

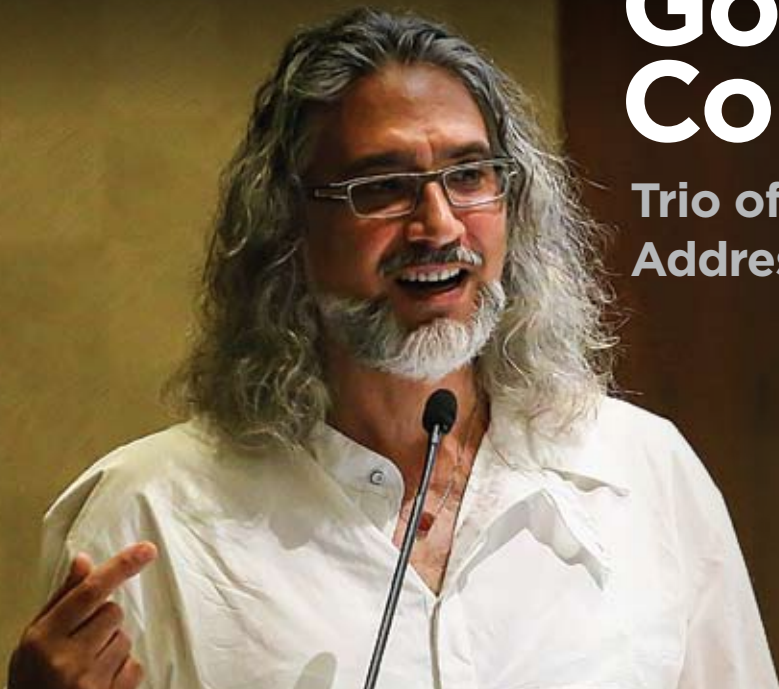
THE GRADUATE

The Magazine of The National University of Singapore Society

January - March 2016

Good Things Come in Threes

Trio of Leading Professors Address NUSS



ALSO IN THIS ISSUE

- Adventures at the Tip of the World
- Feasting on the Local Food Culture
- Walking on the Wild Side of Sardinia

NUSS
The Graduate Club

NUSS
The Graduate Club

NEW!
Check out our
Last Page!



Wide range
of programmes
catering to
a variety of
interests

Excellent
opportunities to
further develop
potential as
intellectual leaders
in many fields

Attain a
Graduate
Diploma or
a Masters
Degree

COURSEWORK PROGRAMMES

AT THE FACULTY OF ARTS & SOCIAL SCIENCES, NUS

- ◊ QS World Rankings 2015: 13th in Arts and Humanities and 7th in Social Sciences
- ◊ Excellent libraries
- ◊ Outstanding teachers from top universities around the world
- ◊ State of the art IT resources
- ◊ Easy access to the region for research and fieldwork

- Master of Arts (Chinese Studies)
- Master of Arts (Language Studies)
- Master of Arts (Literary Studies)
- Master of Arts (Southeast Asian Studies)
- Master of Psychology (Clinical)
- Master of Science (Applied Geographic Information Systems)
- Master of Science (Speech & Language Pathology)*
- Master of Social Sciences (Applied Economics)
- Master of Social Work
- NUS-University of Melbourne Master of Psychology (Clinical) - Joint Degree
- Graduate Diploma in Social Work

For queries on coursework programmes:

Graduate Studies Division
Faculty of Arts & Social Sciences
National University of Singapore
The Shaw Foundation Building
AS7, Level 6, 5 Arts Link
Singapore 117570
<http://www.fas.nus.edu.sg/prospective/grad/coursework/contact.html>

* A collaboration with the Yong Loo Lin School of Medicine - Master of Science (Speech & Language Pathology)

For this and more, visit us today at: <http://www.fas.nus.edu.sg/prospective/grad/coursework>

President's Message

Dear Fellow Members

Another Good Year for NUSS

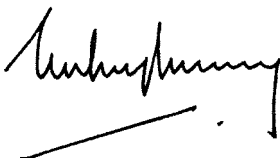
2015 was a good year for the Society. Our efforts to support our alma mater gathered momentum as we pushed ahead to champion the need for broader support from across the alumni community for financially challenged NUS students. At the same time, we continued to explore opportunities with partners to better serve the wider Singapore community as we made regular visits to homes for the aged and disadvantaged and hosted events for underprivileged children. For the first time, our 2015 General Election Political Dialogue reached out to members through the social media, resulting in wide media coverage.

Each New Year brings with it new experiences and challenges. Our foremost challenge is membership rejuvenation and commitment to what the Society stands for. NUSS, unlike other social clubs, is a graduate society offering unique opportunities for networking, contributions to our alma mater and the wider community. This sense of value and support has to permeate all levels of our membership base — the young, the senior and even potential new members. The need to imbue these values, will further strengthen our core contributions to NUS and the Society, and make us all proud members of NUSS.

Our strength is the depth of talent found within the Society's membership, support from Past Presidents, Life Members as well as many Ordinary and Associate members who contribute selflessly and actively to cultivate an abiding sense of common purpose and togetherness as one big family of friends. In this harmonious milieu, we must strive to understand each other better, leverage on our different strengths to build an even stronger and more sustainable NUSS of the future.

As we head into the Year of the Monkey, I look forward to welcoming you, your families and friends to our guild houses. I hope to see more participation in all our activities, F&B promotions, talks, forums and community outreach programmes. You can also simply come and enjoy our various social and sporting amenities.

Happy New Year to one and all!



David Ho C'72
President



Creating opportunities for networking and engaging members



Reaching out to the wider Singapore community



Supporting our alma mater

THE GRADUATE

The Graduate is the quarterly publication of The National University of Singapore Society (NUSS)

EDITORIAL

Editor: **Lisa Tan-Koh**

Art Director: **S T Leng**

Contributing Editors and Writers:

Audrina Gan, Clara Lock, Dione Lum, Heidi Chan, Patricia Ang, Rachel Chin, Roy Matthew, Sally Hooi, Tan Chung Lee, Vithya Rajasegar

Contributing Photographer:

Genesis Photography

For advertising enquiries, please email: thegraduate@nuss.org.sg

The Graduate is produced by the Corporate Communications department of NUSS.

All rights reserved. Copyright 2015. Reproduction in whole or part of the magazine is strictly prohibited without the expressed permission of the publisher. The views of the contributors are entirely their own and do not necessarily represent those of NUSS or the Management Committee. NUSS does not endorse all products and services featured in the magazine's advertisements, except for its own advertisement(s).
Printed in Singapore by Times Printers Private Limited
MCI (P) 098/10/2015

NUSS
The Graduate Club

Kent Ridge Guild House

9 Kent Ridge Drive, Singapore 119241
Tel: 6779 1811 Fax: 6778 8095
Email: secretariat@nuss.org.sg

Suntec City Guild House

3 Temasek Boulevard (Tower 5)
#02-401/402 Suntec City Mall
Singapore 038983
Tel: 6779 1811 Fax: 6469 6019

Bukit Timah Guild House

1F Cluny Road, Singapore 259602
Tel: 6779 1811 Fax: 6469 6019

NUSS ADVISORY PANEL

S Dhanabalan, Gerard Ee, Professor Tommy Koh, Wong Ah Long

NUSS Management Committee 2015/2016

OFFICE BEARERS

President **David Ho Peng Cheong**

Vice-President **Eddie Lee Choy Peng**

Honorary Secretary **Yip Kum Fei**

Honorary Treasurer **Lau Geok Theng (A/Prof)**

Honorary Assistant Secretary **Lim Wie Ming (Dr)**

Honorary Assistant Treasurer **Catherina Tan Bee Hwa**

COMMITTEE MEMBERS

Archie Ong Liang-Gay, Lai Kim Seng, Jeremy Ee Jian Wen, Paul Wang Syan (Dr), Jeffrey Khoo Poh Tiong, Edward Stanley Tay Wey Kok, Mohan Balagopal, Francis Pavri (Dr), Eugene Tan Zhi Zhong

SUB-COMMITTEE CHAIRPERSONS

Alumni Development and University Relations

Jeremy Ee Jian Wen

Community Care **Archie Ong Liang-Gay**

Cultural **Lim Wie Ming**

Disciplinary **Chandra Mohan K Nair**

Facilities **Lai Kim Seng**

Finance **Eddie Lee Choy Peng**

Food & Beverage **Edward Stanley Tay Wey Kok**

Intellectual Pursuit **Jeffrey Khoo Poh Tiong**

Membership **Paul Wang Syan (Dr)**

S-Connect **Francis Pavri (Dr)**

Sports & Recreation **Mohan Balagopal**

Secretariat Management Team

Chief Executive Officer

Roy Higgs ceo@nuss.org.sg

Finance Director

Ong Cheng Lee (Ms) chenglee@nuss.org.sg

Sports & Events Director

Jenny Ng (Ms) jennyng@nuss.org.sg

F&B Director

Henry Quah henryquah@nuss.org.sg

Membership Director

Dinesh Singh dineshsingh@nuss.org.sg

Senior Manager, Facilities Management

Richard Chitrakar richardc@nuss.org.sg

Corporate Communications Manager

Joscelin Sun (Ms) joscelinsun@nuss.org.sg

CONTENTS

JANUARY-MARCH 2016



HIGHLIGHTS

- 4** Visiting Professors bring Intellectual Discourse to NUSS

PROFILE

- 6** Damian Yong – Quest for Sporting Glory

CLUB NEWS

- 8** Ringing in the New Year with Partying
9 Forging a Passion to Serve
10 Refreshing Moments in New York City

COMMENTARY

- 14** Off the Rails: An Introspection on Singapore's Wrestle with Public Transport

COVER STORY

- 16** Singapore: Greening a Nation

SPECIAL REPORT

- 21** Singapore's Food Culture: Have you Eaten?

SPORTS

- 33** 30th NUSS-PAUM Games 2015: Friendly Contestation

CAREER

- 36** Why Stress is Good for Your Career

MONEY

- 37** Do you Invest in Bonds?

LIVING

- 38** Prevention before the Attack

TRAVEL

- 40** Ng Boon Hong – Travelling to the Tip of the World

- 42** Wild Walk in Sardinia

TIMEOUT@NUSS

- 52** Do you Remember?

NUSS Club News

- 1** President's Message
4 Highlights
8 Club News
26 Snapshots
33 Sports
46 Dining
50 Calendar of Events
52 Timeout@NUSS
53 Directory

COVER PHOTO Genesis Photography

SMU Master of Professional Accounting

Opens up a world of opportunity

School of
Accountancy

Ethan Lim
Vice President, Internal Audit
Sumitomo Mitsui Banking
Corporation

Usha Chandradas
Partner
Allen & Gledhill LLP


Owen Hawkes
Partner, Forensic
KPMG in Singapore

Accounting is the language of business. Anyone seeking career advancement and professional growth will benefit from the SMU Master of Professional Accounting (MPA). Designed to develop your technical accounting competencies and business skills, the programme provides a technical grounding with industry perspectives, and is accredited by many professional and regulatory bodies. Our graduates are internationally mobile, in higher demand and have access to a wider array of career opportunities. Combined with SMU's world-class faculty, hallmark pedagogy and convenient city campus, it's easy to see why SMU MPA gives you the recognition you need to get ahead.


Join us in our upcoming information sessions to find out more.



Scan to
find out more.

 www.smu.edu.sg/mpa

 mpa@smu.edu.sg

 +(65) 6828 0604



Visiting Professors bring Intellectual Discourse to NUSS

A series of lectures cast light on pressing issues of our time that pose challenges for academic thought as well as for life in the real world.

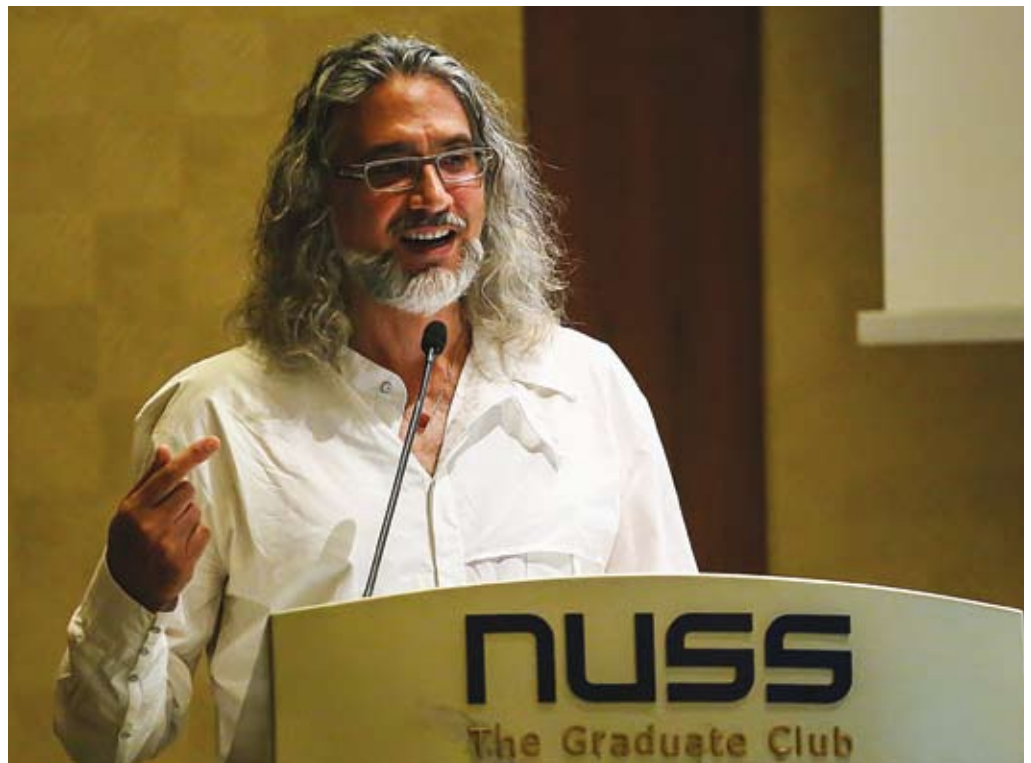
The NUSS' professorship lectures invite distinguished academics from all over the world to raise issues concerning humanity and in so doing, enrich NUS and the Society's intellectual milieu. New findings pave the way for a more proactive approach towards persistent problems. Specifically, abstract and practical elements of philosophy, accountancy and biological sciences are brought to a wider audience.

The Vice-President of NUSS, Mr Eddie Lee, reiterated NUSS' strong mission to support the constant development of academic pursuits through an endowment of \$1.5 million raised, well aided by the delivery of thought-provoking lectures by distinguished professors from all around the world. As such, the Society opens the lectures in this series to the public to encourage discourse as well as to engage the wider community.

Philosophical Craft

In a philosophical evening, Dr Brian Massumi's lecture, "Lessons on Virtual Ecology and the Question of Value", brought forth the idea of philosophy as a craft with language as its tool. He opined that language could cast off limitations and convert fresh concepts to archaic ideologies. The talk also discussed the degree to which people placed value on things.

Introducing the University of Montreal Professor of Communication as a "social theorist, writer, and philosopher" in his opening address, Chairperson of NUSS' Cultural Sub-Committee, Mr Jeffrey Khoo, pointed out that



Dr Massumi: Values were derived from people's subjective experiences.

Dr Massumi was the 12th NUSS Professor to deliver the NUSS Professorship Lecture. Professor Kenneth Dean, the Head of Department of Chinese Studies, NUS, then spoke about Dr Massumi's foray into the world of "art and experience."

Dr Massumi greeted the audience by quoting English philosopher Alfred North Whitehead. Hints of the English philosopher's influence peppered Dr Massumi's argument that values were derived from people's subjective experiences. Also, as the Professor pointed out, values had traditionally been perceived as being fixed, unmalleable and dualistic and as having a modicum of

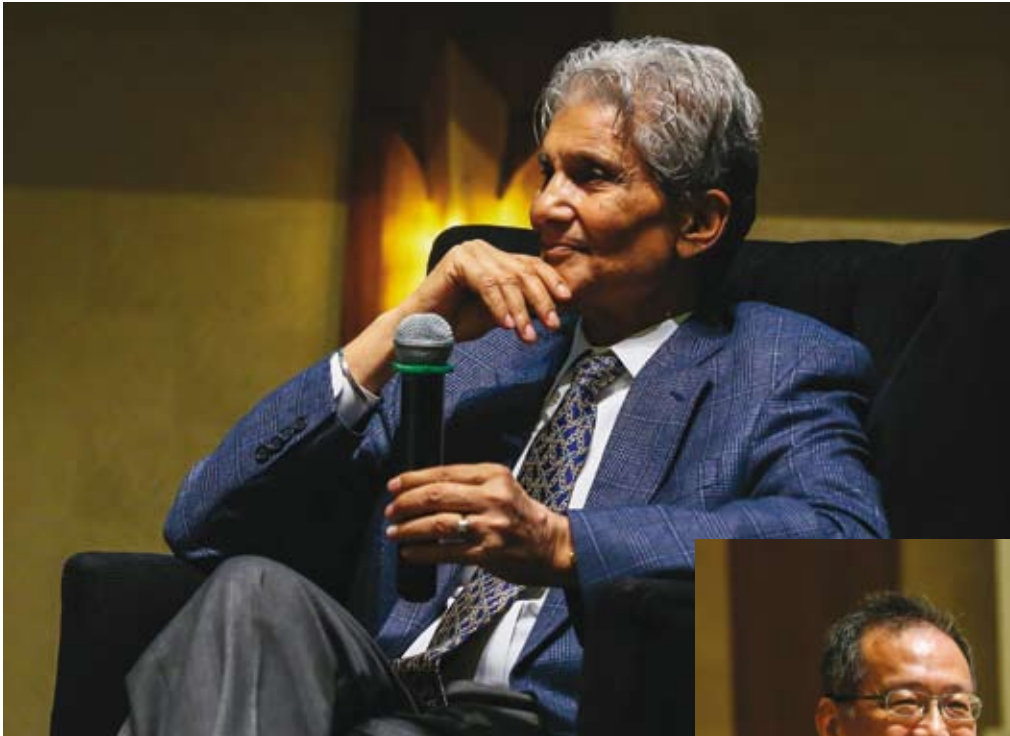
immanence. However, the values posited by Dr Massumi were of a fundamentally different nature: they functioned on an abstract and imperceptible level.

He then cited the multicultural neighbourhood he grew up in as an example whereby meaningful interaction was encouraged instead of requiring different groups of people to alter their respective values. Convinced that values were not necessarily positive in themselves, a member of the audience spoke of the "allure of negative values" that most radical groups succumbed to. This, and the rationale that radicalisation involved a strong "attachment to transcendent

systems" that were "imposed on others" cropped up, to which Dr Massumi emphasised that values could be found wherever there was active coexistence. Implications of that statement and on subsequent professorship lectures thus pointed to values as a system that we constantly reinvented and reinterpreted for ourselves and for the world at large.

Numbers Take Centrestage

Speaking on the "Interaction between Accounting, Financing and Investment Activities," Professor Dan Dhaliwal was the 13th NUSS Professorship lecturer to address the Society. In his lecture, he focused on



Professor Dhaliwal: The quality of accounting information correlated with the amount of capital that a company managed to obtain.

the significance of accounting in “providing information to investors and creditors.” NUS Professor of Accounting, Li Zhen, introduced him as an “eminent accountancy scholar who has been acknowledged as one of the leading thinkers in his field.”

A prominent accounting researcher, Professor Dhaliwal of the University of Arizona, said that not only was accounting an integral part of a firm’s operational activities, it played an important part in investment decisions. In the professor’s view, the prime objective of accounting was to ensure that a flow of useful information kept investors, creditors and analysts current.

He then illustrated this point by reminiscing about his PhD days when there was no sufficient literature to analyse what happened when a firm did not “provide high quality information.”

In the course of his thesis, Professor Dhaliwal discovered that firms that failed to provide the necessary accounting information had their performance “estimated based on what was happening in the market.”

Hence, if there were fluctuations in the market, the firm was deemed too risky to be invested in. Furthermore, he

also discovered that the quality of accounting information correlated with the amount of capital that a company managed to obtain.

Curious as to what constituted a great researcher, a visiting student from Fudan University, China, posed a question to which, after a few seconds of pondering, Professor Dhaliwal succinctly replied that a “genuine interest in learning new things” was what underlay good research skills.

Protecting or Killing Our Planet

On 16 November, Professor Li Chia-Wei of National Tsing Hua University, Taiwan, was welcomed as the 14th professor to speak on man’s dual role as both destroyer and custodian of our fragile planet. Dubbed a “man of many talents and interests” by Professor Peter Ng Kee Lin of NUS’ department of Biological Science, Professor Li spoke about “We, the Killers and Guardians of the Earth.” He wields great expertise in ecology, evolutionary biology and botany and is known for an unquenchable interest in prehistoric fossils. However, what occupies a major part of the professor’s focus is the need to save species on the brink of extinction and to awaken the world to



Professor Li: We need to save species on the brink of extinction and to awaken the world to the urgency of environmental conservation.

the urgency of environmental conservation.

Recalling an incident when he was alerted by the Taiwanese government to a smuggling case involving Chinese box turtles, Professor Li described the sight of hundreds of turtles packed like sardines on a truck. Expressing much dismay, he spoke of how these solitary reptiles were “not used to contact with each other”, lamenting that a creature which had once witnessed the birth and elimination of the dinosaurs was now a “smuggled commodity”. Out of more than 300 species of our planet’s turtles, 129 were classified as endangered. Even mammals such as the Irrawaddy dolphin, of which there were only 80 left, faced the looming threat of extinction.

The focus shifted to Southeast Asia when a member of the audience, during the

question and answer session, brought up a pertinent issue that afflicted this region: the all-consuming haze. Responding to the audience’s concern about some of the negative effects that the haze might have on the ecological system, Professor Li confirmed that the forest fires released tonnes of carbon dioxide, which in turn accelerated global warming. The moderator too remarked that the issue of haze should be taken charge of by “the market forces”, which shaped and impacted investment activities.

With the wealth of knowledge shared and the plethora of ideas that such lectures generated, it is no wonder that the NUS Professorship Lecture Series continue to be popular and well-attended by members and the public, while contributing to the development of the intellectual capital within the Society. ■

Quest for Sporting Glory

NUS undergraduate **Damian Yong** plays rugby, pumps iron, and is a self-professed fitness buff. Clara Lock chats with him about school, family and how his NUS membership is enhancing his active lifestyle.



Damian Yong, who grew up following in his brother's footsteps, revealed that the siblings share a close relationship. Both Damian and his elder brother Matthew Yong, also a fellow NUSS member, play rugby on the NUS school team. Damian had picked up the sport in secondary one, after hearing about it from Matthew who was already playing then.

"I play as a flanker, and we are the most hardworking players on the field. My job is to contest for the ball, and tackle the opponent to prevent them from gaining ground," he said, adding that his gym workouts helped him to achieve more speed on the pitch.

He found that gym workouts were a good way to complement rugby training, which was held twice weekly during competition season. As rugby training focused on honing a player's skills, gym training allowed Damian to achieve the conditioning he required to play a better game.

Damian usually works out in the NUSS gym which is located at the NUSS Kent Ridge Guild House. Although there is a free gym available in NUS' University Town, Damian prefers the Guild House gym because it is less crowded, and he does not have to wait to use specific equipment such as the bench press and squat rack. He also appreciates the clean showers and towels provided, which are little things that elevate his workout.

Damian, who signed up for the NUSS Junior (Cat B) membership in January 2015, uses the gym and swimming pool, but the fitness enthusiast did not expect his healthy lifestyle to score him a trip to Phuket in a lucky draw.

The draw was a promotion extended to all NUSS Junior (Cat B) members, who are undergraduates or students pursuing graduate coursework in NUS. When he first learnt of his win, the second-year Project and Facilities Management undergraduate was so surprised that he could not believe it.



"Really? So lucky?" said Damian with a smile, recounting the phone call he received notifying him of his win. He was offered a choice of three destinations - Phuket, Bali and Koh Samui, all of which he has yet to visit.

Although excited about his win, Damian first offered the pair of tickets to his elder brother, Matthew.

"He is graduating soon, so I thought it would be a nice graduation gift for him to go on holiday," said Damian. Matthew later encouraged him to go on the trip instead. Damian had signed up for the Junior (Cat B) membership at his brother's encouragement so that they could use the fitness facilities together. Besides the gym at Kent Ridge Guild House, members can also use the Conrad fitness centre at Conrad Centennial Singapore.

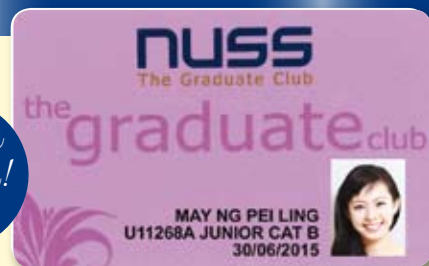
"I'm always trying to persuade my friends to sign up for the NUSS membership too, so that we can go to the gym together," said Damian. Finding friends and time to work out at the gym is challenging as he is also kept busy with his course work as part of the School of Design and Environment student cohort.

However, for now, Damian just wants to make the most of his undergraduate years. His advice for incoming freshmen is simply: "Grades are not the only things that matter. After you graduate and start working, you won't have as much time for yourself, so enjoy your time fully in university." ■



"Grades are not the only things that matter. After you graduate and start working, you won't have as much time for yourself, so enjoy your time fully in university."

Specially for You!



NUSS Undergraduate Scheme

In the journey of fostering closer ties with our alma mater and future NUS graduates, NUSS is offering the opportunity to NUS undergraduates to join NUSS as an **NUSS Junior (Cat B) member**. A special rate of \$45 enables Cat B members to utilise all NUSS facilities and dining outlets. Junior members can opt to convert to an ordinary membership at a concessionary rate upon graduation.

New Year Countdown | 31 December 2015 | Kent Ridge Guild House



Ring in the New Year with Partying

NUSS said “Goodbye” to 2015 and “Welcome” to 2016 with loud cheers and solid partying at the Shanghai-Night-themed Countdown.

Kicking off a wave of dazzling celebratory moments as 2015 came to a close, 258 members and guests had a blast ushering in the New Year dressed up to the Shanghai-Night theme. The Della and Seng Gee Guild Hall was transformed into a scene that seemed to have sprung to life right from the very pages of Shanghai in the 1940s.

The revelers made merry, adding to the party mood as they waited for the night’s entertainment to begin. A live band, Locomotion, kept the audience delighted as they continued to enjoy the

six-course sumptuous dinner. The night’s entertainment arrived in the form of the ‘Best Dressed Male and Female’ competition and a songstress’ performance by Ms Estee. One lucky guest was invited to perform a spontaneous duet with Ms Estee while everyone clapped and happily sang along.

Locomotion kept the partygoers dancing nonstop as the crowd flooded the dance floor and partied towards the countdown moment. Everyone thronged at centre-stage and as the merry-makers counted down by the seconds, the

excitement in the air was palpable. As midnight arrived and the clock struck the hour, glittering confetti was released and cascaded from the ceiling. Summing up the sentiment of those present and having thoroughly enjoyed the party was NUSS member, Mr Yeo Keng Joon, who remarked, “I look forward to Countdown 2017 and will certainly be there once again.”

After the countdown, Teochew porridge was served as a comforting supper while many continued wishing one another well for the New Year. ■

Christmas Light Up 2015 | 5 Decemebr 2015 | Kent Ridge Guild House

Christmas Spirit Merriment

Basking in Christmas cheer to celebrate the festive season, the Della and Seng Gee Guild Hall was transformed into a Christmas Flea Market. Booths sold a variety of festive goodies, wines, clothes and accessories while food stalls offered plenty of scrumptious pastas and stews, marking Christmas as the very epitome of exuberant self-indulgence and sweet feasting delights. There were plenty of activities for the young too, as they excitedly decorated Christmas cookies in Yuletide colours. The NUSS Choir also put revellers in festive cheer with popular renditions of Christmas carols. The highlight was undeniably the lighting up of NUSS’ 18-foot Christmas tree by NUSS President, Mr David Ho, as the young and old alike exclaimed in delight at its beauty.



Forging a Passion to Serve

Members of NUSS' Sub-Committees gathered with the Management Committee on a fine evening to bond and exchange stories of serving the Society.

NUSS President, Mr David Ho, in his speech reiterated the importance of having a passion to serve and shared some key strategies set by the Society for future directions. He thanked all Sub-Committee members and remarked, "Serving our members requires a great amount of effort and commitment which would not have been possible without a high standard of integrity, exemplary behaviour, active participation and contribution".

Mr Ho also outlined the necessity for the leadership of NUSS to understand the Society's mission, activities as well as key strategies. These include continuous engagement of Sub-Committees and members, improving membership initiatives, branding and accessibility of the guild houses, as well as strengthening the Society's IT infrastructure.

Cultivating such elements would help NUSS to better serve its members' interests, engage graduates and reach out to the wider Singapore community. ■



"Serving our members requires a great amount of effort and commitment which would not have been possible without a high standard of integrity, exemplary behaviour, active participation and contribution."

Mr David Ho NUSS President

Coin Counting for a Good Cause

As the Society moves towards introducing more note-based fruit machines to replace the older coin-based ones, NUSS has found a way to benefit a good cause by donating its surplus coin-counting machines to National University of Singapore Student Union (NUSSU) for use in the latter's annual Flag Day.

At the handover ceremony, Mr Loo Weng Heng, NUSSU's Director (Projects), lauded the Society's generosity, saying, "NUSSU would like to extend our deepest gratitude to NUSS for your kind contribution of eight coin-counting machines and being part of the efforts of NUSSU Flag Day 2015."

Mr Loo added that NUSSU looks forward to continue working together with the Society on other projects in future. ■



The Yale Club is near Times Square in Midtown Manhattan.



NUSS' RECIPROCAL CLUB

Refreshing Moments in NEW YORK CITY

Situated in the heart of Midtown Manhattan, New York, the Yale Club of New York City proves to be a refreshing experience for the usual city dweller. NUSS member, **Mr Aaron Chew** experienced another side of New York City during his visit to NUSS' reciprocal club in the classic city that never sleeps.

A few months ago, Aaron had an opportunity to visit NUSS' reciprocal club in New York City. With the letter of introduction which members can get from NUSS before visiting reciprocal clubs around the world in hand, he set off to visit the "Big Apple". What attracted him most about the Yale Club was its fantastic location in Midtown Manhattan. Conveniently located near the Grand Central Terminal, the Empire State Building, Times Square, and many other famous landmarks, the Yale Club is surely an accommodation to consider for many NUSS members who are thinking of visiting.

The facilities which the Yale Club offers are first-rate, from squash courts, to sauna and steam rooms. Two of the facilities which deserve a mention are the swimming pool and the locker room. The swimming pool was not as big as he had expected, but it made up for what it lacked in size with depth. Thanks to its serene surrounding, Aaron also got to take a break from the hustle and bustle of the city while relaxing in the pool. Fully furnished with bathroom amenities, sofas, and a television, the locker room provides club members and visitors a perfect place to unwind after a workout. What Aaron especially appreciated was the "No Mobile Phones"

rule in the locker room. This made the entire place quiet and conducive for relaxing or reading in. It was a pity that Aaron did not have the time to use more of the Yale Club's facilities, but of the ones he did, his experiences were nothing but pleasant. During his various visits to the Yale Club, he was always warmly greeted by the staff. Now who said New Yorkers are unfriendly? Although *Travel + Leisure*, a travel magazine, ranked New York the 6th most unfriendly city in the world on 2015's *World's Unfriendliest Cities* list, Aaron's experience with New York seemed to dispute its ranking on the said list. In 2015, the Yale Club's

clubhouse, the largest of its kind in the world, celebrated its 100th birthday. Although Aaron's visit to the Yale Club did not coincide with the celebration period, he still had an enjoyable and memorable time. If he were to sum up his visit, it would be warm and welcoming, with a touch of class. ■



 **GO ALL AROUND THE WORLD WITH NUSS**

HOW TO VISIT
For more information on the various reciprocal club arrangements, please visit www.nuss.org.sg. For enquiries, please contact **Zach Ng** at **6586 3704** or email zachng@nuss.org.sg



Well-deserved Wins for Service Excellence

It was a proud moment for 23 NUSS staff members who were recognised and awarded for excellent quality of service to the Society at the Excellent Service Awards (EXSA) 2015.

Launched in 1994, EXSA is a national award that recognises individuals who have delivered quality services. It seeks to develop service models for staff to emulate and to create service champions.

Held at the NTUC Auditorium on 1 October 2015, the awards ceremony this year saw three categories presented - Star Award (two recipients), Gold Award (16 recipients) and Silver Award (15 recipients). After the official awards ceremony, NUSS CEO, Mr Roy Higgs further presented all award recipients with NUSS vouchers, certificates and EXSA pins at a tea reception in Kent Ridge Guild House on 14 October.

Banquet Sales Manager, Ms Agnes Phua, who was one of the two Star Award recipients and third-time EXSA Award winner, said, "Service is meeting the expectations of the guests and making them happy". Upon receiving her award, Ms Phua said that she treats every event as a VIP event and was happy and encouraged that her efforts had been recognised.

Another third-time recipient of the EXSA award and the second Star Award recipient is Café on the Ridge Manager, Mr P S Nathan. He remarked, "It is about going the extra mile so that people will recognise what you have done for them. At the end of the day, when the customer is happy, you are also happy." He then quipped that he would run for the 'Super Star Award' next year.

Ms Nur Filzah Jusmani, a Member Relations Officer and first time Silver Award recipient, said that she always goes out of her way to provide good service to members and will continue to do so. ■

EXSA 2015 NUSS winners

<i>Name of Staff</i>	<i>Designation</i>	<i>Department</i>
Star		
Agnes Phua Lian Eng	Banquet Sales Manager	KRGH - Banquet
Shanmuganathan A/L P S	Cafe Manager	KRGH - Café on the Ridge
Gold		
Mallar Veeli D/O Vellasamy	Member Relations Officer	Front Office
Mohammad Azli Bin Asmawi	Asst Banquet Manager	KRGH - Banquet
Ng Zheng Yang Zach	Sales & Marketing Executive	KRGH - Headquarters
Ravichandar Rajee	Senior Captain	KRGH - Karaoke
Seet Soo Hwey	HK BBQ Chef	KRGH - Kitchen
To Leng Poei	Senior Sous Chef	KRGH - Kitchen
Rena Toh	F&B Supervisor	KRGH - The Ridge Bar
Candy Hong Lai Chen	Outlet Team Leader	KRGH - The Scholar
Huang Shui Song	Captain	KRGH - The Scholar
Chak Wai Kuan Ronald	Snr Banquet Team Leader	SCGH - Banquet
Chong Chee Hon Chris	Banquet Team Leader	SCGH - Banquet
Jimmy Poh Tein Fuei	Senior Captain	SCGH - The Bar
Lim Yan Fatt Andy	Snr Outlet Team Leader	SCGH - The Bar
Lai Boon Ooi Carol	Outlet Team Leader	SCGH - The Bistro
Chen Pui Yee	Senior Captain	SCGH - The Bistro
Pang Chee Ken, May	Snr Outlet Team Leader	SCGH - The Bistro
Silver		
Abdul Rahim Bin Adom	Snr Outlet Team Leader	BTGH - The Dunearn
Tan Siew Yen Bernice	Senior Captain	BTGH - The Dunearn
Song Jinlong James	Captain	BTGH - The Dunearn
Nur Filzah Binte Jusmani	Member Relations Officer	Front Office
Danial Ridhwan Bin Naser	Senior Banquet Captain	KRGH - Banquet
Lau Siew Lay Michelle	Fitness Instructor	KRGH - Gym
Roy Chung Chi Leong	Senior Maintenance Executive	KRGH - Headquarters
Margaret Ee Suan Neo	Membership Services Executive	KRGH - Headquarters
Ling Mei Chu Angela	Restaurant Manager	KRGH - The Scholar
Ng Shien Ling Cherry	Captain	SCGH - The Bar
Tu Yuting	Waitress	SCGH - The Bar
Kanabathy S/O Sevanlingam	Senior Captain	SCGH - The Bistro
Woo Seow Mei	Captain	SCGH - The Bistro
Raguvaran Naidu	Banquet Sales Executive	SCGH - Banquet
Ting Jun Kiat Jeremy	Banquet Captain	SCGH - Banquet

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

NUSS CHOIR PROMOTION

Let the World Hear your Voice

Join the NUSS Choir and perform to a live audience! Achieve lifelong enjoyment in choral singing and bond with other choral members through competitions, retreats and music performances.

Formed in 1998, the NUSS Choir has since grown into a strong team of 60. Opportunities for performing include the Choir's annual performance, NUSS Christmas Light-up and carolling at old folk's homes and homes for the disabled. From 21 to 26 June 2016, the NUSS Choir will also be performing with live orchestra, Musica Sinfonietta, in Penang.

Helmed by professional Music Director, Mr Adyll Hardy and accompanied by professional pianist, Mr Gerald Tan, choristers can expect to learn more about choral music and develop better singing techniques and skills, as well as compete and perform both regionally and locally.

Join us!
 Weekly practices are held every Thursday evening at Kent Ridge Guild House. Interested parties can contact Mr Andrew Tan, Secretary, NUSS Choir via email at tan_lee_ann_andrew@yahoo.com.sg or 9186 6699





KICK START A PROSPEROUS NEW YEAR WITH EXQUISITE FESTIVE MERCHANDISE!



**SPECIAL!
3 FOR \$12**

SILK PAPER HONGBAOS \$5
10 pcs per packet



FESTIVE COASTER SET \$20
4 pcs



ORIENTAL HONGBAO FOLDER \$25

TRIPLE BUNDLE OF JOY - \$50
(3 hongbao packets, 1 festive coaster set, 1 oriental hongbao holder)

Purchase our merchandise online at www.nuss.org.sg
or from the reception counters at our Guild Houses.



FOLLOW US ON OUR SOCIAL MEDIA TO SEE HOW WE LIVE OUT POST-GRADUATION FUN!



WWW.FACEBOOK.COM/NUSSOCIETY

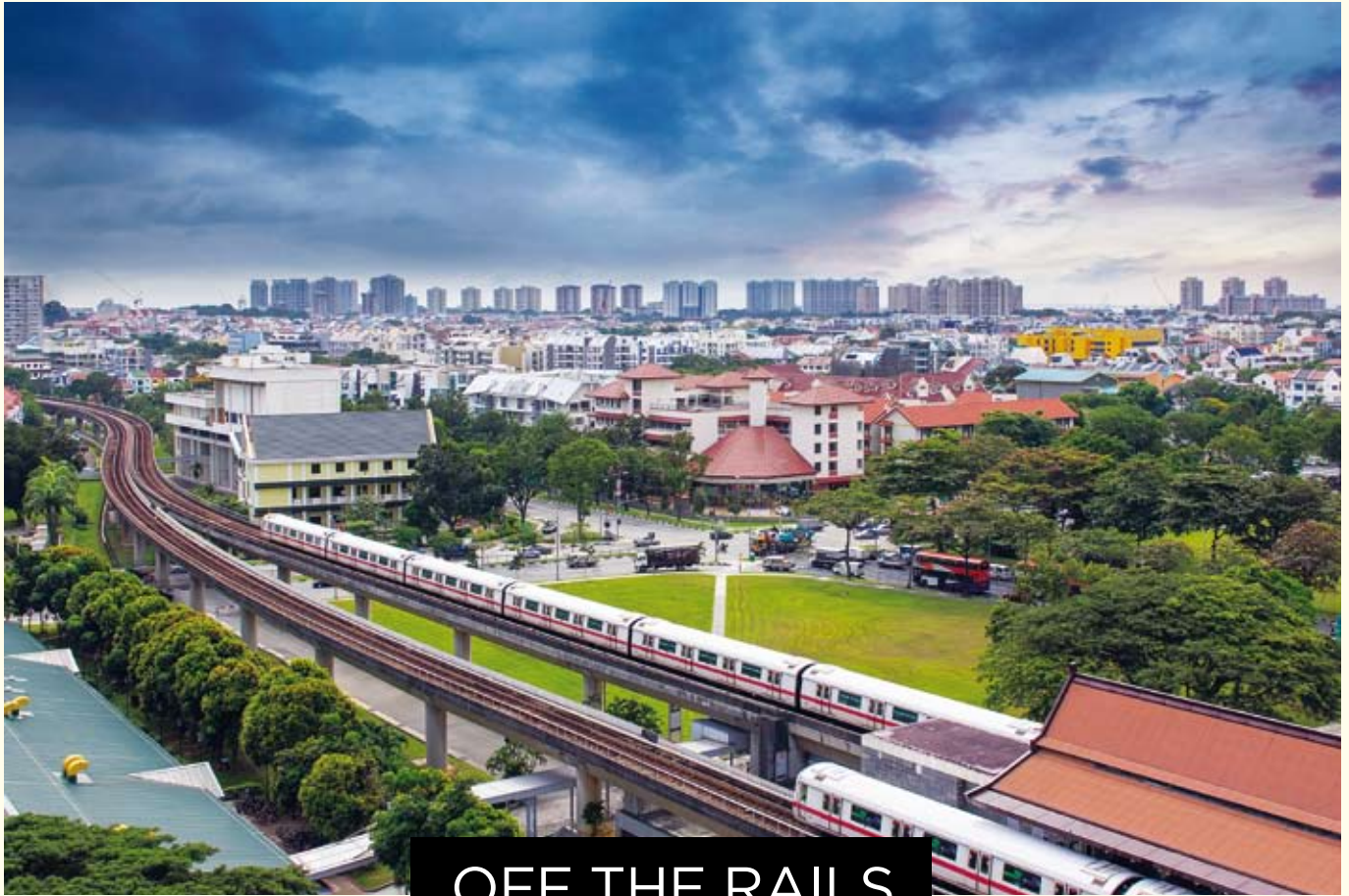


WWW.INSTAGRAM.COM/NUSSOCIETY



NUSS
The Graduate Club

THE NATIONAL UNIVERSITY OF SINGAPORE SOCIETY
Kent Ridge Guild House, 9 Kent Ridge Drive Singapore 119241
Main Line: 6779 1811 Email: secretariat@nuss.org.sg
Visit us at www.nuss.org.sg



OFF THE RAILS

An Introspection on Singapore's Wrestle with Public Transport

The Graduate explores and offers on-the-ground insights of issues relating to the transport system in Singapore and in the minds of commuters.

Nearly 40 years since the first public buses traversed the streets of Singapore, the island city-state continues to find itself encumbered with the perennial conundrum of providing world-class public transport at pocket-friendly rates to its citizens.

With a recent spate of island-wide service disruptions along the main arteries of the Mass Rapid Transit (MRT) and Light Rapid Transit (LRT) networks, transportation has established itself as a deeply contentious subject, riling even the most mild-mannered of Singaporeans. The topic also possesses significant clout in the political arena, and presented itself as a hot-button issue during both the 2011 and recent General Elections.

However, it must be acknowledged that Singapore's public transport system has come a long way from its humble beginnings, earning a number of international accolades for its success. In 2014, GoEuro ranked Singapore 13th on a global

list which compared the affordability of urban transportation across 60 countries. This placed the affordability of Singapore's transit system ahead of other Asian megacities such as Hong Kong and Taipei.

Perhaps the answer does not lie with the nation's government or transport operators, but rather, its people's perceptions. In a nation that clings fiercely to the ideals of meritocracy and excellence, there is perhaps no greater obsession than acquiring the best. Singapore landmarks seemingly hoard top honours – from having an airport consistently ranked as the best in the world, to being voted the most desirable place to live and work by expatriates in a 2015 poll by The Hongkong and Shanghai Bank (HSBC). The people of Singapore hold themselves to a gruelling standard and demand nothing short of the best from their nation — rightfully so.

However, one might argue that this national obsession



In 2014, GoEuro ranked Singapore 13th on a global list which compared the affordability of urban transportation across 60 countries. This placed the affordability of Singapore's transit system ahead of other Asian megacities such as Hong Kong and Taipei.

has inadvertently engendered an equally fervent culture of intolerance for failure, much to the disservice of the nation's transport service providers.

Since the first major disruption to MRT train services in December 2011, government agencies and operators have worked closely to develop a variety of solutions. In April, the Land Transport Authority (LTA) and Singapore MRT (SMRT) Corporation announced the extension of its nationwide Sleeper Replacement Programme to the East-West line in an effort to ensure faster trains and more comfortable rides. The rail operator has also added new trains to its fleet with upgraded signalling systems that translated to greater train frequency and quicker commutes for passengers.

In spite of these improvements, the reaction among Singaporeans has been lukewarm as memories of massive disruptions to train services linger fresh in their minds, reflecting growing impatience.

"I'm in a constant state of anxiety when I board the train," said Lee Zhi Xiong, 22, a first-year accountancy major at the Singapore Management University (SMU). "You never know when you're going to be caught in an MRT breakdown."

According to Dr Lee Der Horng, a professor of Civil and Environmental Engineering at the National University of Singapore, operators need to better communicate the rationale behind their efforts in order to regain the trust and support of commuters.

Referring to the early closure of train services along the East-West Line implemented by SMRT, Dr Lee said, "Commuters are unable to relate to how such efforts contribute to the overall reliability of the trains."

With trains returning to their depots well into the night and departing in the wee hours of the morning to serve the first commuters, engineers are allowed only a brief window of time to conduct the various checks and maintenance procedures.

Fundamentally, operators will have to be honest about their capabilities - even when it hurts - and commuters will have to re-evaluate their exacting standards, quelling the itch for instant gratification that has afflicted our modern and digitally connected society.

"In reality, the best that SMRT can do now is expedite its upgrading works," said Dr Lee, "Operators need to manage the expectations of Singaporeans. On the same note, Singaporeans will also need to recognise the limitations facing transport operators."

In the interim, Dr Lee believed that short-term modifications to the transit system can alleviate the current frustrations of commuters for long-term gain.

The government should now turn its attention to ensuring the quality of other modes of transport. Public bus services will serve as a powerful tool at this time as commuters experience improvements to bus performance much more quickly. Additional bus routes can be introduced, while existing routes

can be fine-tuned to allow for faster and more efficient travel.

However, improved routes will mean nothing if buses cannot arrive at a dependable rate. The Bus Service Reliability Framework (BSRF) will play a vital role in ensuring buses are dispatched on time, adhere to their schedules, and arrive at short, consistent intervals - preventing the phenomenon of "bus-bunching".

With 49.5 percent of Singaporeans aged over 15 utilising public transport in their daily commutes, and the number set to rise as the population expands, the nation's leaders and transport providers face the unenviable task of meeting the people's demands.

Perhaps, the time is ripe for a national reality check. In light of the challenges facing the country's public transport system, Singapore's commuters should re-assess their adversarial stance towards operators, and learn to appreciate the strides our transport system has made thus far.

"After all," Dr Lee quipped, "Rome was not built in a day". ■

"In reality, the best that SMRT can do now is expedite its upgrading works. Operators need to manage the expectations of Singaporeans. On the same note, Singaporeans will also need to recognise the limitations facing transport operators."



Dr Lee Der Horng

Professor of Civil and Environmental Engineering
National University of Singapore



SINGAPORE

Greening a Nation

A walk through the Singapore Botanic Gardens (SBG) reveals an astounding and delightful creation that merges the natural with man-made elements. Recently gazetted as a UNESCO World Heritage site, the SBG spearheaded the movement to paint the entire city green. However, public apathy and over-dependence on foreign workers have rendered the movement a lone mission and the bane of the country. The bigger challenge to the city-state's cleaning and greening efforts may be the apathy of its beneficiaries as **Vithya Rajasegar** finds out.

It was a misty Monday morning. In the heartland of Singapore's public housing, residents were just beginning to emerge from their slumber and shake themselves out of the weekend. While the familiar rumble of Mass Rapid Transit (MRT) trains moved through the garden city, Madam Rose*, armed with a broom and dustpan, swept the corridors of the Housing and Development Board's (HDB) blocks she was assigned to. Among the litter of the void decks were the usual discarded tissue papers and cigarette butts. She heaved a heavy sigh before sweeping the litter up. After checking that the common areas are clean, she moved to the lifts

with her mop, then checked the rubbish bins that needed clearing. At times, usually along void decks or staircases, she saw larger items which she could not clear on her own. For those, she would arrange with the town council to have them disposed.

Madam Rose's daily grind is similar to that of other cleaners around the island's HDB locales. Their routine is mechanical, monotonous, even laborious, and on top of having to complete their morning tasks before noon, there are other cringe-worthy challenges. Madam Rose has seen used sanitary pads and soiled diapers disposed out of apartment windows. She said matter-of-factly that she

*Not real name due to reasons of confidentiality

had reported these recalcitrant cases to the town council, which urgently responds to the issue by putting up a slew of notices sternly warning residents of the consequences of high-rise littering. If the warning goes unheeded, the National Environment Agency (NEA) is then roped in to install high surveillance cameras in affected areas, which put a 'face' to the previously elusive offenders by identifying these litterbugs.

Measures versus Mindset

On Singapore's map of its environs, town councils are charged with a quota of districts to keep clean. Set up in 1989, the councils are responsible for preserving the infrastructure and for upgrading the estates. They have residents actively engaged in a web of grassroots activities as well. The question is: how instrumental have town councils been in keeping good hygiene in HDB housing estates? When posed with this question, Mr Kam Teck Kwong, Deputy General Manager of the Jurong Town Council, listed measures to ensure that standards of cleanliness are never below par: promoting recycling efforts with multiple bins in various locations; collaborating with educational institutions on publicity materials highlighting environmental responsibility; educating the public on the issue of litter; and the constant deployment of cleaners.

However, the measures according to Madam Rose did not seem to have made their mark. She shook her head impatiently as she exclaimed how it irked her that smokers stubbed out their cigarette butts on the ground when dustbins were within walking distance. When interviewed, an anonymous smoker sheepishly admitted that he was one of those guilty parties, but quickly added, "The dustbins are usually located too far away." Furthermore, the odour from dustbin ashtrays repelled him, as it did other smokers. As a result, he preferred to



Cleaner at work at a touristy area.



Public housing estates: Only clean if cleaners are on duty?

Anecdotal evidence in the NEA study revealed viewpoints rife with rationalised definitions of littering: smaller and lightweight objects such as tissues, flyers, receipts and plastic bottles were dismissed as harmless while only those that ran the risk of causing injury or death should be prosecutable.

smoke in recreational parks and at HDB void decks, even though he knew that these were designated non-smoking areas. While he did say that he felt bad about harming the environment along with his blatant disregard for anti-littering laws, when it came to litterbugs expressing remorse for littering, it could well be superficial.

Madam Rose began hauling a bag, half-filled with what looked to be styrofoam boxes and plastic bottles from one of the bins before recalling her stint at a private condominium domain. Her workload had been easier as she vouched that litter did not seem to be as much a prominent feature in condominium districts as compared to HDB neighbourhoods. Shrugging her shoulders, Madam Rose said that a stronger sense of individual ownership posed by condominium residents could be a factor in this varying attitude. With this bold statement, heartlanders may find themselves burdened with the 'socially irresponsible' tag. However, reports of misbehaving 'cosmopolitans' streaming into local media suggested that littering behaviour in Singapore may well cut across the class spectrum: A famous local celebrity was banned from utilising his condominium's

facilities after leaving a deplorable mess from a private poolside party; another condominium resident was perturbed by an array of toys, books and condoms falling into his backyard.

A Twist on Litter

In 2009, the NEA commissioned an in-depth study exploring littering behaviour in Singapore. Resolutely titled *Towards a Cleaner Singapore*, the prominent investigative team comprised Associate Professors Paulin Tay Straughan, Narayanan Ganapathy and Daniel Goh along with the Senior Communication Advisor-Consultant of World Health Organisation (WHO), Dr Everold Hosein. In a quest to obtain a better understanding of the behavioural and sociological factors that influenced littering, smokers were interviewed; their answers uncovered the notion that flicking a cigarette was a hip and trendy thing to do, a line of thought likely associated with popular culture. Being a three-dimensional study, more reasons came to light, one of which was smokers' difficulty in locating litter bins equipped with ashtrays.

Cigarette litterbugs were not the only focus of the NEA findings; their non-smoking counterparts had the same attitude - that their actions did not cause damage to the environment or lead to serious epidemics. Anecdotal evidence in the study revealed viewpoints rife with rationalised definitions of littering: smaller and lightweight objects such as tissues, flyers, receipts and plastic bottles were dismissed as harmless while only those that ran the risk of causing injury or death should be prosecutable. Hence, size mattered among litterbugs. The twist on what constituted littering varied among the people interviewed, although we already know that any waste not disposed of into a bin, whether used tissues or plastic bags, is litter.

Ms Natasha Lai, an English teacher, interviewed for this article said that littering was a

habitual plague. "Heartlands are only clean if cleaners are on duty, and rubbish piles up while they are on their off days," she remarked. However, she did observe that touristy areas as a whole tended to "sparkle more", which perhaps could plainly be credited to a large contingent of foreign cleaners that are on duty daily, day in and day out today.

Agreeing with this was Ms Linda Dionne Ng, Director of Otare Training Centre, a cleaning and consultancy training services provider for Asia-Pacific, "Singapore is definitely a cleaned city seeing the way that the government needs to implement fines to keep the city clean. An obvious example of this is just observing the number of cleaners deployed to collect plates and cutlery in food courts and hawker centres here; whereas in Western countries and Japan, for example, it is an expected societal norm to clean up after oneself instead."

In January 2015, The Meadow at Gardens by the Bay was awash with the spectacular sounds and visual treats of the St. Jerome's Laneway Festival. Its aftermath, however, was unsightly, as tons of rubbish was left strewn all over the place, prompting Emeritus Senior Minister Goh Chok Tong to say, "Without foreign workers, Singapore is likely to become a 'garbage city'." Without a doubt, strict enforcement of anti-littering laws has a role in solving the problems of littering, but its efficiency may be fleeting. The NEA study found that a relatively higher amount of littering took place in the dark of the night compared to daylight hours. Identification of night offenders tended not to take place.

Similarly, public park cleaners often found themselves confronted with appalling filth at dawn. The NEA study mentioned that parks such as East Coast Park spotted piles of barbecue party leftovers, particularly on mornings after the weekends

CLEAN OR CLEANED?

"Singapore is definitely a cleaned city seeing the way that the government needs to implement fines to keep the city clean. An obvious example of this is just observing the number of cleaners deployed to collect plates and cutlery in food courts and hawker centres here; whereas in Western countries and Japan, for example, it is an expected societal norm to clean up after oneself instead."



Ms Linda Dionne Ng
Director
Otares Training Centre



Evening at a hawker centre: The NEA study found that a relatively higher amount of littering takes place in the dark of the night compared to daylight hours.

and public holidays. The mess at East Coast Park had been compared to that of the Chingay and National Day Parades, reinforcing the disheartening fact that cleanliness is far from being a national characteristic.

Yet, Mr Kam from Jurong Town Council insisted that littering was not a big problem and that only a minority of residents committed high-rise littering and disposed unwanted items along common areas. Agreeing with the remark, freelance writer, Mr Raymond Tan felt that Singapore's standard of cleanliness had not witnessed a noticeable drop and even if so, probably only insignificantly. However, NEA's sociological study illustrated that for littering to be seen

as anti-social behaviour, campaigns ought to carry a message that the public can easily identify with, which would help in engendering positive attitudes towards the environment.

Historically Green

Rapid economic growth and urbanisation have always gone hand-in-hand with increased pollution and environmental degradation but in the case of Singapore, economic policies took these detrimental effects into consideration and appropriate countermeasures were planned. Economic development included the setting up of the Anti-Pollution Unit (APU) in 1970 and the Ministry of Environment (ENV) in 1972. Coalescing in 1983, both institutions devised wide-

ranging strategies to spur the nation into becoming a clean and green city: developmental projects were not approved unless they could abide by pollution control regulations; the Singapore River, which had been a convenient cess-pool for hawkers, farms and industries, was given a major clean-up; water catchment areas were strictly protected from discharge of effluents and toxic chemicals; and vehicle emissions standards were imposed to maintain air quality that met standards set by the WHO. Moreover, the formation of a Waste Minimisation Department in 1992 encouraged the use of recycled products in an effort to curtail waste. All this lends to the Green Labelling Scheme the support of officialdom in propagating ethical consumerism, boosting the market viability for eco-labelled products.

When Singapore was declared independent in 1965, the seed had already been planted two years earlier for its transformation into a proposed Garden City. Back then, tree planting and the formation of park connectors which served as both recreational corridors and havens for flora and fauna were the beginnings of our garden city, inaugurated by a

pink-flowering *mempat* tree planted by the late Mr Lee Kuan Yew. It was undeniable that a perfect garden related well with cleanliness, hence the beginning of the “Keep Singapore Clean” campaign, making people aware of the consequences of irresponsible waste disposal.

Briefly describing the campaign, Ms Jessica Cheam, Editor of *Eco-Business* and author of *Forging a Greener Tomorrow: Singapore's Journey from Slum to Eco-City* said, “It complemented the efforts to clean up Singapore’s streets and sewers to reduce the spread of diseases and to boost Singapore’s image”. Its main objective, though, was a practical one: a clean Singapore would potentially draw visitors and investors to foster its economy. Ms Cheam added that in order to achieve its aim, “An army of daily-rated workers were employed to go around clearing trash and cleaning the street.” In recognition of the people who toiled day and night to keep the nation spick and span, the town councils conferred a “Best Cleaner Award” to deserving cleaners. Lauding their efforts and contributions was Mr Kam, who recalled the cleaners’ industriousness



ABC Waters

Active, Beautiful, Clean Waters is Singapore’s latest environmental programme that seeks to create flowing rivers out of canals, sparkling streams out of drains and pristine lakes out of reservoirs. Initiated in 2006 by the Public Utilities Board, the programme aims to transform Singapore into a city that appreciates, values and is beautified by clean water. With more than 100 sites marked as potential water paradises, the project is scheduled to be completed by 2030.

in the face of a recent rodent infestation. Mr Raymond Tan also noted that today, it is a common sight to see cleaners making their rounds at major landmarks and in hawker centres.

One wonders whether the high degree of state intervention and a large troop

of cleaners has given rise to a passive acceptance amongst Singaporeans that things will be attended to without their active contribution.

The Indifferent Difference

The 2014 People’s Climate March (an annual event organised worldwide in different countries) created ripples all over the world; climate change, deforestation, overpopulation, and degeneration of biodiversity were some of the pressing issues that received overwhelming attention and advocacy. Against this larger backdrop, the Singapore version was a small and silent affair. The organiser of the 2014 People’s Climate March Singapore, Purani Gunasekaran, created a Facebook page in a bid to rally the support of like-minded individuals but her efforts failed to generate a significant response, with only a small enthusiastic group of seven turned up. When asked about why there was such a stark difference between the response in Singapore and the rest of the world, she replied, “I think it is because most Sin-



THE “KEEP SINGAPORE CLEAN” CAMPAIGN

“The campaign complemented the efforts to clean up Singapore’s streets and sewers to reduce the spread of diseases and to boost Singapore’s image ... An army of daily-rated workers were employed to go around clearing trash and cleaning the street.”



Ms Jessica Cheam

Author of *Forging a Greener Tomorrow: Singapore's Journey from Slum to Eco-City*

gaporeans simply do not have time to commit to a cause they deem irrelevant in a country that has everything served on a silver platter.”

For all its preservation of important nature reserves, Singapore never had a history of environmental protection and conservation independent of government intervention and initiative. The first identification of forest reserves was done in 1983, progressing through governments to The Singapore Green Plan 2012, promising the adoption of green technology. The evolution of Singapore’s nature conservation has always been initiated by political instigation.

So it is not surprising that most Singaporeans express no interest in an

environment not of their own making. Laboratory Officer Mr Dhinotharan Gunasekaran regarded Singaporeans as environmentally apathetic. He said, “People complain about an extra 10-cent charge for plastic bags even when they know it is an effort to reduce plastic consumption.” He added, “Municipal waste recycling statistics is way below 50 percent even when there are accessible avenues for recycling.” Supporting this view were the findings of NEA’s Singapore Waste Statistics 2014, which indicated that the recycling rate for the previous year had dropped by one percent, from 61 percent to 60 percent.

Ms Cheam, however begged to differ, arguing that to label the majority of the

ENVIRONMENTALLY APATHETIC?

“People complain about an extra 10-cent charge for plastic bags even when they know it is an effort to reduce plastic consumption ... Municipal waste recycling statistics is way below 50 percent even when there are accessible avenues for recycling.’

Mr Dhinotharan Gunasekaran

Laboratory Officer



NEA’s Singapore Waste Statistics 2014 noted that the recycling rate for the previous year dropped one percent from 61 percent to 60 percent.



The Price for Littering

Litterbugs abound: In 2014, 19,000 offenders were issued a ticket, almost twice the number of those apprehended in 2013. As high-rise littering still poses a serious problem and to increase the likelihood of catching litterbugs in action, surveillance cameras have been put to use. Fines have also been doubled to \$2,000 for first-time offenders, \$4,000 for those caught a second time, and a stern deterrent of a \$10,000 fine for a third or subsequent conviction.

populace as indifferent is a sweeping statement. She said, “In any society, there will always be groups of people who care more about the environment than others.” Likewise, Mr Raymond Tan also felt that Singaporeans are becoming less insular and more aware of environmental issues. However, he said, “What leaves a lot to be desired is climate change activism.”

Beyond the Haze

The environmental ramifications of mankind’s folly are realities that ought to perturb society as a whole; for in an interconnected world, non-reciprocity in cooperation between nations has detrimental consequences. The haze brought on by forest fires in Indonesia is a dire example, affecting both Malaysians and Singaporeans alike since the 1970s. The issue has been taken up by the World Wildlife Fund Singapore, which champions the adoption of sustainable practices, voicing their stand against irresponsibly produced palm oil. However, as persuasive as the reason for boycotting non-certified palm oil is, local consumers

will need to be willing to bear the higher costs of eco-friendly products. To the question of what would make Singapore a true eco-city, Ms Cheam said, “We need a more conscious culture that promotes responsible consumerism instead of blind materialism.”

Adding to this, Raymond Tan thought that cleanliness, thanks to a multitude of cleaners, has given us a kind of false complacency. At the end of the day, the haze issue has shown that most Singaporeans who tend to be stirred from their unconcern only by inconvenience and disruption may be on the path to making more enlightened choices and making attempts in making a difference as to how their world is being run.

Changing the approach to cleanliness for future generations to come, Ms Linda Dionne Ng aptly insisted, “Through education, as parents imparting values to our children, it good to teach them that it is a norm to clean up after ourselves. Cleaning needs to be a part of our life and cultural etiquette. It needs to reflect our upbringing and responsibility to our environment and earth we live in.” ■

IN CONCLUSION Although the presence of foreign workers has yielded much detachment and impassivity among most Singaporeans, the environmental movements, which are taking the world by storm in recent times, are just beginning to roar their way into the heart of Singaporeans.

SINGAPORE'S FOOD CULTURE

Have You Eaten?



While many can debate on the various aspects of Singapore's culture, one thing that Singaporeans can agree on, is that food is a major business here, as evidenced by the sheer number of food establishments and hawker centres.

Heidi Chan looks at new trends that are changing the way we approach food and how social media has affected our food culture today.

Our unique combination of cultures has resulted in a food art that is international in nature, yet at the same time uniquely Singaporean. Conversations during lunch — while food is being eaten — could well be about which is the real version of traditional favourites such as Katong Laksa, or what to have next, for dinner.

Dr Kelvin Low, from the Department of Sociology, National University of Singapore explained, "Singapore's foodscape is very diverse, owing in part to historical contexts where migrants filtered in from both the region and beyond, and where such migratory streams continue to flow into the country in contemporary times along with their varying food practices." Indeed, Singapore is often described as a food heaven.

The local cuisine is a smorgasbord of our racial and religious make up where each culture enjoys a portion of the pie. Step into a humble food court at any hour of the day and a multitude of cuisines are available at every turn.

Even in the wee hours, favourite haunts such as Jalan Besar's Swee Choon and Indian Muslim dining spots along Cheong Chin Nam Road are teeming with people seeking a late meal.

Make no mistake, this is not a quick-fix for a late-shift worker, but in fact for people who have travelled some distance

"Singapore's foodscape is very diverse, owing in part to historical contexts where migrants filtered in from both the region and beyond."



Dr Kelvin Low
Department of Sociology
National University of Singapore

to gather at one of these popular night-spots. When one is either hard pressed for or simply desiring prudent leisure activities in our small country, eating is the most viable option. With such reason to be foodies, it is no wonder Singaporeans take their food very seriously.

As many food establishments are experiencing their businesses slow down in the face of intense competition, the question for them remains on how to stay competitive and keep up with the times. Many food business owners are realising that while food is a great way to bring customers together and discuss the merits of what they are eating, much of the focus today has migrated to online, where showings of who makes the best version of a particular dish, or taking carefully-curated photographs of food which are made to look enticing, are thrust into the spotlight.

These changes in approach to the ways that food is experienced and shared have transformed the foodscape with the advent of blogs and social media and in reality, the competition is increasingly focused on garnering the most 'likes' on Instagram and Facebook.

A web of food

With a multitude of listicles [content presented wholly or partly in the form of a list] to refer to, it is now easier to find differing opinions on the best version of a certain dish. Numerous food critics, food blogs and phone applications feed this pastime, which conveniently helps to open up our choices of food. With technology a firm part of our lives, we now have the Internet to provide advice on what to eat.

Websites such as sethlui.com give frequently updated lists on the best food haunts for various cuisines and sometimes ranks them according to affordability and taste. Phone applications such as HungryGoWhere allow consumers to include their own

“With increasing labour and rent costs, owners can no longer wait a few years to get their business off the ground solely by word of mouth. Social media is the new tool that will accelerate their business growth.”



Mr Seth Lui
Chief food writer
sethlui.com

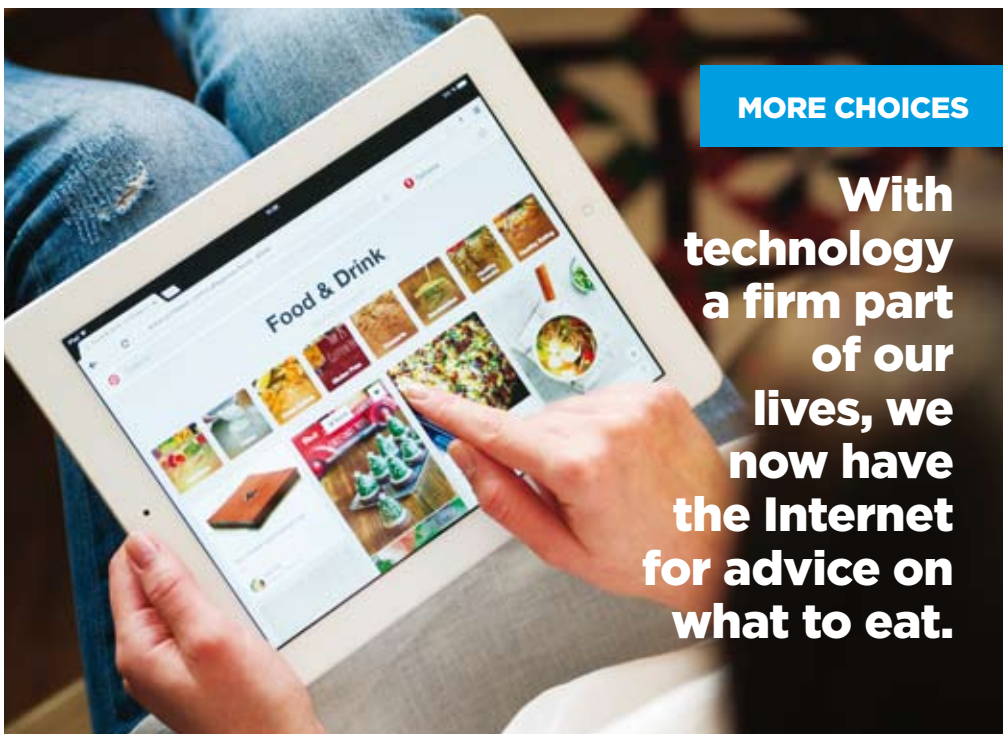
reviews and photos for eateries, giving them a greater say in ranking or deciding on a restaurant. Ms Helen Fong, an NUSS member, supported this and remarked, “Online reviews have affected my food decisions, offering a way to give me information to help me in making more educated decisions in what and where to eat.”

Food and beverage owners also have much to gain from the public’s growing interest in online food reviews. Mr Seth Lui, chief food writer of food blog sethlui.com said, “With increasing labour and rent costs, owners can no longer wait a few years to get their business off the ground solely by word of mouth. Social media is the new tool that will accelerate their business growth.”

With that said, Mr Ken Tan, founder of Fish Sh-nack shared his view that at the end of the day, social media cannot be everything. He said, “Food providers still have to constantly innovate so as to keep the products fresh and interesting for consumers.”

Cutting both ways

Restaurateur Mr Beppe de Vito was quoted in a July 2015 article in *The Straits Times*, saying that it was nothing to think of inviting as many as 12 to 15 writers a month to contribute to marketing efforts. This is particularly useful in Singapore’s ever-competitive food scene, but now that everyone can be a food critic, will it be more difficult to decide whether a reviewed place is as good as it seems?



MORE CHOICES

With technology a firm part of our lives, we now have the Internet for advice on what to eat.

FOOD REVIEWS

While many professional critics choose to pay for their own food visits, the opposite is true for some food bloggers.

The rise of food blogs and websites where criticism has been made democratic and a wider range of opinions is being expressed may be a double-edged sword.

Dr Low described this occurrence as “interesting”, allowing the everyday blogger or amateur reviewer to take the role of food ‘connoisseur’ to social media, enabling greater publicity for eateries island-wide.

Free lunches?

So is there any appropriate social media space for professional critics amidst the growing number of food blogs?

This has led to a popular distinction between food bloggers and food critics. On food blog, ladyironchef.com, founder Mr Brad Lau articulated a clear distinction between himself, a food blogger, and a professional food critic, such as the likes of Mr Wong Ah Yoke, a food critic for *The Straits Times*. Mr Lau said that because he lacked the professional experience and culinary background of a professional food critic, readers should have different expectations about reviews on his food blog compared to food magazines. Yet, this has not prevented his website from gaining many visitors every month.

While many professional critics choose to pay for their own food visits, the opposite is true for some food bloggers. This leads us to ask if unpaid reviews can still be considered unbiased if a free meal has been provided in return. In July 2014, Ms Rosalyn Lee, a local radio DJ, took to social media to rant about the poor standards of food reviews from popular food blogs, on the grounds that reviewers who accept free meals are less likely to provide impartial reviews of restaurants. In her words, reviews from such bloggers should be disregarded, as they not only waste your money, but your “stomach space” as well.

Yet, as Mr Lui perceived, one man’s meat might be another’s poison. As a food writer, he aimed to provide both accurate facts and personal opinions in his writing. Everyone has vastly different preferences so “you can never please everyone.” Despite this, he acknowledged that a specialised skill such as a discerning palate is necessary for a food writer to conduct a review properly. This has led to “certain food writers becoming more recognised than others due to their consistency and credibility.”



**AN
ENHANCED
PHOTO?**

“The taste of the food has to be comparable to what your photos appear to evince, otherwise you’ll only have many one-time customers.”



Mr Ken Tan
Founder
Fish Sh-nack

An era of food porn

It is not just words that are changing the way we eat, but pictures as well. Platforms such as Instagram allow us to share photographs instantly with our circles of friends, and beautify photos of neatly arranged food platters abound.

Dr Low described Instagram as a platform that has opened an “immediate and somewhat intimate avenue for people to share their eating habits and pleasures.”

Mr Ken Tan also talked about the usefulness of social media platforms for his business as they allow him to frequently communicate and build rapport with his customers.

Enhanced or not, pictures of food are pleasing to look at, fuelling more and more Singaporeans to seek food that not only tastes good but looks good. Food trends such as the still-popular café food and dessert-in-a-cup have thus grown in prominence, drawing customers by proffering beautiful looking servings of delicious, Instagram-worthy food.

Mr Seth Lui explained, “Trends get picked up a lot faster now with the use of social media, with visuals playing an important part to how well a food trend starts. This is especially true among youngsters who have a greater desire to follow the latest fads.” Citing a recent milkshake craze originating from Canberra, Australia, that offered frivolous and over-the-top presentations as an example, he also suggested that nowadays, how food looked on camera, easily takes precedence over how it tastes.

However, Mr Ken Tan questioned this. To him, a photo can easily be edited and enhanced. “The taste of the food has to be comparable to what your photos appear to evince, otherwise you will only have many one-time customers.” Despite the difference in opinions, many of us would agree that presentation ultimately plays an important role in a food’s initial appeal.

Hawker flair

Dr Leslie Tay, food blogger of ieatishootipost.sg and author of the book titled *The End of Char Kway Teow and Other Hawker Mysteries* shared his views. As hawkers grow older, it is more difficult to encourage young people to take up the trade that involves sheer hard work, very long days with no breaks and dealing with demanding customers. Yet, there is a new generation of hawkers selling food not previously found in hawker centres. Take Stew Küche as an example, where German fare meets Singaporean coffee shop along Bukit Merah Lane, serving dishes such as German Pork Knuckles and Oxtail stew.



Look out for a new generation of hawkers selling food not previously found in hawker centres.

While this might mean added competition for traditional hawker stalls, more exciting cuisines provided at fuss-free neighbourhood locations mean that more Singaporeans get to enjoy flavours less common in public housing suburbia.

This creates a win-win situation for both hawker and consumer as rents at hawker stalls or coffee shops are significantly lower compared to upmarket locations in shopping centres. With a lower profit margin, stalls are then able to make their food more affordable and they can likewise earn a better profit.

Evolving culinary art

It is uncertain how our food culture will change in the coming years, with separate trends developing differently. On one hand, more hawker centres are being set up and young people are encouraged to continue selling well-loved Singapore favourites. Yet in 2015 alone, nearly twenty new cafés opened each month all over Singapore, much to the joy of café hoppers who are getting more opportunities to Instagram their new finds.

In a move that could potentially acknowledge Singapore’s growing status in the international food scene, a forthcoming Singapore edition of the Michelin Guide has been announced. The guide, considered the Academy Awards of the food world, traditionally featured only the finest dining places. It remains to be seen if hawker culture will be recognised in the Singapore version of the guide or whether cafés might gain greater prominence.

Singaporeans love local food and are embracing new cuisine styles at the same time. Now, while many conversations about food take place online, one question remains arguably unanswered – just which is the *real* Katong Laksa? ■

IN CONCLUSION Singapore’s local and cosmopolitan food culture has been evolving, pushed along by the increasing influence of social media and the Internet, changing the ways we see and appreciate one of our nation’s most precious pleasures.

Popular Dining Spots for Food Lovers



THE BISTRO Suntec City Guild House

Recommended by NUSS member Helen Fong, SCGH Bistro offers a mix of Asian and Western delights. Only open to NUSS members, crowd favourites include the Hokkien Prawn Mee and seafood pasta. With set meals going for only \$30, check out the Bistro today!



THE DUNEARN Bukit Timah Guild House

Dine amidst the lush greenery of the Singapore Botanic Gardens, newly awarded UNESCO World Heritage Site at The Dunearn, which serves contemporary Western cuisine. Popular for its rustic ambience, the restaurant also offers set dinners at reasonable prices. Looking for a fancier place on a special occasion? The Dunearn could be the perfect venue.



REEDZ CAFÉ NUS Business, Mochtar Riady Building

Offering Western cuisine for costs below \$10, many flock to Reedz for a quick and delicious Western food fix. Dishes include pasta, grilled meat and finger food. The café has since expanded and is now available in Science Park, International Business Park and Bukit Timah Campus.



YONG TAU FOO NUS Arts, The Deck

Serving affordable bowls of a Hakka Chinese dish, this stall allows customers to pick from a variety of vegetables, fish and meat products. Having recently won the yummiest food outlet award by the NUS Office of Campus Amenities, this stall has been a clear favourite for students, teachers and graduates alike. Stall patrons particularly enjoy the Laksa soup base that gives the meal an extra kick!

Create your *Love Story*

Every couple has a story.
Create the perfect story with your spouse.
For just \$10* a month, your spouse can enjoy all
the privileges at NUSS as a **Spouse Member!**



Sign up before **31 March 2016**
and you'll receive a
\$50 Takashimaya Shopping Voucher!
+ win a 2D1N Staycation at W Singapore - Sentosa Cove

NUSS
The Graduate Club

For enquiries, please email Azira at azira@nuss.org.sg or call 6586 7056.

*Terms and conditions apply • *Prevailing GST applies • Lock-in period of 12 months applies*

SNAPSHOTS

NUSS-Residential College Mentorship Programme Welcome Dinner 2015

10 September 2015

Tembusu College, NUS University Town

GEARING UP FOR A YEAR OF MENTOR-MENTEE BONDING

"This exposure is key to young graduates today who have more choices than the generations before". Ms June Fok, a mentor attending the NUSS-Residential College Mentorship Programme Welcome Dinner, elegantly captured the evening's experience.

The dinner held to welcome the incoming batch of mentors and mentees was uniquely different this time as mentees were given the opportunity to first interact with one another freely, before being matched with their preferred mentors.

Mr Tony Tong, a first-year Computing student and mentee shared his thoughts on the benefits of the event, "It is very beneficial for a student to have such an experience because we get to meet individuals outside our usual social circle who can provide invaluable advice. This contributes to our wealth of knowledge that is very precious to an undergraduate".

Mr Alvin Yeo, a mentor who also participated last year, added that he saw particular value in nurturing soft skills such as communications and preparing his mentees for the working world.

As the evening drew to a close, many expressed their delight and looked forward to an exciting year of mentorship ahead - ready to involve and learn.



Beyond the Score: Dancing through Time

28 October 2015

Suntec City Guild House

WESTERN CLASSICAL DANCE MUSIC ENCHANTS

Audience members were taken on a journey, travelling back in time when Western dance music was in vogue. Organised by NUS and Yong Siew Toh Conservatory of Music (YSTCM), this second session of the music appreciation series invited listeners to learn and appreciate the ebb and flow of the musical lines as they waltzed through the ages.

Where the first event in 2014 paid homage to the musical genius, Mozart, this session shed light on some of the most celebrated and riveting works in the history of dance music and its various forms. Liu Yi Retallick, a recent graduate of YSTCM and main speaker for the session, along with her friend, Dahlia, unveiled and elucidated the evolution of Western dance tradition. "The chorus", remarked Liu Yi, "was performed in honour of Dionysus, the god of grape harvest and wine." To help guests to relax further into the music, a four-course meal and wine were served during the session.

The presentation twirled its way to the Middle Ages, when pagan-influenced folk dances were the prevailing fashion of the various medieval dance styles then, and the various audio snippets played gave the audience an inkling of the latter. The highlight of the evening was a violin performance by Liu Yi, who played 'Partita'. The performance consisted of musical movements characteristic of the Baroque era.



As the evening drew to a close, a final performance by a quartet ensemble from YSTCM consisting of the hornpipe, violin and cello bid the enchanted audience adieu. Playing pieces from the medieval to the contemporary, the event left guests impressed. Mr Low Mong Kwok, a guest attendee felt that his "knowledge has been enhanced." With such positive response to the music appreciation series, it certainly looks set to return soon.

Crazy Little Thing Called Love
9 and 10 October 2015
The Substation



LOVE IS ALL YOU NEED

NUSS DramaWorks' hard work paid off as the cast entertained a full house with their energetic and engaging performance! The actors' enthusiasm was infectious and had the audience singing and clapping along.

The show was a triple-bill of original mini-musicals written by DramaWorks' talented members, with dance items by members from NUSS DanceSport.

The first mini-musical, *Shhh ... It's Superstition!*, highlighted the cross-cultural challenges facing a young couple during their eventful courtship. *Happy at Home*,

the second piece, had the audience reflect upon the relationships and family members they take for granted. The final work, *Innocent Puppy Love*, was about budding romantic love.

Audience member Ms Ruth Chan said, "This was beyond my expectations because I know they are not full-time professionals, yet they managed to juggle various personal commitments and put up such an enjoyable performance!" She also expressed hope that more similar performances would be available in the future.

The Music's Always There With You
18 October 2015
SOTA Concert Hall

PASSIONATE SINGING ENTHRALLS

Unlike a conventional choir performance, audience members had a pleasant surprise when the NUSS choir members came out dressed to the glamorous nineties. The singing of familiar tunes such as 'A Gershwin Portrait', coupled with colourful and dramatic costumes, left audience members delighted and entertained.

Dr Fong Poh Him, NUSS' Choir Convenor reiterated, "This experience teaches us that we need not retire and stay home. We can keep growing at a different pace. Age is no hindrance to participation." Dr Lily Wong, the choir's Deputy Convenor concurred and shared that as older individuals, it becomes more difficult for the older choir members to memorise song lyrics. Yet, the daunting task only encouraged them to keep up their efforts.

Ending off the evening with a rendition of Dick Lee's *Home*, audience members were encouraged to sing along. As the Choir swelled from a team of 63 to a crowd of 250, it was wonderful for the young and old to sing and make sweet music together.



SNAPSHOTS

S-Connect Forum: Seniors Revalued
2 December 2015
Kent Ridge Guild House

REINVENTING IMPRESSIONS

While many may have the impression that being old is burdensome, the reality is quite the opposite. Changing perceptions on this issue were participants of the forum who had the opportunity to share opinions on seniors in Singapore. With forum speakers, Dr Kanwaljit Soin, Dr Paulin Straughan and Dr Philbert Chin, ideas such as ageism and active-ageing were passionately discussed among the 80 attendees.



S-Connect Fellowship Lunch: Flowers in our Garden City
20 October 2015
Kent Ridge Guild House



TAKING TIME TO SMELL THE ROSES

How lucky we are to live in a garden city where so many different flowers are in full bloom all year round! Ms Dolly Chua from the Nature Society (Singapore), shared with members over lunch on the beauty of flowering plants. Many were surprised to learn about the exotic backgrounds of flowers that were found in their very own backyards!

Singathon 2015
14 November 2015
Kent Ridge Guild House



CHORALE DELIGHTS EN MASSE

Singing their hearts out were choirs from various schools, invited for a friendly Singathon as part of the NUSS Choir's outreach programme. The choirs took the opportunity to learn from one another and expose themselves to various chorale standards. Young and old choristers from various backgrounds, all came together to perform in a fun environment, making this Singathon experience one to be well remembered.

DanceSport Christmas Ball Dinner and Dance 2015
 12 December 2015
 Kent Ridge Guild House



DANCING THE NIGHT AWAY

NUSS DanceSport had the privilege of having two pairs of professional Latin and Ballroom dancers: Brian Lee Calo and Vangilyn F Cenina, as well as Fabio Bangrazi and Alessia Palmarini perform at this year's Christmas Ball. Held at the Guild Hall, members and guests not only enjoyed the brilliant dance performances but also danced the night away. The evening ended on a high note with more than 10 lucky members and guests walking away with prizes sponsored by DanceLife Asia Pacific Pte Ltd, Danceexpression LLP, Ego Pharmaceuticals Singapore Pte Ltd, Galaxy Dance Studio, Guerlain and *The Singapore Women's Weekly*.

Transform Information into Profits
 14 November 2015
 Kent Ridge Guild House

BECOMING MASTERS OF TECHNOLOGY

The age of technology brought along the creation of new and interesting digital products. Speaker Mr KC Tan helped members unravel the demands of the digital times. Members gained insights in creating online material and on ways to package product knowledge into digital products.



Help, I've got Irritable Bowel Syndrome!
 17 November 2015
 Kent Ridge Guild House



IRRITATION, BE GONE!

There was no need to feel ashamed or squeamish when talking about Irritable Bowel Syndrome (IBS) during this session. Led by Associate Professor Dr Reuben Wong who teaches at the Yong Loo Lin School of Medicine, National University of Singapore, key facts of the syndrome and various challenges faced with its treatment was freely shared. This session was particularly useful as participants gained understanding about IBS from in-depth perspectives.

SNAPSHOTS

S-Connect SG50 Christmas Lunch

22 December 2015

Kent Ridge Guild House

CELEBRATING CHRISTMAS WITH S-CONNECT



It was a superb time for 120 S-Connect members at their annual gathering as they celebrated SG50 and Christmas over a festive sumptuous buffet and an afternoon filled with fun and laughter. Quiz games and conversations kept everyone happily busy. Members were feted with a Zumba Gold demonstration where everyone moved and danced along to the rhythm and music. The NUSS Choir also sprung into action with a flash mob of the song 'Home' followed by a sing-along carolling session.

NUSS
The Graduate Club



LIVE THE HIGH LIFE

Enjoy a *Luxury Yacht* for free* with your **DBS NUSS Visa Card!**

Or rent a yacht from \$500!

Complimentary BBQ pit rental and cooking service with a purchase of \$350 BBQ food for 18 persons.
Includes snorkeling, kayaking and fishing gears!

*Terms and conditions apply. Visit www.tinyurl.com/NUSSYacht for more details.

For enquiries, please contact Zach Ng at zachng@nuss.org.sg or 6586 3704

For bookings, please contact White Sails at enquiry@whitesails.com.sg or 8180 8008

In collaboration with



Oktoberfest

8 and 9 October 2015
Café on the Ridge

CHEERS AND PROST!

What started out as a marriage celebration between a Prince and Princess in Bavaria, Germany some 200 years ago, has evolved into a festival celebrated by millions all over the world. NUSS took part in Oktoberfest at Café on the Ridge, where a boisterous crowd of 120 revellers enjoyed a menu of roast lamb, pork knuckles, grilled German sausages and numerous other German dishes along with, needless to say, mugs of delicious and cold beer.

What's a festival without music? The Swiss Alpine Lions, a group of enthusiastic musicians provided country music for the festival on both nights. Their contagious energy got everyone dancing and stomping along to the groove. The best part of the evening was arguably the sausage eating and beer drinking competitions that had festivalgoers on the balls of their feet, eager to witness the lively games. With delicious food and delightful entertainment, it's no wonder so many celebrate Oktoberfest every year! ■



The Macallan Whisky Pairing Dinner

10 December 2015
The Dunearn

BOTTOMS UP WITH QUINTESSENTIAL WHISKY

Macallan, matched with fine cuisine and paired to perfection, delights whisky aficionados.



The view that whisky is simply too strong and high in alcohol to be enjoyed with food is increasingly being challenged, as diners seek out newer and more adventurous food and drink pairings.

Forty-seven NUSS members and guests discovered how well Macallan matches certain ingredients including cheese and seafood while offering as many intriguing sweet spots as wine. Featuring The Macallan Sherry Oak 12 years and 18 years, The Macallan Rare Cask and the Macallan Fine Oak 15 years, it was obvious that the older the whisky, the more intriguing and complex the pairing. Sumptuous dishes including Roast Quail, Yuzu Flavoured Salmon Gravlax and Braised Tender Angus Short Ribs with Whisky Whipped Parsnips and Parma Ham made the experience all the more delectable.

Macallan whisky as a deep, rich golden and well-matured liquor was a clear winner for the evening. ■

Pass on your Membership.

Share it with the next Generation.

As a Life Member, you can transfer your membership while retaining your entitlements as a member. Together, you and your loved ones can take pleasure in what the Society has to offer.

Transfer your Life Membership before **31 March 2016** and receive a **\$100 Takashimaya Voucher**. The admin fee of \$214 for a membership transfer will also be waived.

For enquiries, please email Margaret Ee at margaretee@nuss.org.sg or call **6586 3730**. Terms and conditions apply.

Strengthening Bonds Through Friendly Matches

The UNESCO World Heritage City of Malacca, was chosen as the venue to host and mark the 30th edition of the NUSS-PAUM (Persatuan Alumni Universiti Malaya) Games.

The highly anticipated 30th edition of annual NUSS-PAUM Games, organised to foster and build close bonds and relationships between both university alumni associations, was a closely-fought affair in all seven sports contested. PAUM emerged overall champions, prevailing over the Society's participants with a 4-3 score.

In some of the games, the tension was palpable. For instance, the Society's keglers bowled their way to a narrow 15-14 victory over their counterparts across the Causeway. Similarly, the NUSS team edged out their PAUM opponents with a 2-1 and 4-3

scoreline in soccer and tennis respectively.

The PAUM team certainly held on to their home ground advantage over their NUSS rivals. The former came away as runaway winners in squash (3-0) and table tennis (7-2), while the golf (612-598) and badminton (4-3) games were more keenly contested.

Despite the fierce competition, there was an obvious air of camaraderie and friendship between both teams. Old friendships were renewed as participants from both sides caught up with each other, sharing stories, laughter and high-fives.

The celebratory mood carried on into the night at the reception dinner and prize presentation ceremony, where NUSS President Mr David Ho presented the Challenge Trophy to PAUM President, Datuk Haji Noordin Abd Razak.

With the Games being a much-awaited event in both associations' sporting calendar, NUSS looks forward already to hosting the next round. ■



The celebratory mood carried on into the night at the reception dinner and prize presentation ceremony, where NUSS President Mr David Ho presented the Challenge Trophy to PAUM President, Datuk Haji Noordin Abd Razak.



Golfing in the Land of Smiles

Thirty-seven members of the NUSS golfing fraternity explored Bangkok during its overseas golf trip in September, playing on three picturesque courses.



Members of the NUSS Golf Section took a well-awaited break with one of their regular regional overseas trips, this time to the city renowned for its wonderful Thai hospitality.

The warm-up game was arranged at the President Golf and Country Club followed by check-in at the Pathumwan Princess Hotel. A splendid landscape welcomed the excited golfers as they teed off on Nikanti Golf Club the following day.

The final day of competition was held at the Lakewood Country Club, home to a fine 27-hole world-class golf course designed by Michael J Poellet, a renowned golf course designer with over 40 years of creative design experience from concept to completion. The course is only a 10-minute drive away from Suvarnabhumi International Airport, which made it convenient for golfers to play a round of golf before departure.

Sandwiched between the two tournament days was a free-and-easy day for keen shoppers as well as those who preferred to hang out and take it easy. Sumptuous feasting was the order of the day with mouth-watering buffet and Thai traditional delights served before and after each tournament. ■



NUSS GOLF - NOVEMBER MONTHLY MEDAL | 18 November 2015 | Laguna National Golf & Country Club, World Classic Course

Close Competition Turns Up the Heat

Held on the World Classic Course of the Laguna National Golf and Country Club, the November Golf Month Medal saw close competition in both the Men's and Ladies' divisions with a total of 75 golfers participating.

Mr Simon Er walked away with the Men's Champion trophy with a total score of 36 points, while the first and second runners-up both scored 33 points with Mr Tan Sim Seng emerging as a winner on countback over Mr Ahamd Fawzi.

In the Ladies' Division, Ms Listar Nguyen (29 points) fended off the challenge from Ms Toh Siew (28 points) to win.



AGM GOLF TOURNAMENT | 11 December 2015 | Tanah Merah Country Club, Tampines Course



Lush Golfing at AGM Golf Tournament

Mr Joseph Ng (far right) was re-elected as golf convenor for 2016.

Built and designed to take advantage of the area's natural beauty, the Tampines Course saw 100 golf section members competing for attractive prizes and bragging rights, despite the rain delaying the shotgun tee-off until later in the afternoon.

The tournament was a very keenly-contested affair in both the Men's and Ladies' divisions with only one point separating first and third positions in the former and two points in the latter.

Mr Colin Tang was declared overall men's champion on countback with 37 points while Ms Elsie Lim emerged victorious with 36 points in the ladies' tournament.

As the game of golf came to a close, it was time to convene for the Golf Section's Annual General Meeting (AGM). Mr Joseph Ng was re-elected as golf convenor for 2016 at the AGM and he thanked the section members for their support and invaluable contributions in making the Society's golf tournaments a thriving success. ■



WHY STRESS IS GOOD

for Your Career

Deadlines and responsibilities come with every job. These little daily stressors act as an invisible supervisor, constantly keeping tabs on us to ensure that we are up to speed with our work and that we do our best in a challenging or difficult situation. Do not shy away from it. One way to manage stress better is to turn this burst of adrenaline into workplace energy. Here is how:

1 STRESS IS A MOTIVATOR

While too much stress could be detrimental to emotional, mental and physical health or even hinder your work, small amounts of stress could help you to concentrate better and energise you to achieve your goals.

For example, when you are faced with an unexpected or looming deadline, stress motivates you to get your work done. It also sharpens your senses, makes you more aware of what you need to accomplish, and gives you that sharp burst of energy and sense of urgency to do your work well – and do it fast. When you have to perform, you want some stress to push you to do your best.

2 STRESS IMPROVES WORK EFFICIENCY

The short buzz of energy released by stress can also help to improve work productivity and efficiency. Without stress, people tend to take the easy way out and often possess the undesirable habit of procrastinating work till the last minute. Small doses of stress not only help to keep you on your toes, but they also

help to improve your memory and spur you to perform tasks more efficiently.

When stress hits, the instant energy boost released from the hormones makes the entire body go on full alert, resulting in higher productivity and focus.

Sometimes, this kind of intense adrenaline rush can numb your pain receptors to a point where it allows you to perform “superhuman” feats – such as working round-the-clock for days or accomplishing a complicated project, usually requiring weeks to complete, within a single day.

3 STRESS BREEDS SUCCESS

In an extremely competitive work environment, a little anxiety is good, and even necessary for you. Highly successful people often use stress positively to bring about change and activity. They are anxious about today and the future; they stress about the thought of losing and worry about not having enough hours in a day to get everything done.

Without such stress, people would not have any goal to work towards. They may lack focus and not experience fulfilment in their work and

TIP

Since excessive stress can be harmful, it is certainly important to find a right balance that works for you.



Small doses of stress not only help to keep you on your toes, but they also help to improve your memory and spur you to perform tasks more efficiently.

may even feel bored and unmotivated.

4 STRESS IS HEALTHY

Many medical studies have shown that our immune system may benefit from short spurts of stress. The chemicals in the body released during stress can, in fact, help strengthen the immune system and protect it against diseases by keeping the brain cells working at peak capacity.

There is no escaping it or eradicating it completely from your life. However, cultivating a positive attitude can help eliminate any negativity resulting from stress and frees you up to focus on the solution rather than the problem.

When we try and manage

various stress triggers that occur at work, we grow, learn and become stronger in the process. The sense of relief experienced after a stressful project or event allows your body to relax.

This helps to generate positive vibes as well as a great sense of satisfaction and achievement and ultimately, can boost your physical and mental state of health at the end of the day. ■



This article is contributed by **Dominic Salomoni**, Director, Robert Walters Singapore. Robert Walters focuses on recruiting top talent across commerce industries.

Do You Invest in Bonds?

Bonds offer stable returns that are typically higher than bank deposit rates. Relative to stocks, they are less prone to extreme price movements. Bonds are issued by governments or companies to raise funds. When you buy a bond, you are essentially lending money to the issuer in return for interest.

WHY INVEST IN BONDS?

Bonds pay interest (also known as “coupons”) and can be a way for you to earn stable, regular income.



WATCH OUT!

If the issuer runs into financial trouble, it may not be able to pay the interest or the principal of its bonds. Hence, you could lose your entire investment or a huge chunk of it.

Bond prices are inversely related to interest rate movements. A rise in market interest rates usually leads to a fall in bond prices. You will incur a capital loss if you choose not to hold the bond till maturity and instead sell the bond at a lower price.

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



Types of Singapore Dollar bonds	Government bonds	Corporate bonds
Who is the borrower (also known as the issuer)?	<ul style="list-style-type: none"> The Singapore Government 	<ul style="list-style-type: none"> Statutory boards Companies
Are they likely to default?	The likelihood is very low. The Singapore Government enjoys the strongest “AAA” credit rating from international credit rating agencies.	The likelihood differs from one issuer to another. You should assess the credit risk of the issuer before investing. Credit risk refers to the risk of the issuer defaulting on the bond.
How much interest can I earn?	Because of its high credit quality, the Singapore Government generally pays lower interest on its bonds compared with other issuers.	It varies from issuer to issuer. In general, the lower the credit quality of the issuer, the higher the interest.

What is Available?

Singapore Government Securities (SGS)

Issued by the Singapore Government

- Subscribe through ATMs and Internet banking at primary issuance
- Buy or sell on the Singapore Exchange (SGX) through brokers or banks
- Minimum investment of \$1,000

Visit www.sgs.gov.sg to learn more, or call MAS on 6225-5577.

Singapore Savings Bonds

Special type of SGS with increased flexibility and meant for individuals

- Just like SGS, Savings Bonds are issued by the Singapore Government
- Apply and redeem through ATMs and Internet banking
- Every month, you have the option to redeem your bonds
- Minimum investment of \$500, with a maximum of \$50,000 per bond
- Individuals can hold up to \$100,000 of Savings Bonds at any time

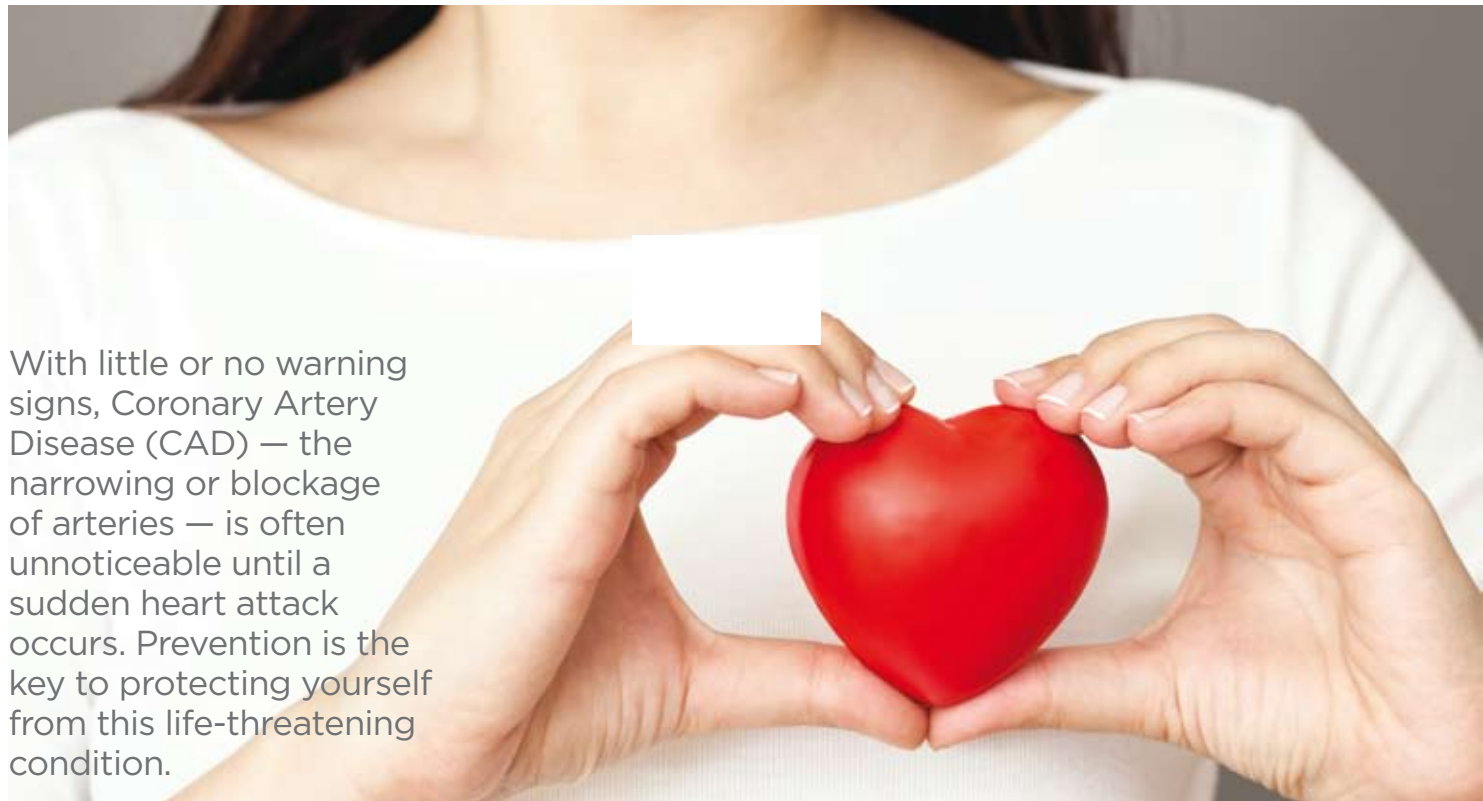
Visit www.sgs.gov.sg/savingsbonds to learn more, or call the Savings Bonds hotline on 6221-3682.

Retail corporate bonds

Issued by companies or statutory boards, and denominated in smaller sizes for retail investors

- Credit risk and interest vary from issuer to issuer
- Subscribe through ATMs and Internet banking at primary issuance
- Buy or sell on the SGX through brokers or banks
- Minimum investment of \$1,000 to \$10,000

See the retail bonds listed on SGX at: www.sgx.com.



With little or no warning signs, Coronary Artery Disease (CAD) — the narrowing or blockage of arteries — is often unnoticeable until a sudden heart attack occurs. Prevention is the key to protecting yourself from this life-threatening condition.

PREVENTION Before the ATTACK

Coronary arteries deliver oxygen-rich blood to the hardest-working muscle in your body — the heart. However, when there is a build-up of cholesterol deposits (or plaque) in the inner walls of these arteries, they harden and narrow.

“This condition is known as coronary atherosclerosis,” said Dr Fam Jiang Ming, Associate Consultant, Department of Cardiology, National Heart Centre Singapore. “If left undetected and untreated, it can lead to Coronary Artery Disease (CAD).” CAD is characterised by a deprivation of blood flow to the heart due to the narrowing of the lumen of the coronary arteries by cholesterol deposits. As the lumen narrows, the blood supply to the heart muscle decreases, resulting in a decrease in oxygen delivery to the heart muscle. Affected patients may complain of chest discomfort and breathlessness,

particularly during physical exertion. Blood clots may also form, adding to the blockage in the arteries. Such sudden and complete blockages can lead to a heart attack.

Globally, cardiovascular disease is the leading cause of death. Last year, approximately 30 percent of deaths in Singapore were due to cardiovascular diseases (including heart disease and stroke). CAD develops slowly and silently over decades, so it is not easy to notice the condition in its earlier stage.

Are you at risk?

Typical non-modifiable risk factors for CAD include age, gender, ethnicity and family history (See box).

However, there are modifiable risk factors that can be managed to reduce your risk of CAD. At the Singapore Heart Foundation’s carnival to mark World Heart Day on 3 October 2015, the main theme was raising awareness of high blood pressure.

RISK FACTORS

AGE The older you are, the more susceptible you are to heart diseases as your arteries may harden with age. For women, the loss of natural oestrogen during menopause may contribute to an increased risk of heart disease and stroke.

GENDER Men are three to five times more likely to have CAD than premenopausal women.

ETHNICITY In Singapore, South Asians are more likely to have CAD.

FAMILY HISTORY If your immediate family members have a history of premature heart disease, you might be more susceptible as well.

Dr Fam explained, “High blood pressure, or hypertension, is a major modifiable risk factor. Usually occurring without any symptom, the condition can lead to damage of the heart and blood vessels, leading to a stroke or heart attack if left untreated.”

Adults over 40 years old should have their blood pressure checked annually, and their blood cholesterol levels checked every three years.

Other modifiable risk factors include the following:

- **High blood cholesterol:** Like high blood pressure, high blood cholesterol shows few or no symptom. Many people are not aware that they may have high blood cholesterol that may lead to atherosclerosis and CAD.
- **Diabetes mellitus and abnormal blood glucose levels:** A chronic illness, this is often associated with other cardiovascular risk factors, such as high blood pressure, increased total cholesterol and



EMBRACE A HEART-HEALTHY LIFESTYLE

Making lifestyle changes to control the modifiable risk factors is the best and most effective long-term measure. It is not difficult to adopt habits that can help prevent or delay a heart attack. Some suggestions are:

1

EAT WELL

GO FOR...

■ Fruits & vegetables:

These are low in calories and rich in dietary fibre, which can lower cholesterol.

■ **Whole grains:** Whole grains, beans and legumes are filled with fibre and other nutrients, which regulate blood pressure and boost heart health.

■ Good fats:

Monounsaturated fats, such as olive oil and canola oil, or polyunsaturated fats found in nuts and seeds, are healthier, but should still be taken in moderation.

CUT DOWN ON...

■ **Cholesterol:** It is probably the biggest culprit in CAD. Choose lean meat and skinless poultry cooked using healthy methods, such as steaming or baking.

■ **Seasoning:** Reduce your intake of sugar, as these can add extra calories to food. Also, salt contributes to high blood pressure and is a major risk factor for CAD.

■ **Alcohol:** Drinking excessively increases the risk of high blood pressure.

2

EXERCISE OFTEN

Regular exercise can lead to weight loss, lower blood pressure, decreased stress and improved cholesterol level. So working out is the answer to a healthy heart. Get active for at least 30 minutes a day. Start at a slow pace initially to avoid injury to muscles and ligaments. If you are over 40 years old, consult a doctor before embarking on any exercise regime.

3

MAKE BETTER CHOICES

■ **Stop smoking** When it comes to sudden cardiac death, smokers face two to three times higher risk than non-smokers. In fact, smoking accounts for 40 percent of deaths caused by heart disease in those individuals younger than 65 years. It is clear that it is time to quit.

■ **Reduce stress levels** When you are stressed, your blood pressure shoots up. If you experience constant stress over a prolonged period, you may be at a higher risk. Find practical and sustainable ways to slow down and reduce negativity stress triggers, such as taking a walk, baking a cake or doing yoga.

triglyceride levels, decreased high-density lipoprotein (HDL)-cholesterol (“good” cholesterol) levels and obesity.

- **Obesity:** Excess weight adds strain to the heart and raises blood pressure, blood cholesterol and triglyceride levels, as well as lowers HDL. It is also linked to diabetes mellitus.
- **Lifestyle factors such as stress and smoking:** Your blood pressure goes up momentarily when you are agitated or under stress. Over time, this leads to a higher risk of high blood pressure that can lead to a heart attack. Meanwhile, smokers account for 40 percent of deaths caused by heart disease in patients younger than 65 years.

Only by recognising your risk factors, will you be in a better position to manage and lower your risk of CAD.

Warning signs

As CAD often develops over decades, it tends to go unnoticed until a heart attack happens. The signs and symptoms of CAD vary in severity:

- **No symptoms:** This is referred to as silent ischaemia, where there are no apparent symptoms even though blood flow to your heart is restricted.
- **Chest pain (angina):** This is usually brought on by physical or emotional stress, and feels like a heavy weight on your chest.
- **Shortness of breath:** This occurs when the heart fails due to the damage of heart muscle.
- **Heart attack:** Caused by a blood clot or rupture in a narrowed coronary artery, you may feel a crushing pain during a heart attack.

If you face a higher risk, do not wait until your chest hurts before consulting a doctor. Instead, go for regular medical screenings. Dr Fam elaborated, “Your doctor will record your medical history, perform a

physical examination, and run some routine blood tests.” Besides these, there may be other recommended tests, including:

- Electrocardiogram (ECG)
- Exercise Stress Test (done on treadmill)
- Coronary angiography
- Echocardiogram
- CT Coronary Angiography

Treatment options

There are drugs and surgical techniques that can open up narrowed coronary arteries. Dr Fam explained: “For instance, aspirin may be prescribed to thin the blood and reduce the likelihood of a blood clot while beta blockers such as atenolol will slow the heart rate and decrease blood pressure.”

However, patients with severe CAD may need interventional procedures or surgery to restore and improve blood flow. These may include:

- **Percutaneous coronary intervention (PCI):** This is a minimally invasive method of ‘unblocking’ a narrowed heart artery. Here, a small balloon or stent is used to help keep the part of the artery that is blocked open, allowing the blood to flow through.
- **Coronary artery bypass grafting (CABG):** In this open-heart surgery, the surgeon will create a new route for the blood to go around a blocked part of a coronary artery by grafting a healthy artery or vein taken from a patient’s leg, arm or chest.

While CAD is potentially life threatening, it is possible to manage the condition by adopting a healthy lifestyle to keep your heart fit and pumping well. ■

This 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.



A peaceful Antarctica--the last frontier of Planet Earth.

Travelling to the Tip of the World

Adventure traveller and NUSS member, **Ng Boon Hong**, braved extreme temperatures and treacherous treks for a once-in-a-lifetime experience with wildlife and glaciers in Antarctica and 90-degrees North Pole to see first-hand the global warming at the two poles and their threat to the Earth. He shared his extreme experiences with Audrina Gan.

Since his trekking trip to Mount Kinabalu, Malaysia 20 years ago, 66-year-old Ng Boon Hong has taken the route less travelled. He has since travelled to the remote Tibetan side of Mt Everest base camp, trekked and scaled challenging terrains such as Africa's Mt Kilimanjaro and Japan's Mt Fuji.

In December 2009, Ng travelled with his like-minded and long-term travelling friend, George Lai, who incidentally became a NUSS member in December 2015. The pair joined an 11-day cruise to the Antarctica Peninsula and surrounding islands.

Ng came face-to-face with the sombre effects of global warming in Antarctica where he saw glaciers collapsing in front of their Zodiac (small rubber boats) as temperatures

soared in the Southern Hemisphere. "Some of the glaciers were five to six times larger than Singapore. We saw one that was 120 kilometres deep and 40 kilometres wide and an estimated 5-storey height. We had to be careful not to get too close to the glaciers," explained Ng.

Ng and his fellow travellers also encountered a two-metre-high wave when their cruise ship travelled along the Drake Passage. According to him, this was the roughest sea channel in the world being the intersection point between the Atlantic and Pacific oceans. However, Ng counted himself lucky to have not encountered rougher sea conditions. "Our captain told us that the waves could get as high as even 10 metres along the Drake Passage," he said.

After experiencing his fair



An Australian lady and a seal admiring each other.

share of adventure during the trip, it was a refreshing experience when Ng got to enjoy a serene game of golf at Ushuaia, a resort town on Argentina's Tierra del Fuego archipelago. Sometimes referred to as the 'End of the World' as it is located at the

southernmost tip of South America, this windswept town perched on a steep hill is surrounded by the Martial Mountains and the Beagle Channel. It is the gateway to Antarctica cruises and tours to the nearby Falkland Islands and many smaller islands,

such as Penguin Island, known for its penguin colonies.

"It gives me plenty of thrill to play golf at Ushuaia as it is the southernmost city in the world," Ng said with a smile. A golf enthusiast who joined NUSS as a member in 1990 primarily for its golf tournaments, Ng is a regular player at its monthly golf games. "One of the best parts of the trip was that we were able to enjoy 22 hours of daylight as it was summer, so it was not too cold," he added.

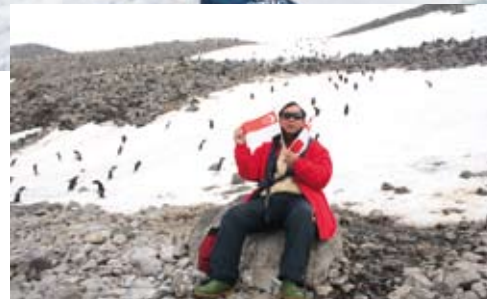
Braving freezing temperatures below one degree Celsius, the duo and their fellow passengers later travelled on small boats to catch sight of Antarctica's wildlife. "We saw penguins and we were told there were millions of them living on the islands. I was so excited when I saw the penguins," Ng recalled with a smile. "However, we could not go near the penguins as they are protected animals. We were told not to feed them nor to leave any garbage on the islands as these are regulations under the Antarctica Treaty."

Sombre effects of climate change

Intrigued by what he saw in



Antarctica which triggered his interest in climate change, Ng subsequently travelled with George Lai again to 90-degrees North Pole in 2011 and was greeted by the further grim effects of global warming. "When we arrived at 90-degrees North (North Pole), the ice was too thin for us to land and we had to find alternative places to land. Our ship captain told us that the ice was about three metres deep a few years ago and they had to use a nuclear-powered ice breaker to break through the ice as the vessel cruised through frozen waters," said Ng. "But now, the ice has thinned by



Golf at 90-degrees North Pole (above) and at 'Penguin Island' in Antarctica.

so much. It dawned on me that Singapore would be very much affected. The global warming would lead to the opening of the 'North-East Passage Way' which cut short shipping time from East Asia to Western Europe by one third of the time, compared with the usual route of passing through Singapore and the Strait of Malacca."

However, he was glad that he had a chance to see the glaciers before they eventually disappear if nothing is being done to prevent further global warming. "A 12-year-old boy from The Netherlands told me that he chose to come to 90-degrees North Pole instead of going to London or Paris, because if he did not visit this destination now and wait till my age, he might not be able to "land" as there would not be any "land" left by then," Ng recalled with a laugh.

Ng and George even had a chance to tee off at the top of the world, where the only direction that the golf ball would fly was towards the south!

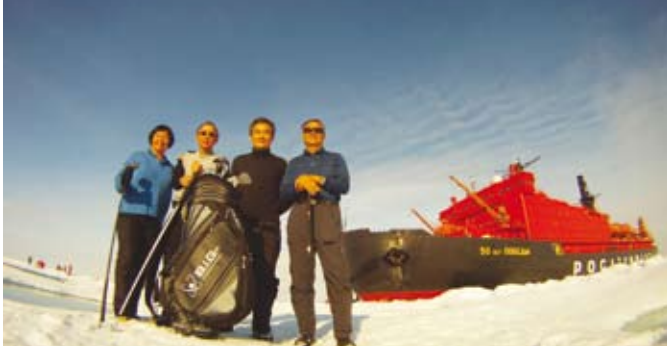
At the North Pole, Ng also experienced a first-hand encounter with the gigantic polar bears. He got to see how

they live and frolic in their natural habitat. "I learnt that an adult polar bear can weigh as much as 800 kilogrammes and can stand to a height of 4 metres. Sadly, the polar bear population has been reduced to less than 20,000 due to global warming."

Ng and his friend enjoyed mingling with the 120 other cruise passengers from more than 24 different countries – the oldest was an 84-year-old German gentleman. During the trip, some passengers decided to take the plunge into the freezing Arctic Ocean. "We saw a few Taiwanese teenagers plunging into the waters as it was a once-in-a-lifetime opportunity. However, we did not dare to try it," Ng laughed.

For those planning to embark on polar expeditions, Ng advised that the best period to travel is during the month of June to August for North Pole, and December to February for the Antarctica, as these are summer seasons where temperatures are warmer. "You also need to be physically fit as it can be a bit strenuous to walk through the snow-laden grounds on the islands," he cautioned. ■

At 90-degrees North Pole with the Russian nuclear-powered ice breaker.

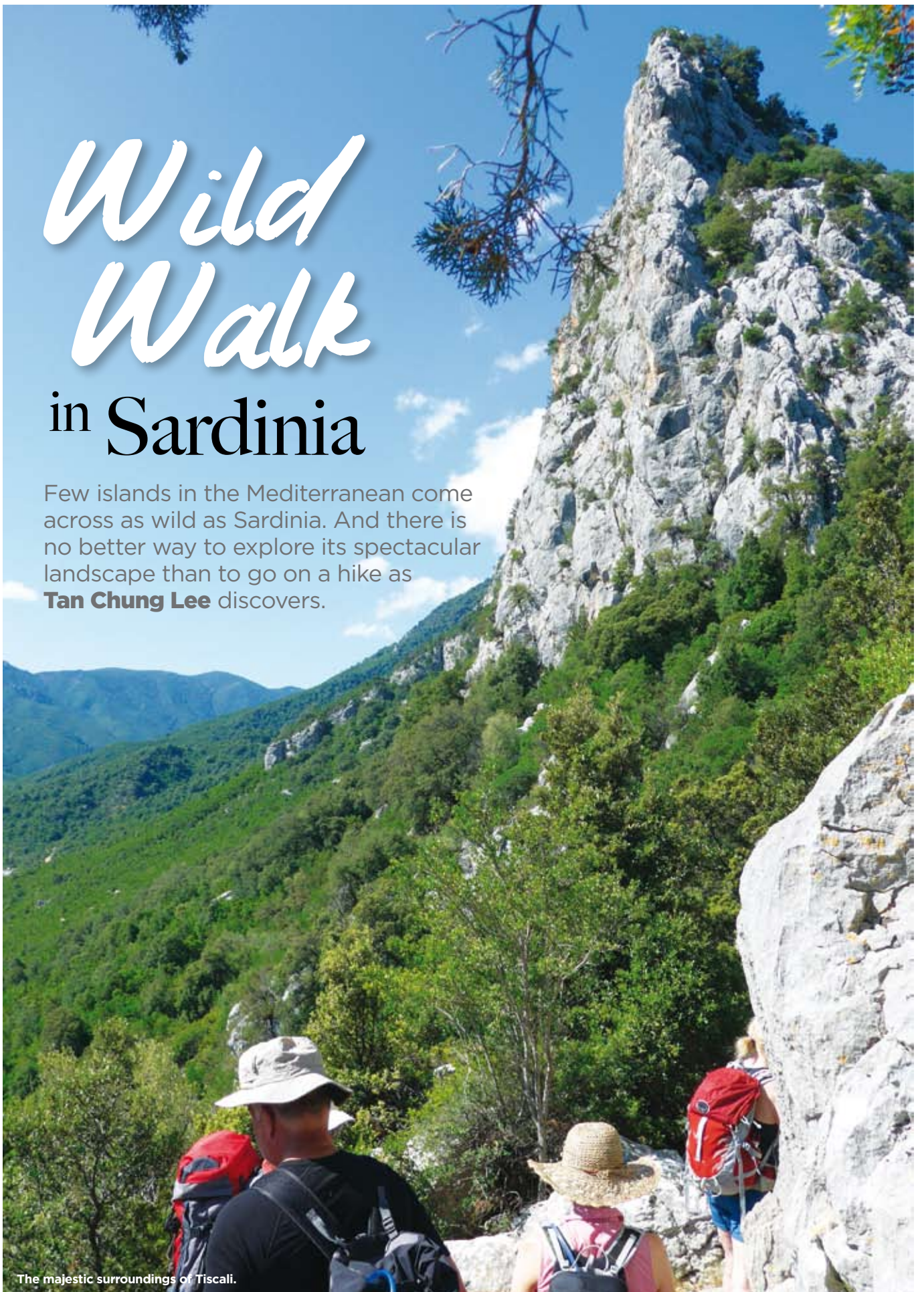


Cruise passengers at 90-degree North Pole.



Wild Walk in Sardinia

Few islands in the Mediterranean come across as wild as Sardinia. And there is no better way to explore its spectacular landscape than to go on a hike as **Tan Chung Lee** discovers.



The majestic surroundings of Tiscali.

With a forested coastline looping around the island for some 2,000

kilometres and a rugged mountainous interior, Sardinia, which is the second-largest island in the Mediterranean and Italy's second largest at 34 times the size of Singapore, has plenty of trails to choose from.

None, however, can rival the island's east coast where craggy limestone peaks run out like fingers to meet the sparkling blue clear waters of the Golfo di Orosei or Orosei Gulf.

It is more than just scenic landscapes that this eastern region offers. There are national parks to roam in, challenging canyons to overcome, beaches to comb, caves to explore and the remnants of a mysterious prehistoric Bronze Age megalithic culture in the form of Giants' Tombs, towers and settlements to discover.

The perfect base for a hike is Dorgali, a village of pastel-coloured houses nestled at the foot of Monte Bardia, which forms part of an area of mountains and highlands known as the Supramonte.

To get an idea of the lay of the land, an easy hike to Monte Tului located on the opposite side of a highway flanking Dorgali, a 10-minute walk away, is a must.

Getting to Monte Tului involves going up a moderately steep trail, then through a 100-metre tunnel that had been chiselled through a cave to connect the inland area of Dorgali to the coast. In the past, this was used to transport goods on mules travelling from the interior to the coast and vice versa. The walk brings you to a winding ridge overlooking the coast with a full view of Cala Gonone, Dorgali's nearest beach and the Orosei Gulf, a stretch of 40 kilometres of high sea cliffs punctuated with caves and unspoilt beaches.

From there, a walk brings you to the 915-metre Monte Tului peak, which is topped by a telecommunications

pylon and some abandoned shepherds' huts.

From a terrace, you can gaze out to panoramic views of the coast on one side and on the other, the inland limestone landscape of the Supramonte massif and its spectacular valleys which harbour centuries-old secrets. Dotting the immediate surrounds of Dorgali are vineyards producing the grapes for the region's famed red Cannonau wines and olive groves.

Grand Canyon of Europe

But the best of Sardinia's walks are yet to come. The first is the Gola su Gorropu or Gorropu Gorge, dubbed the 'Grand Canyon of Europe'. Carved out by the Flumineddu river through limestone, the 350-metre deep and narrow canyon – so narrow that hardly any sunlight reaches it – is covered with boulders and is likened to a playground of giants' marbles.

The trailhead is just a 30-minute drive from Dorgali. A tabletop-like mountain separates the trail to the canyon from another on the opposite side leading to Tiscali, which would be the highlight of a walk for another day.

The 10-kilometre route parallels that of the Flumineddu river, whose bed is littered with boulders and green pools. The two-and-a-half hour walk over undulating terrain takes you through a forest of aromatic mastic trees and groves of oleander and myrtle.

The fairly easy romp was in total contrast with my hike that was to follow inside the gorge. Arriving at its entrance, it was clear that you were going into a special place. For one, its mouth, strewn with boulders of various shapes and sizes – some as huge as houses – gave an indication of what lay ahead – more rocks and even bigger boulders.

Hikers who were already ahead looked like toy figures as they slowly made their way into the ravine, dwarfed by its mighty 400-metre high



View from the summit of Tiscali.

The 350-metre deep Gorropu Gorge, dubbed the 'Grand Canyon of Europe' is carved out by the Flumineddu river. It is so narrow that hardly any sunlight reaches it.



Boulders like giants' marbles are strewn at the entrance of Gorropu Gorge.

limestone walls which seemed to be pressing inwards towards each other.

Painted trails – green, yellow and red - mark the way to go. On the green trail, you can hop from one rock to another while on the yellow trail, the scrambling on hands and feet begins, over huge boulders. The red trail leads to the deepest recesses of the gorge, but few hikers venture that far as penetrating it requires rope skills.

What's more, just by covering the distance to the end of the yellow trail, about mid-way through the 5-kilometre gorge and at the narrowest point, 4 metres wide, you get to see the ravine walls looming vertically above you with only a sliver of the blue sky to be seen, giving you an idea of what the whole spectacle is about.

From a ledge between the two inward leaning walls, you can see the handhold marks used by intrepid rock climbers. Despite the lack of sunshine entering the gorge, there are some surprising pockets of greenery. Sprouting out through rock crevices are many tiny green plants with purple flowers, endemic to the area.

For all its challenges, the Gorropu Gorge takes just an hour to get in and out.

Mysterious Bronze Age civilisation

Far more daunting is the trail to Monte Tiscali, where in a collapsed cave hidden in the Supramonte is a 2,500-year-old Nuraghic settlement. Named after the Nuraghi towers, of which 700 are dotted around Sardinia, the way of life of the Nuraghic people still remains a mystery.

Starting at the same trailhead as the Gorropu Gorge but going in the opposite direction, the two-hour walk past the craggy limestone walls rising above the Flumineddu river would involve half an hour of rock hopping, and then, a flat stretch followed by a 45-minute steady uphill climb. There are times when you will have to scramble



Giants' Tombs of the Nuraghic period.

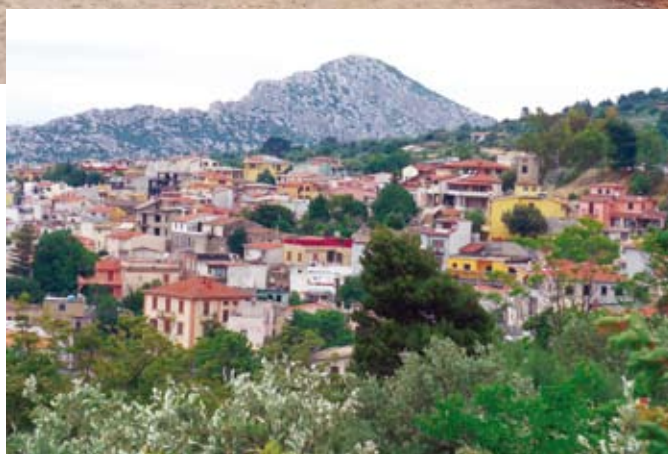
From the ruins, it is easy to make out how the original Tiscali huts with circular bases and conical roofs might have looked like.



across ladders formed by tree trunks. Before you know it, you would have reached the top of a mountain where you confront a flight of steep stony steps that you can descend only with the help of ropes to get to the bottom of what looks like a vast collapsed crater that once housed the Nuraghic village of Tiscali.

It is quite a strange sight to behold as you take a walk around the cave's perimeter. From the ruins, it is easy to make out how the original Tiscali huts with circular bases and conical roofs might have looked like. There are some four-sided structures that were possibly used for storage and to keep animals; there are even pots lying about in what were once fireplaces.

If dropping into the hidden cave of Tiscali is dramatic,



Limestone mountain peaks towering over Dorgali.



A clifftop view of a beach in the Gulf of Orsei.

getting out of it is even more spectacular should you choose not to backtrack but carry on in a circular route around the mountain. This involves squeezing through narrow mountain passages, some of which are mere slits in the cliffs and hanging onto ropes to clamber over boulders. However, the reward on reaching the summit before the descent into the karst-

dotted Valle di Lanaittu is well worth it. From the top, there is a sweeping view of craggy limestone peaks and canyons surrounding a lush green valley.

Coastal walk

Perhaps the most stunning walk of all is that along the coast from Cala Luna to Cala Gonone. A short boat ride from Cala Gonone, connected to Dorgali by bus, deposits you at

the crescent-shaped beach of Cala Luna where a trail takes you up to the top of the cliffs for a meandering walk back to Cala Gonone with breath-taking kayak or simply chill out on its many beaches. It has restaurants and bars perched on cliff tops offering dining with a view. One of its easiest walks is inside the Grotta del Bue Marino, home of the last monk seals (*bue marino* meaning 'sea ox') in the area. The limestone cave has different galleries containing strangely shaped stalactites and stalagmites and Neolithic dancing figures carved on a rock at its entrance. The

Cala Gonone itself is worth a wander. This seaside resort, huddled around the magnificent Orosei Gulf, is a place where you can go climbing up limestone cliffs, kayak or simply chill out on its many beaches. It has restaurants and bars perched on cliff tops offering dining with a view. One of its easiest walks is inside the Grotta del Bue Marino, home of the last monk seals (*bue marino* meaning 'sea ox') in the area. The limestone cave has different galleries containing strangely shaped stalactites and stalagmites and Neolithic dancing figures carved on a rock at its entrance. The

cave is accessible from Cala Gonone by boat.

Yet another easy walk with a cultural twist is around the Nuraghic village of Serra Orrios, one of the best-preserved in Sardinia, with two temples and a hundred "block" huts each containing several rooms. Close by, another walk can be made to visit the Giants' Tombs of S'ena 'E Thomes, a 30-minute drive from Dorgali.

Here, in open scrubland, is a granite tower four metres high and 10 metres wide, marking a collective grave beneath it comprising a long corridor topped by a flat arch. Who were buried here, no one knows, for the Nuraghic people had no written records. But all the monuments and settlements they left behind simply add to an already-fascinating Sardinia. ■



Entrance to the Grotta del Bue Marino.



Cala Luna beach, one of the most beautiful in the Mediterranean.

▶ TRAVEL TIPS

Getting there

Sardinia has three airports that are linked to most European cities and major Italian cities such as Rome and Milan. The nearest airport to Dorgali is Olbia. Getting to Dorgali from Olbia is about 90 minutes by car or some three hours by bus. Return flights from Singapore to Olbia via Milan are in the region of S\$1,800.

Accommodation

Dorgali has several three-star hotels, offering single rooms from S\$70 upwards.



Hiking

Day hikes with a guide are offered through various companies based in Dorgali and Cala Gonone or you could join a week-long hike covering most of the places of interest around Dorgali, offered by hiking specialists such as Exodus, a company that has been operating hikes in the area around Dorgali for more than a decade. For more details, look up www.exodus.co.uk

When to go

May to early June and September to October are the best months for hiking. Avoid July and August as they are the hottest months.

▶ HIKING TIPS

Hiking is a great way to travel. It takes you into the great outdoors, where you get to commune with nature and enjoy the wonderful scenery. It is another way to discover a country as you get to see it from a different perspective.

Moreover, as an activity, hiking has many health benefits. It provides you with good old-fashioned exercise and is great for overall health. It energises you and the scenery you see along the way and the fresh air you breathe can all be very uplifting for the spirit, making you feel at one with the world.

Hiking is a great way to build muscle strength. No one is ever too old to hike and the more one walks, the better it is for the legs.

If you have not done hiking before, here is a general guide to getting started.

Get into shape

You could start with simple exercises in the gym, attend fitness classes, go cycling or even take regular walks in the park.

Choosing the right grade

There is a wide spectrum of hiking grades all geared to meet different fitness levels.

If you are new to hiking, here are a few things to consider when choosing a trip. You might want to start from the easiest level. Once you have gathered confidence in hiking and are ready to go on terrain that requires more effort, you could go on to the next level.

Hiking companies grade their walks in various ways. Using Exodus as an example, which grades their hike levels from 1 to 9, 1 to 2 is leisurely/moderate, 3 is moderate, 3 to 4 is moderate to challenging, 5 to 6 is challenging, and 7 to 9 is tough.

Get the right shoes

Proper footwear, made for hiking, is essential. They can be made from leather, fabric or a mix of materials, with some being waterproof. Low-cut hiking shoes tend to be lighter while the heavier high-cut hiking boots offer ankle support and protection. Whichever you choose, ensure that the soles are non-skid and can tackle uneven terrain.

Medical check-up

As with any form of exercise, if you have not hiked before, you might want to go for medical screening to ensure that you will not encounter respiratory or other problems on the hike.

Booking a hike

Hikes are offered by heaps of companies, covering virtually the world. Search online and read about the various itineraries offered before making your decision.



猴年大吉

Treasuring Tradition

18 January - 22 February 2016

Relish the ties you share with loved ones and enjoy a happy reunion at NUSS this Chinese New Year.

*Call **6779 1811** or email us to reserve now!*

Suntec City Guild House

The Bistro

EMAIL
maypang@nuss.org.sg
ronaldchak@nuss.org.sg

Kent Ridge Guild House

Cafe on the Ridge

EMAIL
krgh_cafe@nuss.org.sg

Kent Ridge Guild House

The Scholar

EMAIL
scholar@nuss.org.sg

Kent Ridge Guild House

The Scholar

Chinese New Year Yu Sheng & Goodies

18 January - 22 February 2016

All three guild houses will be closed on **8 and 9 February 2016** for Chinese New Year

YU SHENG

鲍您齐齐捞起 * 缤纷十头鲍鱼捞生
Prosperity Whole Baby Abalone Yu Sheng
\$52 (S) / \$90 (M) / \$128 (L)

鸿运齐齐捞起 * 缤纷三文鱼捞生
Prosperity Salmon Yu Sheng
\$40 (S) / \$60 (M) / \$80 (L)

菩提素斋捞 * 缤纷斋鱼捞生
Prosperity Yu Sheng (Vegetarian)
\$28 (S) / \$38 (M) / \$48 (L)

ADDITIONAL

十头鲍鱼
Whole Baby Abalone
\$12.80 each

三文鱼
Salmon
\$13.80 per plate

斋鱼
Mock Fish
\$9.80 per plate

SPECIALTIES

金鼎佛跳墙 **ADVANCE ORDER**
Buddha Jumps Over the Wall
\$738

富贵财神大盆菜 **ADVANCE ORDER**
Supreme Fortune Pen Choi
• Complimentary Large Salmon Yu Sheng for takeaway
\$288 Medium / \$388 Large

横财就手 (和味栗子冬菇发菜焖猪脚)
Braised Pig's Trotter with Sea Moss, Dried Chestnuts and Chinese Mushrooms
\$42

腊味糯米饭
Glutinous Rice with Preserved Meat
\$32



ROAST MEATS

鸿运脆皮糯米乳猪 **ADVANCE ORDER**
Stuffed Whole Suckling Pig with Glutinous Rice
\$338

鸿运乳猪 **ADVANCE ORDER**
Suckling Pig
\$138 Half / \$238 Whole

明炉当归烧鸭
Roast Herbal Duck
\$28 Half / \$56 Whole

豉油鸡
Soya Sauce Chicken
\$20 Half / \$40 Whole

脆皮烧肉
Roast Pork
\$42 per kg

蜜汁叉烧
Honey Glazed Pork (Char Siew)
\$42 per kg

GOODIES

琥珀核桃
Honey Walnuts coated with Sesame
\$16.80 per tub

椰丝腰果
Honey Cashew Nuts coated with Coconut Crumbs
\$16.80 per tub

手工凤梨酥
Pineapple Tarts
\$18 per tub

秀才XO酱 (炒菜佐料佳品)
The Scholar Special XO Sauce
\$16.80 per bottle

秀才风味辣椒酱 (海鲜火锅好沾酱)
The Scholar Homemade Special Seafood Chilli Dip
\$10.80 per bottle

贺年糕点-三味报喜贺年礼盒
Chinese New Year Triple Delights
\$48 (Special Bundle)

1 瑤柱腊味萝卜糕
Homemade Traditional Carrot Cake with Preserved Meat and Dried Scallops
\$19.80

2 椰汁红年糕
Homemade Coconut-flavoured Nian Gao
\$16.80

3 燕窝桂花糕
Homemade Bird's Nest Osmanthus Jelly
\$19.80

TERMS AND CONDITIONS

- All orders will be confirmed via email
- Orders for items must be placed at least 3 days in advance of collection date except for goodies
- All takeaway orders for 7 February are to be picked up by 4pm
- Orders are advised to be placed before 12 February to avoid disappointment
- F&B Credits are accepted
- Terms and conditions are subject to change without prior notice

For orders and enquiries, please call **6586 3710**, email scholar@nuss.org.sg or visit www.nuss.org.sg



Bukit Timah Guild House The Dunearn

JAN *to* FEB
—2016—

Three's a Charm



Order
**2 Executive
Set Lunches**
and get the
**third for
FREE!**

Five's a Delight



Order
**4 "Create
Your Own"**
sets and
get the
**fifth for
FREE!***

For reservation and enquiries, please call **6779 1811** or email btghfnb@nuss.org.sg

Terms and conditions apply

*Free set will be of equal or lower value • Promotion will not be available 12-14 February 2016 • F&B credits are accepted





**The
MACALLAN**
HIGHLAND SINGLE MALT
SCOTCH WHISKY



**THE MACALLAN
SHERRY OAK
12 YEARS OLD**

PER BOTTLE
\$138

TWIN BOTTLES
\$260

**THE MACALLAN
EDITION NO. 1**
A LIMITED RELEASE SINGLE MALT WHISKY
DRAWN FROM EIGHT EUROPEAN AND
AMERICAN OAK CASK STYLES.

PER BOTTLE
\$178

PAIRED WITH
THE MACALLAN
SHERRY OAK
12 YEARS OLD
\$295

**THE MACALLAN
FINE OAK
15 YEARS OLD**

PER BOTTLE
\$188

PAIRED WITH
THE MACALLAN
SHERRY OAK
12 YEARS OLD
\$305




Terms and Conditions

- Promotion bottles can be kept within the bar for one month from date of purchase
- Soft drink and juice mixers are chargeable at \$3 and \$5 per 500ml respectively
 - F&B credits are accepted
 - NUSS members enjoy waiver of 10% service charge
- Terms and conditions are subject to change without prior notice

CALENDAR

JANUARY 2016

Public holidays

SUN	MON	TUE	WED	THU	FRI	SAT
30	Jan 19 Coronary Heart Disease 	Jan 26 Qi Gong 			1 New Year's Day 	2 Billiards AGM
3	4	5	6	7	8 NUSS Golf: President's Trophy Challenge	9
10 Badminton AGM 	11	12	13	14	15	16
17 Bowling AGM Bridge AGM	18 Squash AGM Music Section AGM	19 S-Connect Lunch Talk: Coronary Heart Disease DramaWorks AGM	20 NUSS Public Lecture by Prof Shih Choon Fong Macallan Interlude @ SCGH Bar	21	22	23 Empowering You to Empower your Child Workshop 
24	25	26 S-Connect Fellowship Lunch: The Practice of Qi Gong DanceSports AGM	27	28 Predictions 2016 	29	30

FEBRUARY 2016

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8&9 Chinese New Year 		10	11	12  Valentine's Dinner @ BTGH & SCGH	13  Valentine's Dinner @ BTGH & SCGH
14 NUSS Lion Dance Spectacle Valentine's Dinner @ BTGH & SCGH 	15	16	17	18	19 NUSS Ang Pow Golf Challenge 	20 DanceSport CNY D&D 
21	22	23 Talk: Power Dress to Success 	24	25	26	27
28	29				Feb 14 NUSS Lion Dance Spectacle 	

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

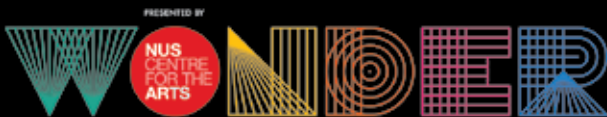
CALENDAR

MARCH 2016

- Public holidays
- School holidays

SUN	MON	TUE	WED	THU	FRI	SAT
Mar 17 Talk: Growth of Regional Hubs 	1	2	3	4	5	
6	7	8	9	10	11	12
13	14 Junior Radio Club	15 Junior Radio Club	16 Fun Science Camp for Kids	17 St Patrick's Day Festivity @ SCGH Fun Science Camp for Kids	18	19
20	21	22	23	24	25 Good Friday 	26
27 Easter Brunch @ Cafe on the Ridge 	28	29	30	31	Mar 17 St Patrick's Day Festivity @ SCGH 	

NUS ARTS FESTIVAL RETURNS



NUS Arts Festival 2016
11 - 26 March

Presented by the NUS Centre for the Arts, the 11th NUS Arts Festival promises to entertain and cultivate a deeper appreciation for the arts within the NUS community. Rediscover the beauty and joy of performing arts, coming to you this March!

Ticket sales start on 2 January 2016 and NUSS members enjoy a 10% discount off published ticket prices!

Stay updated via www.nusartsfestival.com.

ALL-DAY PARKING

\$3

at Kent Ridge and Bukit Timah Guild Houses!

Members can simply purchase the car park coupons worth \$3 each at KRGH reception counter and BTGH Jackpot Room.

TERMS & CONDITIONS

- Each member is entitled to buy one car park coupon per day, the cost of which will be charged to their respective accounts
- Members must produce their membership cards upon purchase of coupons
- Coupons are valid for one-day parking and each coupon is for single use only
- Coupons are not replaceable or refundable if lost or defaced
- Coupons are available on a first-come-first-served basis; limited quantities available

Do you remember?



Happy Times for Graduates at the Bukit Timah Campus.

"The Bukit Timah campus has a special place in the hearts of Mary and me. We were therefore most happy when in 2005, the Ministry of Education decided that NUS should re-locate some of its schools and research institutes to Bukit Timah. This was followed a few years later by NUSS relocating its Evans Road Guild House to Bukit Timah." - **Dr Tony Tan**, President of Singapore, Patron of NUSS



[instagram.com/nussociety/](https://www.instagram.com/nussociety/)

Win these!



DUNEARN DINING

Capture your memories at The Dunearn on Instagram with the hashtags: **#DunearnDining** and **#nussociety** and tell us your Dunearn story! Remember to tag your friends!

The three best posts will be featured on our Instagram and will win NUSS Chinese New Year merchandise! Also, get 15% off all a la carte items when you show us your Instagram post!



Post it before
31 JANUARY 2016



We Welcome your Feedback...

Members and readers are welcome to give us your feedback and suggestions regarding *The Graduate*. Please include your full name and NUSS membership number in your feedback and you can reach our editor via email at lisatan-koh@nuss.org.sg.

Directory

Kent Ridge Guild House

Tel: 6779 1811

Operating hours Sun to Thurs (including PH) - 8am to 12am
Fri, Sat & eve of PH - 8am to 2am

The Scholar Chinese Restaurant Lunch: Mon to Fri & eve of PH - 12pm to 3pm
Sat, Sun & PH - 11.30am to 3pm
Dinner: Sun to Thurs & PH - 6pm to 10pm
Fri to Sat & eve of PH - 6pm to 10.30pm

Café on the Ridge Sun to Thurs & PH - 12pm to 10pm
Fri, Sat & eve of PH - 12pm to 10.30pm
Breakfast is available from 9am to 11am on weekends and public holidays
Mon to Fri - Closed from 3pm to 6pm

The Ridge Bar Sun to Thurs & PH - 11am to 12am
Fri, Sat & eve of PH - 11am to 2am

The Chill-Lab Mon to Thurs - 4pm to 12am
Fri, Sat & eve of PH - 4pm to 12am
Sun & PH - 4pm to 12am

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

Jackpot Sun to Thurs & PH - 11am to 12am
Fri, Sat & eve of PH - 11am to 2am

Swimming Pool Daily - 7am to 10pm,
except Wed 9am to 12pm

Fitness Centre/ Aerobics Room Daily - 7am to 10pm

Ridge Reading Room Daily - 9am to 9pm

Children's Playroom Daily - 9am to 10pm

Suntec City Guild House

Tel: 6779 1811

Operating hours Sun to Thurs (including PH) - 8am to 12am
Fri, Sat & eve of PH - 8am to 2am

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

The Bar Sun to Thurs & PH - 11.30am to 12am
Fri, Sat & eve of PH - 11.30am to 2am

K Room Mon to Thurs - 5pm to 12am
Fri & eve of PH - 5pm to 2am
Sat - 12pm to 2am
Sun & PH - 12pm to 12am

Jackpot Room Sun to Thurs & PH - 11am to 12am
Fri, Sat & eve of PH - 11am to 2am

Bukit Timah Guild House

Tel: 6779 1811

Operating hours Sun to Thurs & PH - 11am to 12am
Fri, Sat & eve of PH - 11am to 2am

The Dunearn Lunch: 11.30am to 3pm
Dinner: 6.30pm to 10pm

The Dunearn (Alfresco Area) & The Upper Quad Sun to Thurs & PH - 11.30am to 12am
Fri, Sat & eve of PH - 11.30am to 2am

Jackpot Sun to Thurs & PH - 11am to 12am
Fri, Sat & eve of PH - 11am to 2am

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

The Secretariat Management Team

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

Regular Happenings @ NUSS

Badminton	Tuesdays, Wednesdays @ KRGH: 7pm - 10pm Saturdays @ KRGH: 2pm - 4pm Sundays @ KRGH: 3pm - 6pm Contact Gaby at gaby@nuss.org.sg
Balut	Every last Wednesday @ KRGH: 7pm - 11pm Contact Santhi at santhi@nuss.org.sg
Billiards	Mondays @ KRGH: 6pm - 10pm Thursdays @ KRGH: 6pm - 10pm Contact Renee at renee@nuss.org.sg
Bowling	Monthly competitions @ Superbowl SAFRA Mount Faber Contact Santhi at santhi@nuss.org.sg
Bridge	Wednesdays @ BTGH: 7pm - 11pm Contact Renee at renee@nuss.org.sg
Darts	Mondays @ BTGH: 8pm - 11pm Contact Gaby at gaby@nuss.org.sg
Golf	Monthly Medals @ various venues Contact Kelly at kelly@nuss.org.sg
Running	Wednesdays @ KRGH: 7pm Sundays @ various places: 6.30am Contact Santhi at santhi@nuss.org.sg
Soccer	Various venues Contact Santhi at santhi@nuss.org.sg
Squash	Mondays @ KRGH: 6pm - 10pm Thursdays @ KRGH: 6pm - 10pm Saturdays @ KRGH: 4pm - 6pm Contact Santhi at santhi@nuss.org.sg
Table-Tennis	Tuesdays @ KRGH: 7pm - 10pm Thursdays @ KRGH: 7pm - 10pm Saturdays @ KRGH: 2pm - 6pm Contact Kelly at kelly@nuss.org.sg
Tennis	Wednesdays & Fridays @ KRGH: 5pm - 10pm Sundays @ KRGH: 2pm - 7pm Contact Kelly at kelly@nuss.org.sg
Choir	Thursdays @ KRGH: 7.30pm - 10pm Contact Renee at renee@nuss.org.sg
Kids' Club	Regular activities @ various venues Contact Gaby at gaby@nuss.org.sg
S-Connect on Tues	Tuesdays @ KRGH: 10.30am - 5pm Regular activities at various venues Contact Kelly at kelly@nuss.org.sg
DanceSport	Tuesdays @ KRGH: 7.30pm - 11pm Contact Renee at renee@nuss.org.sg
Toastmasters Club	Every 4th Thursday @ KRGH: 7pm - 10pm Contact Gaby at gaby@nuss.org.sg
Music	Regular activities @ KRGH Contact Renee at renee@nuss.org.sg
DramaWorks	Regular activities @ KRGH Contact Renee at renee@nuss.org.sg
Arts Connections	Regular activities @ KRGH Contact Renee at renee@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 Zach Ng at 6586 3704 or email zachng@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



Nanyang Business School

Learn about the Business of Culture and the Culture of Business



Nanyang Technological University (NTU Singapore) is a young and research-intensive university on a rapid rise. Situated in Asia's most livable city, Singapore, the Nanyang Business School at NTU offers an intensive 12-month global MBA programme, with a focus on Asia and Leadership. As a first-ranked institution amongst the world's best young universities, NTU puts emphasis on a crucial skill: cultural intelligence.

Understanding and adapting to unique business cultures is critical to becoming a global leader for a sustainable world. Attracting participants from over 25 countries, the programme provides a diverse learning environment with insights and applications to the industry.

The unique focus of Nanyang MBA will ultimately guarantee that students possess those crucial skills.



#1 MBA Programme in Singapore since 2004 (The Economist)



World's Top 40 MBA Programme since 2009 (Financial Times)



85% of the class are international students



85% of graduates found jobs through our Career Development Office.



www.thenanyangmba.com/grad | nbsmba@ntu.edu.sg

Apply now. Applications close 31 March 2016.

www.ntu.edu.sg