause the 'slowing down' of many bodily functions. Although this is usually a permanent condition, it may sometimes be temporary.

What causes it?

There are many causes of hypothyroidism, such as:

- *Hashimoto's disease:* The most common cause of hypothyroidism, this is an "auto-immune" or "self-attacking-self" disease. Dr Goh says: "What this means is that your body's own antibodies are targeting the thyroid gland and gradually destroying its ability to produce enough hormones."
- *Radioactive iodine treatment:* If you are undergoing this treatment for high thyroid hormone production, hypothyroidism may develop.
- *Thyroid operation:* If most of your thyroid has been removed, then the gland may not be able to produce enough hormones.
- *Medication:* Certain medications such as amiodarone and lithium may cause this condition.
- *Thyroid inflammation:* Known medically as subacute thyroiditis, this is a painful condition that may cause hypothyroidism.
- *Congenital hypothyroidism:* A baby may be born with an insufficient amount of thyroid tissue or a problem that does not allow normal thyroid hormone production.

How would you feel?

An estimated one in 50 women suffers from hypothyroidism. The signs and symptoms include fatigue, dry skin, hair loss, light or irregular menstrual periods, hoarseness of voice, appetite loss, mood swings,

leg cramps, constipation, joint pain, forgetfulness, puffy face, brittle fingernails and weight gain. These symptoms may develop over a few years, so it is easy to disregard them. When the thyroid works harder to produce more hormones, it may also swell – a condition known as goitre.

Treating it

Your doctor will diagnose hypothyroidism by doing a blood test. If your thyroxine level is low but Thyroid Stimulating Hormones (TSH) levels are high, chances are that you have hypothyroidism.

Left untreated, you may face an increased risk of heart disease.

The reason is that a low T4 level causes blood lipids such as LDL (or ‘bad cholesterol’) to rise. If you are pregnant, there may also be complications such as pre-eclampsia, anaemia and serious bleeding after childbirth. In worst cases, you may suffer from myxedema coma, a rare complication that may be fatal.

Your doctor is likely to recommend a thyroxine replacement treatment, where you have to start popping a pill of synthetic thyroid hormone (thyroxine) everyday for life. Once the correct dosage has been determined from your blood test results over a period of time, it will remain stable.

“You may then only need a

With the right life-long treatment, it is possible to keep your thyroid condition under control – and retain your quality of life.

blood test once a year,” says Dr Goh. “There are few side effects and almost no allergic reactions, making the treatment completely safe.”



WHEN YOUR THYROID IS OVERACTIVE...

Hyperthyroidism refers to an overactive thyroid, when the gland produces more hormones than normal - a condition known as hyperthyroidism. This means your body is producing hormones too enthusiastically. This may lead to unpleasant symptoms.

What causes it?

In 70 per cent of the cases, hyperthyroidism results from an auto-immune disorder known as Graves’ disease. This is a condition where your body attacks the thyroid. It causes the thyroid to produce more thyroxine hormones to speed up your body’s metabolism.

How would you feel?

The signs and symptoms include sudden and unexplained weight loss, increased sensitivity to heat, increased heart rate, nervousness, anxiety and irritability, hand tremor, changes in menstrual patterns, diarrhoea, fatigue, muscle weakness, restlessness and insomnia. One characteristic symptom of hyperthyroidism is bulging eyes. There may also be an enlarged thyroid gland (goitre) that can appear as a swelling at the base of the neck.

Treating it

Your doctor will diagnose hypothyroidism by doing a blood test. If your thyroxine level is high but Thyroid Stimulating Hormones (TSH) levels are low, chances are that you have hyperthyroidism. Left untreated, you

may end up with health issues such as an irregular heartbeat.

“This can worsen heart problems, such as angina,” says Dr Adoree Lim, Consultant, Department of Endocrinology, Singapore General Hospital. “Also, should your hyperthyroidism symptoms intensify suddenly, it could lead to fever, rapid pulse and even delirium.”

The excessive thyroid hormones can also affect your body’s absorption of calcium into the bones, leading to osteoporosis. In Grave’s disease, your eyes may also bulge and be sensitive to light and blurring or double vision.

To treat an overactive thyroid, your doctor is likely to recommend one of the following methods:

- **Anti-thyroid medicine:** These drugs gradually reduce the symptoms of hyperthyroidism by blocking the production of thyroid hormones. With this medicine, the symptoms usually improve within six to 12 weeks.
- **Radioactive iodine treatment:** If you do not respond to the medication, you may have to try radioactive iodine treatment instead.

Taken orally, the radioactive iodine gets absorbed by the thyroid. With this treatment, the symptoms usually subside within three to six months. It slows down the thyroid activity considerably, sometimes to the point of hypothyroidism. If so, you may have to take thyroid supplements.

- **Surgery (thyroidectomy):** As a last resort, surgery is an option. But there are risks involved, including damage to your vocal chords and parathyroid glands (the four tiny glands located at the back of your thyroid gland that helps you to control the level of calcium in the food). “After the surgery, you may still need life-long treatment with medication to keep your thyroid hormone level normal,” says Dr Lim. “You may also need medication to keep your blood-calcium levels normal.” ■

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.

Things to Know about your Banking Account

Most of us deal with our bank in some way, on a daily and regular basis. So it is important to know what to expect with your banking account and having one that fits your needs.

What fees and charges do you pay?

Each bank will have a pricing guide detailing the fees and charges applicable for the accounts and related services available. A consumer should refer to the guide for more details before opening an account. On early withdrawals from fixed deposits, some banks may pay lower or even no interest. In some cases, the bank may even impose an administrative fee.

Banks often reserve the right to vary amounts charged at any time, subject to giving notice to their customers.

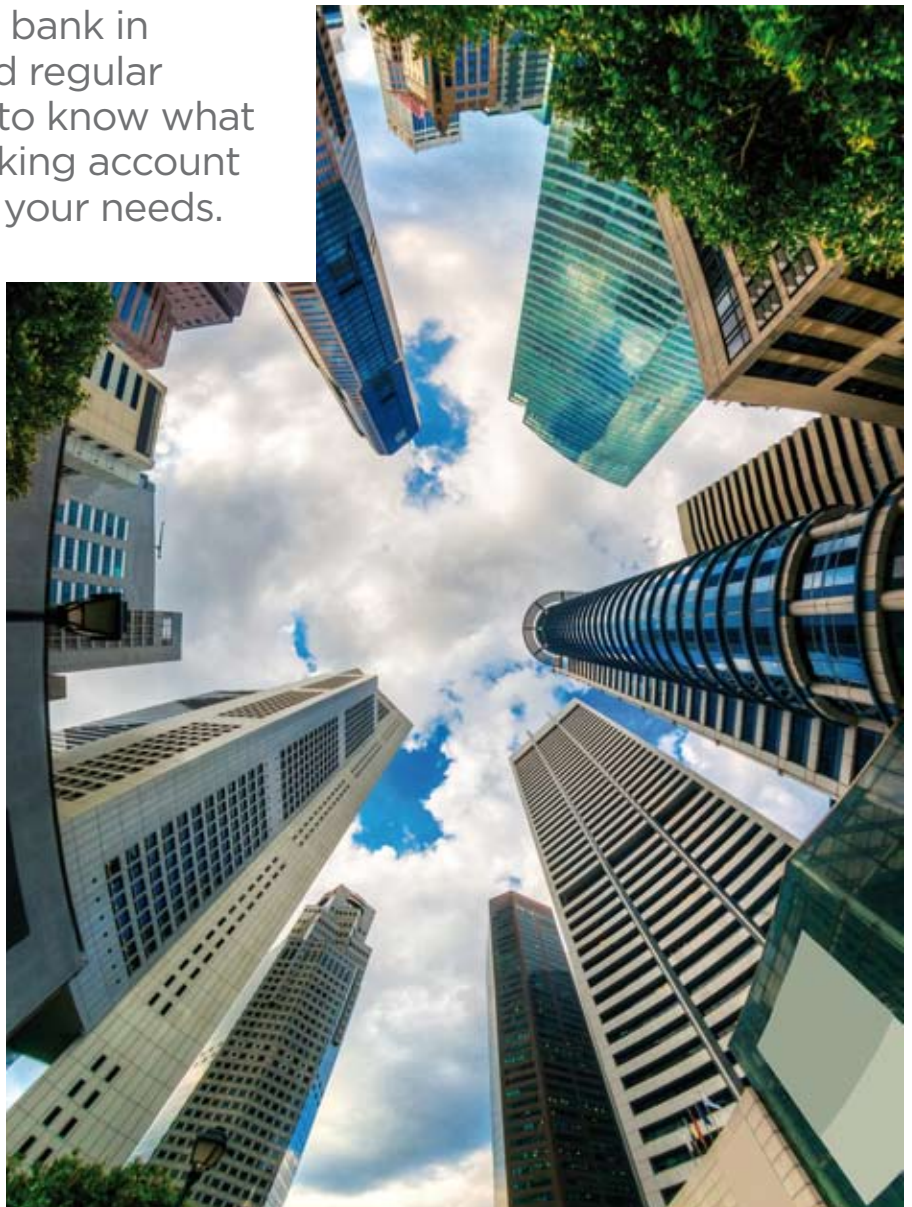
Can a bank change its services or fees and charges?

From time to time, your bank may make changes to the following:

- Terms and conditions of the product or service being provided
- Fees and charges
- Interest rate applicable
- Continuity of product or service – these may be discontinued
- Location of premises

The bank will inform you of these changes via one of the following:

- Account statements
- Its ATMs
- Its branches
- Its website
- Email or letters
- Media, e.g. an announcement in the newspapers



International experience has shown that banks can fail and depositors can lose their savings even in reputable and well-supervised jurisdictions. Although Singapore has not had a bank failure, there is no guarantee that a bank failure will never occur.

Do bank accounts have any risks?

When you place money in a bank account, there is a risk that the bank is unable to return the money to you when you want it back because of bank failure. Other risks which may arise include theft or fraud.

While Singapore's banking system remains sound, things can go wrong in today's complex and globalised environment. International experience has shown that banks can fail and depositors can lose their savings even in reputable and well-supervised jurisdictions. Although Singapore has not had a bank failure, there is no guarantee that a bank failure will never occur. In a bank failure, ordinary depositors may suffer the loss of their core savings.

If you place your money in long term fixed deposits, there is also the risk that inflation erodes the value of your money.

What is deposit insurance?

A deposit insurance scheme is in place to protect individuals and non-bank depositors in the event of bank or finance company failure. The Scheme insures Singapore dollar deposits that a depositor maintains in savings, current or fixed deposit



BANK ACCOUNT RISK



If you place your money in long term fixed deposits, there is also the risk that inflation erodes the value of your money.



Protecting your account

■ ATM Card/PIN

Always keep your ATM card safe and your PIN secret. To protect your PIN:

- Destroy the original print copy of the PIN
- Do not allow anyone to use your card or PIN
- Never write down the PIN on the ATM card
- Do not use easy-to-remember dates or numbers like your NRIC or birthdates as your PIN
- Change your PIN from time to time

■ Cheque Book/Savings Passbook

- Keep your cheque book and passbook in a safe and secure place when you are not using them.

accounts with a full bank or finance company, up to S\$50,000 in aggregate per insured depositor per Scheme member. Monies held in bank deposits under the CPF Investment Scheme ("CPFIS") and CPF Minimum Sum Scheme are aggregated and separately insured up to S\$50,000.

The Deposit Insurance Scheme also applies to joint accounts. Each joint account holder's share of the joint account is combined with other insured deposits held in his own name. The aggregate amount of insured deposits is insured up to S\$50,000. Each joint account holder is assumed to have an equal share in the joint account, unless the Scheme member has records to show otherwise.

Deposits held in trust and client accounts by non-bank depositors are insured on a per account basis up to \$50,000.

Is internet banking safe?

Banks are expected to take appropriate measures to ensure that their websites and online facilities are

secure. Read up on phishing and vishing and 2-factor authentication to find out more about how you can make your online banking transactions more secure.

How can you stop telemarketing calls?

Under the Personal Data Protection Act (PDPA), the provisions relating to the Do Not Call (DNC) Registry came into effect on 2 January 2014. Consumers who do not wish to receive calls from telemarketers can register their telephone numbers with the Do Not Call (DNC) Registry maintained with the Personal Data Protection Commission (PDPC). For more details, please refer to FAQs For Individuals in the PDPC's website at <http://www.pdpc.gov.sg>. ■

The above information was contributed as part of the MoneySENSE national financial education programme.



The islands of Hawaii have always been a tourist destination, however Hawaii has become even more well-known today, thanks to the immense popularity of a modern remake of the old 1960's TV show, Hawaii Five-O. **Vincent J Kellsey** takes you around as a long-time resident of Hawaii, for a local taste to adventures in travelling within the land of the hula.

A high-angle photograph of a surfer riding a massive, curling blue wave. The surfer is positioned near the base of the wave's face, creating a spray of white water. The wave's crest is a thick, white foam that cascades down the side of the wave. The overall scene is dynamic and captures the power of the ocean.

ALOHA

Hawaii Five-O!

When Hawaii is mentioned, it conjures one of two things for people in their minds: it is either a paradise on earth of surf, sun and sea, or a tourist-trap full of eclectic mix of items such as plastic dashboards, hula girls and artificial grass skirts. The Hawaiian word ‘*Hawai’i*’ derives from Proto-Polynesian ‘*Sawaiki*’, with the reconstructed word meaning ‘homeland’. Hence, my adventure began in making this my homeland eventually.

As an avid traveller, having visited more than 32 countries, Hawaii, in all honesty, was one of those places I had avoided thinking it was simply for tourists who wore loud Hawaiian shirts, getting sun-soaked on the beach drinking Mai Tai cocktails all day or shopping for souvenirs in tourist-driven gift shops.

Finally deciding to find out about the ‘real’ Hawaii for myself, I discovered that the tourists and loud shirts and tacky souvenirs were proven true — but I also discovered just how wrong I really was about the destination. True, loud shirts, gift shops and sometimes tacky souvenirs were all



*Approximately
80 percent of the
population live
on Oahu as it is
where the main
city of Honolulu
is located.*

there, but there is also another side to the islands, one which locals know and which I had come to love. In fact, loving this side of Hawaii had me deciding to stay longer — and so I stayed, for five fabulous years — my own Hawaii Five-O adventures.

Those who are considering a visit to this magical paradise, there are a few basics you will desire to know. There are eight main islands in the Hawaiian island chain. They are O’ahu, Maui, Hawai’i (known as ‘the Big Island’), Kaua’i, Moloka’i, Lana’i, Kaho’olawe (uninhabited) and Ni’ihau (privately owned). Each of these named major islands has a personality of its own.

With the majority of years living in Hawaii on **O’ahu** (most often spelled Oahu outside of Hawaii), this is where most of the action is. The name Oahu translates as “The Gathering Place” and you will truly find people from all over the world gathered here to enjoy all that this beautiful and dynamic island has to offer.

Approximately 80 percent of the population live on Oahu as it is where the main city of **Honolulu** is located. This is where you will fly into no matter where in Hawaii you are going, as Honolulu holds the



Honolulu, Hawaii and with the saucer-shaped crater Diamond Head in the distance.

main airport as well as being the central hub for travel and link to the other islands.

The wonderful thing about Honolulu is that it is a city, and offers all the wonderful things that cities anywhere around the world would offer, such as fine dining, clubs, concerts, and world-class shopping. Most of all, there are the beautiful people of Hawaii, full of smiles and welcoming you through the day. All of these are just minutes from some of the world's best beaches, with clean and crystal clear ocean waters.

The majority of the hotels, shopping and nightlife are located within the world famous beach district of **Waikiki**. From here, one can easily head out to the majority of the most popular tourist spots, such as **Diamond Head crater** and the **Pearl Harbour memorial**, as well as simply relaxing on one of the most well-known beaches in the world, Waikiki beach.

Waikiki, meaning 'spouting fresh water' in the Hawaiian language, was a name derived from the springs and streams which fed wetlands that were once separating the area from the interior lands. While the surf at Waikiki is better known for its long rolling break, making it ideal for long boarding, tandem surfing and beginners, the beach is fairly short with half of it marked out for surfers.

Waikiki also features its main thoroughfare, **Kalakaua Avenue**, named after a Hawaiian king. This



Overlooking Waimea Falls in Waimea Canyon State Park on the island of Kauai, Hawaii, USA, nicknamed the Grand Canyon of the Pacific.

stretch houses most of the upper-end hotels and enough of designer, boutique stores to keep shoppers giddily happy. **Kuhio Avenue**, the other main thoroughfare, is better known for its restaurants, local cafes and grocers, along with a good spread of clubs and nightlife to choose from.

If the city is not your thing, you might like to venture around to see the real Hawaii away from the gift shops of Waikiki by heading North to Oahu, of course!

The **North Shore's** legendary winter waves are the main tourist attraction, and they also attract not only tourists, but the best surfers in the world. The Vans Triple Crown of Surfing, considered the Super Bowl

of surfing, is held on its shores every year in November and December at **Waimea Bay, Haleiwa Beach** and **Ehukai Beach** (Banzai Pipeline). From December till February, it is possible for waves on the North Shore to hit a 'face height' (the measure of the face of a wave, from the bottom to the top) of 40 feet or more, which is well over 12 meters tall — that's one big wave to behold!

Even if you are not a surfer, and never plan to be on a surfboard in your entire life, these waves are not to be missed, and you will be amazed to watch the surfers who risk life and limb for the ultimate rush of riding these monster waves — not to mention the big winners purse and multi-million dollar endorsements which top surfers can gain when they win these big surfing competitions.

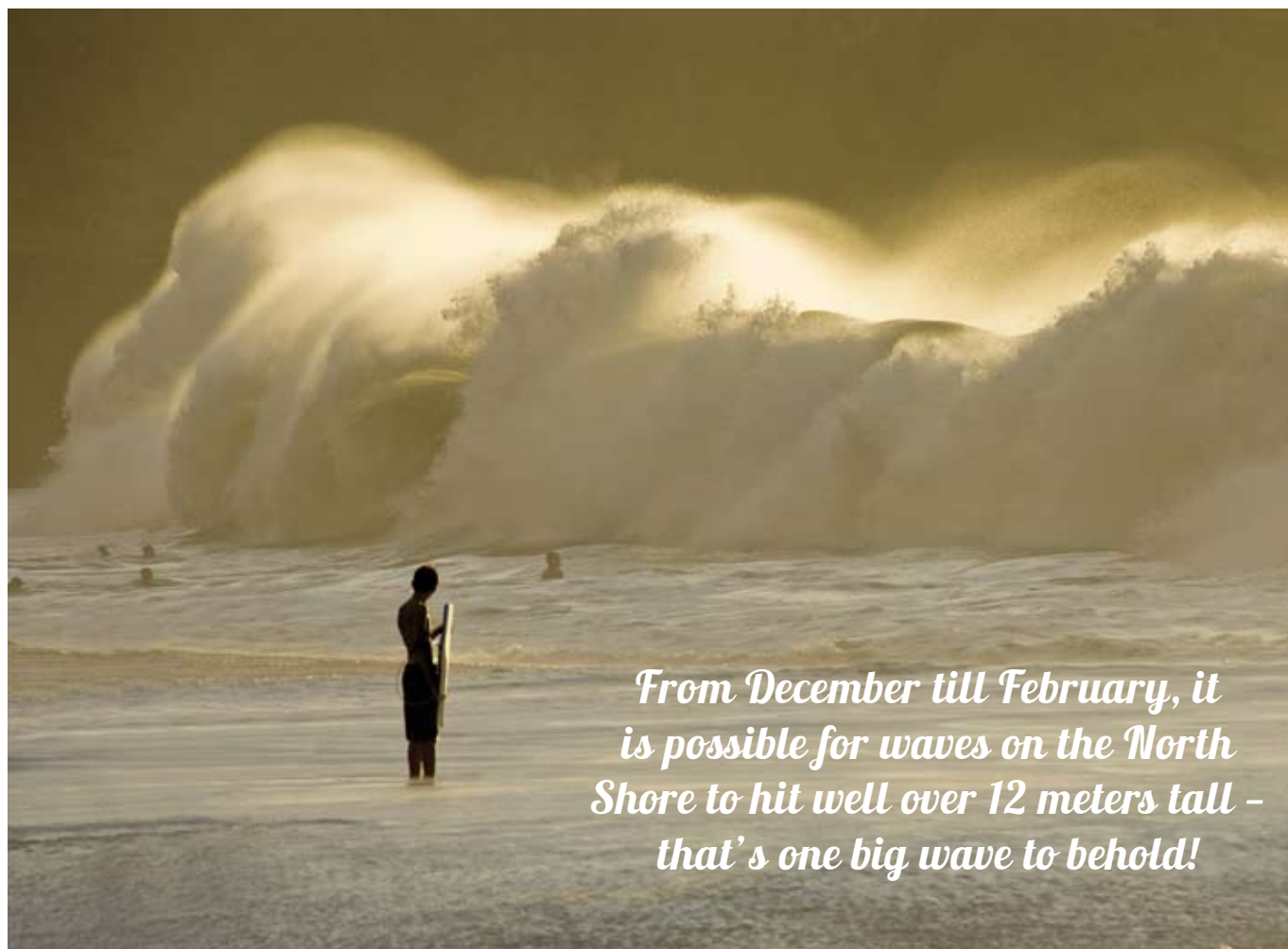
Some of the biggest names in surfing have cut their teeth and earned their names on these waves. Surfers such as Kelly Slater and Andy Irons, two of the most recent legends have come out of these waters and conquered the waves.

It is important to note that during the big wave season and especially on competition days, traffic to the North Shore can be heavy — so plan accordingly.

The North Shore can easily be reached by rental car or by city bus, whichever suits your travelling style as you call out to locals and travellers alike with an *Aloha* cheer. ■



Busy intersection in the evening along the famous Kalakaua shopping district in Waikiki, Hawaii. Kalakaua Avenue is the main shopping street in Waikiki.



From December till February, it is possible for waves on the North Shore to hit well over 12 meters tall – that's one big wave to behold!

A bodyboarder watches as a big wave breaks on the shore at Waimea Bay, North Shore of Oahu.

TRAVELLER'S TIPS

- **Economy return flights** are estimated to be \$1,860 upwards, from Singapore to Honolulu with two stopovers. Flight time tends to be rather long so getting up once in a while to stretch out will help in decreasing the risk of deep-vein thrombosis (DVT).
- Any time of year is a good time to visit Oahu. The average temperature ranges between **23 to 29°C**. Summer, between April and November, is warmer and drier, whilst during winter, between December and March, it gets a little cooler. Trade winds keep things comfortable all year-round. It is generally drier on the western (leeward) side and wetter on the eastern (windward) side.
- Make sure to bring a set of **long-sleeved shirt** and **pants**, and even a very **light jacket** as there are parts of Hawaii that can get cooler in the evenings at the higher elevations or further inland, away from the ocean.
- It can rain at anytime in Hawaii, but the rain is typically light and short-lived. Often you can experience sitting on the beach in direct sunshine, feeling a light mist of rain from apparently clear blue skies, whilst seeing a rainbow at the same time. You will not need rain gear on your trip to Oahu unless you plan to do extensive hiking or camping. Umbrellas are also easy to purchase if needed for both sunny and rainy days.
- Oahu's city transportation system is aptly named **'TheBus'**. Fares are reasonable, routes are extensive, and there are special visitor passes for multiple day uses. For more information on fares, bus routes to popular attractions or any other useful information, visit <http://www.thebus.org>. The customer service personnel are very helpful and wait times for assistance are generally short when calling the hotline at (808) 848-4500.
- Another affordable option is the **trolley** – the routes and destinations are not as extensive as TheBus, but the trolley travels along most major tourist attractions and offer tickets for unlimited rides over a certain number of days. For more information on the trolley, visit <http://www.waikikitrolley.com> or call (808) 593-2822.
- **Mosquitoes** are not a problem in Hawaii, as the breezes are always gently blowing. If you are staying mainly on the beaches and in Waikiki, there is no need for repellent. However, if you are planning on any hiking or visiting any lush, wet areas near fresh water, you will want to bring some along just in case. It can be easily purchased at places such as ABC stores, which are found around Waikiki easily and supply most everything that you need.
- If **beer** and **wine** are your poison, they are readily available at almost any convenience store and are relatively inexpensive. **Drinking in public** is a no-no or you might find yourself paying a fine or worse, spending a night in the local lockup – so keep it to your room or within any of the many bars and nightclubs found in Waikiki and beyond.
- Waikiki has a very active **nightlife**, and even if you are not hot on bars and clubs, simply going out and walking the streets at night will bring you many hidden gems discovered and things to do till the wee hours of the morning.
- Hawaii is a very safe place, however, as with any other place, be aware of your **belongings** and **valuables**. Do not leave them in your car if you visit any of the lesser-frequented beaches or even those outside of Waikiki – as you will need to leave your car in the parking lot, break-ins can and sometimes happen if valuables are apparently visible in your vehicle.

USEFUL PHONE NUMBERS

The area code for the state of Hawaii is (808).

Oahu Visitors Bureau: (808) 524-0722

Marriage License and Civil Unions: (808) 586-4545

Honolulu International Airport Visitor Information: (808) 836-6413

Agricultural Inspection: (808) 832-0566

Camping Permits: (808) 523-4525 (county), (808) 587-0300

Set yourself apart from the rest of the job-hunting herd and get noticed by potential employers. Specialist recruiter Robert Walters shares tips on how to market yourself in today's competitive employment climate.



How To MARKET YOURSELF

Increasing employability takes more than just a stellar resume and flawless credentials. In the competition for top talent, organisations seek professionals who know what they want in a career and how to achieve those goals. There are just as many candidates jostling each other for the best positions in the market.

To stand out from fellow jobseekers, it is critical to be aware that companies are always on the lookout for talent. They are also typically willing to pay a premium to recruit such candidates in order to build a more effective workforce. Here is how to market yourself in the employment market.

1 Put on your sales cap

The most effective marketers know how to position their products and tout all the benefits that are relevant to the needs of a buyer. Similarly, to close the sale and wow the employer, you need to expound on the benefits of the product – your strengths, work experience, industry knowledge, contacts, skills, successes and quote examples that matter most to the company's objectives or vision.

2 Be a networking guru

Network constantly and aggressively, but stay focused. Attend various business and social networking events to increase your profile, and contribute actively to these platforms by sharing your success stories, interesting case studies or market insights that you have gathered from the course of your work. Be aware of market and industry trends so that you can build your strengths in the hot areas of specialisation, or discuss issues intelligently with potential employers or other contacts you have made at the networking events.

3 Know the company inside out

Demonstrate your commitment and sincerity by asking concise, focused and clear questions about the company. The employer will see you as someone who is keen, proactive and really serious about the job and the organisation. Such an approach can help to establish your credibility and raise your profile above the other candidates.

4 Moving forward

Many people tend to focus too much on presenting their past job responsibilities instead of showcasing their prior achievements and accomplishments to prospective employers. One of the secrets to marketing yourself is to use your previous work experience and successes to convince the potential employers that you possess the knowledge, expertise and skills that their company and industry need to move forward.

5 Work with a reputable headhunter

Specialist recruitment consultants from reputable search firms can help highlight your most compelling transferable skills and build a strong case for you to hirers. When you work with headhunters, you will also receive invaluable career consultation and advice, as well as professional coaching to help prepare for interviews. A good recruitment consultancy can open up new career opportunities in the fields you desire, and provide a multitude of potential jobs from the high profile organisations or new industries that they represent. ■



*This article is contributed by **Tim Klimcke**, Associate Director, Robert Walters Singapore – Sales, Marketing, Supply Chain & Procurement specialist recruitment divisions.*



SG50 Babies High Tea

Celebrate the first month of your newborn at NUSS!

PACKAGE COMES WITH COMPLIMENTARY

- Red eggs and ang ku kuehs for all guests
- Free flow of soft drinks, coffee and tea
- 1.5kg cake
- Balloon decorations

SPECIAL GIFTS!

- BabySPA package inclusive of one-time water-training, baby massage and baby haircut
- \$50 Kiddy Palace voucher

For reservations and enquiries, please call

Agnes Phua (KRGH)
Banquet Sales Manager
DID 6586 3771
Email agnesphua@nuss.org.sg

Ragu (SCGH)
Banquet Sales Executive
DID 6395 6626
Email ragu@nuss.org.sg

Terms and Conditions

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- A 10% surcharge applies to hirers who are non-NUSS members
- Applicable from 2pm - 5pm

Pick the venue of your choice for your functions and seminar at NUSS!

Spanning across 3 locations in Singapore, choose from the spacious Kent Ridge Guild House, the sophisticated Suntec City Guild House or the quaint and beautiful Bukit Timah Guild House!



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email agnesphua@nuss.org.sg

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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

喜氣羊年



Chinese New Year Promotions 2015

4 February to 5 March 2015

Chinese New Year, also known as the 'Spring Festival', is a time for reunions and welcoming of prosperity, good health and blessings.

Usher in the New Year and kick start the festivities by having a heartwarming reunion dinner at our Guild Houses! Delight your guests with Chinese New Year assorted goodies available for purchase too!

Visit our website at www.nuss.org.sg to make your reservation today!

NUSS
The Graduate Club

The Bistro

Suntec City Guild House



13 & 14 February 2015

6pm - 10pm (last order at 9.30pm)

\$68 per person

\$168* for two persons

**with a bottle of
Santa Margherita Prosecco Brut*

**Beat the Valentine's Day crowd
on 13 February 2015! Dinner comes with
a glass of Santa Margherita Prosecco Brut and
a special door gift at only \$68 per person!
(Only 20 seats available!)**

MENU

On Cloud Nine

Tuna tartare on Chilled Gaspacho

Cupid's Cup

Mediterranean Seafood Bisque

Love Me Tender

Slow Braised Beef Cheek and Pancetta topped with Foie Gras served with Pumpkin Spinach and Burgundy Wine Truffle Reduction

OR

Perfect Pair

Lobster and Prawn Ragout in shell with Mushroom Angel Hair Pasta and Asparagus

Sweets for My Sweet

Valentine Passion Fruit Cheesecake with Peaches

Coffee / Tea

For reservations, please call **6395 6628** or
email maypang@nuss.org.sg or
ronaldchak@nuss.org.sg

Terms & Conditions

- F&B credits are accepted
- Cancellations made 7 calendar days from the event and no-shows will be charged in full
- Terms and conditions are subjected to change without prior notice

The Dunearn

Bukit Timah Guild House



13 & 14 February 2015

6.30pm - 10pm (last order at 9.30pm)

\$88 per person

Comes with a complimentary glass of wine (red/white)

**Spend an enchanting night
with your loved one amidst the intimate
garden setting of The Dunearn**

MENU

Appetiser

Flamed Venison Carpaccio drizzled with Sweet and Sour Fig Jam and a touch of Truffle Salt

Soup

Roast Asparagus Soup garnished with Smoked Fish

Tasting Platter

Homemade Foie Gras Torchon with Port Wine Jelly

Intermezzo

Entrée

Sous Vide Kurobuta Cheek with Pineapple Confit

Main Course

Pan Seared Lamp Rump topped with Lobster and Brie Cheese served with Japanese Potato Purée

Dessert

Orange and Passion Fruit Flavoured White Chocolate Mousse with Strawberry Sorbet



For reservations, please call **6586 3260** or
email jasonquek@nuss.org.sg or
visit www.nuss.org.sg

Terms & Conditions

- Reservation is required and will be confirmed via email or fax
- Cancellations must be made 14 days in advance, otherwise full payment will be charged
- F&B credits are accepted
- 10% service charge applies to non-NUSS members
- Terms and conditions are subjected to change without prior notice

CALENDAR

JANUARY 2015

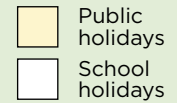
 Public holidays
 School holidays

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 New Year	2 Zumba Fitness Pilates Swimming for Juniors	3 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic
4 Ballet for Juniors Swimming for Juniors	5 Yoga Flow Gentle Yoga Flow Energy Pilates	6 S-Connect Pickle-ball S-Connect Connection	7 Exerfit Moves Zumba Fitness	8 Zumba Gold Swimming for Ladies Zumba Dancercise	9 Zumba Fitness Pilates Swimming for Juniors	10 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic
11 Ballet for Juniors Swimming for Juniors	12 Yoga Flow Gentle Yoga Flow Energy Pilates	13 S-Connect Pickle-ball S-Connect Connection Prostate Condition Talk	14 Exerfit Moves Zumba Fitness	15 Zumba Gold Swimming for Ladies Zumba Dancercise New Members' Night	16 Zumba Fitness Pilates Swimming for Juniors NUSS President's Trophy Challenge 2015	17 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic Visit to St. Joseph's Home
18 Ballet for Juniors Swimming for Juniors	19 Yoga Flow Gentle Yoga Flow Energy Pilates	20 S-Connect Pickle-ball S-Connect Connection	21 Exerfit Moves Zumba Fitness	22 Zumba Gold Swimming for Ladies Zumba Dancercise Understanding and Treatment For Children with Learning Difficulties and Dyslexia Toastmasters Chapter	23 Zumba Fitness Pilates Swimming for Juniors	24 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic Art Talk: Making Sense
25 Ballet for Juniors Swimming for Juniors	26 Yoga Flow Gentle Yoga Flow Energy Pilates	27 S-Connect Pickle-ball S-Connect Connection	28 Exerfit Moves Zumba Fitness	29 Zumba Gold Swimming for Ladies Zumba Dancercise NUSS Book Club	30 Exerfit Moves Zumba Fitness Zumba Dancercise	31 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic Easy Nasi Padang

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

CALENDAR

FEBRUARY 2015

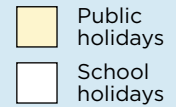


SUN	MON	TUE	WED	THU	FRI	SAT
SECTION NIGHT Tennis, Badminton, Running, DanceSport	SECTION NIGHT Billiards, Darts, Squash	SECTION NIGHT Badminton, Table-tennis, DanceSport	SECTION NIGHT Bridge, Running, Tennis, Badminton	SECTION NIGHT Choir, Darts, Squash, Billiards, Table-tennis	SECTION NIGHT Tennis DanceSport	SECTION NIGHT Badminton, Table-tennis DanceSport
1 Ballet for Juniors Swimming for Juniors	2 Yoga Flow Gentle Yoga Flow Energy Pilates How to Succeed at Your Own Business	3 S-Connect Pickle-ball S-Connect Connection	4 Exerfit Moves Zumba Fitness	5 Zumba Gold Swimming for Ladies Zumba Dancercise Predictions 2015 by Master Lynn Yap	6 Zumba Fitness Pilates Swimming for Juniors	7 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic Intro to Photography
8 Ballet for Juniors Swimming for Juniors	9 Yoga Flow Gentle Yoga Flow Energy Pilates	10 S-Connect Pickle-ball S-Connect Connection	11 Exerfit Moves Zumba Fitness Money at Work	12 Zumba Gold Swimming for Ladies Zumba Dancercise	13 Zumba Fitness Pilates Swimming for Juniors	14 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic
15 Ballet for Juniors Swimming for Juniors	16 Yoga Flow Gentle Yoga Flow Energy Pilates	17 S-Connect Pickle-ball S-Connect Connection	18 Exerfit Moves Zumba Fitness	19 Chinese New Year All Guild Houses are closed	20 Chinese New Year All Guild Houses are closed	21 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic
22 Ballet for Juniors Swimming for Juniors	23 Yoga Flow Gentle Yoga Flow Energy Pilates Lo-hei Dinner with NUS Chancellor and Senior Management	24 S-Connect Pickle-ball S-Connect Connection	25 Exerfit Moves Zumba Fitness	26 Zumba Gold Swimming for Ladies Zumba Dancercise Toastmasters Chapter Meeting NUS Book Club	27 Zumba Fitness Pilates Swimming for Juniors Is Metabolic Syndrome Causing Your Obesity NUS Ang Pow Golf Challenge 2015	28 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic Chinese New Year Lunch for the Elderly Lion Dance at KRGH NUS Mahjong Competition

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CALENDAR

MARCH 2015



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 Ballet for Juniors Swimming for Juniors DanceSport Dinner & Dance	2 Yoga Flow Gentle Yoga Flow Energy Pilates	3 S-Connect Pickle-ball S-Connect Connection	4 Exerfit Moves Zumba Fitness 3rd CUUA-NUSS-PAUM Games	5 Zumba Gold Swimming for Ladies Zumba Dancercise	6 Zumba Fitness Pilates Swimming for Juniors	7 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic
8 Ballet for Juniors Swimming for Juniors	9 Yoga Flow Gentle Yoga Flow Energy Pilates	10 S-Connect Pickle-ball S-Connect Connection NUSS Professorship Lecture	11 Exerfit Moves Zumba Fitness	12 Zumba Gold Swimming for Ladies Zumba Dancercise	13 Zumba Fitness Pilates Swimming for Juniors	14 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic IQ, EQ and Multiple Intelligence Talk
15 Ballet for Juniors Swimming for Juniors	16 Yoga Flow Gentle Yoga Flow Energy Pilates Cooking Science for Young Chefs	17 S-Connect Pickle-ball S-Connect Connection	18 Exerfit Moves Zumba Fitness Appreciation Dinner 3D Game Design Workshop	19 Zumba Gold Swimming for Ladies Zumba Dancercise Brickz Fun: Little Engineers	20 Zumba Fitness Pilates Swimming for Juniors Self-Defense Workshop for kids	21 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic Inline Skating Introductory Workshop
22 Ballet for Juniors Swimming for Juniors	23 Yoga Flow Gentle Yoga Flow Energy Pilates	24 S-Connect Pickle-ball S-Connect Connection	25 Exerfit Moves Zumba Fitness Venture N.E.T. (2)	26 Zumba Gold Swimming for Ladies Zumba Dancercise Toastmasters Chapter Meeting NUSS Book Club	27 Zumba Fitness Pilates Swimming for Juniors	28 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic Fearless Earn 5K: Reach Your First Stage of Empire Building Journey
29 Ballet for Juniors Swimming for Juniors	30 Yoga Flow Gentle Yoga Flow Energy Pilates	31 S-Connect Pickle-ball S-Connect Connection				

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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 Fri & eve of PH - 12pm to 3pm
Sat, Sun & PH - 11.30am to 3pm
Dinner: Sun to Thurs & PH - 6pm to 10pm
Fri to Sat & eve of 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 - 4pm to 12am
Sun & PH - 4pm to 12am

The Right Note Karaoke Lounge Mon to Thurs - 1pm to 12am
Fri, Sat & eve of PH - 12pm to 2am
Sun & PH - 12pm 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 Wed 9am to 12pm

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 Sun & PH: Lunch - 11.30am to 3pm
Dinner - 6pm to 10pm

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
Fri, Sat & eve of PH - 11am to 2am

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 Renee at reneeyang@nuss.org.sg
Bowling	Monthly competitions @ Superbowl SAFRA Mount Faber Contact Lihui at lihui@nuss.org.sg
Bridge	Wednesdays @ BTGH: 7pm - 11pm Contact Renee at reneeyang@nuss.org.sg
Darts	Mondays & Thursdays @ BTGH: 8pm - 11pm Contact Valerie at valerietoh@nuss.org.sg
Golf	Monthly Medals @ various venues Contact Ronnie at ronnieyoo@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 Lihui at lihui@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 Renee at reneeyang@nuss.org.sg
DramaWorks	Regular activities @ KRGH Contact Renee at reneeyang@nuss.org.sg
Arts Connections	Regular activities @ KRGH Contact Valerie at valerietoh@nuss.org.sg
Karaoke	Regular activities @ KRGH Contact Renee at reneeyang@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
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