

THE GRADUATE

The Magazine of The National University of Singapore Society

July - September 2014

ALSO IN THIS ISSUE

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Remembered in Portraits
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President's Message

Dear Fellow Members

Many thanks for your vote of confidence in returning the same team to lead the Society for another term. We are grateful for your support and encouragement.

HEART AND SOUL

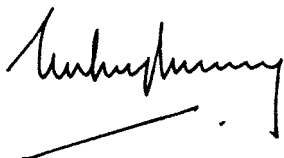
In the coming months, the Management Committee is adopting the “Heart and Soul” theme to foster a greater awareness as well as appreciation of the core values of NUSS among the general membership, and encourage members to look beyond just the physical facilities of our Club. The Secretariat will be embarking on fresh initiatives to further enhance our service culture and standards. We will also be promoting more ‘inclusive’ events and activities, both within and beyond our society, for members of all age groups and their families to mingle with each other as well as interact with the community at large. As we move closer to the 16,000 membership mark, it is incumbent on all of us to make a special effort to promote a greater sense of camaraderie and spirit of compromise and tolerance to ensure that our facilities and common spaces are used harmoniously by all members.

This will further strengthen the Society's standing within the graduate community and support our continuing effort to enlarge our membership base and remain the largest graduate society in Singapore.

OLD WINE, NEW SPIRITS

You will have noticed the colourful banners at KRGH as we unveiled several events to celebrate our 60th anniversary. GLOW, or Groceries with Love on Wheels, was held on 7 June 2014 as part of our community outreach programme to help the needy and disadvantaged. Our special guest, Mr Lawrence Wong, Minister for Culture, Community and Youth & Second Minister for Communications and Information, joined more than 500 volunteers to distribute over 3,000 grocery bags across the island. It is heart-warming indeed to note the excellent volunteer response for this event. Come 3 October 2014, Prime Minister Lee Hsien Loong will deliver the NUSS Lecture followed by our very own Charity Concert on 24 October 2014. To conclude the year-long celebrations, President Tony Tan will grace our Gala Dinner, as our Guest of Honour, on 11 November 2014.

Please mark your calendar for these mega events. Thank you for your continued support as we work together to grow NUSS from strength to strength. Let us all commemorate our major milestones and make a difference today.



David Ho C'72
President

The Management Committee is adopting the “Heart and Soul” theme to foster a greater awareness as well as appreciation of the core values of NUSS among the general membership, and encourage members to look beyond just the physical facilities of our Club.



From top: Colourful banners for NUSS' 60th anniversary at KRGH; At the launch of GLOW with more than 500 volunteers.

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Source: DBS "Imagining Asia 2020".

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Erratum: The following is an erratum for the 'Dare to be Different' article (page 11) in the April-June 2014 issue: "Gracing the evening were members of the NUSS Management Committee, who enjoyed the mini extravaganza in the intimate setting of The Chill-Lab along with members and guests."

GLOWing with Love around Singapore

Largest Groceries with Love on Wheels event reached out to 3,000 needy families islandwide.

Amidst a sea of colours and a cacophony of revving engines, NUSS Groceries with Love on Wheels (GLOW) kicked off at Kent Ridge Guild House on a bright Saturday morning. Celebrating another milestone in NUSS' 60th anniversary with this much-awaited event, 15 riders from the Harley Owners Group and 21 luxury cars which included Ferraris and Lamborghinis, led the other vehicles

at the flag-off as the crowd waved furiously whilst taking selfies to mark the annual event.

The festive-like atmosphere belied the deeper message of the event, in which more than 550 volunteers went around Singapore to deliver bags of groceries to 3,000 needy families islandwide. In comparison, an estimated 2,000 bags were delivered at the inaugural NUSS Groceries on Wheels (GOW) in 2010.

This year's event was the largest-ever organised by NUSS both in terms





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Foundation and Starbucks Singapore.

The air of excitement was palpable during the briefing in the Della & Seng Gee Guild Hall. Words of encouragement and compassion could be heard as the volunteers converged on the spread of light breakfast on offer.

In his address to the volunteers, Special Guest, Minister for Culture, Community and Youth, Lawrence Wong, thanked the volunteers and sponsors for their time, resources and efforts.

“To create an inclusive society, we cannot rely solely on the Government,” remarked Mr Wong. “The spirit and action of the people and the human touch are all important. It is very different from government assistance when everyday Singaporeans reach out to the less fortunate.”

Mr Wong also issued a challenge to the members of the Society to think of ways to make GLOW even bigger next year, when Singapore celebrates 50 years of independence. He added that he would like to see more initiatives that cultivate the spirit of caring and giving. ■

A Big Thank You to our Sponsors who Made GLOW Possible!

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- Boncafé International Pte Ltd
- Holcim (Singapore) Limited
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- NTUC Fairprice Foundation

“To create an inclusive society, we cannot rely solely on the Government. The spirit and action of the people and the human touch are all important. It is very different from government assistance when everyday Singaporeans reach out to the less fortunate.”

Lawrence Wong

Minister for Culture, Community and Youth

of scale and reach. In previous years, the GOW events were confined to one or two districts. However, this year’s rebranded GLOW reached out to residents living in five different Group Representative Constituencies (GRCs) islandwide, namely: Marine Parade GRC, Sembawang GRC, Tampines GRC, Tanjong Pagar GRC and West Coast GRC.

In his opening address, NUSS Management Committee member and chairperson of the Community Care Sub-Committee, Mr Archie Ong said, “I am happy that we are all here to help the community and the less fortunate.”

The group of volunteers, the largest in the past five years, worked together tirelessly as they give back to the wider community through their efforts. The volunteers included NUSS members; schools such as Anglo-Chinese Junior College, Bukit Panjang Government High School and Singapore Chinese Girls’ School; interest groups such as the Anything Goes Social Circle (AGSC), Harley Owners Group, Leo and Lions Clubs of Singapore Metropolitan and Supercar Club as

well as multiple corporate partners such as Atos Information Technology (Singapore) Pte Ltd, Boncafé, City Spring Infrastructure Management Pte Ltd, Holcim (Singapore) Ltd, Nestlé Singapore, NTUC FairPrice



MEMBERS RENEW MANDATE for Management Committee

Members once again turned up in full force at the Annual General Meeting (AGM) 2014 held in Della & Seng Gee Guild Hall.

After members enjoyed great food and easy conversations in the lobby, NUSS President Mr David Ho called the meeting to order and informed that the AGM had the requisite quorum to proceed, with 151 Ordinary Members present. The proceedings were also observed by 19 Associate Members.

Before the start of the AGM proper, Mr Ho introduced the Society's new Chief Executive Officer, Mr Roy Higgs, and thanked the outgoing CEO, Mr Tong Hsien Hui, for his contributions to the Society and an orderly transfer of responsibility to his successor.

As the reports of the various Sub-Committees were presented to the members, the Membership Sub-Committee's report attracted the most questions and comments. Amongst the most pressing concerns were the decline in membership numbers, what can possibly be done to arrest the decline, what are the future plans for the Society's memberships and increasing the brand awareness and promotion of NUSS' image to potential members, especially to the younger generation.

Membership Sub-Committee Chairperson Dr Paul Wang Syan addressed the floor assuring members that the Society is at an inflection point and the Management Committee (MC) is working on reversing the trend.

Mr Ho added that the MC is making serious attempts to rebrand NUSS and expect to see positive growth in membership this time next year. He also highlighted his experience engaging young graduates who told him that there are too many competing goals earlier in life and other social factors such as marriage



A lighthearted moment.



Camaraderie and conversations.



A dialogue with members.

Ten candidates, including those stepping down from the MC, came forward to stand for election for the eight MC positions.

and housing that prevented them from joining the Society.

NUSS Honorary Treasurer Associate Professor Lau Geok Theng then presented the financial statements. As there were no objections raised, the Society's financial statements were approved.



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NUSS members voting on a resolution on membership transfer.

A resolution was tabled to seek members' approval for the MC to determine a prescribed transfer fee of less than \$2,000 for transfers of membership after satisfying specific conditions. After some concerns regarding the wording of the resolution were raised by members and a brief consultation with the Society's legal advisor, Mr Peter Madhavan from Joseph Tan Jude

Benny LLP, the proposed resolution was re-worded to the satisfaction of those present. After the voting by ballot, the resolution was carried.

In accordance to the Society's Constitution, eight members of Management Committee 2013/2014 have to step down from the MC. Ten candidates, including those stepping down from the MC, came forward to stand for election for the eight

MC positions. Each candidate was invited to give a short introduction of themselves. (See below).

During the "Any Other Business" item of the agenda, a few members raised their concerns with regards to the imposition of a fee for guests and new rules at the karaoke lounges. Mr Ho explained that the MC had deliberated a long time before imposing the new rules and guidelines, adding that a dialogue session will be held to address the raised issues and NUSS will consider members' interests as the first priority.

With no other matters further arising, Mr Ho concluded the meeting and thanked everyone for their attendance and support. ■

NUSS Management Committee 2014/2015

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Edgar Liao Bolun

COMMITTEE MEMBER





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Moving Singapore Forward with **OPPORTUNITIES FOR CHANGE**

The NUSS Ministerial Dialogue Series saw **Minister for Law and Foreign Affairs K Shanmugam** present for an evening to meet members and answer their many questions.

As NUSS President David Ho introduced Minister Shanmugam to a full house at the Della & Seng Gee Guild Hall, he commented that the Society was proud that the Minister had taken the time to return to his alma mater and was also visiting the Kent Ridge Guild House for the first time.

Under the theme “Reforms in Family Justice”, Minister Shanmugam, shared that there are opportunities for changes in the legal sector in Singapore in the areas of criminal law and family law.

The Minister also remarked that there are changes to the Civil Law system to help Singapore become a

good international arbitration centre in Asia and will now focus on mediation.

Mr Shanmugam further shared that one of his goals is creating Centre of Excellence within the National University of Singapore (NUS) and the Singapore Management University (SMU).

“The key is to get Singaporeans into the scheme and engage in research,” added the Minister.

Touching on plans for reforms in the family justice system, Mr

Shanmugam stated that there are only three issues at hand – has the marriage broken down, how best to take care of the children involved and capital/alimony settlement.

“The current system does not do much to support these three questions,” commented the Minister, adding that the focus is on creating a more sensible system that has less amount of stress on the children and the parties involved. “We are looking at a substantial simplification of the process.”

As the floor was opened to questions, a slew of questions related to family law, laws to protect investors and the mandatory death penalty for certain offences came hard and fast. The Minister, who was still nursing a bad throat, was patient in his replies even as he rigorously defended some of the thinking behind some of the laws, showing his passion with respect to defending the public interest.

Mr Shanmugam also explained the thinking behind investor protection

and how the law plays a part. He shared that the government can only provide a framework to protect investors against fraud but is unable to do anything about investors’ choices and risk appetite.

As the evening came to a close, the Minister called on those present to do their part in moving Singapore forward into the future.

“We need your help to build the country,” said Mr Shanmugam, who was candid in his assessment of Singapore’s challenges for the future and what it will take to get there. ■

ON INVESTOR PROTECTION

Mr Shanmugam said the government can only provide a **framework** to protect investors against fraud but is unable to do anything about investors’ **choices** and **risk appetite**.





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NUSS' Legacy Remembered in Portraits

Spotlights shone brightly upon the unveiled NUSS Legacy Wall, featuring the artistic portraits of NUSS' Past Presidents.

In a splendid evening of recognising NUSS' Past Presidents and their generous contributions during their terms of office, the portraits unveiled painted a thousand words of the strong tradition of NUSS' Past Presidents returning to serve the Society.

The portraits of NUSS' Past Presidents, Mr S Rajendran, Mr Lim Ho Hup, Mr Stephen Sim, Mr Harry Chan Keng Howe and Professor Maurice Baker, impressed guests, NUSS members, family members and friends with the vibrancy of the personality of each individual shown through the rich colouring and artistic strokes of each talented artist.

In attendance for the prestigious evening were distinguished guests including Professor Tommy Koh, who took time to introduce the Past Presidents whose portraits were unveiled and the young artists who were commissioned to paint the five portraits. The young artists acknowledged and applauded were Ms Nyein Su, Ms Denise Jillian Tan and Mr Henry Lee.

Having captured the vibrancy of the Past Presidents who generously offered their time and wise counsel to NUSS, the five portraits showcased were the first of 19 to be painted as part of NUSS 'Paint-a-Portrait Project'. This Project is aimed at engaging the arts community by promoting young artists with the intention to build a credible art collection for the Society over time.

After acknowledging the hard work and thanking those involved in the Project, NUSS President Mr David Ho remarked how it was not a simple task to have the most qualified task to paint the Society's Past Presidents. He shared, "We looked for young artists with talents in portrait painting, created a competition for the selection process and sponsored the



From left: Mr Lim Ho Hup, Mr Harry Chan Keng Howe, and Mr Stephen Sim.



Mr S Rajendran.



Mr David Ho with the portrait of Professor Maurice Baker.

selected artists for the task.

The process involved selecting which presidents to paint first and selected interviewers to interview them. Everything came together in a prestigious manner to capture the seniority and contributions that our Past Presidents have given to make NUSS what it is today."

Professor Tommy Koh concurred, "NUSS started very humbly with the only premise then being a little house on Evans Road and has since come a very long way from those modest beginnings. We should never forget the contributions of those who have preceded and have helped to build up the institution." ■



Recognition and Thanks

It was a fine evening to once again recognise the contributions of Sub-Committee members. NUSS showed heartfelt appreciation to them for their dedication in volunteering their time and in serving the Society with cheers, applause and celebration all round.

The annual Society event saw Long Service Awards presented to members who have served the Society for five, 10 or 15 years consecutively. As guests enjoyed the sumptuous dinner, Robyn & Terry, a 2-piece band, provided musical entertainment for the night, serenading songs that they grew up listening to, from The Eagles, The Beatles, Simon & Garfunkel to Crosby, Stills & Nash.



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Bracing for Future SOCIAL NEEDS

From fund-raising to capability development and social engagement, **Audrina Gan** looks at how voluntary welfare organisations in Singapore are rising to challenges to empower the needy.

During its early years of nation building, Singapore had to grapple with bread and butter issues such as poverty, unemployment, poor health, lack of proper housing and nutrition. Today, there has been a demographic and social shift pointing to needs of the elderly, the disabled, those who are afflicted with mental illnesses as well as small families that cannot cope with the stresses of daily living. However, many voluntary welfare organisations (VWOs) face a slew of challenges in their quest to meet the changing social needs of the people they are helping.

“One key challenge is finding the manpower to provide all the care at various levels, which are hard to come by in our tight labour market,” says Dr Lee Hin Peng, chairman of St Luke’s Eldercare, which runs day care facilities and rehabilitative programmes for the elderly to keep them active.

“Attracting talents to join social service is a struggle. There is general perception among people, including new graduates, that this sector would not be able to provide them with adequate remuneration, the right training and career progression,” adds Ms Chia Yong Yong, president of the Society for the Physically Disabled (SPD).

To overcome issues on manpower shortage, Lions Befrienders, a voluntary welfare organisation that works with the poor and lonely elderly, tries to remunerate its staff with competitive salaries within the social services sector and support their personal development through training and job rotation.

“For volunteers, we try to engage them regularly to deepen their sense of belonging, while reviewing our volunteer training programme. We are also considering to conduct research into volunteer behaviour,” says Mr Goh Boo Han, executive director of Lions Befrienders.

“At the end of the day, we want people with the ‘heartware’ to do this work, and this calls for more than the usual altruistic motivation,” adds Dr Lee.

Another challenge confronting the VWOs in the eldercare sector is the development of innovative programmes to help keep the elderly active, engaged and comfortable with daily living. At St Luke’s Eldercare, it has introduced exercises such as modified *tai chi* to improve co-ordination. To enhance their mental function, the elderly at the centres also do various handicraft work and drum-playing.

As it is, there is no single solution when it comes to caring for the elderly. “The elderly have different needs depending on the family situation. These include financial means to support themselves and to pay for healthcare needs, social needs to have people caring for them, rehabilitative equipment and professionals to help in coping with activities of daily living as well as psychological help to support them in maintaining their mental health,” says Dr Lee.

Removing Stigma Against the Mentally Ill

For non-profit organisations such as Club HEAL, which helps people with mental health issues and their families, one key issue is to eradicate the huge stigma against these people so it will be easier for them to recover



At an arts and craft session at Lions Befrienders’ Ang Mo Kio Senior Activity Centre.

On manpower shortage

“We try to engage volunteers regularly to deepen their sense of belonging.”



Mr Goh Boo Han, PBM

Executive director of Lions Befrienders, a voluntary welfare organisation that works with the poor and lonely elderly

On the needs of the elderly

“These [needs] include financial means to support themselves and to pay for healthcare needs, social needs to have people caring for them, rehabilitative equipment and professionals to help in coping with activities of daily living as well as psychological help to support them in maintaining their mental health.”

Dr Lee Hin Peng

Chairman
St Luke’s Eldercare

and reintegrate successfully back into the society.

“They face discrimination at the workplace, schools, institutions of higher learning... This means that many remain unemployed or cannot complete their studies,” says Dr Radiah Salim, founder of Club HEAL. She adds, “For our beneficiaries, stigma hinders recovery. They need educational opportunities to continue their studies or training. Many are unemployed and need economic assistance and, in the extreme cases, some are faced with homelessness as they do not have any caregiver.”

Dr Radiah and her team are working to remove stigma by conducting public education on mental health issues through talks, volunteer training, in-house publications and by featuring such content via various media platforms. They also encourage people with mental illnesses and their caregivers to come forward and share their stories.

“We aim to empower our beneficiaries by teaching them about their illnesses and the treatments,” shares Dr Radiah. “We also conduct a psychiatric rehab programme by teaching them life skills and fostering positive attitudes through support groups and motivational sessions.”

Club HEAL also provides vocational rehab for patients by teaching them how to make handicraft items and managing a pushcart as it hopes to help patients gain suitable employment.

“Employed patients are less likely to suffer relapses from their illnesses.

At the same time, it will help them economically,” Dr Radiah adds.

Overcoming Barriers Towards the Physically Disabled

Though in recent years there is movement towards greater acceptance and a more inclusive society, SPD's Ms Chia notes that persons with disabilities (PWDs) still need to overcome many barriers, such as finding employment and education opportunities.

“Physical accessibility issues could be addressed with funding and capital support. However, there is still the need to change people's mindsets and correct misperceptions about PWDs and their capabilities,” she asserts.

According to Ms Chia, there are many myths and misperceptions with regard to employing PWDs. “PWDs are no less reliable, talented or productive than their peers. The general public need to recognise that PWDs can work efficiently if given the opportunities, training and accommodation support such as, assistive technology, job modification and job redesign,” she says.

Another challenge for VWOs such as SPD is complying with corporate governance issues.

“We have to do things in a transparent, efficient, proper and effective way to ensure accountability. However, good governance comes at a cost,” notes Ms Chia. “Apart from a small funding support available from Community Chest and NCSS, there is currently no mainstream government funding available to cover VWOs' corporate functions such as human resources, finance, information technology and public education. We hope to work with the Ministries and grant makers to build an appropriate model to fund VWOs' corporate support and administration costs.”

Limited resources

Other main challenges for VWOs include financial sustainability. Besides health and disability groups, there are an increasing number of NGOs raising funds to support causes such as education, sports, arts and nature protection.

“As Singapore is a small country,



Club Heal's Healing Friends Training at Taman Jurong in February 2014.



Film Screening with Active Dialog Session.



Volunteer Ethel Ng conducts a craft session for Club Heal.

this can cause donor fatigue since VWOs may be approaching the same pool of donors and organisations for donations. It has also become more challenging to retain corporate donors, as company directions may change over time and may be specific in the areas of support,” notes Ms Chia.

VWOs such as Lions Befrienders tries to overcome the challenges of having limited resources by tapping

“They [**people with mental health issues**] face **discrimination** at the workplace, schools, institutions of higher learning ... This means that many remain unemployed or cannot complete their studies ... For our beneficiaries, **stigma hinders recovery**. They need educational opportunities to continue their studies or training. Many are unemployed and need economic assistance and, in the extreme cases, some are faced with homelessness as they do not have any caregiver.”



Dr Radiah Salim
Founder
Club HEAL



Deputy Prime Minister and Minister for Finance Tharman Shanmugaratnam opens Society for the Physically Disabled's centre in Jurong on May 10, 2014.

on the resources and expertise of supporting partners. It is currently working with Mount Elizabeth hospital on a corporate social responsibility project whereby the latter provides free selected life changing surgical operations such as kneecap replacement and cataract operation for needy beneficiaries.

Rethink social welfare approach

Meanwhile, change agents such as Professor Albert Teo, director of the Chua Thian Poh Community Leadership Programme at NUS, who trains students on developing socially innovative solutions for community development issues is pushing for an Asset-Based Community Development (ABCD) approach when it comes to delivering assistance in the social services sector.

“PWDs are no less reliable, talented or productive than their peers.

The general public need to recognise that PWDs can work efficiently if given the opportunities, training and accommodation support such as, assistive technology, job modification and job redesign.”

Ms Chia Yong Yong (right)

President
Society for the Physically Disabled



This is a paradigm shift compared to the old needs-based community development approach. “A lot of social services organisations still adopt the old model where they take pity on the disadvantaged and tell them they are here to save them from their plight and simply dish out goodies to them. But such approach can have negative implications because it can lead people to be perpetually dependent for help and breed an attitude that they are helpless and cannot get out of their plight,” says Professor Teo.

In contrast, the ABCD approach look at the strengths, resources and assets in the community, which can be identified and used to help the disadvantaged pick up the pieces and regain self-confidence to lead fulfilling lives. Take as an example the elderly who are living in rental units. “One may conclude they are economically inactive and they cannot do anything and are just

waiting for their last days. Thus, we need to give them a lot of social welfare. However, these elderly have led such rich lives having gone through the colonial days, Japanese Occupation and their life experiences are actually their assets, which can be turned into narratives and stories,” says Professor Teo.

“We can harness these assets by bringing primary school students to visit the elderly who can share their stories and this can be part of national education. There are also some elderly who may possess good culinary skills or are fluent in dialects. So we need to look at how we can tap into these assets so the elderly would not feel they are a burden and can instead contribute to society,” he adds.

Developing broader expertise

Meanwhile Dr Radiah hopes more could be done to support people with mental health issues and their car-

egivers in the community and at the workplace. For instance, caregivers could be given caregiver leave so they can accompany the patients to their medical appointments. “We could also remove discriminatory practices in the workplace by removing the clause on whether a person has ever suffered from psychiatric illness in the pre-employment checklist. They should be given more employment opportunities and perhaps longer probation periods so they have more time to adjust and perform well in the workplace,” Dr Radiah says.

Ms Chia also calls for compulsory education for children with disabilities who are unable to go to mainstream schools. She says, “With education, they can hope to realise their potentials and equip themselves with the knowledge and skills for an enhanced future. Education need not be restricted to mainstream schools. It can also take on other forms such as special education and home education.”

National Council of Social Service

Meeting Targetted Needs

WITH the social services sector now playing a bigger role, competition for resources will intensify. **“Funders and donors these days are increasingly discerning and seek assurance that their contributions are put to worthy and effective uses,”** says Ms Tina Hung, deputy CEO of National Council of Social Service (NCSS). To address such concerns, NCSS has produced a number of reports including one for its key sponsor, Tote Board, that covers the type of assistance programmes and the impact of such initiatives in the sector.

Such reports have helped NCSS to receive strong support from corporate donors, individuals and government bodies to meet critical needs. For its financial year ended 31 March 2013, NCSS disbursed a total of **\$291 million to support 601 social service programmes.**

To encourage more young talents to join the sector, NCSS gives out scholarships and study awards since 2002, where recipients will be rotated among different job functions within NCSS, Ministry of Social and Family Development and the VWOs. **In the last financial year alone, NCSS has given out a total of 115 scholarships and awards.** A career package for social work associates that included a



Hung: More discerning donors.

structured salary and career progression was also developed in July 2012 to draw more professionals to the sector.

In addition, the **Social Service Institute under NCSS also provides a holistic learning environment for the sector through its training, practice and resource hubs.** “Through our Person-centred Approach Community of Practice for the eldercare sector, we got 20 professionals from 13 VWOs to come together to share best practices and produce a toolkit on practical tips that was distributed to all the related VWOs,” Ms Hung shares.

As part of its efforts to integrate children with special needs and engage the community at large, NCSS is also working with partners to construct **Singapore’s first integrated playground for children with physical disabilities in Bishan.**

“We will have special facilities for these children while encouraging the mainstream children to join in and interact with them. We will also get elderly people in the neighbourhood to act as chaperons for these children,” says Ms Hung. “We hope to have more of such playgrounds in housing estates and parks across Singapore.”

On using the Asset-Based Community Development (ABCD) approach in working with disadvantaged elderly whose rich life experiences are an asset

“We can harness these assets by bringing primary school students to visit the elderly who can **share their stories** and this can be part of **national education**. There are also some elderly who may possess good **culinary skills** or are **fluent in dialects**. So we need to look at how we can tap into these assets so **the elderly would not feel they are a burden and can instead contribute to society**.”

Professor Albert Teo

Director

Chua Thian Poh Community Leadership Programme
National University of Singapore

In today’s complex world, professionals in the social services sector also need to have a broader perspective beyond their areas of expertise, rather than just specialising in one dimension of help. “We need to realise our own limitations and work with others in a multi-disciplinary team effort. For example, eldercare touches on health, social services, economics, organisation, anthropology, among others,” says Dr Lee.

Ms Chia also believes that 3P (people-private-public) partnership is important in facilitating the achievement of collective objectives. “Partnership with corporate organisations (private), government (public), as well as other VWOs and the general public (people), encourages sharing of expertise and better utilisation of resources, thereby enabling the VWO sector to be more sustainable in the long run. It also helps to build a greater support network in the heart of the community and make support easily accessible to the disadvantaged.” ■

IN CONCLUSION To make efforts and resources in delivering the targeted needs sustainable in the long-term, the government, private organisations and the community need to work more closely to build a better support network.

NUS

MEMBERSHIP DRIVE
LUCKY DRAW

**ARE YOU
ONE OF
NUS?**

FIRST PRIZE
Tan Kuang Wei
(TC478J)

SECOND PRIZE
Yong Wan Hong Jean

BI-WEEKLY DRAW
Ng Hui Jiun
Hendrick Edmund Ananda
Lim Wen Pei
Tan Yang Yu David
Chew Aun Phong

**CONGRATULATIONS
TO ALL WINNERS!**

Singapore is home to some of the top universities, scholars and academics in the world. Yet, how do these rankings and awards measure up in the real world? Or are street smarts just as important?

Antoinette Tan studies Singapore's education landscape to uncover how we are bridging the gap between academic and social competencies.

ACADEMIC

VS

SOCIAL

Are we Competent Enough?

Academic stress is a top concern facing parents, according to a survey by The Happiness Revolution (THR), a student-led movement to foster a happier society by beginning with our children's mental wellbeing. Nevertheless, the strive for academic excellence is inherent in our cultural DNA. Almost half of Singapore's non-student population under 45 are university graduates, and Singapore's top two universities – The National University of Singapore (NUS) and Nanyang Technological University (NTU) – have been ranked within the top 50 in the recent 2014 QS (Quacquarelli Symonds) World University Rankings.

However, has this gravitation towards award-winning qualifications side-tracked us from honing our social competencies? Can a skill such as learning to manage and contribute to our social interactions be taught, and have we forgotten to inculcate it?

Based on the same THR survey, more than half of the parents polled admitted to overlooking social growth in their children's development. This finding thus reaffirms THR's objectives to place greater emphasis on social and emotional intelligence, and problem-solving abilities. Unsurprisingly, these are also in line with the Ministry of Education's (MOE) revamped framework for 21st century competencies.

Setting The Framework

Interestingly, this goal – to nurture a holistic, all-rounded character – is not a new one in recent years; MOE has been introducing such programmes since 1959.

Some of these programmes, which have paved the way for the current education system and structure today, include Civics and Moral Education in 1992, National Education in 1997, Social and Emotional Learning in

2005, along with exposing students to a multitude of learning experiences via Co-Curricular Activities (CCA), Physical Education (PE) and Outdoor Education.

This build-up, implementation and rollout of the framework is set to cover all grounds. Professor Hung Wei Loong David, Associate Dean, Office of Education Research (specialising in Learning Sciences) comments, "Whether schools or universities, efforts are already underway."

"In schools, Co-Curricular Activities (CCAs) are strongly emphasised. Research studies we conducted in these activities strongly suggest 21st century competencies are being developed, such as teamwork, self-regulation, and others. Universities here also have many international students. These are opportunities for our local students to interact and to develop these social competencies," Professor Hung adds.

Dr Vincent Chua, Department of Sociology, National University of Singapore, agrees saying, "Social capital is not the antithesis of human capital. Social capital increases human capital when ideas are shared between networks of scholars.

Variety is thus important; knowing different kinds of people entails knowing different kinds of things."

This is applicable across the board, from primary education to beyond schooling years.

Holistic Development Efforts

This nurturing of all-rounded education from young is further made easier today, thanks to five recent noteworthy overhauls: MOE's framework for 21st century competencies; the new Character and Citizenship Education (CCE) syllabus; an updated Leadership, Enrichment, Achievement, Participation and Service (LEAPS) 2.0 framework and the removal of bandings; new Holistic PE Assessment; and the upgrading of school infrastructures.

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regulation, and others.**



Professor Hung Wei Loong David
Associate Dean
Office of Education Research

**Social capital is not the
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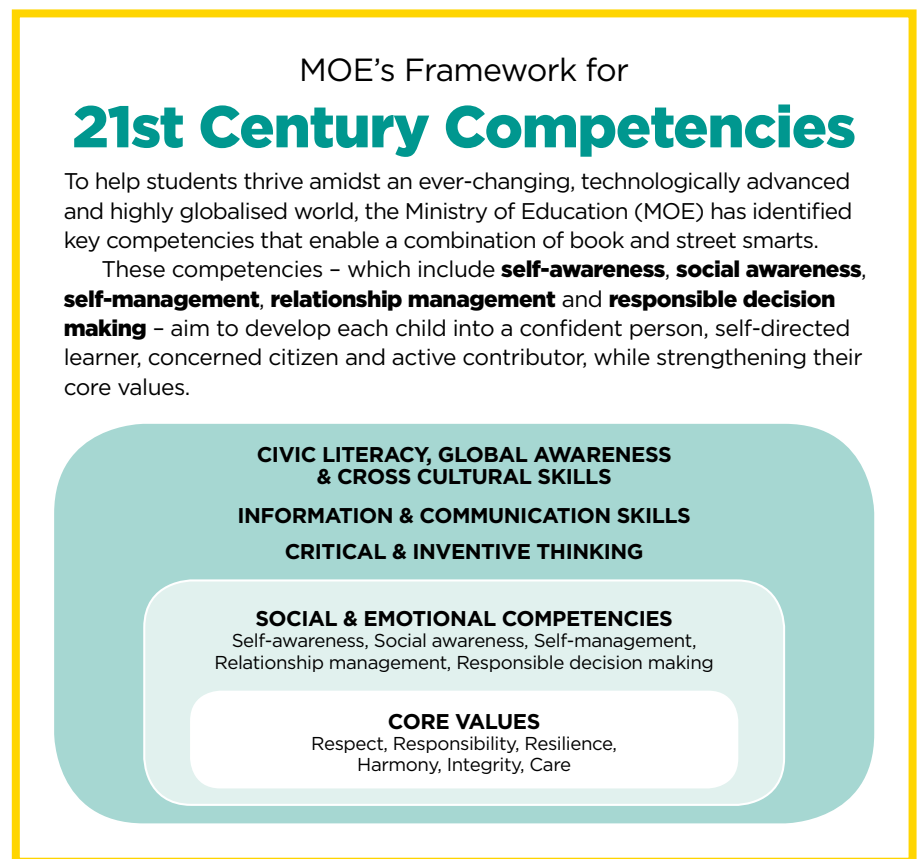
Dr Vincent Chua
Department of Sociology
NUS

The framework for 21st century competencies is an important structure today. It tweaks the current execution of lessons by infusing the teaching of competencies within the academic curriculum. This includes inquiry-based approaches in Science, for example, where teachers create opportunities for students to engage in problems, as well as to collect evidence and make sense of them with reason, investigations and inferences.

Secondly, to incorporate more focus on social and living skill competencies, MOE began its implementation of the new CCE syllabus this year. This syllabus is central to the framework for 21st century competencies; it aims to impart key values through the overarching concepts of Identity, Relationships and Choices, starting from the self and extending to the family, school, community, nation and the world. There are also CCE Guidance Modules that address social-emotional and developmental needs, including Education and Career Guidance, Sexuality Education and Cyber Wellness.

Thirdly, the updated LEAPS 2.0, which replaces grades with bands (i.e., Excellent, Good and Fair), was launched early this year with secondary one students. This new system rewards students who are involved in a broader range of programmes rather than those with an “unbalanced” experience. For example, a student who is involved in varying projects might do better than another student who wins medals for his CCA, but who is not active in community service at all. Essentially, this revised framework gives equal weighting to all its categories of Leadership, Enrichment, Achievement, Participation and Service.

On top of the removal of individual student bandings, MOE has removed the Masterplan of Awards and reduced the number of school awards this year too; these follow the abolishment of school bandings by academic results in 2012. Furthermore, at the Straits Times’ inaugural Education Forum this year, Education Minister Heng Swee Keat further reiterated this new direction of our education system – that education



is about learning for life, and not grades – and stuck to his guns about not naming the top scorers of national examinations including the Primary School Leaving Examination (PSLE).

Fourthly, a new Holistic Assessment in PE will be launched in 2016, taking into account students’ participation levels, attainment in different activities, demonstration of values and attitudes, as well as self-directed physical activities with their families and friends. The current 2014 PE syllabus includes supporting features such as Fundamental Movement Skills in primary schools and the development of skills in at least six physical activities and sports in secondary schools, along with the participation in intra-school recreational sports competitions.

Lastly, 71 additional primary schools are part of a \$650-million infrastructure-upgrading effort since November 2013, where schools can expect new facilities that encourage more interaction, self-discovery and experiential learning. Some of these facilities include indoor sports halls, band rooms, dance studios, performing arts studios, redesigned classrooms

and/or learning support rooms. This is on top of the building of 11 new primary schools and the upgrading of 78 existing schools since 2009.

Combining Competencies

It appears that these efforts have indeed made a difference, as reflected in the results of the 2012 Programme for International Student Assessment (PISA). According to the PISA findings, Singapore’s 15-year olds demonstrated the knowledge and skills that are valued in the 21st century, including the ability to inquire, reason, and communicate clearly in solving unfamiliar real-life problems.

Professor Hung surmises, “We live in different eras of human existence and civilisation. In the 21st century, where globalisation and other forms of ambiguity exist in increasing measure, having good social competency is imperative for survival and success. Both academics and social competency are important. We need both kinds to develop holistic children. As to which one is more important, it depends on the context requirements of the individual’s work, school, home, and play.”

However, Professor Chua Beng Huat, Head, Department of Sociology, National University of Singapore, is all for academia, albeit with a different perspective. He says, “Undergraduate studies in humanities and social science should produce, at the end, an interesting person who has the ability to form opinions and comments on the world around them in general, and on in particular areas of interests. This ability is an essential part of ‘social competence’.”

It is no wonder then that NUS not only emerged the top university in the region, but is also the top-rated university in Asia in QS’s Employer Reputation Survey. NTU ranked fifth in the Employer Reputation Survey too. This means Singapore is not just producing book-smarts, but also socially competent employees that succeed in the real world.

Three of these competencies that are inculcated in our schools are among the employability skills listed by the Workforce Development Agency of Singapore (WDA). These include Problem-solving and Decision-making (under the Analytical, Conceptual and Evaluative Skills category), Communications and Relationship Management (under the Interpersonal Skills category), and Self-Management (under the Personal Management and Development Skills category).

Dr Vincent Chua explains the importance of both academic and social competencies, “In advanced economies, human capital, in the form of general and domain-specific skills, is absolutely critical to have. But so is social capital. “Who you know” makes a critical difference to how work is done and how learning takes place. Collaboration is key.”

“Human capital and social capital combine seamlessly in higher-level jobs. Not only do managers need to know their work, they are the ones who have to relate most with the organisation’s environment: its stakeholders and contacts. Well-connected managers attract more collaborations into the organisation,” Dr Vincent Chua adds.

Prepped For The Future

While it seems that the evolution of our educational landscape is navigating through the right course, these are

Undergraduate studies in humanities and social science should produce, at the end, an interesting person who has the ability to form opinions and comments on the world around them in general, and on in particular areas of interests. This ability is an essential part of ‘social competence’.



Professor Chua Beng Huat
Head
Department of Sociology
NUS



According to the 2012 Programme for International Student Assessment (PISA) findings, Singapore’s 15-year olds demonstrated the knowledge and skills that are valued in the 21st century, including the ability to inquire, reason, and communicate clearly in solving unfamiliar real-life problems.



not without any challenges, especially cultural ones.

Professor Hung highlights, “My sense is that we are not lacking in programmes (that instil social competencies). We need a culture where the exhibiting of refined social competencies will be valued. If possible, we need to hopefully change some of our East Asian cultural habits, such as being shy to speak up, and unwilling to ask questions in public for fear of embarrassment.”

“The more we communicate, the better we get at interacting with others, and the more confident we will get. Having said this, we need to be responsible for what we say, especially in public or when it concerns others. We first learn this in less-consequential environments for example, the school. We should not learn these only at the workplace where consequences can be detrimental,” Prof Hung remarks.

That said, there are efforts that we can work on today too. Professor Hung offers one such measure, from early childhood, “I believe strongly in the home unit. Families must do more to ensure that kids play and interact with siblings, parents, relatives, and friends. Parents these days tend to “sub-contract” these important skills to tuition teachers, schools or maids among others. Instead, socialisation is key and has always been the imparting of important values in human society.”

In conclusion, a holistic, all-rounded education that ensures an individual is competent enough for the real world, cannot be based on education alone and good academic scores per se, but also from a holistic perspective that includes all aspects of social interactions, inter- and intra-personal awareness starting from family and friends to beyond. ■

IN CONCLUSION Although our current education landscape has evolved to better prepare ourselves for 21st century competencies, there are other ways to hone this structure too. This includes ensuring a balance of learning abilities (book smarts) and how an individual recognises and manages emotions, interactions, moral grounds and self-awareness (street smarts and social-emotional competencies).

SONNY LIEW

Veering from the path of least resistance

Who wouldn't be surprised to learn that Sonny graduated in Philosophy from Cambridge University? Although he knew from young that exams and studying were not his cup of tea, he divulged that going to university was considered the path of least resistance for his younger self. During one of his summer breaks in university, he submitted a comic strip to the *New Paper* and they proceeded to publish his comic for a year.

This process of creating the comic strip, from the formulation of ideas, to the writing and drawing to the reading by public members thoroughly engaged him.

More certain about what he wanted to be, he then went to Rhode Island School of Design to study illustration.

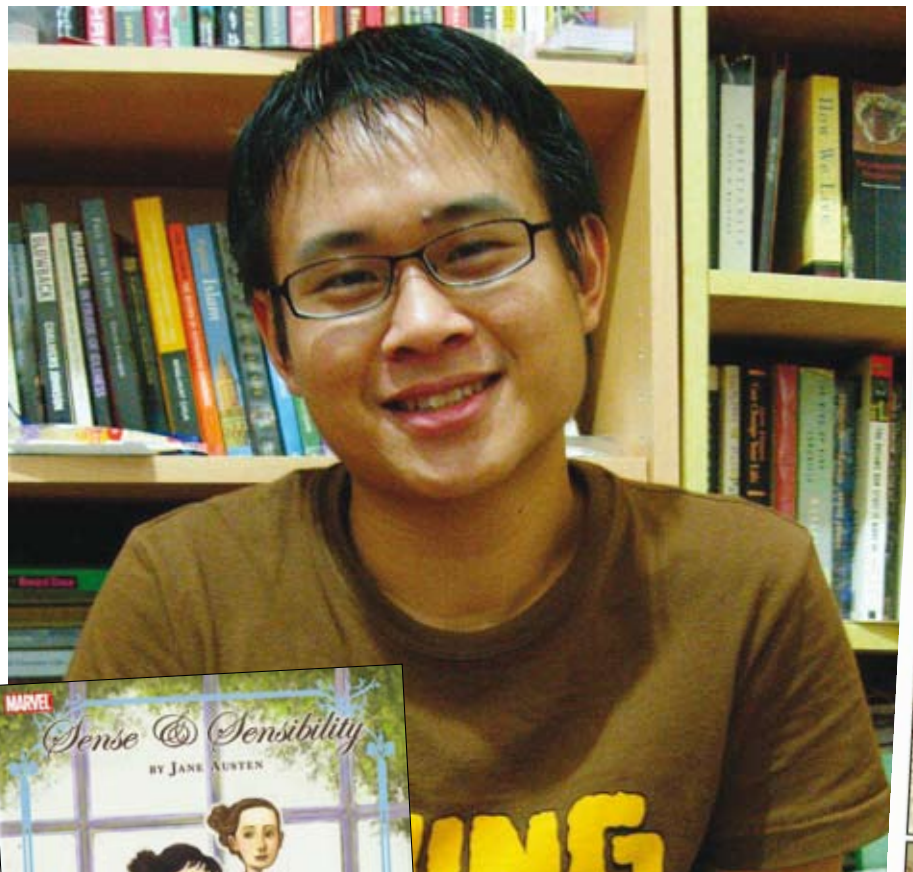
Of a different medium

Many would consider illustrating as a unique and unusual career choice but Sonny would disagree. He believes that what he does is similar to any other occupation, where it is necessary to build up a network, get the contacts and create a name for yourself.

As most of his friends are caught up in more traditional careers, Sonny says he is semi-aware that he is making some sacrifices in monetary earning for what he enjoys doing. Yet, he does not consider himself as someone who strays from the norm as other freelance music artists, performers and the like make that choice too. "It is just the medium I am using that is different", he remarked.

When questioned on the possibility of having a different occupation, Sonny responds that there is a great difference between what he could be and what he wants to be. He could have been many things, even a security guard, but there are very few things he would enjoy being, one of which is greatly enjoying being an artist.

Throw away your stereotypes of a comic artist being exuberant with an expressive over-the-top artistic persona. **Heidi Chan** catches up with Sonny Liew, an illustrator and renowned comic artist based in Singapore and although seemingly nondescript with an unobtrusive bearing, he impresses with his amazing skills and his resilience for sticking to what he enjoys doing the most.

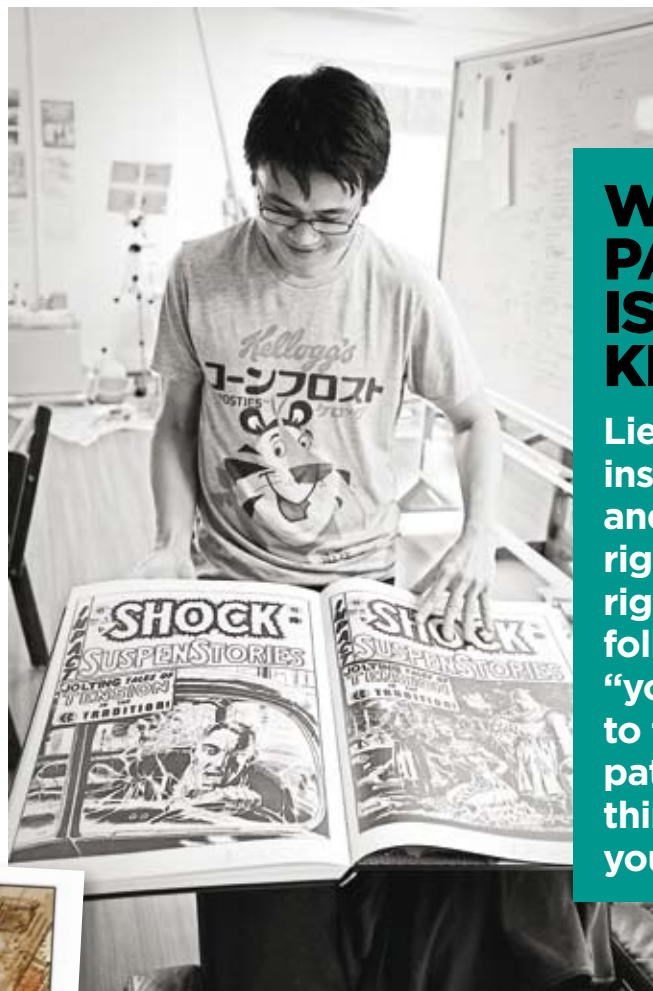


Occupational hazards

Sonny has met his fair share of hiccups and hills in his trade. Initially, there was great worry about how to make a living. Despite starting off on a good note with a DC vertigo project, he experienced a dry spell soon after and was 'jobless' for a few months. Now, his greatest challenge is to find the balance between what he wants to do and what he has to do.

He dreams of reaching a point in his work that would allow the personal and the commercial to come together. Sonny mentions a novelist, Neil Gaiman, whom he believes has mastered the ability to balance between his personal work and commercial demands to pay the bills. As Sonny puts it, "If you do your own stuff it is a lot more fun but you may not get paid as much."

Sonny gripes that the most annoying response someone can have when they learn of his occupation is to question his ability to make a living. However, he says it has gotten better as that judgement



WHY PASSION IS NOT KEY.

Liew believes instead in luck and doing the right thing at the right time. He follows by saying "you just have to find your own path and figure things out for yourself".

Liew: "If you do your own stuff it is a lot more fun but you may not get paid as much."



mostly stems from the older generation. He rationalises by explaining how a career in the arts is a lot more viable now compared to the past and that the younger generation understands that every career has its own requirements of skills and knowledge.

Next please

A common advice of the successful is to follow your passion but Sonny does not buy that. Thinking realistically, he claims that we are only passionate about things we have succeeded in, as we feel happy about our success, feeding our passion. Au contraire, if we fail in something immediately, we get jaded. So he does not think that passion is key. Instead, he believes in luck and doing the right thing at the right time. He follows by saying "you just have to find your own path and figure things out for yourself".

He also hopes that in the future, Singapore will continue to develop a stronger publishing

base where writers have a variety of companies they can choose to approach for editing and publishing of their work. While a writer can also choose to either self-publish or publish his work online, he maintains that in Singapore, we still lack sound infrastructure to support this industry.

An illustrious career indeed

Sonny's list of achievements runs long. He bagged the Young Artist Award in 2010 and in 2011, was nominated for the prestigious Eisner Awards. Despite having created many pieces of art, Sonny quips that *Manicky Robot* used to be his favorite work, until recently when another book overtook it as the crown jewel.

Sonny's current work in progress, titled *Charlie Chan Hock Chye*, is his new favorite. This yet-to-be-completed book has brought together many interests for Sonny, so much so that he has invested everything he knows as an artist into it. He hopes to complete this project by the second half of this year, in time for comic convention, and is bound to be an intriguing read. ■



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It's All in the Taste

As a wise man once said, "The purpose of wine is to bring happiness to man." Members who loved their vino were certainly happy to learn all about it at a Yealand's wine appreciation session at Bukit Timah Guild House. Held in collaboration with Aurum Mustica Sejati Pte Ltd (AMS), fifty participants learnt about the differences between wine styles and grapes from wine expert, Ms Helen Firth, Director of Sales for Asia, Africa, Middle East and Africa.

As Sauvignon Blanc wines, the Yealands' Estate wines stand out due to the quality of the base wine used. Packed with unique flavours of citrus, gooseberry and fresh herbs along with some lime and lychee notes, the labels presented offers a fair degree of residual sweetness to the tongue. So good are the Yealands Estate wines that the Single Block Marlborough



Sauvignon Blanc was awarded the title of the World's Best Sauvignon Blanc at the International Wine Challenge, in 2012.

After the talk, participants were

asked questions on topics raised during the talk by Helen, and NZ Manuka Honey and Yealand's wines were given as prizes to the happy winners of the quiz. ■

HERITAGE HEROES & GOURMET WINE PAIRING JOURNEY | 16 May 2014 | BUKIT TIMAH GUILD HOUSE

The Art of Wine and Food Impresses

Members and guests were privileged to learn from award-winning Cellarmaster, Razvan Macici, who had created a selection of individually named, limited-edition, gourmet wines to honour some of the major figures in South African winemaking as a source of inspiration to him. Enter Heritage Heroes, the premium wine range from Nederburg, a breathtaking blend of the traditional and the contemporary in

its defined taste. Couple that with food pairing and the combination hit the mark.

Food and wine pairing is an art that goes back in most cultures to the beginnings of civilisation, often with a local cuisine evolving alongside the types of wines which are available in the

region. Everyone discovered during the session that there was something unique about the perfect combination of flavours in wine that can highlight, enhance and harmonise with the flavours in the food, making the overall culinary experience even greater than the sum of its parts.

Featuring five gourmet stations

with the pairing menu created by Executive Chef Chester Pang, the wine combined with the delectable food offerings made it all the more irresistible. Attendees were privileged to have tasted the three back-vintages of Nederburg's Pinotege's private bin label made exclusive at this event while Auric Pacific presented the supreme taste of 'The Beautiful Lady' which will make its debut in early August on NUSS' wine list and in Singapore. ■



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Hopping Happy at Easter Celebration



KENT RIDGE GUILD HOUSE was in full celebration mood for Easter with 183 members, guests and children who showed up to enjoy an afternoon of merriment and a sumptuous lunch buffet spread all prepared with a touch of Easter at Café on the Ridge. The younger ones were excited over free chocolate eggs and a series of Easter-themed activities including balloon sculpting, face painting and 'colour your Easter' eggs contest. Everyone else got happily busy with posing for photos or chatting away with friends and familiar faces in the crowd.



ST PATRICK'S DAY | 17 March 2014 | SUNTEC CITY GUILD HOUSE

Celebrating in the Green

While St Patrick's Day has been best known as an official Christian feasting day since the early seventeenth century, the day actually commemorates Saint Patrick and the arrival of Christianity in Ireland, as well as celebrating the heritage and culture of the Irish.

Held in collaboration with Asia Pacific Breweries, 120 members and guests celebrated together with some wearing green attire and shamrocks whilst feasting and drinking, all in line with the tradition of all Lenten restrictions on eating and drinking alcohol lifted since the seventeenth century in Ireland.

The Rogues "Irish" Band entertained well in the spirit of the occasion while many enjoyed their gifts of leprechaun hats, mouse pads, t-shirts and other novelties for the night. ■



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AN EXCHANGE OF Aspirations and Wisdom

In no time, chatter soon filled the hall as the mix of approximately 40 mentors and mentees connected and were pulled into exciting conversations ranging from the challenges of studying today to ways to stay healthy and stress-free.

The dinner event, organised by NUS and the National University of Singapore (NUS) Office of Provost, was an opportunity for mentors and mentees alike to network, exchange ideas and explore opportunities and has been the first of its kind this year.

In his opening address, the Chairperson of Alumni Development and University Relations Sub-Committee, Mr Jeremy Ee, welcomed the group. He introduced the 60th anniversary theme of NUS, “Old Wine, New Spirits”, and hoped for more interaction between mentors and mentees that evening. Ending off, he encouraged mentors to show their mentees around the Guild House.

The event began with a speed-networking session where individuals were divided into four groups and mentees were rotated to ensure that all had the opportunity to briefly interact. Smiles, areas of expertise and hopes for the future were all exchanged in the short 10 minutes, leaving many groups longing for more even after it was time to move on to the sumptuous dinner.

This newfound opportunity to engage other mentors was met with positive response. “I gained a diversity of opinions from different mentors tonight. The idea of having speed-networking was great as there was increased exposure to more mentors.” commented

Mr Law Zhe Wen, a mentee who is also under the NUS University Scholars Programme.

His mentor, Mr Edgar Liao, sang a similar tune as he recounted how he met three interesting mentees that evening, each with vastly differing aspirations and backgrounds.

When asked what being a mentor meant to him, he replied, “the etymology of ‘mentor’ involves characters from *The Odyssey*. When Odysseus entrusted his son in the hands of Mentor, it began that being a mentor

encompassed the idea of passing skills from someone older to someone younger.” He also felt that NUS members have the right expertise and should be encouraged to participate and give back to the NUS community.

Another mentor, Mr Desmond Moey, expressed, “(It is) good to share aged experiences with younger folks so they are able to learn what to do and avoid. Wisdom is a function of time.” He also stressed the benefits of being a mentor: “You’re exposed to what the younger generation is interested in these days and you also get to meet other mentors to catch up about life and discover more opportunities for yourself.” ■

“I gained a diversity of opinions from different mentors tonight. The idea of having speed-networking was great as there was increased exposure to more mentors.”

Mr Law Zhe Wen
Mentee
NUSS-UTown Mentorship
Programme



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Signing in Your Guests

It Takes Just a Minute!

NUSS strives to provide warm, genuine hospitality for each and everyone who comes through our doors. Be it our familiar members or their guests, we derive great satisfaction when people enjoy their experience with us. However, a pleasurable experience requires the cooperation of our members.



As you enjoy the sporting, recreation and dining facilities in this exclusive club with your like-minded friends, our staff are working hard to fulfil our duty of care towards your well-being. However, it is not complete without your assistance.

Your effort matters

NUSS requires that **all members sign in their guests in the Guest Books**, which are conveniently placed at the reception desk located at the main entrance, gym, karaoke rooms and the jackpot rooms. This requirement is common in all private clubs and societies in Singapore to ensure that visitors are accounted for.

Your effort in providing information with regard to the guests' name, address and other particulars is greatly appreciated.

Who are considered guests?

With reference to section 5.1 of the NUSS REGULATIONS, the following categories of persons are considered guests:

- Spouse of a member who is not a spouse member;

- Family members of a member who are 12 years old and above and are not junior members;
- Spouse of a deceased member; and
- Other categories of persons as approved by the Committee from time to time.

Domestic helpers accompanying members are also considered guests and should be registered.

Responsibility of members

Members are liable in respect of any damage or injury caused by any of their guests. Therefore, we would like to advise our members to be in the company of their guests throughout their stay at NUSS to ensure proper conduct and behaviour.

Furthermore, the information of members and guests who are on our premises will support our security measures to ensure a safe environment and experience for everyone.

Fairness and integrity

Our members are our priority, and they deserve a comfortable environment. We aim to avoid crowding in recreational facilities

by limiting the number of guests each member can invite. Various fees are levied upon members for their guests' usage of facilities like the gym and swimming pool. Hence, we require that all members register their guests prior to usage of the facilities.

It takes only a minute of your time and we seek the cooperation of our members to sign-in their guests upon their arrival.

*Membership Services Dept
3 June 2014*

"We try to do our job of providing a secured premise without being intrusive to our members and their guests. I believe that issues arising from guests who are unfamiliar with our rules & regulations can be taken care of if members register their guests and be in their company at all times within the club."

Nick Mercado
Senior Duty Manager



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“Getting to Know You” IN STYLE!

The Society's first New Members' Night of 2014 saw a record turnout of over 200 new members, guests and introducers coming together to enjoy an evening of good food and good company.

As members gathered in the lobby outside of Della & Seng Gee Guild Hall partaking in the hors d'oeuvres and drinks, a pianist tinkling on the grand piano added a touch of class to the proceedings. Especially well-received was the Auchentoshan Single Malt Scotch Whisky.

In his opening address, President of NUSS, Mr David Ho remarked that he was very pleased with the big cross-section of new members that he had interacted with earlier in the evening.

“I am very impressed as they are young, vibrant, energetic and full of passion,” Mr Ho said. “A society that is 60 years old cannot continue with just the pioneers and we need new people to help us re-energise and be relevant all the time.”

Mr Ho went on to urge new members to “take time to get to know us” as well as encouraged them to join in the various activities and sub-committees and interests groups that the Society has.

As the 4-course Western dinner was served, guests were entertained with performances by the various



NUSS interest groups such as the NUSS Choir, NUSS DanceSports, NUSS DramaWorks and Guitarpella, an NUS undergraduate group from College of Alice and Peter Tan, NUS University Town (UTown).

Meeting new people and networking were largely on the minds of those present and was also largely cited by new members present as a major

“It has been long overdue (about joining NUSS). Now that the kids are older and I have more time, it is natural to come back to NUS where I graduated.”

Sherlyn See

New NUSS member

reason for joining the Society.

“Since I am a scientist, I hope that at NUSS I can meet more scientists,” said new member, Dr Paulus Sutoyo. “As I am also a businessman, NUSS is also a good place for my entertainment of customers.”

Similarly, “meeting new and like-minded people” was a major reason for joining NUSS for new member Sherlyn See. She remarked, “It has been long overdue (about her joining NUSS). Now that the kids are older and I have more time, it is natural to come back to NUS where I graduated.” ■



The Influence of Chinese Philosophy in **CONTEMPORARY ART**

The term contemporary art is often used to describe art from the 1960s or 1970s right up to present day.

The source of inspiration for this genre is commonly the ideas and concerns of the artist rather than solely based on aesthetic appeal. Not defined by limitations on mediums used, contemporary artists are allowed the luxury to experiment and use whatever they best feel illustrate their ideas.

After the rise of economic reforms and liberalisation of China in the early 1980s, Chinese artists were exposed to Western culture and art. Dubbed as one of the fastest growing art markets in the world today, Chinese contemporary art has gained rapid traction in the art world.

According to Singaporean artist Ling Yang Chang, contemporary art and Chinese art are unique in their own ways, especially in terms of form. The veteran in Chinese brush painting who explores other artistic fields such as Contemporary Chinese Art, Modern and Abstract paintings, however stresses that he sees many similar elements such as the brush strokes and the way the lines are expressed by the artists.



Ling Yang Chang - Forget Me Nots.

According to Singaporean artist Ling Yang Chang, contemporary art and Chinese art are unique in their own ways, especially in terms of form.

His curiosity to explore new boundaries led him to contemporary art but like many Chinese artists, Ling still stays close to his roots by taking a Chinese philosophical approach with most of his work. Influenced by the teaching of Tao, which encourages working with natural forces, and not against them, he embodies this principle when creating his own work, ensuring that the flow of lines is free and natural.

The primary focus of Chinese philosophy throughout the ages has been a practical concern with man and society. It provides a moral compass

guiding one on how to live an ideal life by attaining harmony between their self and nature. This philosophy is the underlining influence for many Chinese artists and it is reflected in many of their works.

Many however have turned to contemporary Chinese art as it provides an avenue to express their Chinese beliefs and ideology while allowing the freedom of creativity and expression. ■

The article was contributed by 7Adam Gallery. Please visit www.7adam.com to see more gallery offerings or contact 7Adam at artenquiries@7adam.com.



Ling Yang Chang - Flowerly World II Series.



About 7Adam Gallery Restaurant

A marvellous fusion of food and art, 7Adam Gallery Restaurant is nestled amongst lush green foliage at Adam Park. It is the perfect place to spend a romantic evening, have a warm gathering with friends or simply lull away a leisurely afternoon with a feast for the senses. The gallery and restaurant housed in an evocative colonial house, features an eclectic mix of haute cuisine and contemporary art by acclaimed artists from around the region.

SNAPSHOTS

Speechcraft Workshop by NUSS Toastmasters Club
2, 9, 16 and 23 April 2014
Kent Ridge Guild House



EFFECTIVE COMMUNICATION WITH IMPACT

Members who were avid communicators were very proactive at the NUSS Toastmasters Club workshop which they had many praises for. Participants were thrilled to learn many valuable skills at the workshop, such as speaking and presentation skills, as well as how to draft an effective speech and impactful PowerPoint presentation.



A Coffee Journey: From Crop to Cup Workshop
29 March 2014
Shebrews Cafe

STEEPED IN APPRECIATING COFFEE

Wine appreciation workshops are aplenty, but in recent times, the nation has seen a surge in the popularity of coffee appreciation, giving plenty of opportunities for coffee-lovers to get up close and personal with their favourite brews. On a fine Saturday, 20 participants dived into the world of coffee at a coffee appreciation workshop. They learnt how to identify and appreciate different types of coffee bean whilst brewing it.



Flavours of Italy
15 March 2014
Chantilly Culinary Studio



Scan your QR code reader to see more pictures

MAMMA-MIA WITH PASTA

Requiring technique as well as balance, making pasta is an art! Twenty keen pasta-lovers learnt the art of pasta making from scratch over two sessions. They enjoyed diving into the practical skill of how to make delicious pasta sauces to accompany the different types of pasta.



Scan your QR code reader to see more pictures



Silkscreen Workshop
8 March and 24 May, 2014
Kent Ridge Guild House

FUN WITH BLOCK-OUTS

Originating in China during the Song Dynasty, silkscreen painting has been a popular medium for the reproduction of fine art, wallpaper and fabric. Modern pop art artist Andy Warhol went on to popularise it in the United States since and for one afternoon, participants felt like Warhol as they learnt the block-out technique using screen filters at the three-hour workshop. They also had fun with their own t-shirts which they customised with their own silkscreen designs.



Scan your QR code reader to see more pictures

Afternoon Tea Tray
26 April 2014
Chantilly Culinary Studio



Scan your QR code reader to see more pictures

SWEETEN ME UP

Cakes form a quintessential part of the traditional afternoon tea - and this occasion offers a grand excuse for making delicate, dainty or more complex types of classic tea favourites. No more need to pay for expensive tea buffets for 30 participants who learnt how to create an assortment of pastries perfect for an afternoon tea party, including canapés, classic scones, mini cheese cakes and chocolate whoopie pies.



Visit to Sunlove Home
22 March 2014
Sunlove Home, Buangkok Green



SPREADING LOVE ALL AROUND

As part of the Community Care Sub Committee's initiative, NUSS members visited Sunlove Home to spread more cheer around. Residents were entertained by NUSS' very own Silverstones and were also treated to a sumptuous lunch generously sponsored by NUSS members.



Scan your QR code reader
to see more pictures

Bridging the Gap with Great Plays



It is always fun to see people trying their hand at sports they are unfamiliar with. That was exactly what happened at the annual Inter-Section Games (ISG) this year where the participating sections pitted their skills against each other at Balut, Bowling and Table Tennis.

Conceived as a way to bridge the gap between sections, the annual ISG has been popular and is instrumental in promoting cross-sectional communication and interaction. The participating sections at this year's ISG were Badminton, Balut,

INTER-SECTION GAMES WINNERS

Sports Section of the year for 2013
Tennis Section

Encouragement Award for 2013
Running Section

When the evening proceedings got underway, toasts and shouts of joy could even be heard from the outside of the dining hall as the members enjoyed the spread of food and entertainment on offer.

As Deputy Chairperson of the S&R Sub-Committee, Mohan Balagopal, addressed those present, he thanked everyone for participating sportingly and for contributing to making the S&R Night a success.

The announcement of long-awaited S&R awards were kept towards the end of the evening to drum up the tension and allow members to mingle and to connect further.

Walking away with the Sports Section of the Year Award 2013 was the Tennis Section, which received a certificate and \$200 worth of



Bowling, Golf, Soccer, Squash, Table Tennis and Tennis.

Despite many not being familiar with some of the games played, there was much bantering in-between but there were also words of encouragement for every ball that went awry or frames that were left open. Sportsmanship and friendship were evidently the order of the day.

After a long-day of competition, members of the various sports section adjourned to Kent Ridge Guild House for the highly-

anticipated Sports & Recreation (S&R) Night where a night of fun, drinks and food awaited.

Before the start of the S&R Night proper, members who arrived early tried their hands at the mini putting green and S&R World Cup Challenge 2014 shootout set up at the lobby outside of the Della & Seng Gee Guild Hall. Laughter and friendly jibes could be heard as dreams of being the next Tiger Woods or Lionel Messi were either dashed or encouraged, depending on how the player fared.



NUSS F&B vouchers. Receiving the inaugural Encouragement Award was the Running Section. The latter award was created to encourage the section to grow and create more awareness of running across members.

As the evening wound down to a close, many members could still be seen lingering around enjoying each others' company. Almost everyone could be seen with smiles on their faces, signifying another successful day of plays and S&R Night for the Society. ■



Scan your QR
code reader to
see more pictures

This year's TANS game edition was organised by NUSS and saw the Society represented by our Bowling, Billiards/Snooker, Golf, Squash, Table Tennis and Tennis Sections.

Played at the Warren Golf and Country Club over the two days, the Golf Section emerged champions, edging out runner-up American Club in a close finish. Whoops of joy and triumph could be heard from the Society's representative when the results were announced.

Following in their golf counterpart's footsteps, the NUSS Table Tennis Section also emerged victorious and wresting the title away from the previous champions, Singapore Swimming Club. Played at the Kent Ridge Guild House Multi-Purpose Hall, homeground advantage was likely a big factor in the win.



NUSS Emerges 3rd Time Champion

The ever popular TANS Game, organised jointly by American Club (AC), NUSS, Singapore Swimming Club (SSC) and Tanglin Club (TC), made a comeback on 4 and 5 April.

WINNERS

GOLF

4 April: Warren Golf and Country Club

- 1st: NUSS
- 2nd: American Club
- 3rd: Tanglin Club

BOWLING

5 April: Singapore Swimming Club

- 1st: Singapore Swimming Club
- 2nd: American Club
- 3rd: NUSS

TABLE TENNIS

5 April: KRGH, Multi Purpose hall

- 1st: NUSS
- 2nd: Singapore Swimming Club
- 3rd: Tanglin Club

SNOOKER

5 April: KRGH, Billiard Room

- 1st: Tanglin Club
- 2nd: NUSS
- 3rd: Singapore Swimming Club

TENNIS

5 April: KRGH, Tennis Courts

Overall winner: NUSS

- 2nd: Singapore Swimming Club
- 3rd: Tie between TC and AC



Homeground advantage, however, proved not enough for the Billiards Section who emerged 1st runner-up in snooker. Matching eventual champions Tanglin Club cue for cue, their valiant efforts were not sufficient to topple the Billiards stawarts from their perch.

Putting in a strong showing was also the Bowling Section (2nd runner-up) who battled the pins and their competitors at the Singapore Swimming Club. Strikes and spares were roundly applauded while splits and open frames elicited groans when the stubborn pins refused to fall.

Despite their enthusiasm, the Tennis Section was not able to display their prowess as the matches were cancelled due to inclement weather.

With all the NUSS members taking pride in representing the Society and putting in tremendous effort in preparing for this tournament, their strong participation and hard work contributed immensely to the Society once again retaining the title as overall champions.

The tournament culminated in a dinner at NUSS, Kent Ridge Guild House where the overall champions were announced to much applause. Camaraderie was evident as the competition was left on the playing field and the competitors chatted and mingled like old friends. ■



Scan your QR
code reader to
see more pictures

Tennis Celebration Galore

The Tennis Section celebrated its 30th anniversary on a fine Sunday afternoon with lots of activities, freebies and food galore!

The day started with a Team Tennis Competition with a twist called 'Theme Tennis' and the response was great. Forty-eight members participated in team tennis, which had lapsed for a year, where they were divided into four teams of 12, with each team fielding three men's doubles and three mixed doubles.

The highlight of the event saw members of each team dressed to a theme and our members truly showed their sportsmanship. The winning team wore Chinese Mandarin outfits with the captain

resembling a kungfu master on court! The runner-up team scored extremely close with their 'tattoo' look on arms and legs. Though they did not win the best-dress, the 'tattoo' team emerged the overall champion.

Ace Sports Technologies sponsored racquet strings, grips, mini tennis ball key-chains as prizes for Theme Tennis.

Players' well-being were also well taken care of with section member, Sun Wai Hoong sponsoring Kinesiology Tapes (KT) and even arranged for a group of

SPECIAL OFFER

Restring Your Racquets

Tennis members know a good deal when we see one - just show your NUSS membership card to enjoy a 10 percent discount at Ace Sports Technologies located at Holland Village.

physiologists from Orchard Health Clinic on site to attend to members' physical complaints. Sun also gave a talk on the benefits of KT which is used for common sports injuries such as runners knee, shin splints, tennis elbows and many more.

Members did not walk away empty-handed but received a mug and two collectible dampeners with the 30th anniversary logo. Besides commemorative souvenirs, stomachs were also filled with unlimited ice cream from a traditional ice cream cart, complete with a bell. The event ended wonderfully with the cutting of a delicious 30th anniversary carrot cake.

Despite a long day, the Tennis sub-committee felt that it was worth every bead of sweat shed. Besides thanking those who made it possible, the sub-committee is also appealing to members to support the upcoming Annual General Meeting (AGM). All members who attend the AGM may win a chance to walk away with five new tennis racquets sponsored once again by Ace Sports Technologies. ■



BINTAN GOLF TRIP | 22-23 March 2014 | Bintan Lagoon

Weekend Outing Satisfies NUSS Golfers

A weekend outing to Bintan Lagoon was held from the 22-23 March 2014. A total of 41 players made the journey to pit their golf skills at the Jack Nicklaus and Ian Baker Flinch courses.

Day one arrived and the group assembled at the Tanah Merah Ferry Terminal for their direct ride to Bintan Lagoon resort. The group was accompanied by a few non-golfers who went along and chilled out together at the lovely resort. The new ferry berth located onsite served the group well as it allowed the golfers to immediately make their way to the golf course for the first game upon arrival.

The format of play was Stableford based on 100 percent handicap. Prizes were given for both days' play with daily winner and runner-up positions, as well as the overall champion for the two days. Prizes were also set aside for lucky draw that included the non-golfers.

Blessed with great weather, the Jack Nicklaus course was a delight as it was set in a resort style golf setting - with elevated greens to enjoy the scenic views as well as the generous fairways for golfers to be aggressive with their drives. Surely the highlight of the round was the 12th hole par three that played out to the ocean front. A beautiful view that will be wedged in the memories of the golfers. The day ended with a private buffet dinner at the resort poolside.

Day two saw the golfers tackled the more challenging Ian Baker Flinch course. Uniquely, the layout for many holes were crafted out of the forest and each presented its individual characteristic, not to mention difficulty. Fortunately, the group had a bunch of competent caddies to help the golfers navigate their way around this course.

In a blink of an eye, the 2-Day 1-Night outing drew to a close. Among the tired albeit satisfied golfers, some made new friends whilst others will surely make plans to return for another game in Bintan in the near future. ■



Making the 'Cut' with Enthusiasm

Playing golf as nature intended were avid golfers attempting to make the 'cut' at Perth's stunning premier coastal golf course.

The crisp 16°C cool greeted 30 enthusiastic golfers from NUSS as they boarded the coach outside the Pan Pacific Hotel, Perth after a hearty Australian breakfast. The darkened sky looked threatening with a few drops of light rain. It was raining the last few days, the golfers were told.

As the coach cruised through the still sleepy city fringing the famous Swan River, the golfers were greeted with a glorious rainbow streaking across the sky. It was heavenly morning's greeting at its best! The day seemed more promising as they headed towards Freemantle's weekend Market for their first stop.

The journey to The Meadow Springs Golf Club was greeted with another glorious rainbow. The first day of golf was truly enjoyable as Meadow Springs offered a unique golfing experience – playing "golf as nature intended". A few holes run parallel and all are surrounded by bush land.

The promises got even better when we tried to make "The Cut" (Golf Club) on the second day. An apt name to describe one of Australia's premier coastal golf courses as it commands some stunning views of the Indian Ocean. It is a challenging course which winds its way through dramatically undulating dune land exposed to strong prevailing winds. Ahmad Fawzi (men) and Chong Dan Chyi (ladies) made their cut here to emerge champions for the day.

The rainbow unloaded its pot of gold as the golfers converged at the Joondalup Country Club for the second day of competition. Its pristine well-kept greens, infamous ladder accessible only bunkers, dramatic quarries, eucalyptus studded woodlands at several



"The Cut" is one of Australia's premier coastal golf courses as it commands some stunning views of the Indian Ocean.

signature holes, bundled with a cool yet sunny 18°C weather presented a most memorable golfing experience.

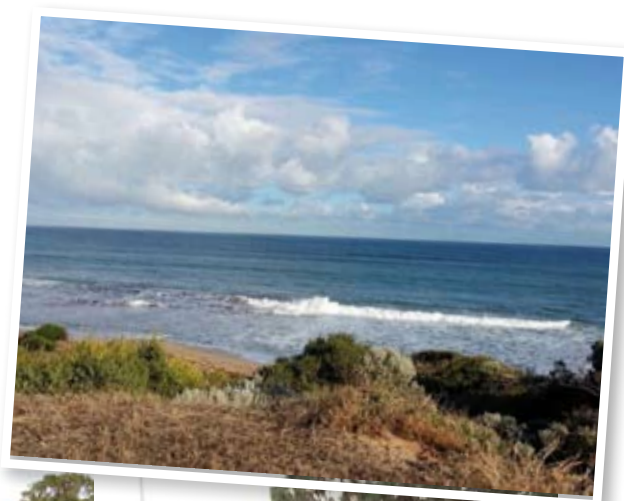
No one had an excuse for bad golf in the midst of such beauty, sometimes picturesque with lovely houses fringing the verdant course and other times, wildly breathtaking terrain demanding respect at some signature holes. The golfers also had many mild Kangaroos on course for company. Mr Ben Ong (men) and Ms Nina Koh (ladies) conquered the course best on that day with Mr Melvin Chan emerging overall champion over the two days. ■

Article contributed by Nina Koh



THE SCORE

	The Cut Golf Course	Joondalup County Club
Men Champion	Ahmad Fawzi 37 points (OCB)	Ben Ong 40 points
Men 1st Runner Up	Ho Tat Hong 37 Points	Goh Leng Kiang 36 points (OCB)
Ladies Champion	Chong Dan Chyi 25 Points	Nina Koh 26 points
Overall champion	Melvin Chan Day 1: 31 points	Day 2: 41 points





Good Money Habits

When Starting Work

As you transition from student life into the workforce, most of you will become financially self-reliant for the first time. These are exciting times — who would not feel a sense of elation when we see our first salary being credited into our bank accounts?

Few of us can afford to spend our money without care. Some of us will already have responsibilities - you may already have dependants who will count on you financially, perhaps elderly parents or younger siblings who do not have any income of their own.

There will also be student loans to clear off quickly too. Even if you land your dream job, or dream income, you can still land yourself in trouble if you are not sufficiently financially capable. Money management skills are a must-have.

Control your spending and credit usage

It is quite natural to want to reward yourself for hard work, but do keep this in perspective. If the latest must-have designer bag or IT gadget takes up a generous chunk of your monthly income, maybe you should rethink the concept of reward, especially

since these items are not investments and lose some value almost immediately. Little self-control and a strong urge to splurge, can only spell trouble in the long run.

As the old adage goes, always spend within your means (but this does not mean it is alright to spend everything you earn). Think hard before you borrow. Getting a loan or credit line should only be a last resort because of the costs you will incur and the complications that arise if you cannot keep up with your debt commitments.

Managing your income

Identify your disposable income (i.e. how much of your salary is left after paying taxes and CPF, rent or contribution for your share of household expenses to your parents), and keep your monthly expenditure well within what is left of your income. Having trouble keeping track of your spending? Read on and fret not.

PICK UP AND APPLY



basic money management skills. Take charge of your financial wellbeing and plan ahead, set out your **goals** (e.g. paying off student loans, saving up for a wedding or home or further studies) as well as the **action steps** to reach them.

Do remember to review your budget every now and then. You may find that your intended expense limits are unrealistic: they may be lower or higher than they really are. If you need assistance, use an online budget calculator.

Adjust the differences accordingly - allocate more money to prioritised items, cut unnecessary costs and make sure you save the remaining amounts. Even if you can not save much in the beginning, putting aside savings is a good habit to form. Small amounts can build up over time with the help of compounding.

Aim to set aside savings of three to six months' salary for unexpected expenditure and rainy days. You

wedding or home or further studies) as well as the action steps to reach them. Learn how disciplined savings and investing can help you reach those goals and be financially prepared with savings and insurance in case of emergencies.

Paying taxes

If this is your first job, you might wonder how to file and fulfill your tax obligations. Start by visiting the Inland Revenue Authority of Singapore website at <http://www.iras.gov.sg/irasHome/page04.aspx?id=9974>

Staff benefits

Some workplaces entitle you to benefits which allow you to cut



Learn to make a budget

A practical way of managing your disposable income and monitoring your expenditure is to draw up a budget. A simple one can be planned in just three steps:

- List all your daily living expenses (transport, meals and rent / contribution to household expenses, etc.)
- Decide how much of your salary you intend to spend on each item and stick to it strictly.
- Set aside the rest of your pay and save it. Start with realistic amounts first (maybe \$200 per month) and aim to work towards at least 10 percent of your pay. Save more if you can.

never know when you might be out of a job or have to fix a leaking bathroom. Remember also to set aside some money for occasional expenses like getting a birthday present for your Mum or a close friend, for instance.

Do not be too discouraged if you have not been able to follow your budget closely. Motivate yourself to try harder next month by keeping your financial goals in mind: it is never too early to save for your retirement, for your parents' expenses when they retire if they are counting on you; your dream flat or a dream holiday.

Planning ahead

Pick up and apply basic money management skills. Take charge of your financial wellbeing and plan ahead, set out your goals (e.g. paying off student loans, saving up for a

down on your expenses. Check with your employer if you enjoy reduced medical and dental fees. You could be covered under group insurance schemes as well. However, do find out the benefits and limitations of such insurance schemes.

Some schemes may not be portable if you change employer, so you should consider getting some health insurance (such as Medishield or Integrated Shield plans, based on the hospital and ward type you prefer). Also consider getting some basic life insurance (if you require financial protection for your dependants) while you are young. ■

The above information is prepared by the Monetary Authority of Singapore (MAS) in collaboration with the Inland Revenue Authority of Singapore as part of the MoneySENSE national financial education programme.

How To Win Your Boss Over



In today's competitive world, there are too many people vying for attention from their bosses. How then can you stand out from your fellow co-workers and win your boss over?

Simply doing your job well is no longer sufficient. You have to make sure that your boss notices your hard work and is aware of your progress at work. Here are a few tips:

Put In Those Extra Hours

Having a nine-to-five job does not mean that you should rush out of the office once the clock strikes five. All bosses appreciate a hard worker, one who does not sprint off once working hours are over or leave before they do.

Aim to make yourself available whenever your boss needs you and be flexible with your working hours.

Also, do your due diligence and always aim to over deliver on your promises.

Be Willing To Go That Extra Mile

Your boss will appreciate it when you take the initiative to do things before they are asked of you. Completing tasks that you know needs to be done without being asked makes you appear to be hardworking, reliable and resourceful.

On top of that, always offer your support to take on additional tasks that are beyond your job scope when nobody else wants to. This may earn you some extra credit from your boss.

Make Your Boss' Job Easy

You are hired for the purpose of lessening your bosses' workload instead of making things more difficult for them.

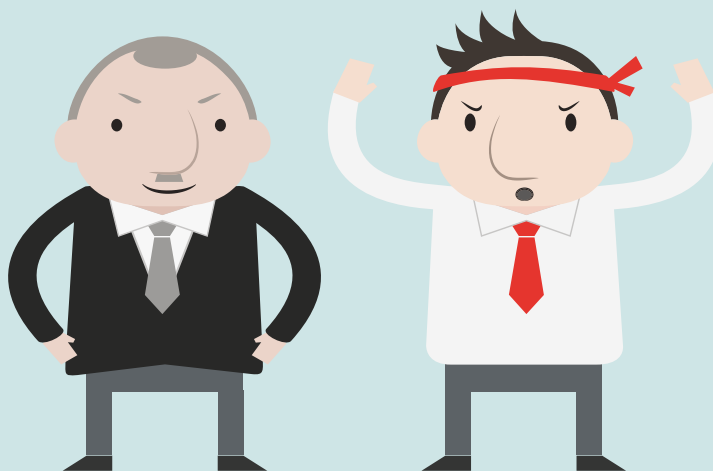
Always double-check with your boss regarding the tasks assigned to you instead of assuming you know it. This will reduce confusion and eliminate any misunderstandings.

Be Enthusiastic About Your Job

Be passionate and excited about work. Always smile upon arriving at work and greet your colleagues, especially your boss, on a daily basis.

This enthusiasm will present you in a positive light at work and can even influence the people around you, creating a conducive or pleasant or positive working atmosphere for everyone.

GO THAT EXTRA MILE!



BE PROACTIVE!



COMPLETING TASKS THAT YOU KNOW NEEDS TO BE DONE WITHOUT BEING ASKED MAKES YOU APPEAR TO BE **HARDWORKING, RELIABLE AND RESOURCEFUL.**

BE ENTHUSIASTIC!



Be Proactive

Try to avoid going to your boss with a problem until you have brainstormed for possible solutions. That way, you are able to show your boss the initiative taken and that you are someone who thinks ahead for solutions.

Present different options for solutions and explain your action of choices, this shows you are thorough and have thought it through. ■



*This article is contributed by **Bruno Marchand**, Manager of Robert Walters Singapore – HR & Business Support specialist recruitment divisions, focusing on recruiting top talent across financial services and commerce industries.*

Getting Ready for a

BABY

Contrary to popular belief, you should not wait until you are pregnant to eat and live healthily. If you have made the decision to start (or add to) your family, there are a few things to take care of before getting busy in the bedroom.

All parents want to give their children the best start in life. Achieving this means sorting out your health well before pregnancy. Your overall health condition, lifestyle habits and family history can affect your pregnancy, as well as your chances of giving birth to a healthy baby.

Associate Professor Tan Thiam Chye, Head and Senior Consultant, Inpatient Service, Division of Obstetrics & Gynaecology, KK Women's and Children's Hospital explains: "If you are planning to get pregnant, first schedule a pre-conception check-up. During the check-up, your doctor will assess your health and lifestyle habits and investigate your family health history for genetic disorders."

He or she may recommend prenatal vitamins, such as a multivitamin with 800 micrograms of folic acid every day. Folic acid is a B vitamin that every cell in your body needs for healthy growth and development. Taking it before and during early pregnancy can help prevent birth defects in the baby's brain and spine.

The doctor will also ensure that you are up-to-date on your immunisations, as conditions such as chicken pox and rubella

may cause birth defects and other problems if you get them during pregnancy. Your doctor may also ask about the type of medications you may be taking and even do a pap smear or test for sexually-transmitted diseases.

Making a baby

When a healthy couple has frequent, unprotected sex, they usually conceive within a year. But sometimes, getting pregnant takes more than just going without contraceptives. It might require a better understanding of your body, plenty of patience and just that bit of luck.

If you have been trying for a baby for a while but have not become pregnant yet, do not be discouraged. Instead, take active steps to understand your body better.

"It is one thing to understand how ovulation works," says Assoc Prof Tan. "Figuring out when it is actually happening to your body is a different thing entirely." (See *Are you fertile?* box)

Timing is everything. Once you have determined your ovulation, have sex more to increase the chances of conception. "The most important factor is to have regular sexual intercourse," advises Assoc Prof Tan. "Doing it at least three

times a week is ideal if you are trying to conceive."

Adopt a Better Diet

A healthy body makes it easier for pregnancy to happen. So do not wait until pregnancy to begin eating a balanced and nutritious diet. "Women who are underweight, overweight or obese are less fertile and face higher miscarriage rates," says Assoc Prof Tan. "Nutritional imbalances may also impact the early stages of pregnancy and have an adverse effect on early foetal development."

Consider scheduling a pre-conception nutrition counselling with a dietitian. A dietitian can

ARE YOU FERTILE?

Here's how you can find out:

- **Keep track on the calendar:** If you have a consistent 28-day cycle, your ovulation is likely to begin about **14 days** after your last period began. So use a calendar or an app to mark the fertile days.
- **Watch for changes in cervical mucus:** Look for clear, slippery vaginal secretions – this is a sign the ovulation is happening and a good indicator of fertility. After ovulation, the vaginal discharge will become cloudy and sticky. Or it may disappear entirely.
- **Measure your basal body temperature:** Basal body temperature is your body's temperature when you are fully at rest. Usually, ovulation will cause a gradual rise or sudden jump in temperature. You can assume that ovulation has occurred when the slightly higher temperature remains steady for three days or so.
- **Use an ovulation test kit:** These are over-the-counter kits that test your urine for the surge in hormones that occurs before ovulation.

WHEN TO SEEK EXTRA HELP

■ Early 30s or younger

Generally, if you and your partner are in your early 30s or younger and in good health, it is okay to try on your own for **one year** before consulting a fertility specialist.

■ 35 or older

If you are 35 or older, seek help if you are not successful after **six months** of trying.

Fertility issues are not always down to the woman. So if a couple is having problems, **both the man and the woman** should seek medical advice.

help to ensure healthy eating habits are adopted by the time conception occurs. Eat a variety of foods to get all the nutrients you need. This includes the recommended daily intake of six to 11 servings of breads and grains, two to four servings of fruit, four or more servings of vegetables, four servings of dairy products, and three servings of protein sources.

Other healthy eating tips include:

- **Watch your fish intake:** While fish is an excellent source of omega-3 fatty acids (great for your baby's brain and eye development), protein, vitamin D and other nutrients, it can also contain mercury. Avoid fish high in mercury, such as king mackerel and tuna.
- **Take prenatal vitamins:** Do take 800 mcg of folic acid a day for at least one month

before you conceive and during your first trimester.

- **Load up on calcium:** Eat and drink at least four servings of dairy products and calcium-rich foods a day to ensure that you are getting 1000-1300 mg of calcium in your daily diet during pregnancy.
- **Take more iron-rich foods:** Iron is especially crucial for the growing baby and placenta. You need at least 27 mg of iron daily.

Eating healthily will also help you to maintain a healthy weight. When you have a low or high body mass index (BMI), it will make it harder to conceive. Draw up and stick to a fitness plan.

Assoc Prof Tan suggests: "Do at least 30 minutes or more of moderate exercise, such as jogging or cycling. Balance it out with stretching or yoga for a well-rounded fitness programme."

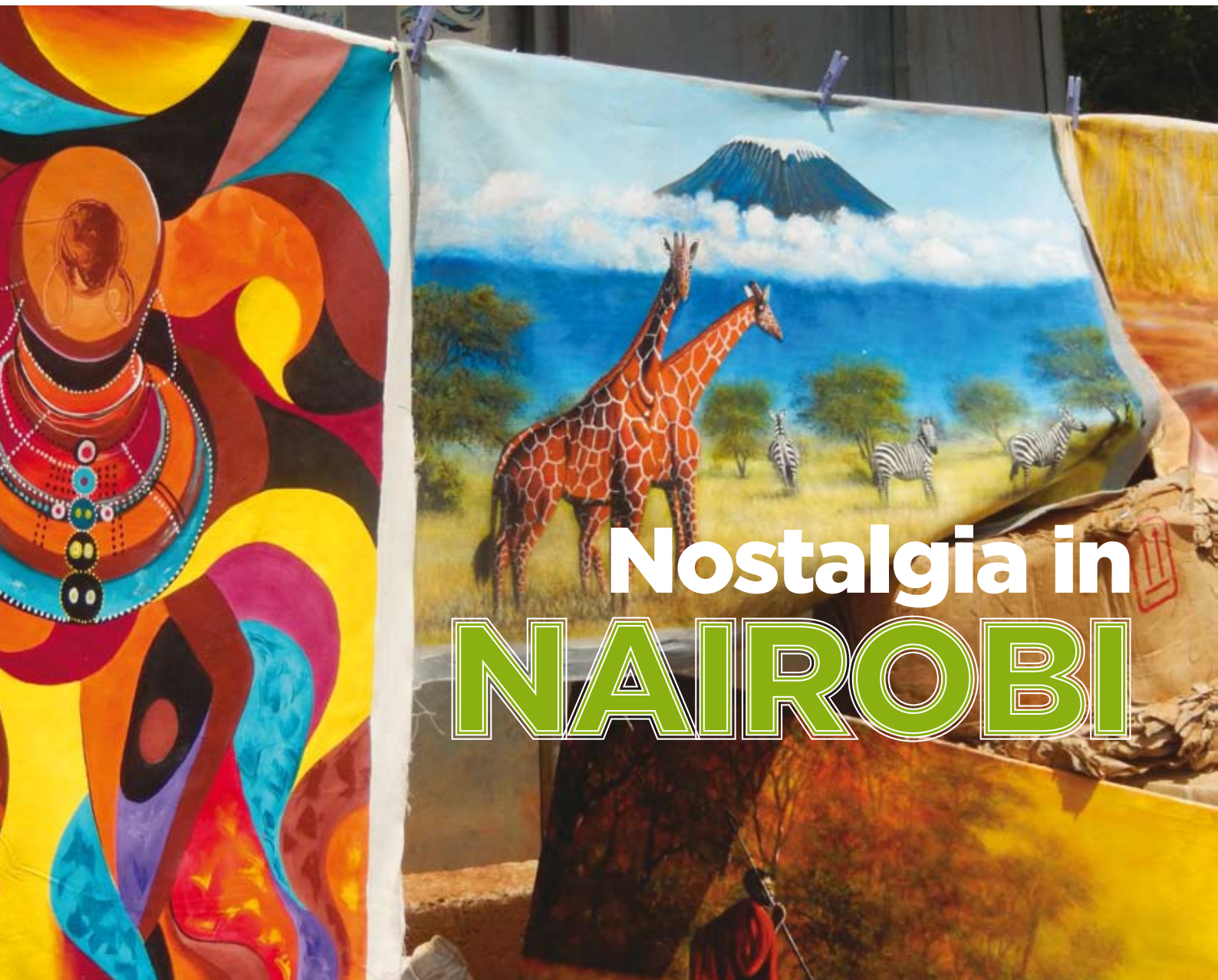
Once you have paved the path to pregnancy, it is time to toss the birth control. For some, this last hurdle may be as easy as throwing out the condoms or diaphragm. However, women on the Pill may need to plan accordingly.

"Women who want to go off hormonal contraception should talk to their doctor first," says Assoc Prof Tan. "It may be better for them to finish their current pack to avoid irregular bleeding – and wait for a few months for their cycle to return to normal before trying for a baby." ■



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.





Nostalgia in NAIROBI

Popular belief of high crime and guns are the images conjured up for Kenya's capital, Nairobi. On the other side, glossy magazines showing off sultry safaris spring out. **Sonia Shah** blows the whistle on the media to shine the torch on several unexpected treasures, buried within the topsy-turviness of unpredictability in this East African city.

Speeding up as Africa's second largest growing city, Nairobi has brought in a mass influx of foreigners in recent years. An unprecedented boom of opportunities rise over the glinting skyscrapers, attracting many from the West and the Orient to flock into this former-British colonial metropolis. Hidden amongst the mesh of fast-paced highways and a financial maze of looming buildings are many surprising peculiarities.

Sprawled throughout the city, the "**Jua Kali**" industry, translating as "the fierce sun" is an intriguing hub of activity to observe. Carried out in the open air by the roadsides, vendors of all kinds showcase their talent.

Extraordinary pieces of furniture crafted from straw and wood to wrought iron gleam away under the heat. Whilst some sell an assortment of multi-coloured pots, garnished with nature's flourishing greens, others sell bags weaved from straw, or

carpets gently resting against a stand of bamboo sticks. Second-hand roof tiles and cemetery boards are some of the few random objects which float around for sale, shaking up anyone's curiosity. This casual, ambient way of conducting business continues to be on the rise with the growth of the middle class and foreigners floating by.

With high unemployment, these informal businesses create opportunities for many who come from the slums of the city. The

humble ‘offices’ of mechanics, electricians, repairers of all kinds roll out across the muddy, dusty streets, offering competitive prices, rivaling conventional shops. This unusual platform has become the backbone of the economy.

On the outskirts, locals use the branches of a tree to dangle their range of clothes from, making their customers’ shopping experience out of the norm. Creative geniuses who transform the ordinary to the extraordinary bring life to commerce on the streets as part of the “Jua Kali” traditions.

For those who prefer some rest and recreation, **Karura** forest makes a pleasant hike to rivers, waterfalls and caves. Recently opened up to the public, this makes a safe environment for those who want to immerse in nature in serene surroundings. Armed with guards to protect the public from crime, the area is a refreshing spot for many locals who have not felt safe in public parks where robberies have taken place regularly.

The rich scents of eucalyptus glide through several passages of vast woodlands and bamboo trees - a refreshing change from the dense exhaust fumes of the city. The sweet choruses of monkeys, insects and birds blending with one another, drown out the honking of impatient drivers stuck in dense traffic. Bikes for rent are available to wander through the shrubbery, under the winking sun. Nature and tranquillity in the midst of an African capital roaring with commotion and chaos are rare to find.

Further down the road from the forest, Fridays open up with the **Maasai Market** at the **Village Market Mall**. An open-air exhibition of ingenious entrepreneurs embellish the grounds with an impressive collection of their creativity for visitors to drool over from dawn till dusk. Intricately woven, beaded jewellery hang around various stands. Paintings splashed out in various hues, depicting scenes of Kenya, from wild life to mountains and diverse local cultures stretch out in the background. Sandals, sculptures and masks with intense, bright detail spice up some charm in this medley of local talent. Chess boards created



One of Nairobi's “Jua Kali” traders.

In Nairobi, the “Jua Kali” industry is a hub of activity by the roadsides where vendors of all kinds showcase their talent.



The “Jua Kali” industry create opportunities for many who come from the slums of the city.

from shiny, soap stones featuring African warriors bask away silently in the sun.

A little more central is the **Westlands Kurios Craft Stalls** with similar goods for sale. Vendors dole out handshakes with an affable

grace. “Jambo! Jambo! Karibu” are the sweet Swahili greetings that regularly ring out to passers by. Their colourful crafts, all huddled into wooden cubicles drape over metres of pungent earth floor. Silently waiting to be snapped up by a curious visitor,

they seek refuge under shelters of corrugated tin roofs that have forgotten to beam brightly under the rust, unlike their owners' smiles.

For those who want to catch another side to the city, a harsh reality sinks into **Kibera**, one of Nairobi's largest slums - home to almost a million impoverished locals. A valley of rusty tin roofs simmer away in the heat from the far horizon. Conditions are not for the faint hearted. Families of up to 10 share a space the size of an average double room with a curtain creating a division for the males and females. A hill of craggy metal sheets press up against each other to create the basic structure of a home on muddy grounds. Easy to tumble and slip over the sloppy, brown turfs during the rainy season, locals just "fall, have fun, get up and go" as one resident explains.

Despite the tough living, inspiration oozes abundantly out of

these shanty towns. A project for women with HIV runs in the midst, empowering them to create African crafts and earn their living from their productions, instead of turning to begging on the streets. With husbands either buried in the ground or who have abandoned them, these strong females exude health and strength - an uplifting reminder to those who are far more fortunate to live in gratitude and not take life for granted.

Workshops with men crafting out trinkets and ornaments with wood and bones from goats to camels and cows are another source of income for some. On a road where a scene from the film, *The Constant Gardener* was shot, lies an art shop. Painters display the tedious, drab life of the slums with a contrasting vibrancy. Plastic



The Maasai Market.

bags, depicting various expressions of locals in stimulating shades of colour, highlight the imaginations of some of these artists from such simple backgrounds. It is no surprise their work is recognised internationally, with a few receiving funding to display their talent abroad and securing further orders.

Even though poverty lurks throughout the exhausted, metallic hovels, warrior-like souls brave these conditions in finding various means to get by.



The Maasai Market.

NAIROBI'S Unusual Bars and Cafes

■ **Ola Serena** - Close to the airport, this hotel offers the ideal spot to enjoy late afternoon drinks and bites on the terrace. Visitors can watch the sunset slowly seeping in through the thorn trees and spilling over Nairobi's national park with the Ngong hills in the background.

■ **River Cafe** - Nature is in abundance at this eatery. With a pond and a river running through it and an outdoor greenhouse as the entrance, a sense of serenity seduces many to frequently visits here. Palm trees and many African floral paradises frolick away on the exterior. The restaurant's family-friendly ambience also provides a rainbow coloured playhouse, built into the side of the greenhouse.

■ **Sabrinass** - This Ethiopian restaurant hidden in the neck of the town turns out to be at one of the resident's house, who has converted his lounge and garden area into the dining and bar area. His two dogs make an unusual pair of welcoming hosts. This is one of the few places where visitors can experience a theme of "dine at someone's home", an unusual concept for many.

■ **Wok and Wine** - This pan-Asian restaurant is situated under a block of apartments where visitors can enjoy emerald green views of the pool and palm trees. All guests are allowed to use the pool for every meal consumed, which makes a great afternoon or evening for a leisurely escape.

■ **Amaica** - For a true taste of Kenya, here is one place that serves all the traditional delights. 'Sukuma Wiki' with 'Ugali', a dish made from kale and vegetables or meat served with maize flour with a porridge-like consistency, is the heart of one of many Kenyan dishes to be tried. The sturdy statues of masai warriors that hail the entrance of the restaurant overlook a nourishing forest.



Ola Serena.

Amaica.

River Cafe.

To escape the drab architecture of the slums, visitors can always find a sense of calm in beautiful temples, unexpected in an African city. A mass migration of Indians into Kenya started in the early part of the previous century where British India had recruited thousands of Asians to help construct a railway. Since then, many have made Nairobi their



The Shree Visa Oshwal centre.



The Shree Swaminayan temple.

A mass migration of Indians into Kenya started in the early part of the previous century where British India had recruited thousands of Asians to help construct a railway.

home, bringing their heritage with them.

The **Shree Visa Oshwal** centre in Parklands, a predominantly Indian area, holds an impressive flamingo pink building with mini temples built inside. The interiors are used for community gathering and events. Rose tinted domes beam above the blue sky, overlooking a small football field. A mini, multi-coloured open air gym on the side of the fields is where the young and the old come to flex their muscles. On the far end of the fields are tennis courts and net ball grounds - all a rather unusual mix of activity in front of a community hall and temple.

A few bus rides away lies the **Shree Swaminarayan** temple. The grand entrance is similar to that of a palace star hotel in a tropical paradise. Palm trees calmly rest on the holy grounds. Magnificent arches painted in ornate designs and Indian saints welcome guests into the sacred space where special ceremonies and weddings take place. Inside, an

exhibition of Indian mythology fill up the walls - on one side servants show their respect to the kings and princes from many centuries ago, whilst on the other paintings of wise sages share their teachings.

If these settings feel too tame for the traveller, the **National Park** is the place to discover some wilderness in its raw habitat. No other place in the world holds vast expanses of savannah where lions feast on zebras in the early morning, right in the middle of a large city. Antelopes and gazelles galavant amongst the yellow grasslands. Rhinos swish their tails away amongst the bushes and giraffes loom over acacia trees. Baboons and monkeys sway about, whilst in the remote distance a blurred outline of the city buildings takes shape.

Nairobi may be a destination that many throw caution to because of the horrifying images brought out with the media, but a willingness of curiosity can open up unexpected treasures and precious moments. ■

TRAVELLER'S TIPS

The sunshine pours into the city from September to May, whilst the remaining months turn cold and cloudy.

A round trip from **London to Nairobi** costs approximately US\$1,500 upwards. Security has been an issue and visitors are highly encouraged not to wander on their own at night, as the city dies down in the dark. During the day, planning ahead in advance is well advised, as getting through the rush hour can be a hectic experience because of the ever-increasing traffic. Local buses, vans known as 'matatus' and motorcycles frequently zoom around for very cheap transportation.

A range of hotels can be found in the Lonely Planet guide. An **average hotel** adds up to about **US\$60** a night and shared accommodation in hostels can be found for US\$20 a night. Recommended sites to book hostels are www.hostelworld.com or www.hostelbookers.com.

Although transport may be cheap, the rest of Nairobi comes with a **high price**, from clothes and restaurants to food shopping in local supermarkets, mostly matching **European prices**.

Tours into the Kibera slums cost \$30 and can be arranged through <http://kiberatours.com>.

Entrance fee into the **national park** costs US\$70 and tours can be organised easily. **Karura** forest charges an affordable fee of US\$5 and bikes can be rented for US\$8.

The Scholar Chinese Restaurant

Kent Ridge Guild House

For reservations, please call 6586 3710. Visit www.nuss.org.sg for more information.

TILL SEPTEMBER 2014

Hakka Hometown Cuisine

Available daily for lunch and dinner

Braised Pork Belly in Five Spices and Yam, served with Buns



Sautéed Duck with Red Rice Wine



TILL SEPTEMBER 2014

Value Set Menus

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(Except eves of public holiday and public holidays)

Braised Chicken with Rice Wine



Sautéed Prawns with Red Rice Wine



Pan Fried Stuffed Beancurd with Minced Meat



Note: F&B credits are accepted. Prevailing GST applies. Terms and conditions apply.

Café on the Ridge

Kent Ridge Guild House

For reservations, please call 6779 1811. Visit www.nuss.org.sg for more information.

TILL 20 SEPTEMBER 2014

Nasi Padang Galore

Available for dinner only (6pm -9.30pm)

MONDAYS TO THURSDAYS

\$13.90 (Adult); \$8.90 (Child: 12 years and below)

FRIDAYS, SATURDAYS AND PUBLIC HOLIDAYS

\$16.90 (Adult); \$9.90 (Child: 12 years and below)



TILL SEPTEMBER 2014



Sunday Fish Head Feast

LUNCH

12 noon to 2.30pm

DINNER

6pm to 9.30pm

\$25 per serving

Note: F&B credits are accepted. Prevailing GST applies. Terms and conditions apply.



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Alfresco dining at The Dunearn



The Dunearn



The Upper Quad

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For enquiries, please contact Ragu Naidu at 6395 6626 or email ragu@nuss.org.sg

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Truffle French Fries, Crispy Goma Chicken,
Prosciutto Ham with Olives on Sticks (4 sticks),
Ratatouille on Japanese Cucumber Gratinated with Parmesan Cheese (6 nos.),
Croquettes de Crevettes (8 nos.),
Vegetarian Samosa with Chilli Dip (6 nos.)
(\$8 to \$10 per Selection)

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**10% service charge and prevailing GST applies.*

**NUSS Members discount does not apply to this promotion*



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Brunch Service will be available from 11.00am to 3.00pm, Saturdays & Sundays. Children aged 10 years and below get to eat free when accompanied by an paying adult.



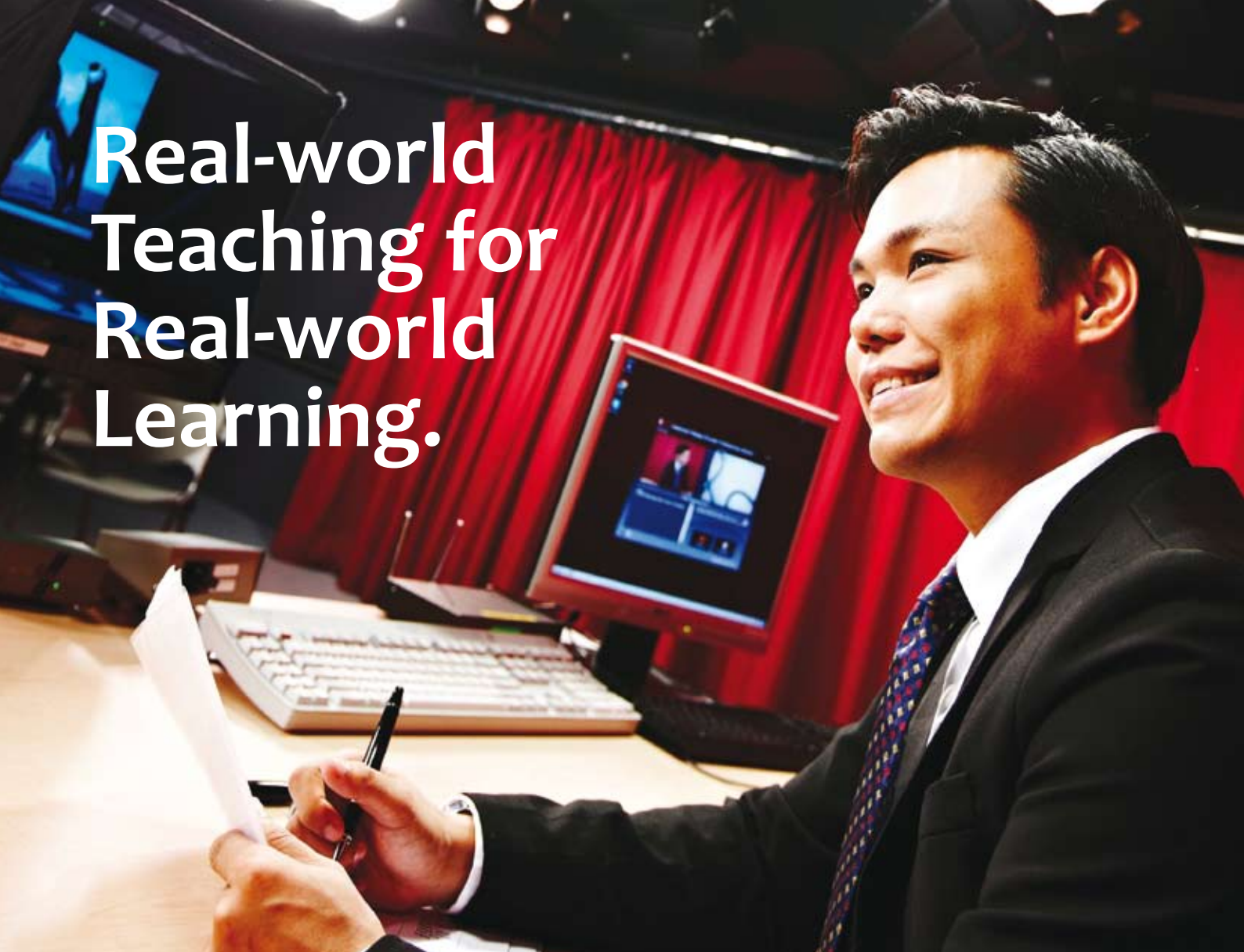
7Adam Restaurant Gallery

7 Adam Park Singapore 289926

Reservation: +65 6467 0777 Gallery: +65 6463 0777 Email: enquiries@7adam.com

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CALENDAR

JULY 2014



 Public holidays
 School holidays

SUN	MON	TUE	WED	THU	FRI	SAT
SECTION NIGHT Tennis, Badminton, Running, DanceSport	SECTION NIGHT Billiards, Darts, Squash	SECTION NIGHT Badminton, Table-tennis, DanceSport	SECTION NIGHT Bridge, Running, Tennis, Badminton	SECTION NIGHT Choir, Darts, Squash, Billiards, Table-tennis	SECTION NIGHT Tennis DanceSport	SECTION NIGHT Badminton, Table-tennis DanceSport
		1 S-Connect Pickle-ball S-Connect Connection DanceSport Social Dance Night	2 Exerfit Moves Zumba Fitness	3 Zumba Gold Zumba Dancercise	4 Zumba Fitness Pilates Swimming for Juniors	5 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic Acrylic Painting & Drawing for Kids
6 Ballet for Juniors Swimming for Juniors	7 Yoga Flow Gentle Yoga Flow Energy Pilates	8 S-Connect Connection S-Connect Pickle-ball	9 Exerfit Moves Zumba Fitness How To Set Up a Google AdWords Campaign	10 Zumba Gold Zumba Dancercise	11 Zumba Fitness Pilates Swimming for Juniors	12 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic Acrylic Painting & Drawing for Kids Batik Painting Course Nature Day to Johor
13 Ballet for Juniors Swimming for Juniors	14 Yoga Flow Gentle Yoga Flow Energy Pilates	15 S-Connect Pickle-ball S-Connect Connection	16 Exerfit Moves Zumba Fitness Non-Surgical Treatments for Musculoskeletal Conditions NUSS Golf Annual 2014	17 Zumba Gold Zumba Dancercise	18 Zumba Fitness Pilates Swimming for Juniors	19 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic Acrylic Painting & Drawing for Kids Batik Painting Course
20 Ballet for Juniors Swimming for Juniors GLOW to Macpherson	21 Yoga Flow Gentle Yoga Flow Energy Pilates	22 S-Connect Pickle-ball S-Connect Connection S-Connect Book Club	23 Exerfit Moves Zumba Fitness	24 Zumba Gold Zumba Dancercise What Insurance Agents Don't Tell You	25 Zumba Fitness Pilates Swimming for Juniors NUSS Professorship Lecture by Professor Charles Briggs	26 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic Batik Painting Course Curry Cooking Workshop
27 Ballet for Juniors Swimming for Juniors	28 Hari Raya Puasa	29 S-Connect Pickle-ball S-Connect Connection	30 Exerfit Moves Zumba Fitness	31 Exerfit Moves Zumba Fitness Zumba Dancercise		

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

CALENDAR

AUGUST 2014



 Public holidays
 School holidays

SUN	MON	TUE	WED	THU	FRI	SAT
SECTION NIGHT Tennis, Badminton, Running, DanceSport	SECTION NIGHT Billiards, Darts, Squash	SECTION NIGHT Badminton, Table-tennis, DanceSport	SECTION NIGHT Bridge, Running, Tennis, Badminton	SECTION NIGHT Choir, Darts, Squash, Billiards, Table-tennis	SECTION NIGHT Tennis DanceSport	SECTION NIGHT Badminton, Table-tennis DanceSport
					1 Zumba Fitness Pilates Swimming for Juniors	2 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic Creating a Profitable Business
3 Ballet for Juniors Swimming for Juniors	4 Yoga Flow Gentle Yoga Flow Energy Pilates Venture N.E.T. 2014	5 S-Connect Pickle-ball S-Connect Connection	6 Exerfit Moves Zumba Fitness	7 Zumba Gold Swimming for Ladies Zumba Dancercise	8 Zumba Fitness Pilates Swimming for Juniors	9 National Day
10 Ballet for Juniors Swimming for Juniors	11 Yoga Flow Gentle Yoga Flow Energy Pilates	12 S-Connect Pickle-ball S-Connect Connection	13 Exerfit Moves Zumba Fitness	14 Zumba Gold Swimming for Ladies Zumba Dancercise Corporate Etiquette	15 Zumba Fitness Pilates Swimming for Juniors National Day Golf	16 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic Portuguese Feast! 3D Printing Workshop
17 Ballet for Juniors Swimming for Juniors	18 Yoga Flow Gentle Yoga Flow Energy Pilates	19 S-Connect Pickle-ball S-Connect Connection S-Connect Book Club Launch of "The Accidental Diplomat" (Author: Professor Maurice Baker)	20 Exerfit Moves Zumba Fitness	21 Zumba Gold Swimming for Ladies Zumba Dancercise	22 Zumba Fitness Pilates Swimming for Juniors Grad Jam Night	23 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic
24 Ballet for Juniors Swimming for Juniors	25 Yoga Flow Gentle Yoga Flow Energy Pilates	26 S-Connect Pickle-ball S-Connect Connection	27 Exerfit Moves Zumba Fitness	28 Zumba Gold Swimming for Ladies Zumba Dancercise	29 Zumba Fitness Pilates Swimming for Juniors	30 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic Oil Painting For Beginners Create Your Own Terrarium Singathon

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

CALENDAR

SEPTEMBER 2014

 Public holidays
 School holidays

SUN	MON	TUE	WED	THU	FRI	SAT
SECTION NIGHT Tennis, Badminton, Running, DanceSport	SECTION NIGHT Billiards, Darts, Squash	SECTION NIGHT Badminton, Table-tennis, DanceSport	SECTION NIGHT Bridge, Running Tennis, Badminton	SECTION NIGHT Choir, Darts Squash, Billiards Table-Tennis	SECTION NIGHT DanceSport	SECTION NIGHT Badminton, Table-tennis DanceSport
	1 Yoga Flow Gentle Yoga Flow Energy Pilates	2 S-Connect Pickle-ball S-Connect Connection	3 Exerfit Moves Zumba Fitness 3rd CUUA-NUSS-PAUM Games	4 Zumba Gold Swimming for Ladies Zumba Dancercise 3rd CUUA-NUSS-PAUM Games	5 Zumba Fitness Pilates Swimming for Juniors	6 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic Oil Painting For Beginners
7 Ballet for Juniors Swimming for Juniors	8 Yoga Flow Gentle Yoga Flow Energy Pilates	9 S-Connect Pickle-ball S-Connect Connection	10 Exerfit Moves Zumba Fitness	11 Zumba Gold Swimming for Ladies Zumba Dancercise	12 Zumba Fitness Pilates Swimming for Juniors	13 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic Oil Painting For Beginners
14 Ballet for Juniors Swimming for Juniors	15 Yoga Flow Gentle Yoga Flow Energy Pilates	16 S-Connect Pickle-ball S-Connect Connection	17 Exerfit Moves Zumba Fitness	18 Zumba Gold Swimming for Ladies Zumba Dancercise	19 Zumba Fitness Pilates Swimming for Juniors Grad Jam Night	20 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic Oil Painting For Beginners Golf at Tanjong Puteri
21 Ballet for Juniors Swimming for Juniors	22 Yoga Flow Gentle Yoga Flow Energy Pilates	23 S-Connect Pickle-ball S-Connect Connection S-Connect Book Club	24 Exerfit Moves Zumba Fitness	25 Zumba Gold Swimming for Ladies Zumba Dancercise	26 Zumba Fitness Pilates Swimming for Juniors	27 Badminton, Karate, Swimming & Tennis for Juniors Badminton for Adults Social Dance Classes Taiji Yoga Therapeutic Oil Painting For Beginners DanceSports D&D
28 Ballet for Juniors Swimming for Juniors Choir Annual Concert	29 Yoga Flow Gentle Yoga Flow Energy Pilates	30 S-Connect Pickle-ball S-Connect Connection				

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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 4pm Dinner: Sun to Thurs & PH - 6pm to 10pm Fri, 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 - 12pm to 12am Sun & PH - 12pm to 12am
The Right Note Karaoke Lounge	Mon to Thurs - 4pm 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 Wednesdays 9am to 12 noon
Fitness Centre/ Aerobics Room	Daily - 7am to 10pm
Ridge Reading Room	Daily - 9am to 9pm
Children's Playroom	Daily - 9am to 10pm

Suntec City Guild House

Tel: 6779 1811

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

Bukit Timah Guild House

Tel: 6779 1811

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

Adam Park Guild House

Tel: 6467 0777 (7Adam), 6463 0777 (Gallery)

Operating hours	Restaurant (7Adam) Daily: 11am to 11pm Gallery Daily: 11am to 8pm
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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	Wednesdays @ KRGH: 7pm - 10pm Saturdays @ KRGH: 2pm - 4pm Sundays @ KRGH: 3pm - 6pm Contact sports@nuss.org.sg
Balut	Every last Wednesday @ KRGH: 7pm - 11pm Contact Santhi at santhi@nuss.org.sg
Billiards	Mondays @ KRGH: 6pm - 10pm Thursdays @ KRGH: 6pm - 10pm Contact Santhi at santhi@nuss.org.sg
Bowling	Monthly competitions @ Superbowl SAFRA Mount Faber Contact Santhi at santhi@nuss.org.sg
Bridge	Wednesdays @ BTGH: 7pm - 11pm Contact Santhi at santhi@nuss.org.sg
Darts	Mondays & Thursdays @ BTGH: 8pm - 11pm Contact sports@nuss.org.sg
Golf	Monthly Medals @ various venues Contact Zach at zachng@nuss.org.sg
Running	Wednesdays @ KRGH: 7pm - 8.30pm Sundays @ Singapore River: 6.30am Contact sports@nuss.org.sg
Soccer	Various venues Contact sports@nuss.org.sg
Squash	Mondays @ KRGH: 6pm - 10pm Thursdays @ KRGH: 6pm - 10pm Contact sports@nuss.org.sg
Table-Tennis	Tuesdays @ KRGH: 7pm - 10pm Thursdays @ KRGH: 7pm-10pm Saturdays @ KRGH: 2pm - 6pm Contact Santhi at santhi@nuss.org.sg
Tennis	Wednesdays & Fridays @ KRGH: 5pm - 9pm Sundays @ KRGH: 2pm - 7pm Contact sports@nuss.org.sg
Choir	Thursdays @ KRGH: 7pm - 11pm Contact events@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 events@nuss.org.sg
DanceSport	Tuesdays @ KRGH: 7.30pm - 11pm Contact Events at events@nuss.org.sg
Toastmasters Club	Every 4th Thursday @ KRGH: 7pm - 10pm Contact Valerie at valerietoh@nuss.org.sg
Music	Regular activities @ KRGH Contact Events at events@nuss.org.sg
DramaWorks	Regular activities @ KRGH Contact events@nuss.org.sg
Arts Connections	Regular activities @ KRGH Contact events@nuss.org.sg
Karaoke	Regular activities @ KRGH Contact Events at events@nuss.org.sg

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

Overseas connections

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

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



Keeping Fit to the Beat of the City

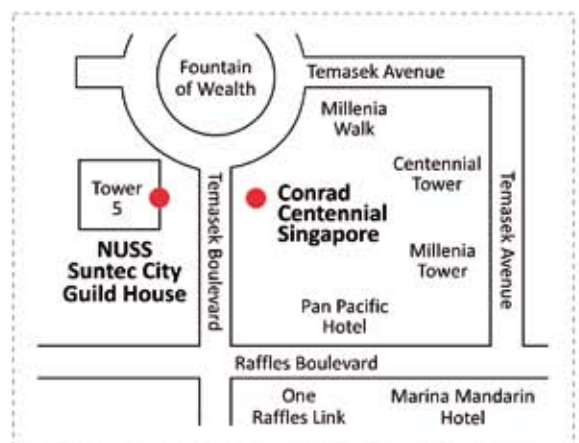
NUSS is pleased to announce a collaboration with Conrad Centennial Singapore which allows members to use its Fitness Centre. The Fitness Centre offers the latest exercise equipment which include stationary bicycles, cross-trainers, Cardio Wave machines, Technogym treadmills, fitness accessories and free weights.

To book a slot at the Fitness Centre, please visit **www.nuss.org.sg**.

For enquiries, please contact Member Relations Officer at Suntec City Guild House at **6395 6620/6395 6621** or **mship@nuss.org.sg**

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