

THE GRADUATE

The Magazine of The National University of Singapore Society

July - September 2016

Road to Success

Dr Alicia Altorfer-Ong, Lawrence Yong and Alex Yeo share on their different routes to success.



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President's Message

Dear Fellow Members

Towards a vibrant and sustainable Society

This is my first message as President of the Society, having been elected by fellow colleagues of the incoming Management Committee (MC) following the recent Annual General meeting, to take over from Mr David Ho who has served us so well as President for the past four years. I am indeed humbled by this distinct honour. I would like to thank David for his able stewardship as well as former MC colleagues, Associate Professor Lau Geok Theng and Dr Francis Pavri for their wise counsel and invaluable contributions.

I would like to extend a very warm welcome to all newly elected MC members. I believe we have a strong team that combines the youthful energy of our younger MC members as well as the experiences of the more senior ones.

I would also like to take this opportunity to thank all members who served on the various Sub-Committees in the previous term and new members who have stepped forward to serve on the newly convened Sub-Committees and interests groups.

NUSS will only be as strong as the support it gets from its members. As such, I encourage all members to actively participate in the numerous activities that we have planned. The Society regularly organises activities such as the recent Budget Dialogue, competitions put up by the various Sports Sections and a variety of talks and lectures by distinguished government and corporate leaders and renowned academics. Through these, we hope to provide more opportunities for members to interact and create lasting memories. One such opportunity is our upcoming NUSS Day on 20 August – a day of fun, food and family bonding – and I hope to meet many of you there.

One of the biggest challenges facing the Society is the need to infuse our membership base with younger members. This is a perennial problem not particular to NUSS and the MC has always put this as a priority. We will tap on the younger MC members' perspectives on how to better engage today's younger generation to make NUSS relevant to them.

As with all Societies like ours, we need to always look forward while celebrating the past successes that we have had. An important focus of the new MC will be the sustainability and viability of NUSS for the long term. To that end, we will be holding strategic planning sessions to address key challenges and identify opportunities.

I look forward to working with my MC colleagues to serve you and to bring our Society forward while continuing to uphold NUSS as The Graduate Club of choice.

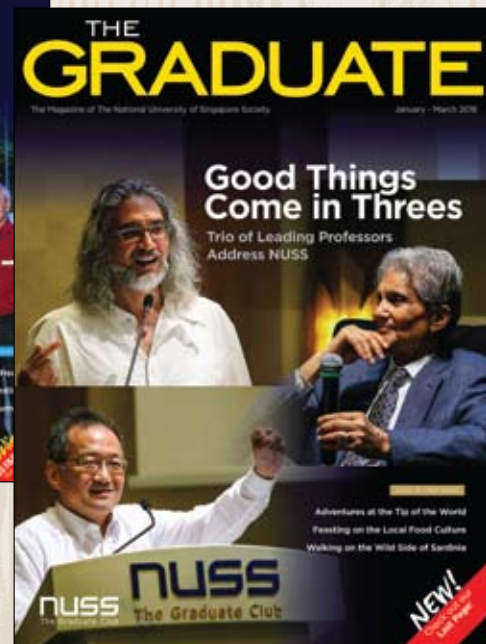
Yours sincerely,



Eddie Lee
President

“An important focus of the new MC will be the sustainability and viability of NUSS for the long term. To that end, we will be holding strategic planning sessions to address key challenges and identify opportunities.”

The Magazine for **NUSS Members**



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CONTENTS

JULY - SEPTEMBER 2016



HIGHLIGHTS

- 4 Welcoming New Faces
- 8 A Conversation with Incoming NUSS President
- 10 Charting Singapore's Future Through Enterprise and Innovation
- 11 Pride and Joy of NUSS

CLUB NEWS

- 12 A Bright Night to Remember

PROFILE

- 16 Road to Success

COMMENTARY

- 18 The Path Ahead

COVER STORY

- 20 Healthcare in Singapore: Proactive Cost Management

SPECIAL REPORT

- 26 Health Supplements: Is Money being Wasted on Them?

SPORTS

- 35 Celebrating Sportsmanship and Sporting Achievements

TRAVEL

- 38 Alluring Albania

- 42 Beautiful Bhutan

LIVING

- 44 Zika Virus: 9 Things You Must Know

CAREER

- 46 Singapore's In-Demand Professions

TRAINING

- 47 Getting Clear with NLP

TIMEOUT@NUSS

- 56 Rewinding to 2011

NUSS Club News

- 1 President's Message
- 4 Highlights
- 12 Club News
- 30 Snapshots
- 35 Sports
- 48 Dining
- 52 Calendar of Events
- 55 Directory
- 56 Timeout@NUSS

COVER PHOTO Genesis Photography

THE GRADUATE

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

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Genesis Photography

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

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CORRIGENDUM In the April to June 2016 issue of *The Graduate* magazine, the Living article stated that Khoo Teck Puat Hospital's Eating Disorder programme provides treatment for adolescents and children as young as 9 years old. It should instead read as the Khoo Teck Puat - National University Children's Medical Institute that houses the stated programme.

Welcoming New Faces

Three new members were elected to the Management Committee at the NUSS Annual General Meeting (AGM) 2016.

NUSS elected its second female Management Committee (MC) member, Ms Sean Kuan Thye, following Mdm Catherina Tan Bee Hwa's election last year. Ms Sean stepped forward as a candidate after returning from abroad. For many years, she was on overseas postings in her professional career. She is currently managing director of Human Resources (Asia-Pacific) for FedEx Express. She previously served in the MC in 1998 and most recently as a member of the Finance Sub-

Committee in 2015/2016.

Ms Sean commented that it was "an honour to be elected by our membership to serve on the Management Committee. Our NUS Society has lots of potential and I look forward to contributing to its development for our alma mater and for current as well as future members".

In line with the MC's commitment to renew itself with younger members, Mr Soh Yi Da, the youngest candidate who stood for election, was also elected. Mr Soh brings with him experience and connection

to the younger generation of graduates and students from NUS, having been the president of the National University of Singapore Students' Union (NUSSU) from 2013 to 2014. His wide and deep connections forged across the university over the years would be an effective bridge between NUS and the Society.

"I am thankful for the opportunity to serve on the Management Committee," commented Mr Soh. "As the youngest MC member, I hope to bring forth new vigour and drive to continue this journey of service alongside our experienced senior MC members in shaping NUSS to be the society of choice for graduates and a home away from home for all

our members."

Another new member elected to the MC was Mr Tong Hsien-Hui, who is no stranger to the running of the Society following his stints in various Sub-Committees and in the MC, between 2000 to 2006. He was also the CEO of NUSS from 2009 to 2014. He will chair the Finance Committee in the new term of the MC.

"I am honoured and humbled to have earned the support of my fellow members to allow me to serve NUSS again," remarked Mr Tong. "I look forward to working with my fellow Management Committee members, Sub-Committee members, members and staff, to bring NUSS to greater heights."



Meet the new MC members

Besides the three new members, five other members were re-elected into the MC, ensuring continuity and experience are not lost. The five re-elected members are Mr Edward Stanley Tay, Mr Yip Kum Fei, Mr Archie Ong, Dr Lim Wie Ming and Mr Mohan Balagopal. Two members of the outgoing MC – Dr Francis Pavri and Associate Professor Lau Geok Theng – stepped down to make way for new candidates to introduce fresh ideas. Mr David Ho stepped down as President but will remain on the MC as Immediate Past President. [After-note: Mr David Ho was succeeded by new NUSS President, Mr Eddie Lee Choy Peng.]

After the introduction and welcoming of new MC members, a resolution was tabled for a vote. The resolution sought members' approval to amend Article 47 of the Society's Constitution to be in compliance with the Singapore Police Force's permit criteria and conditions for operating fruit machines.

The resolution's proposer, Mr Eddie Lee, explained the rationale for the proposed resolution to the members and it was subsequently carried by a unanimous vote by the House.

During the proceedings, members perused the various Sub-Committees, Panels and Taskforces' reports. It was also reported that the operating financial performance of the Society as a whole had improved, bucking the trend of the past two financial years.

At the end of the meeting, Mr Edward Tay raised a motion of thanks to Mr Ho. To the applause of the members, Mr Ho said that he deeply appreciated the support of the members, his MC colleagues and the Secretariat during his term as President. He also wished the incoming MC and its members a fruitful year ahead.

The AGM was attended by 138 Ordinary Members and 16 Associate Members. With no other matter arising, Mr Ho concluded the meeting and thanked the members for their attendance and support. ■

Sean Kuan Thye



Gratitude that Leads to Giving Back

Kuan Thye brings with her a myriad of experiences, having worked overseas in Hong Kong and Shanghai for 14 years. She returned home in May 2015 and joined NUSS soon after. She hopes to give back to her alma mater, NUS, through NUSS by serving in the Management Committee and Sub-Committees.

She graduated from NUS in 1984 with a Bachelor of Arts degree and completed her Masters in Asia Pacific Human Resources Management in 2002. In 2005, she obtained her MBA from Kellogg-HKUST and is currently pursuing a Doctor in Business Administration programme at the CityU of Hong Kong.

Kuan Thye expresses gratitude to NUS as it has given her the foundation to further her education and she is also grateful to NUSS for the job opportunity upon graduation, leading her into a career in human resources.

"I believe our members join NUSS for good reasons," said Kuan Thye. "May each of us discover, individually and collectively, the privilege and potential our NUSS membership brings."

Soh Yi Da



Building a Bridge between NUS and NUSS

Yi Da started his contribution to his alma mater back in 2012 when he was Vice President for the NUS Student Union. He has forged wide and deep connections across the university over the years by serving and leading numerous youth organisations such as SAFRA Youth Network, ASEM Young Leaders Network and National Youth Council. As a newly elected MC member of NUSS, he hopes to be the bridge between NUS and NUSS and bring forth younger members to rejuvenate NUSS' membership base. He believes that long term sustainability, vitality and vibrancy will benefit the Society.

Yi Da graduated with a Bachelor of Social Sciences (Honours) degree and joined NUSS in 2014. He served as the president of the NUSSU Alumni Group since 2014 and was also actively involved in the Alumni-Student Advancement Committee. He currently works as a manager in Singapore Telecommunications Limited.

Yi Da sees NUSS as an alumni community that has contributed much to NUS. He hopes to invigorate the NUSS community to remain a forerunner in contributing back to NUS.

"I hope to further galvanise the NUSS family to be both a connected alumni and active giving champion that contributes to the betterment of the university in realising its vision of being a leading global university centred in Asia," he said.

Tong Hsien-Hui



NUSS as a Progressive Social Platform

Hsien-Hui joined NUSS as a fresh graduate in 1998. Though he was posted overseas for work later, Hsien-Hui kept in touch with his friends at NUSS and promptly served the Society as its Chief Executive Officer when he returned to Singapore in 2009.

Hsien-Hui graduated with a Bachelor of Engineering degree (Electrical - Second Upper Honours) in 2002 and started his corporate career thereafter. He served in the Membership Sub-Committee from 2000 to 2004; and subsequently the Management Committee, from 2004 to 2006.

Currently, Hsien-Hui is a director in investments with Infocomm Investments Pte Ltd and enjoys visiting NUSS regularly to network with friends and family over good food. Over the years, he has come to believe that NUSS is more than just a social club.

"I think the mission that NUSS has differentiates it from any other club. Candidly, when I graduated, I was not actively involved; nor in fact was I interested in alumni activities, preferring to focus on my career," he remarked. "It is through my association with NUSS and the friendships I developed here that the mission of the Society started to resonate with me and helped to strengthen my belief that NUSS is more than just a club with good food and good people."

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A Conversation with Incoming NUSS President

In a candid chat, incoming National University of Singapore Society (NUSS) President, **Mr Eddie Lee** shares more about himself, his honest thoughts as the Society's President, as well as his hopes for NUSS.

Mr Lee became a member of NUSS soon after graduating from the National University of Singapore (NUS) in 1981. An avid golfer, he started taking on an active role in the activities of the Society's 900-strong Golf Section in 2003 and subsequently became the convenor of the Golf Section from 2006 to 2012. In 2011, he was also appointed Vice-Chairperson of the Disciplinary Sub-Committee.

A history of service

He was elected to the Management Committee (MC) in 2013 and served as Chairperson of the Sports and Recreation Sub-Committee before taking on the positions of Vice-President and Chairperson of Finance Sub-Committee last year. Mr Lee received the NUSS Outstanding Member Award in 2012 for his valuable contribution to the Society.

Beyond NUSS, Mr Lee was very active and well regarded for his grassroots work since 1984. He served as Chairman of a Citizens' Consultative Committee from 1992 to 2014. For his dedicated service to the community, he was awarded the distinguished Public Service Star (BBM (L)) in 2012 and later appointed as a Justice of Peace. During his time in grassroots work, he learned much on how to build and bond local communities. He brings with him valuable experiences, which he hopes would be useful in further strengthening the existing strong bonds between NUSS and its constituent communities, as well as NUS.

Delving into the personal

Mr Lee sees himself as a family-oriented, light-hearted and easy-going person who tries not to let life's worries get to him. He



“
An ideal Society would be one where people can treat each other as friends and with mutual respect, not just as members. From there, we can also build lifelong friendships.
”



The avid golfer at NUS: Eddie Lee started taking on an active role in the activities of the Society's 900-strong Golf Section in 2003 and subsequently became the convener of the Golf Section from 2006 to 2012.



Mr Lee with NUS Management Committee at the recent NUS Dinner & Dance.

recalls with a chuckle during his days as a young boy scout from primary through secondary school, citing those memories as what shaped his values today. He also shared that his key guiding principles in life is the biblical quote: "Act justly, love mercy and walk humbly with the Lord".

"I think this quote is useful because it applies not just to one's private life but also in professional matters," he added.

Although he is a practising lawyer today, Mr Lee shared that he initially wanted to study media and communications but was advised to take up a professional degree instead. Yet, he took life as it came and is now very contented with what he has and does. He finds his work as a lawyer—which allows him to help people with problems in various aspects of their lives—significant and meaningful.

Truths for the younger generation

Mr Lee hopes that the younger generation of today will think about how they can self-improve to be a person who cares for others. He strongly believes that in helping others, we in turn help ourselves.

With that said, he also acknowledged that there is a growing group of individuals, young and old, who actively participates in community

work, which he finds very heartwarming.

Thoughts and aspirations on his appointment

When asked on what it feels like to take on the role of incoming NUS President, Mr Lee replied that it is both an honour and a huge responsibility. As NUS President, Mr Lee will have to manage the diverse interests of the entire membership, which will require a lot of effort and teamwork. Nonetheless, he considers himself blessed to have the strong support from a dedicated MC.

Together with a cohesive MC team, he wishes to build a vibrant, gracious and inclusive NUS community. One such example would be to enhance the Society's mentorship programme so that more members can provide guidance and share their experiences on career and personal development with the current cohort of NUS students.

"An ideal Society would be one where people can treat each other as friends and with mutual respect, not just as members," he added. "From there, we can also build lifelong friendships." ■

Charting Singapore's Future Through Enterprise and Innovation

Tackling issues ranging from education to innovation, Senior Minister of State for Finance, Ms Sim Ann, provided valuable insights into Singapore's pressing problems at the Budget 2016 Dialogue.

The thrust of Ms Sim's opening talk was to communicate the new initiatives introduced in Budget 2016 that were designed to revamp the economy through the twin pillars of enterprise and innovation. While Budget 2016 promised to introduce reformed measures to help firms brave the current economic slowdown, it also heavily emphasised that companies would have to be bold in seizing new opportunities in order to experience real growth.

At the heart of Budget 2016 is a list of improved policies: enhanced corporate income tax rebate, Small and Medium Enterprise (SME) loan assistance, foreign worker levy changes and extension of special employment credit.

Ms Sim highlighted that SMEs employ two-thirds of Singapore's workforce and they should be helped to compete on the international stage. Ideas such as mergers among SMEs as well as collaborations between them should be explored and encouraged.

Business alliances aside, NUSS member Mr Dennis Tan, stated during the question-and-answer segment of the evening that what most Singaporean companies did not possess was a strong innovative culture. Terming them "employee-centric", he commented that local firms have yet to carve out for themselves a niche in the international business arena.

Another member from the audience was puzzled as to why Singapore was witnessing a dearth of "world-class companies". Drawing comparisons between Switzerland and Singapore, he wondered if Singapore would

ever boast companies of global calibre. Ms Sim responded that Switzerland, despite being the home of several global companies, does in actuality, "revere SMEs and family-owned enterprises".

As global exposure and awareness played essential roles in determining if companies are ready to take on the world, Ms Sim agreed that unless a "learning and building" culture was fostered, Singapore would have to struggle to secure a prominent spot in the entrepreneurial world. She also highlighted that economic agencies such as International Enterprise (IE) Singapore and SPRING Singapore have been giving out grants in a bid to encourage firms and companies to keep up with the latest advancement in technology and other fronts.

On the topic of immigration issues, which came up during the question-and-answer segment, some members lamented that the Budget attempted to alleviate the symptoms instead of addressing the root causes of Singapore's economic and social hiccups. In response to suggestions of creating a special scheme to tax permanent residents, particularly those who were not keen on becoming Singapore citizens, Ms Sim said such ideas were already in place, albeit in different forms from those suggested.

Commenting on another member's observation that the local education system has given rise to a risk-averse attitude, thus impeding both innovation and entrepreneurship, Ms Sim acknowledged the need for a more "resilient culture" in the face of uncertainty.

In conclusion, Ms Sim Ann reiterated that reliance on schemes for the workforce alone was not feasible and that a well-conceived budget programme was also one

that "pushes for productivity and changes". She also noted and was pleased with the diversity of views that were enthusiastically raised during the evening. ■

Ms Sim highlighted that SMEs employ two-thirds of Singapore's workforce and they should be helped to compete on the international stage.



NUSS Sub-Committee Appreciation Dinner 2016 @ NUSS | 14 April 2016 | Kent Ridge Guild House



Pride and Joy of NUSS

An appreciation dinner was held at the Kent Ridge Guild House to celebrate the contribution and achievements of the NUSS Sub-Committee members.

NUSS showed its heartfelt appreciation to the Sub-Committee members for their dedication in volunteering their time and serving the Society at the NUSS Sub-Committee Appreciation Dinner.

In his welcome address, then NUSS President, Mr David Ho, thanked the participants for their contribution over the years, expressed his pride in hearing praises about NUSS members and spoke of how they could contribute more to the community and the National University of Singapore (NUS).



As a form of recognition for contributing to NUSS, Long Service Awards were presented to members who have served the society for a continuous period of 5, 10 or 15 years. "I would like to thank my family, and past and present Management Committee & Sub-Committee members, especially Mr Tan Siang Chik and Mr Lai Kim Seng for their unwavering support. It's been a privilege to serve. I look forward to many more decades to come," said Mr Toh Yong Soon, a 10-Year Long Service Award recipient.

Entertainment through the night was provided by Jerry Murad, lead singer of The Dukes, a band popular in Singapore in the 1960s. As he filled the room with his optimistic, nostalgic tunes and melodic, soothing voice, the room cheered along joyfully.

The night ended on a warm note as guests celebrated the achievements of one another and savoured the scrumptious food as they basked in the camaraderie of old friends. ■





A Bright Night to Remember!

Themed "Lights, Glamour, Pose!", the much-anticipated annual NUSS Staff Dinner and Dance was a night of joyous celebration. The NUSS D&D has always been the perfect opportunity to celebrate and appreciate the hard work of the NUSS staff as they gathered for an exquisite dinner and a night of great fun.

The evening started off with an awards ceremony, presented by both NUSS Chief Executive Officer Mr Roy Higgs and then NUSS

President, Mr David Ho. Awards ranged from the Long Service Awards to the Best Employee Awards, showing appreciation not only to staff that excelled at their jobs, but also to those that have dedicated many years to keep NUSS going.

Staff members also provided entertainment for the evening with the NUSS Samba Rhythms opening the night. Performing duo, Kelly and Ronnie, also joined in the fun and

delighted the audience with their impressive karaoke performances. The best entertainment for the night went to the Fei Fei Comedy Show with performer



Fei Fei bringing jokes that brought tears of laughter to all.

Peppered with exciting games, lucky draws and even a toasting ceremony, NUSS staff members thoroughly enjoyed the lively night out.



NUSS MEMBERSHIP PROMOTION

Transfer Your Membership and Share the Joy of NUSS

Transferring your Life Membership spreads the joy of creating memories with friends and family at NUSS for the generations to come and ensures the NUSS spirit continues to burn brightly.

Being an NUSS member brings about many benefits at an affordable subscription fee. Besides networking with friends and fellow alumni at the Society's events, NUSS provides opportunities for members to take part in interest groups for personal development and enjoy time with friends and family at its various facilities. In fact, it is not surprising to see members frequently visiting NUSS' Guild Houses for events and outings - from baby showers, birthdays and engagement parties to enjoying meals with loved ones. The gym and swimming pool are favourite spots for members looking to keep fit.

But not many know of the transferability of their NUSS memberships. Mr Peter Chang is one such Life Member. He recently transferred his Life Membership to his daughter, Ms Olivia Chang, while retaining his NUSS benefits.

Mr Peter Chang recently transferred his Life Membership to his daughter, Ms Olivia Chang, while retaining his NUSS benefits.



Mr Peter Chang (right) and Ms Olivia Chang (left) at a Chinese New Year celebration.

All **NUSS Life Members** enjoy the privilege of transferring their membership to a third party, while retaining their own membership privileges. If the transferee fulfils the requirements of an Ordinary or Associate member, he or she can receive the membership transfer by paying the one-time administrative fee of \$200 for family members (spouse, child, grandchild, sibling, niece/nephew). The transferee will keep up the monthly subscription fee of \$60 and the Life Member continues with the reduced monthly subscription fee of \$45.

Mr Chang signed up for the NUSS membership years ago citing the club's proximity to his home, affordable entrance fees and monthly subscriptions as his motivations for joining.

Over the years, his family has visited the NUSS facilities regularly, with his children spending much of their growing days in the Guild

Houses. "One of our favourite family pastimes is visiting NUSS for our favourite *Mee Siam*," said Mr Chang.

Now with multiple memberships within the family, both Mr Chang and his daughter have expressed their excitement in spending time with their family at NUSS. "I remember visiting the pool as a little girl with

my parents and learning to swim. Now, I will also be bringing my daughter there regularly for the pool. It's really a nostalgic feeling as it's where I swam regularly as a child," said Ms Chang.

From savouring sumptuous food to enjoying the facilities, NUSS offers unique experiences for all generations. ■



MORE →

Details on Life membership transfer privileges can be found on <http://www.nuss.org.sg/transferability-of-membership>.

MAKING THE SMART UPGRADE!

Make the switch from Junior to Ordinary membership to continue enjoying all the perks an NUSS membership can bring, from the spread of attractive facilities to a variety of events specially organised to cater to every NUSS member's needs.

Mr Joshua Tan is upgrading his Junior membership (Category B) to an Ordinary membership as soon as he graduates from NUS. Mr Tan had previously heard of NUSS through his father, who is an NUSS member as well. "I would definitely recommend the Junior membership to other NUS students. The NUSS Kent Ridge Guild House is located close to school, which makes it extremely convenient for us to use its facilities," said Mr Tan.

The exclusivity of the NUSS gym enables Mr Tan to avoid the crowd when doing his fitness regime. Along with its well-conditioned equipment and clean racks, the gym is Mr Tan's favourite facility in NUSS and a main draw that attracted him to sign up as a Junior member. The affordability of the Ordinary membership however, was the major factor that encouraged him to make the upgrade.

If you are currently studying in NUS, sign up for an NUSS Junior membership (Category B) and be granted access to all membership benefits and facilities. Nearing graduation, you will be given the option to upgrade your membership from Junior to Ordinary, extending your membership privileges.

"The NUSS Kent Ridge Guild House is located close to school, which makes it extremely convenient for us to use its facilities."



Offset your Junior membership (Category B) monthly subscription fees against the entrance fee when you convert to an Ordinary membership within three months upon degree conferment date. Terms and conditions apply.



3 GREAT LOCATIONS

For your functions and seminars!



Choose from the spacious Kent Ridge Guild House, the sophisticated Suntec City Guild House or the quaint and beautiful Bukit Timah Guild House!



Call us!

KENT RIDGE GUILD HOUSE
 Agnes Phua
 Banquet Sales Manager
 DID 6586 3771
 Email agnesphua@nuss.org.sg

Judy Chak
 Catering Sales Manager
 DID 6586 3772
 Email judychak@nuss.org.sg

SUNTEC CITY GUILD HOUSE
 Prabavathy
 Banquet Sales Executive
 DID 6395 6626
 Email prabavathy@nuss.org.sg

Judy Chak
 Catering Sales Manager
 DID 6586 3772
 Email judychak@nuss.org.sg

BUKIT TIMAH GUILD HOUSE
 Alan Oh
 F&B Manager
 DID 6395 6622
 Email alanoh@nuss.org.sg

DramaWorks Set to Steal the Stage

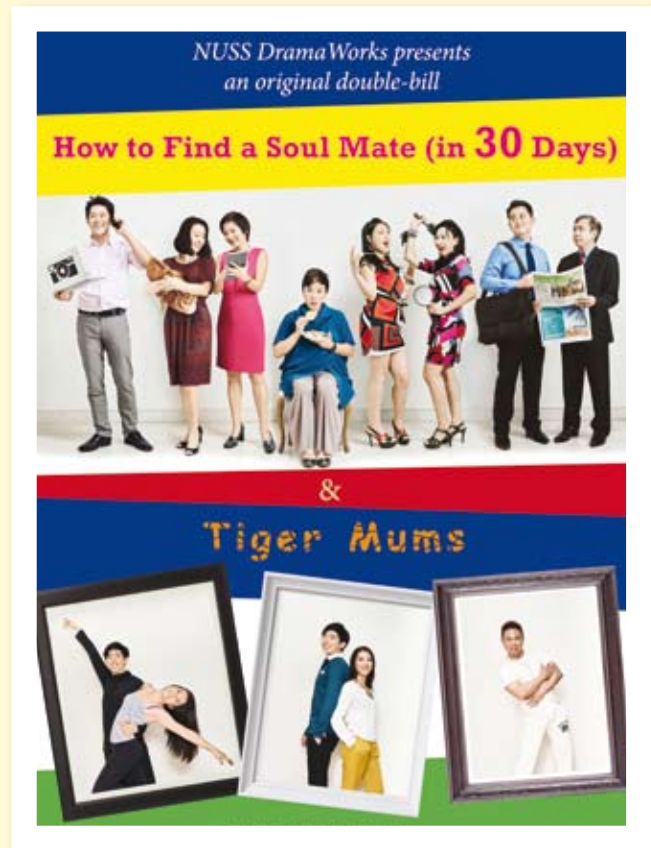
Following the success of their sell-out show *Crazy Little Thing Called Love* in 2015, NUSS DramaWorks kick started the new year with a workshop 'Making Theatre', conducted by renowned local director, playwright and actor Jonathan Lim.

The course covered an overview of Singapore's theatre history, as well as the technical aspects of casting and artistic direction.

This October, DramaWorks is proud to present an original double-bill. The first play – *How to Find a Soul Mate (in 30 Days)* – follows Susan, a recent divorcee navigating the confounding world of technology-assisted matchmaking. Will the quirky and well-meaning staff at eSoulMates help her find everlasting love or will the latest scandal in the online dating world spell disaster?

In the second play – *Tiger Mums* – the success of a charity event is on the line, unless two ambitious mothers find a solution to their differences. Can there really be a compromise? The show will be staged on 7 and 8 October 2016 at the Drama Centre's Black Box.

Featuring fresh faces, juicy stories and the return of some of our favourite actors, DramaWorks promises an evening of riotous fun and enrapturing stories for the whole family. ■



Road to **SUCCESS**

These three individuals may have taken different routes to success, but all have cited NUSS as a common element in their journeys. **Clara Lock** caught up with each of them to find out more about their success formulas and what makes them come alive.

Lawrence Yong founded MoolahSense, a company that matches small businesses with investors. Alex Yeo is the CEO of Tuitionary, a tuition marketplace. A budding playwright and theatre practitioner, Dr Alicia Altorfer-Ong is also the convenor of theatre interest group, NUSS DramaWorks.

However, they have not always been at the helm - and it has not been an easy journey getting there. Still, the trio has charted their own courses to success, albeit slightly different paths from that of their peers.

Lawrence Yong

Funding small businesses

When Lawrence Yong left the financial sector in 2013, he was leading a comfortable life. The former investment banker spent 12 years in financial services - the first half in wealth management at a major British bank, before he switched to investment banking and helped large corporations issue bonds to institutional investors. But the

job satisfaction waned after he realised one evening, that he had spent much of his career working for the top 10 percent, “helping the rich get richer,” as he puts it.

“I was gripped with a newfound purpose - to help underserved Small and Medium Enterprises (SMEs) expand their sources of capital,” explained Yong, now the CEO of MoolahSense.

MoolahSense, a crowd-funding portal that matches small businesses with willing investors, is known as a peer-to-peer (P2P) lending site. SMEs that are growing quickly and require funds to finance their expansion will find much needed help through this portal.

While banks are the conventional option, paperwork to prove the SMEs’ credit ratings - and the processing time needed - can stretch the process into months. This is where MoolahSense fills the

gap, allowing investors to loan capital to SMEs at a speedy turnover and an attractive interest rate. Meanwhile, investors receive a healthy return on their loans.

One SME that has benefitted from the portal is Olive Green, which produces biodegradable cornstarch-based utensils. In September 2015, the company shored up a \$110,000 loan within 12 days, and repaid its investors - at a 17.9 percent interest rate - within three months.

He adds that his education in NUS and the facilities offered at NUSS helped give him a leg up on his entrepreneurship journey.

“When I stumbled upon the novel concept of marketplace lending, I was practically camped out in the reading room of the NUSS Guild House,” said the Business Administration graduate from NUS, who also holds a Masters of Financial Engineering from the same school.

Yong said, “Today, we can make our biggest initial positive impact in Singapore by solving financing issues for local businesses and helping individual investors on the path to more decent returns that meet their objectives. In doing so, we aim to foster an entrepreneurial culture that is aligned and supportive to our broader national narrative of creating quality jobs.” ■

“Today, we can make our biggest initial positive impact in Singapore by solving financing issues for local businesses and helping individual investors on the path to more decent returns that meet their objectives.”



Alex Yeo

Creating a tuition marketplace

Alex Yeo's success story is another one that took root at NUS. The recent graduate founded Tuitionary, a tuition marketplace that offers enrichment classes from pre-school all the way to junior college.

The portal makes it convenient for customers to sort and compare tuition centres, narrowing down their search by factors such as proximity and cost.

Customers also have the option to review tuition centres so as to help other parents and students make more informed bookings.

Tuition centres can also tap on the website's pool of customers without worrying about marketing

or advertising, and focus on what they do best – teaching.

Yeo, who worked for a startup company for three years before founding Tuitionary with his friends in 2015, regularly attends networking sessions at the NUS Guild House.

"I meet people from all walks of life who share their experiences and advice," he said.

Even as his company makes learning easier for customers, Yeo believes that he, too, still has much to learn on the road to success. "I wouldn't label my life as a success story yet. I think that life is a never-ending journey of learning that starts from your very first breath," he said. ■

Yeo, who worked for a startup company for three years before founding Tuitionary with his friends in 2015, regularly attends networking sessions at the NUS Guild House.



Alex Yeo (second from right).

Dr Alicia Altorfer-Ong

Growing new talent



"A fledgling performing arts group like us has difficulty securing affordable rehearsal and meeting spaces. NUS offers these gratis and we are grateful for that."

A business development manager and corporate trainer, Dr Altorfer-Ong also helms NUS DramaWorks. The cultural group performs musical and dramatic theatre at NUS and external events. It offers a unique platform for budding actors and playwrights — all of whom hold day jobs — to pursue their interest in theatre. DramaWorks has 20 members who range in age from their early twenties to late sixties.

Last year, Dr Altorfer-Ong wrote her first script, *Happy at Home*, which was subsequently staged as part of a triple-bill by DramaWorks. Bringing a creative project from idea to fruition was extremely rewarding and she actively encourages other DramaWorks members to try their hand at it as well. The DramaWorks committee supports

new playwrights by organising table reads and workshops. Dr Altorfer-Ong's goal is to tap on every member's talent and potential, so that the group can benefit from an inclusive approach to community theatre.

She adds, "We may not always see ourselves as creative spirits or as people who strike out in daily life. The foray onto stage can be a journey of self-discovery, full of happy surprises!"

Dr. Altorfer-Ong appreciates the administrative and logistical support that NUS provides. She explains, "A fledgling performing arts group like us has difficulty securing affordable rehearsal and meeting spaces. NUS offers these gratis and we are grateful for that. The Secretariat also provides us with administrative support such as the booking of performance venues, which allows us to focus on our productions. Thanks, NUS for making this possible!"

The Industry Transformation Programme includes tax incentives, grants, and automation support packages for technopreneurs and other relevant businesses.



BUDGET 2016

The Path Ahead

The annual Budget announcements charted a course not only for Singapore's economy, but the nation's future. **The Graduate** explores how Budget 2016 is set to change the lives and fortunes of Singaporeans for the better.

The 2016 Budget was decidedly prudent, with a keen focus on transforming local enterprise and increasing social spending to aid Singaporeans from all walks of life. Delivering his first budget speech since coming into office and prior to his recent health incident, Finance Minister Heng Swee Keat emphasised how this year's budget fell into a long-term plan that would chart a path for the next 50 years of the nation's economic development, following the nation's Golden Jubilee celebrations in 2015.

Mr Heng delivered the welcomed announcement that Singapore's accounts returned to surplus after the government saw its largest deficit in over seven years in 2015. The Budget 2016 is expected to produce a surplus of S\$3.4 billion.

The Budget also offers targeted relief for households and workers. In congruence with the handouts and concessions provided in previous Budgets, additional Goods and Services Tax (GST) vouchers were announced, and Service and Conservancy Charges rebates are set to continue.

Singapore's accounts returned to surplus after the government saw its largest deficit in over seven years in 2015. The Budget 2016 is expected to produce a surplus of S\$3.4 billion.

“The past few Budgets have been concerned with installing needed increases in social spending and transport infrastructure. With these foundations laid in place, Budget 2016 is focused squarely on accelerating industry transformation.”

Professor Chan Kok Hoe
Department of Economics
National University of Singapore

New parents can also expect aid from the government in the form of the First Step Grant that will contribute S\$3,000 to their child’s Child Development Account. Under the Fresh Start Housing Scheme, families with young children residing in rental property are also entitled to a generous S\$35,000 grant to purchase a new flat.

In addition, updates to the Workfare Training Support Scheme and SkillsFuture Scheme will provide more support and training opportunities for low-wage workers and individuals with disabilities.

This increased investment in public housing and the national labour force displays an aggressive move to reduce the widening income gap and alleviate livelihood concerns for the average Singaporean – and these efforts are not going unnoticed.

“My family members and I have experienced benefits from the Budget announcements in recent years, such as being able to attend courses under the SkillsFuture scheme,” said Lee Mui Ping, 52. “I think the government has made some good decisions that are making life better for all of us.”

Among other notable announcements made this year was the push for industry transformation in a bid to steer the country away from recent economic headwinds. With both manufacturing and services sectors on the decline, significant emphasis was placed on the promotion of ingenuity, innovation,



Finance Minister Heng delivering the Budget 2016 speech.
Photo: Prime Minister’s Office



Jurong Innovation District looks to bring together businesses, researchers, and educators on a vibrant campus. Photo: JTC Corporation

and the utilisation of disruptive technologies, such as robotics and information and communication technology.

“The past few Budgets have been concerned with installing needed increases in social spending and transport infrastructure. With these foundations laid in place, Budget 2016 is focused squarely on accelerating industry transformation,” said Professor Chan Kok Hoe from the National University of Singapore’s Department of Economics.

A number of newly minted schemes fall under the Industry Transformation Programme, with available support amounting to nearly S\$1 billion. These include tax incentives, grants, and automation support packages for technopreneurs and other relevant businesses.

The establishment of the Jurong Innovation District also looks to bring together businesses, researchers, and educators in hopes of creating a vibrant campus where innovative solutions can be developed to address the nation’s challenges, and aid in its development.

Professor Chan further pointed out that local companies can also expect increased support from International Enterprise (IE) Singapore that will aid them in expanding overseas, acquiring intellectual property, and growing via mergers.

According to Professor Chan, these developments are a crucial step in the right direction if the nation seeks to overcome some of the challenges it may face in the near future. “Singapore has no alternative but to move in the direction charted by the Budget 2016. Automation and robotics are clear-cut solutions to long-term labour shortage problems,” he said.

Furthermore, growth led by research and development is key to securing high value added activities and high-skill jobs. Professor Chan added, “The vision is that of an innovation-led economy with technology infused into all areas.” ■

CONCLUSION As Singapore looks to invigorate its economy with an expansionary budget, the island-state’s future appears to be one bristling with technology, highly befitting of the twenty-first century. With the country poised to make yet another evolution in its illustrious history, it appears that the path ahead abounds with opportunity and promise for those who seek it.



**Healthcare
in Singapore**

Proactive Cost
Management

Singapore currently ranks fourth in world's comparative life expectancy, way ahead of several first-world countries. The statistic however, does not ameliorate the recent spike in non-communicable diseases, which is becoming a prominent factor in the nation's management of healthcare.

Vithya Rajasegar examines several points that suggest that a relook at the prominence of sedentary behaviour, health care promotion efforts and disparities in the healthcare system would be in good order.

Advancements in medical technology, environmental sanitation and hygiene practices have, in recent decades, resulted in longer life spans and better health among populations of developed and developing countries. According to the World Health Organization, the average person here is expected to live into his or her eighties, which puts Singapore in the number four spot in worldwide life expectancy rates.

These are comparatively great strides in keeping infectious diseases at bay but in terms of cost for citizens they could be interpreted as non-corresponding outcomes. In 2013, Singapore's total expenditure on health was 4.6 percent of its Gross Domestic Product (GDP) as opposed to Switzerland, a country that is unfazed about spending 11 percent. Of course, modern Singaporean healthcare expenditure is weighted by the government's disinclination to be a welfare state.

One might argue that healthcare should entirely be the responsibility of the government, since the reason for its economic strength depends on its populace, but it is just as easy to build a case against taking on the onus, despite the ability to afford it.

Affluence in any country brings its own set of healthcare issues: stresses of modern living and the capacity to overindulge are likely causal factors for the rise in non-communicable diseases (NCD) - causes of the majority of deaths in most developed countries. There is thus the issue of responsibility and preventability of diseases such as Type 2 diabetes, with overeating being one of its causes.

Highlighting the dangers of being overweight, Associate Professor Rob van Dam of the National University of Singapore (NUS) Saw Swee Hock School of Public Health, attributed obesity to the increase in Type 2 diabetes cases. Of course, there are non-communicable diseases - as Professor Van Dam emphasised - that involve other risk factors which are beyond one's control: breast cancer, for example, has "having fewer children or at a later age" as a likely causal factor. Nevertheless, the Health Promotion Board (HPB) is bringing greater attention to personal accountability for one's health status.

'Individual responsibility' is no longer mere rhetoric in health programmes devised by HPB. An offshoot of the Ministry of Health (MOH), the HPB's main purpose is to modify unhealthy behavioural patterns that have become firmly entrenched whatever the ascription, whether due to longer working hours, stressful conditions or sedentary lifestyles.

The HPB has introduced an initiative dubbed the "Healthier Dining Programme" in an effort to steer people towards healthy eating. In the likelihood of their exhortations being ignored, HPB's latest strategy has included prodding Food & Beverage businesses into directly shaping consumers' choices.

Additionally, the government body has pledged to make healthy eating alternatives more affordable. Playing up to the

interest in healthier options, purveyors of organic foods are enticing health-conscious Singaporeans to pay high prices for their produces. Professor Van Dam advised that jumping on the organic bandwagon is largely futile, as the risk of chronic diseases is not necessarily lowered by consuming organic foods.

Complementary and Alternative Options

For people who are proactive with regard to their health, alternative therapies are perceived as less expensive and more effective, their popularity evinced by complementary medical centres mushrooming all over the island.

Long misunderstood and ignored, homoeopathy, naturopathy, Ayurveda, Traditional Chinese Medicine (TCM) and herbalism are finding a newfound audience among a huge number of people. This growing trend has seen a sprouting of businesses dealing with natural supplements, organic products and all sorts of herbs but it is only recently that their acceptances saw backing with proper researches.

Still, these researches carry disclaimers on their uses, as being products not intended to diagnose, treat, cure or prevent any disease, though not deterring its followers whose use



'INDIVIDUAL RESPONSIBILITY'

is no longer mere rhetoric in health programmes devised by HPB. An offshoot of the Ministry of Health, the HPB's main purpose is to modify unhealthy behavioural patterns that have become firmly entrenched whatever the ascription, whether due to longer working hours, stressful conditions or sedentary lifestyles.

of natural therapies has transformed their health and lives for the better. While mainstream medical practitioners used to dismiss the ability of alternative treatments to be efficacious, there is much anecdotal evidence that people are finding real relief in these remedies.

Due recognition has been slow in coming but with government's acceptance of their practices – there are TCM facilities in mainstream hospitals – an increasing number of employers will authorise employees' medical claims based on bills from TCM practitioners.

The new downside to complementary healthcare comes, not from assumed inefficacy, but from endorsements by celebrities, which is leveraging many purveyors' ability to increase their prices. Now, with health insurance policies providing coverage, alternative medical treatments are accepted more. Increasing numbers of studies credit various herbs with cancer-fighting or other disease ameliorating properties, which bodes well for the future of alternative medicine.

The NCD Variant

Heightened awareness or options regarding healthy living do not necessarily equate to healthier lifestyles; stress is prevalent in progressive civilisations and coping mechanisms vary greatly with the individual.

As such, related illnesses will prevail and NCDs have come to the fore. In Singapore, 15 people succumb to cardiovascular



Due recognition has been slow in coming but with **GOVERNMENT'S ACCEPTANCE** of their practices – there are TCM facilities in mainstream hospitals – an increasing number of employers will authorise employees' medical claims based on bills from TCM practitioners.



Eat healthy — get more from life —

It's no secret that we love our food and that we love to eat. Ask any Singaporean about food, and it won't take you long to figure out that eating is practically a mandatory pastime here. But how many of us actually pay attention to the calories we consume? Just how many calories are in that steaming bowl of laksa? Or in one plate of fragrant chicken rice?

Now, it's easier to get wholesome meals with the Healthier Dining Programme (HDP). The HDP aims to improve the overall diet quality of Singaporeans by encouraging F&B companies to include healthier food options in their menus. This means that their cuisine, meals and food that use healthier ingredients, such as wholegrain and healthier cooking oils, will be more readily available for everyone.

Make each meal a healthy one, and start living healthier today.

Health Promotion Board's Healthier Dining Programme

Easy access to healthier food and beverage options is now possible thanks to a new initiative by the Health Promotion Board, which provides grants to help Food & Beverage businesses provide menus offering wholegrain options and more fruits and vegetables. The Healthier Dining Programme ensures that people have the choice to eat healthily.

disease every day, hypertension being one of the main risk factors.

It is clear that the government has a proactive stance in promoting the nation's health, disallowing, among other things, duty-free tobacco; preventing or making it difficult for youth to start a smoking habit by, among other things, legislating age limits on consumption; and banning cigarette vending machines and disseminating anti-smoking health knowledge in schools.

Cigarette packaging too, has been given a discouraging and purposefully disgusting visage. This smoky preoccupation has been linked unequivocally to many health problems along with other lifestyle issues, and the onus of care is devolving to the citizenry – they are being nudged to get serious about their health since higher healthcare costs are not something the government will be able to bear on its own.

More well-staffed and well-equipped hospitals, created with much-needed government subsidies, are forming the infrastructure so what is left is for plans to be tweaked to meet changing needs. An ageing population has long been expected, with predictions and projections being made three decades ago and requirements to cope with the phenomena quite laudably foreseen, planned for and put in place.

Now, NCDs are becoming a pressing variant in the equation. Insufficient space for growing numbers of patients is only part of the myriad of challenges the healthcare system needs to cater to.

Attention is being brought to individual responsibility for personal health, with public education being driven by the HPB. Despite obvious efforts to promote health consciousness, changing lifestyles have, in all likelihood, brought about the increase in NCDs for which healthcare resources are most needed.

Payers and Payees

An overwhelming concern is increasing healthcare costs, which have such a severe financial impact on chronic disease sufferers that the nation's healthcare financing system is being pressured



NON-COMMUNICABLE DISEASES ARE BECOMING A PRESSING VARIANT in the equation. Insufficient space for growing numbers of patients is only part of the myriad of challenges the healthcare system needs to cater to.

The Three **M**s

MEDISAVE

A compulsory medical savings account, Medisave extracts a certain percentage from worker's Central Provident Fund (CPF) contributions, thus enabling coverage for hospitalisation and selected healthcare services and treatments.

MEDISHIELD LIFE

MediShield Life is a basic health insurance plan, administered by the CPF Board, which helps to pay for large hospital bills and selected costly outpatient treatments, such as dialysis and chemotherapy for cancer.

MediShield Life replaced MediShield from 1 Nov 2015, and will offer: better protection and higher payouts, so that patients pay less Medisave or cash for large hospital bills; protection for all Singapore Citizens and Permanent Residents, including the elderly and those who have conditions that occurred before their health insurance policy enrollment; and protection for life.

MEDIFUND

Considered a social safety net, Medifund caters to the elderly and those who fall into the low-income category. Financed by subsidies, Medifund is a means-tested financial scheme for people who do not have Medisave or MediShield.

into creating solutions. There has been much discussion focusing on the perceived flaws of a system central to most, if not, all citizenry and one that has sparked much furore by critics calling for revision.

Rising medical costs, adding to the pain of longer waiting times and unpredictable bed shortfalls in hospitals, have collectively fomented discontent for Singapore's healthcare apparatus.

In an attempt to counter public frustration, policies have been revamped to balance the increasing lopsidedness in healthcare costs among median wage earners. Even so, Singapore's healthcare system pales when compared to that of Switzerland's in terms of service availability and universal coverage.

The cost of preventive procedures is among other dilemmas that plague the current system. Professor Paul Tambyah of NUS Department of Medicine noted that the current healthcare financing system effectively penalises those who take preventive measures.

He cited MediShield Life – a catastrophic medical insurance scheme designed to provide bigger payouts for recipients – as failing to cover any preventative services or any evidence-based screening at all. Acute care dominates Singapore's healthcare industry, as evidenced in the book,

Singapore's Healthcare System, which opines that the method the system employs falls short of “serving the needs of chronic disease patients... competently.”

Also, people are not being given sufficient recompense on expenses

needed to prevent their problems. This lacklustre attitude regarding preventive measures prevails despite other measures to promote health sustenance and disease prevention.

Professor Tambyah further pointed out that preventive health screenings have to be paid for from “our pocket or from our own Medisave savings”, thus making even proactive health-conscious individuals think doubly hard before undergoing screening tests for cancer or metabolic diseases.

MediShield Life, deemed to be a protective measure against crippling costs, was introduced at the end of 2015, promising less out-of-pocket reliance. However, Professor Tambyah said, “the amount that MediShield takes in is far in excess to what is paid out every year.”

The 2014 MediShield incurred loss ratio shows that only \$381 million was paid out for the \$723 million in premiums it took in, rendering Dr Tambyah's description of MediShield Life as “the world's most profitable public health-care insurance policy” anything but hyperbole. And though the new scheme has significantly boosted healthcare expenditure, it currently stands at 4 percent of Singapore's GDP.

The Deputy Secretary of the MOH, Ms Lai Wei Lin posited that healthcare costs need to be socialised or risk-pooled across the population to ensure affordability for patients. She added that at the same time there ought to be co-payment in order for healthcare services to be utilised in moderation.

Additionally, the idea that the onus of disease prevention should be fully shifted to the average Singaporean is firmly embedded in the three Ms: Medisave, MediShield and Medifund. In a twist of irony, however, MediShield Life remains a social safety net tied to out-of-pocket expenses. ■

Professor Paul Tambyah of NUS Department of Medicine noted that the current healthcare financing system effectively **PENALISES THOSE WHO TAKE PREVENTIVE MEASURES**. He cited MediShield Life – a catastrophic medical insurance scheme designed to provide bigger payouts for recipients – as failing to cover any preventative services or any evidence-based screening at all.



CONCLUSION An element of proactiveness does simmer on the surface of Singaporean society; however to complement it, there has to be in place a constantly evolving healthcare system that takes into account the current quality of life as well as environmental, societal and financial variables.



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Health Supplements

Is Money Being Wasted on Them?

How much do you really know about your daily dose of vitamins and dietary supplements? **Dione Lum** uncovers the truth behind these puzzling pills and what you need to know before popping them.

The diet of the twenty-first century urbanite leaves much to be desired. From hectic lifestyles to fast food and microwave meals born in a culture of instant gratification, it is little wonder why health supplements are growing in popularity. Promising everything from helping to fill nutritional gaps to offering radical health boosts, Singaporeans are turning to the supplement bottle to keep abreast with the demands of the modern way of life.

A recent report by Euromonitor International revealed that the sales value of vitamins and dietary supplements in Singapore rose five percent in 2015 to reach a whopping S\$485 million, a figure that coincides with the nation's growing affluence and increased exposure to global lifestyle trends.

Evidently, some consumers are convinced that supplements are worth a pretty penny. "The peace of mind you get from such health products outweighs the investment cost, especially when you put your body through strenuous activity," said Sam Chan, 22, an undergraduate and self-professed sports enthusiast.

Peh Lay Peng, 55, echoed this sentiment. "I have had a clean bill of health for the

last few years and I believe I have my daily intake of health supplements to thank for it," said the mother of two.

With so much fanfare surrounding the purported benefits of these products and the considerable amount spent by consumers because of such claims, how much is truth and how much is simply hype?

According to Assistant Professor Raymond Chua, Group Director of the Health Products Regulation Group at the Health Sciences Authority (HSA), consumers should always err on the side of caution when introducing supplements into their diets.

"Although health supplements generally contain substances derived from natural sources, this does not mean they are 100 percent safe or risk-free," said Professor Chua. He also pointed out that health supplements can lead to unintended consequences.

"People respond differently to health supplements. A health supplement may also be unsuitable or produce undesirable effects if the individual is already taking certain medicines or has an existing medical condition," he added.

At present, unlike medicines, health supplements sold in Singapore are not subject



People respond differently to health supplements. A health supplement may also be unsuitable or produce undesirable effects if the individual is already taking certain medicines or has an existing medical condition.



Assistant Professor Raymond Chua
Group Director
Health Products Regulation Group
Health Sciences Authority



YES, MAYBE

Even though some studies on supplements yielded results that supported the claims made by manufacturers, these tests were not conducted with a placebo or in a controlled setting. As these studies may not fully account for variables such as diet and exercise, it is difficult to prove that a supplement alone is responsible for the health benefits an individual might experience.

Harvard Women's Health Watch 2013

to approval, licensing, or registration. The HSA does not test supplements for effectiveness either - a practice similar to the United States' Food and Drug Administration.

The onus is on the manufacturers, importers, and sellers of health supplements to ensure the safety and quality of their products. Dealers must also avoid making claims that are out of proportion, such as promising consumers a silver bullet against certain diseases or a cure for ailments. Providing sufficient information for consumers to make informed purchases are among their responsibilities as well.

A 2013 report by the Harvard Women's Health Watch revealed that even though some studies on supplements yielded



Better to get nutrients from food, rather than health supplements.

SINGAPORE

The sales value of vitamins and dietary supplements rose

5%

in 2015 to reach a whopping

S\$485 million



Source: Euromonitor International

Generally, a **healthy diet** can give you all the nutrients you need - it is better to **get nutrients from food** rather than from supplements. You can choose nutrient-dense foods. Being **physically active** also plays an important role in promoting and prolonging good health.

Assistant Professor Raymond Chua

results that supported the claims made by manufacturers, these tests were not conducted with a placebo or in a controlled setting. As these studies may not fully account for variables such as diet and exercise, it is difficult to prove that a supplement alone is responsible for the health benefits an individual might experience.

Furthermore, the Harvard report stated that when these products are tested in more rigorous, randomised trials, the results often do not live up to the claims that manufacturers peddle to consumers.

If this information is a hard pill to swallow, fret not.

Professor Chua highlighted that the HSA had in place a post-market surveillance programme to monitor the safety of health supplements, including random tests for prohibited ingredients.

The HSA also draws on its network of healthcare professionals and international regulatory partners that alert the organisation to any product that may bring harm to consumers on local shores.

Alternatives to achieving your nutritional needs and maintaining a healthy lifestyle are easily available as well. Simply being mindful of the source of one's nutrition can

be beneficial to one's health. "Generally, a healthy diet can give you all the nutrients you need - it is better to get nutrients from food rather than from supplements," said Professor Chua. "You can choose nutrient-dense foods. Being physically active also plays an important role in promoting and prolonging good health."

However, if you are still eager to integrate health supplements into your lifestyle or have already done so, it is always prudent to consult the advice of a medical professional or a certified nutritionist for appropriate dietary choices. ■

CONCLUSION Before you pick up your next bottle of health supplements, remember to approach all claims judiciously and conduct a healthy amount of research beforehand, relying on scientific studies based on objective criteria for their test results. If in doubt, don't purchase or consume! Your body will thank you for it.



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SNAPSHOTS

Nature Appreciation: The Healing Garden Walk
16 April 2016
Healing Garden, Singapore Botanic Gardens

A Healing Walk To Remember

As part of the Nature Appreciation Series, the Alumni Development and University Relations (ADUR) Sub-Committee organised an educational walk at the Singapore Botanic Gardens' Healing Garden, to provide attendees with the opportunity to explore the various healing plants found in Singapore.

The walk, led by Ms Maria Boey, President of the Institute of Parks & Recreation Singapore (IPRS) and Mr Frankie Tan, IPRS Plant Advisor, attracted over 60 participants of all ages. Throughout the walk, participants learnt about the different types of herbs and plants, including their uses and functions. They asked many questions freely, such as advices on gardening and the plants' medicinal functions.

Since October 2011, the Healing Garden has showcased over 400 varieties of medicinal plants. Split thematically by its uses based on the human body (respiratory, brain and reproduction), the 2.5-hectare garden is designed as a peaceful location for a light stroll while learning about the common medicinal plants found in Southeast Asia.

"My best piece of advice regarding these medicinal herbs is to take them in moderation and not overdo it. We all know that ginseng is good but if you were to consume one kilogramme of it within a day, I wouldn't even need to call the ambulance, just the funeral service," Mr Frankie Tan joked. His easy sense of humour definitely left the attendees roaring in laughter.

Mr Tan proudly shared his extensive knowledge on medicinal plants and talked about his passion for gardening with such conviction, that it engaged the audience's interest, kick starting an enjoyable weekend for everyone.



NUSS Whiskey Trail

12 May 2016
Kent Ridge, Bukit Timah and Suntec City Guild Houses

Whisked Away on a Whiskey Trail



It all began with an innocent glass of Aberlour whiskey and some delectable canapés at the Kent Ridge Guild House. Accompanied by a bagpiper, the 42 participants of the Whiskey Trail were then whisked off to the Bukit Timah Guild House, indulging in some Glenlivet along with a sumptuous dinner with choices from Roast Lamb to Seared Sea Bream. The last stop on the night's trail was the icing on the cake as they stopped at Suntec City Guild House for a buffet of tantalising desserts, topping off the evening with toasts of Chivas 18 and The Royal Salute.

We Bring the Ocean to your Plate

29 June 2016
Bukit Timah Guild House

Relishing North Sea's Freshest Catch

The ocean feast cooked up by Chef Markus Dybwad, a culinary consultant at Snorre Food, pampered diners with mouth-watering dishes such as cold poached salmon trout with rye bread, charred saba mackerel with cucumber and ponzu dressing, baked arctic char with cauliflower puree, and to top it all off, a whipped chocolate ganache with crystallised coffee and salted caramel sauce.

Chef Dybwad came with experiences from Equinox Swissôtel and Iggy's Restaurant, so members were more than assured that their palate would be well taken care of. Chef Dybwad had also participated in prestigious world culinary competitions such as *Bocuse d'Or* Lyon and *Bocuse d'Or* Europe. With such an outstanding chef helming the ocean feast, it was no wonder diners were already looking forward to the next feasting wave in July featuring a North Sea a la carte and dinner set special.



SNAPSHOTS

NUSS-SACE Seniors Revalued Symposium
8 & 9 April 2016
Kent Ridge Guild House

Taking a Stand Against Ageism

The symposium shed light on the difficulties and everyday struggles third-agers face in Singapore including finding a job, finding financial security after retirement and shaking off the 'weak and useless' label that often comes along with ageing. Common solutions were discussed and provided to these issues.

Key speakers spoke of discrimination faced in the job market, the myths and common misconceptions of ageing and public perception of seniors. Suggestions were shared on how to improve these situations, from omitting the age and race fields in job applications to ensuring applicants are picked solely based on their qualifications. Tips for ageing gracefully by trying out new challenges and keeping the mind healthy were also provided.

Seniors were reaffirmed of their worth and significance in society but reminded that they should also re-evaluate themselves.

Participants left with a more open mindset and awareness to work across generations by co-existing and adapting to different working styles and building bonds, supporting the objective of the event.



S-Connect Fellowship Lunch: Using Credits from the Government
19 April 2016
Kent Ridge Guild House

The S-Connect way to Continuous Learning!

NUSS hosted the S-Connect Fellowship Lunch where 52 members and guests feasted on a sumptuous lunch followed by an educational talk by Dr Francis Pavri, the chairperson of S-Connect. He spoke to our guests on how to make use of the \$500 SkillsFuture Credit that was given to all Singaporeans by the government earlier this year. Senior members and guests were also taught how to make use of their ActiveSG credits of \$125 given by the government. This event drew smiles everywhere as participants learned how to register for courses and claimed credits directly using their smartphones and SingPass. Dr Pavri also gave all senior participants some simple tips on how to use the computer. Everyone had such a great time that they were reluctant to leave when the session ended.



Intensive Chess Workshop for Juniors
31 May, 2 June, 7 June and 9 June 2016
Kent Ridge Guild House

Checkmate!

Igniting the passion from a young age, children participants had the opportunity at a chess workshop to not only expose themselves to the strategy game, but also learn from and play against skilled players. This gave them the perfect chance to acquire skills and tricks of the game from the best. Starting from the basics, they were exposed to chess objectives, basic checkmates and tactics, eventually ending with expert games on the last day. Hopefully with their interests in chess sparked, the children participants will continue to play chess at their own leisure.



Dig it and Dig in
7 June 2016
Kent Ridge Guild House



Enriching English Made Easy!

It is difficult for many children to appreciate the beauty and history of the English language and this course showed young participants how English is unique and relatable! Delving into English history, participants were exposed to word origin and through Bone Words™, discovered how words were formed and combined. Armed with a deeper understanding and knowledge of Vocabulary study, English is made fun and enjoyable!

Invasion of the Martian Robots
23 June 2016
Kent Ridge Guild House



To Infinity, and Beyond!

Unleashing their creativity while solving challenges, young participants experimented with the new Lego EV3 Robotics set, building and programming robots into their very own Martians. Provided with exciting missions to accomplish, participants had to put on their thinking caps and work together to problem solve, debug the robot and save the day!

Junior Radio Club
15 & 16 June 2016
Kent Ridge Guild House

Radio DJ for a Day!

Ever wondered what happens behind the scenes at a radio station? At a workshop catered specially for pre-teens, participants had the opportunity to be a radio DJ for a day. Led by popular radio personality Belinda Sunshine, they learned the fundamentals of radio broadcasting, had a go at writing a script and tested out their interview skills, leaving the workshop with newfound speaking confidence.



SNAPSHOTS

Automating Reports & Dashboards
23 April & 14 May 2016
Kent Ridge Guild House

Automation and Dashboards as the in-thing!



Cutting down unnecessary expenses is one of the most effective cost-cutting methods in today's competitive economy. Saying goodbye to time consuming and tedious reporting, participants learned instead how to create an Excel application that can transform data into impressive reports and dashboards in mere minutes.

Twenty-three participants from the two sessions attended the 4-hour intensive workshop and discovered how to create a customised Excel application that works for their own businesses from trainer Eric Hong who has over 25 years of experience. He is also an engineer, educator and founder of IntegrateDots, a professional training and consultancy company specialising in big data (data analytics & data visualisation); custom solutions (microprocessor & software apps) and higher learning (creative thinking & pre-university Physics).

Owing to popular demand, the next session will be held on 27 August! Come and register with us now before all the slots are taken up! Remember, time is money and the less time you spend on time-consuming tasks, the more time you have to go and clinch the deals that you want!

Startup in Singapore! From your Home!
28 May 2016
Kent Ridge Guild House

Start your Business Right from Home!

Starting your business is not difficult, if you know how to do it. A small group of 20 members and guests benefitted from Mr KC Tan, founder of Websprout, who taught them the know-how of starting their own business. Mr Tan is a WordPress and e-commerce trainer who has vast experience in search engine optimisation and has helped countless companies and individuals to improve website conversion. Participants learned about various business ideas that they could run without having to leave their homes. This 4-hour workshop also covered various topics such as expensive mistakes that we can learn from, the saving tips for business startups and most importantly, the things you need to know before starting an actual business!





Celebrating Sportsmanship and Sporting Achievements

Conceived as an opportunity to enhance sportsmanship spirit among the various sports sections and for section members to try out new sports, this year's Inter-Section Games (ISG) and Sports and Recreation (S&R) Night attracted great interest from members.

Despite an early start at Temasek Club, participants turned up with cheery faces for the bowling competition, the first of five sporting events for the day. With experienced bowlers and great teamwork, the Golf team won the bowling event.

The remaining events - darts, table tennis, badminton and balut - commenced at

Kent Ridge Guild House after the lunch break. There was great interest from members to try out the darts machines that were used for the darts competition.

Despite the fact that some participants were new to the various sports they participated in, the level of competition for this year's ISG was still high. As such, there

were no runaway winners this year, with different teams walking away with the honours for every event.

In line with the ISG's objective of building stronger ties among members, many could be seen cheering on opposing teams besides their own team members. Shouts of celebrations peppered the competition throughout the day.

The competition culminated in the Sports and Recreation (S&R) Night at the Della and Seng Gee Guild Hall. Organised to celebrate the achievements and efforts of various sports sections, the S&R Night was attended by more than 100 members.

Members turned up in a kaleidoscope of colours in support of the theme of 'A Colourful World of Sports' for the evening. Members were welcomed and kept entertained by Jesson - the emcee for the evening - with jokes and games. Laughter and cheers could be heard from every table, adding to the fun and celebratory atmosphere.

Among other highlights of the evening were a beer-drinking contest and the traditional prize-giving ceremony for ISG 2016 as well as the various awards for the preceding sporting year. The Soccer Section was awarded the Section of the Year Award for their contribution to sports in NUSS.

As the evening wound to a close, the party continued with members enjoying the scrumptious buffet dinner and free flow of wine and beers. The level of camaraderie was noticeably high, bringing a fitting end to the ISG and S&R Night for this year. ■



Swinging into Action

Enthusiastic golfers turned up and had fun at the NUSS Golf Section's monthly medal displaying their golfing prowess on the greens.



It was a sunny morning and 60 golfers gathered at Sembawang Country Club (SCC), nestled in the northern end of Singapore, for the monthly golf medal. The tee-off went according to schedule as golfers got into their respective flights quickly.

Alas, Mother Nature and Singapore's tropical weather won out in the end and the golfers were unable to complete all 18 holes.

While waiting for the weather to clear up to continue golfing, members mingled and joked with each other, the rain not dampening their spirits. As the possibility of continuing their games faded, the golfers'

attention turned towards the evening's celebration dinner, which took place at the Clubhouse of SCC.

Results for the game were then tallied based on the first nine holes played. Besides interrupting the game, it seemed that the inclement weather also had an impact on the final results, particularly in the Men's Division.

Stanley Lim was declared the winner on count-back after the top three golfers ended up with the same number of points. The Ladies' Division had a more clear-cut result as Listar Nguyen emerged ahead of her nearest competition by four points. ■

NUSS OVERSEAS GOLF TRIP TO GOLD COAST | 20 to 25 May 2016 | Gold Coast, Australia

Great Plays at Tee Time

The NUSS Golf Section travelled Down Under for its annual overseas golf trip to take in the beautiful city of Gold Coast, Australia.

Close to 60 golfers and non-golfers journeyed to Gold Coast Australia, arguably the country's best-loved and well-visited tourist destination. According to the *Golf Digest's* Top 100 Golf Courses rankings, Australia is home to some of the most recognised and famous golf courses.

The first, albeit social, game after touching down was at the Royal Pines Golf Course, which hosts both the Australian PGA Championship and the RACV Australian Ladies Masters tournaments. The golf course is set against a lush tropical background and is just minutes from the Gold Coast's most famous beaches, serving as a great warm-up venue for the competitive games coming up the following days.

After a day of leisure, the first of the competitive games took place at the Hope Island Golf Club. The challenging links course, early wake-up and early tee-off did not deter these golf enthusiasts from their game of golf. Dr Denis Nyam and Toh Siew emerged as the Men's and Ladies' Champion respectively, with the former being declared the winner on count-back.

The second day of competitive matches was held at the Lakelands Golf Club, the legendary Jack Nicklaus' first signature golf course in Australia. Once again, the competition was keen in the Men's division, where only two points separated the champion and second runner-up. Ho Tat Hong fended off the competition to emerge as the Men's Champion while Ho Li Eng walked away with the Women's Champion trophy.



In between competitions, both golfers and non-golfers took in the sights and attractions of the city, which included Point Danger Lookout, Super Bee Honey World, a hot air balloon tour and shopping at the outlet malls.

The overall results were released and prizes were given out on the last evening during the dinner celebration. Member David Foo was crowned the overall champion for the trip, having garnered 72 points over the two days of competition. Golf convenor Mr Joseph Ng thanked everyone for their participation and newly elected NUSS President, Mr Eddie Lee expressed his appreciation for the support shown to NUSS and the Golf Section. ■

GAME, SET, MATCH!

Join in the fun with
NUSS Tennis Section.

Established in 1986, the NUSS Tennis Section provides an avenue where all tennis lovers can come together and enjoy a good game. Whether you aspire to be like Roger Federer or Serena Williams, the Tennis Section provides the space for all to play regardless of age and gender.

Besides organising social games, the Section also participates in various external competitive games such as the STA Singles and Double Tournaments, allowing members to hone their skills. Members regularly take home championship and runners-up honours at these tournaments.

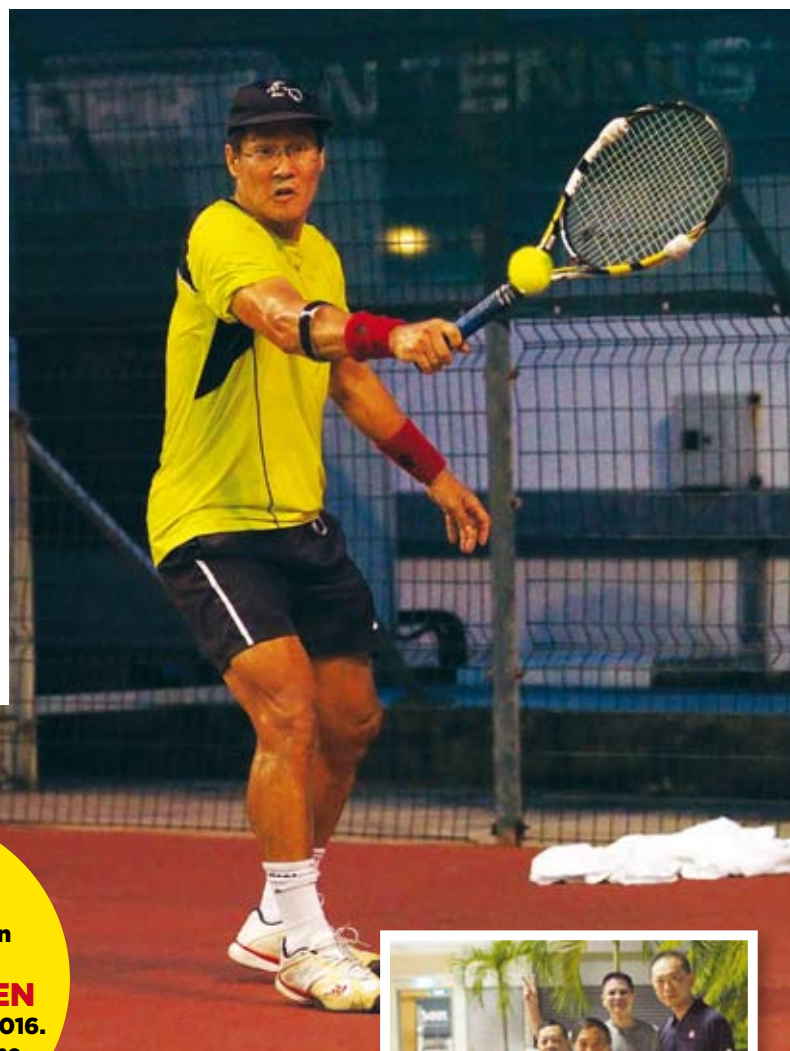
The Section's achievements in 2015:

- Runners-up in Men's D division in the STA Inter-club Men's Singles
- Winner in TANS game
- Winner and first runner-up in AIS Tennis Carnival
- Winner in Ladies' B division in the STA Inter-Club Ladies' Doubles

The Section also organises tournaments within NUSS to forge stronger friendships and camaraderie among all section members.



The Tennis Section
will be holding a
DOUBLES OPEN
tournament in July 2016.
Do watch out for the
announcements.



Tennis Section
nights are held
three times a week at

Kent Ridge Guild House's (KRGH) rooftop tennis courts.

Tennis lessons are available as follows:

- Adults Beginners Class (Group: Mondays 8am or Thursdays 8.30am)
- Private Coaching for Adults
- Tennis for Juniors (Children aged 4-18 years old, Saturdays 8am)

Section fees are \$40 annually.

The Section games' schedules at KRGH are as follows:

- **Wednesdays** from 5pm to 10pm (2 courts) & 5pm to 9pm (1 court)
- **Fridays** from 5pm to 10pm (2 courts) & 5pm to 9pm (1 court)
- **Sundays** from 2pm to 7pm (1 court), 3pm to 7pm (1 court) & 4pm to 7pm (1 court)

Apart from the adrenaline rush and satisfaction obtained from a well-placed lob or drop-shot, the mental aspect of the game of tennis can help to improve your overall vitality.

JOIN US!

Join the NUSS Tennis Section today to smash your way to better health, forge more friendships and have more fun!

For enquiries on joining or for more information the Tennis Section, please contact:

Khen Kee Wei
Service & Sports
Development
NUSS Secretariat
Email: keewei@nuss.org.sg
Tel: 6586 3739

You may also email Tennis Convenor, Mr Johnny Quah at nuss.tennis@gmail.com.





Calling ALBANIA

Emerging from the clasp of Communism, Albania has finally opened its borders to the world. **Sonia Shah** explores the once war-torn South Eastern European peninsula and finds a hidden jewel filled with history. Abolishing the ownership of private vehicles only until the end of the last century, the country makes an unusual summer destination.

A mysterious aura hovers over this Balkan territory, once a forbidding entry to curious outsiders over four decades - until the death of the stone-hearted communist dictator, Enver Hoxha in 1985. Clamped under his steel fists stories of Albanians swimming across frigid lakes and oceans were rife. Climbing treacherous mountain ranges to escape the harsh reality has now become a thing of the past.

Today's Albania welcomes foreigners with hospitable arms of curiosity. Imaginative landscapes await to be used as a set for endless adventures. Locals are surprised to hear how foreign eyes can

appreciate their small territory, with rivalling Greece just next door. Albania may not gloss the media pages like its Mediterranean neighbours, but it has a lot to be proud of.

Strolling through bougainvillea scented boulevards and parks is a typical, relaxing Sunday in the capital, Tirana. Colourful cafes with mountain backdrops line the streets. In the square stands Skanderbeg's statue, a hero hailed for liberating the nation from the ruling Ottoman empire. Churches and mosques intertwine through the silent gaps of avenues, sweeping out any tyrannical prejudice from a long gone era.

Cable car rides glide over the city's forest green



In Skanderbeg Square, stands Skanderbeg's statue, a hero hailed for liberating the nation from the ruling Ottoman empire.

The mountain village of Theth.



mountains, looking down into forgotten, prison war bunkers hidden among the shrubbery. Enver Hoxha's paranoia of protecting the country from invasion led to the construction of 750,000 Communist-era bunkers across the country's terrain. The attacks never came, squandering vast sums of money amidst immense

poverty, fuelling outrage among its citizens. These tortoise shaped shelters, built to fit families, now exist as off-the-wall homes, animal shelters or have been converted into the unexpected tattoo parlours or hairdressing salons. Many remain abandoned. As the sun sets, a fireball of red streaks the evening sky, bringing the

city to life. Sleek new bars and restaurants rise high above the dull communist-era blocks of concrete.

Captivating Korçë

Travelling south east from Tirana, malachite tinted lakes meander through dandelion and lavender lined roads leading to Korçë. Views of stunning steeples and church domes are a visual feast from roof terrace cafes. Locals offer fresh watermelons, whilst hiking the city hills to reach the cemetery of martyrs. As the sun sets, a casual amble leads to the hidden restaurant, Zgara Korcare, stacked over the hills. Relaxing vistas of lavish valleys, through dreamy lanterns and vines from the



Korçë cathedral.

In Dardha, visitors can walk for hours without a soul in sight, until a farmer and his few donkeys appear. A burst of colours from hundreds of butterflies and flowers blaze along various trails, leading to magical forest mountain hikes.



Floral floor at the foothills of Dardha.

terrace are a rare find over a hearty meal.

A half hour ride from Korçë is Voskopoje. What used to be the “Paris” of Albania, filled with a rich cultural heritage of craftsmen, poets, universities and churches is now a fairytale village of villas, abandoned stables, wild horses and derelict churches after a raid from bandits.

Nevertheless, the village still accentuates a rich beauty for nature lovers and adventurers, who want to gallivant across the plains aimlessly. Streamlined valleys of butterflies, fluttering through kaleidoscopic fields of flowers past an overgrown cemetery make a pleasant stroll around the village.

Another half hour ride stretches across the village

of Dardha. Visitors can walk for hours without a soul in sight, until a farmer and his few donkeys appear. A burst of colours from hundreds of butterflies and flowers blaze along various trails, leading to magical forest mountain hikes. Patches of pea sized, wild strawberries line up hidden routes within the depths of the forest.

Rainbow coloured wooden boxes of beehives hang in sight, with bees buzzing away on the contours of a surreal serenity. Stone-roofed houses and more desolate war bunkers with a mysterious past appear en route.

Close to the summit, a route to a hidden church opens up into another vast carpet of wild flowers – red poppies, lavenders, forget-



Veskapoka fields of floral art.

Voskopoje (“Paris” of Albania), filled with a rich cultural heritage of craftsmen, poets, universities and churches, is now a sore sight of abandoned stables, wild horses and derelict churches.



Wilderness in Theth.



The coast of southern Albania near Himara.

me-nots, tulips weaved in with dandelions, as though splashing out from a reckless painter's canvas, with surrounding streams spluttering past.

A Thrilling Adventure in Theth

To the north-east lies the picturesque, mountain village of Theth. A long, bumpy ride from the town of Shkoder makes it worth the visit. Waterfalls with an iridescent floor glisten in the sunlight.

A rustic bar made from twigs perch over rivers.

Guest houses surrounded with plum trees, mountains and organic farms make up Theth's remote setting. Wild horses graze close to mountain springs. What was once a heavily patrolled area, with a strong military presence to barricade locals from escaping is now an undisturbed hamlet.

Nearby, lies the village of Valbona - no roads from Theth - just a lot of rocks to scramble over. Luminous, snow-creamed mountains rise above panoramas, sprayed with vibrant purple and yellow blossoms.

On arrival, a forest of Christmas trees greet visitors over pebbled tracks leading to civilisation, mainly made up of relaxing guest houses under the craggy jaws of sierras.



The Blue Eye river.

Riding the waves along the Albanian Riviera

What better way to heal the sores and pains from Theth to Valbona than on the soothing shores of the Albanian Riviera. Close to the town of Vuno, bottle green oceans run into caves along the Aquamarine Bay.

The water turns from cold to warm every few seconds and beautiful trails of orange green ferns and mountain goats trail along the way. Gjipe beach unleashes a turquoise sea gazing into a dramatic canyon.

Avid hikers have the luxury of ambling past olive trees and cooling off from the heat in the lustful, crystal blue waters in Dhermades.

Further down south,

Livadhi beach on the outskirts of Himara town, shows off backdrops of lavender flowers. Mountains dipped in forest pine stand united against the sun, casting a bright white over the peaks.

For those who want the real ice bucket challenge, the Blue Eye river, close to the town of Seranda offers a chilling experience in a luminous, blue green river.

With so much to offer, Albania will not remain unknown for very long. With its past behind, friendly locals gear up with a bursting drive to show their hospitality.

Language has no barrier among the people who show a token of appreciation towards those who have vested an interest in their small country, tucked far away from the masses. ■

TRAVEL TIPS

■ Enjoy sunny blues skies from **May till September**. Beware of scorching temperatures reaching over 40°C between June and August. Return **flights** from London to Tirana cost about US\$250. A decent meal with a glass of wine will set you back for as little as just US\$5. Unlike most countries, the capital offers the lowest prices. Expect to pay US\$2 more in other parts of Albania.

■ **Transportation** is not always easy to find, but the country is improving its network of links. Several bus stops exist in the capital, going to different destinations. Whilst some have direct transport links from one town to another, passengers must often return to Tirana before reaching another. Unfortunately, journeys by rail are due to an unorganised structure. **'Furgons' (mini buses)** are the main vehicles that whizz passengers from one destination to the other. They are often small and cramped and some are not equipped with air conditioning. Furgons are not always on time and may leave early. However, due to the frequency of these buses, travellers can always catch one just around the corner.

Travelling after 4pm is not recommended as Furgons become less frequent. It is also common to hire a **private taxi** with random strangers, costing only US\$1-2 more than the mini buses (Most places take about four to five hours to reach from Tirana and will cost about US\$6-8).

■ **Tours** of Tirana are advertised as free, but a tip to the knowledgeable guide is recommended. Stories of how bananas and Coca Cola became a novelty post communism are some of the many surprising facts unveiled. Tours start at 10am with the meeting point taking off from the steps at the National History Museum.

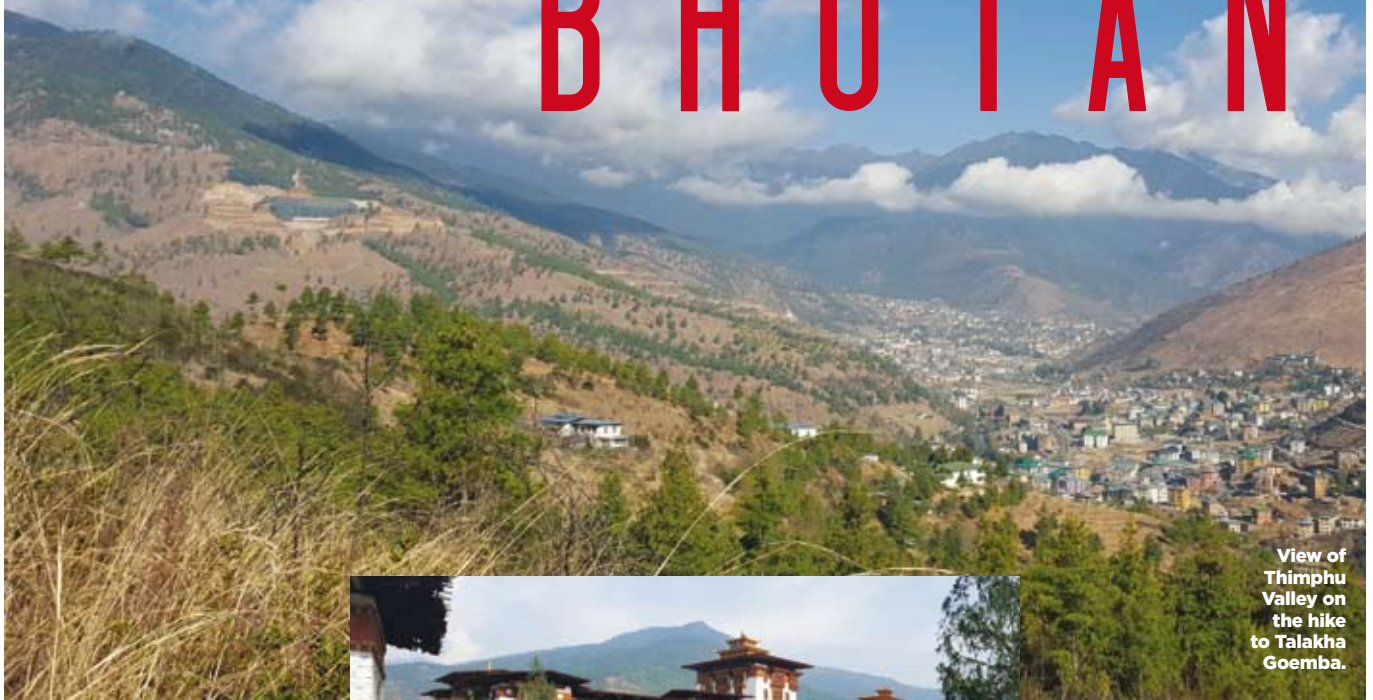
Walking to the **Blue Eye Lake** is a five-kilometre journey from where the local bus drops you, but friendly and safe passersbys will often offer you a ride if you ask. Due to lack of regular rides to certain places within towns, hitchhiking is quite common and surprisingly safe.

■ **Accommodation** costs as little as US\$15 in a hostel. **Hotels** offer bargain prices from US\$25 onwards. There are no supermarkets or shops in Theth, so take plenty of supplies. **Guest houses** provide 3 meals a day. The **trek** from Theth to Valbona takes approximately 8 hours. From Valbona, take a 3-hour scenic ferry ride to the town of Schodra to reach civilisation.

■ **Locals** are extremely friendly and helpful and many will go out of their way to assist you - from calling a taxi, to offering you a ride and even accompanying you to places that you are unable to locate. Expect locals to treat you to a meal, regardless of their gender and yours - hospitality is at its best without expecting anything in return.

Thrilled with the beauty of Bhutan, NUSS member, **Viona Ho**, shared her experiences being in the land of happiness.

BEAUTIFUL BHUTAN



View of Thimphu Valley on the hike to Talakha Goemba.

In March this year, NUSS members were offered the rare opportunity to travel to Bhutan. The group spent a week in the country trekking through mountains, visiting monasteries and shopping at local markets. Viona shares her unique Bhutan travel experience.

Bhutan in sight

A landlocked country with a population of 750,000, the Kingdom of Bhutan borders India and China and is located along the slopes of the Eastern Himalayas. Terrain varies from looming mountains to deep valleys and the weather is most ideal in spring and autumn for travel. Widely dubbed as the happiest nation in Asia, one can experience an unparalleled mix of old and new, of Buddhist tradition and simple modernity in this serene country. Viona shared that opportunities to travel to Bhutan are difficult to come by. Governed by strict entry with few flights flying into the country regularly, coupled with the lack of public transportation, it is difficult



Punakha Dzong.

for travellers to explore the country on their own. “Hence, when NUSS announced this tour, it was a great opportunity. With an experienced guide who handled the visa entry, accommodations and travel details, pre-travel preparations were a breeze,” said Viona.

My favourite things

Viona’s favourite destination of the last Shangri-La was the Dochula Pass, located mid-drive from Punakha to Thimphu. Located at the Pass is a grand monastery housing 108 memorial stupas where tourists get to enjoy a beautiful view of the Himalaya Mountains. Viona described the beauty of the landscape: “Being from a city such as Singapore, we seldom get to enjoy such majestic

“When NUSS announced this tour, it was a great opportunity. With an experienced guide who handled the visa entry, accommodations and travel details, pre-travel preparations were a breeze.”

mountain views and we were lucky it was accompanied with clear skies.”

She also shared a unique

experience at the Tashichho Dzong, the Fortress of Glorious Religion. Built in 1641, the Dzong houses important government offices, the central monk body, the throne room and the King’s office.

As government staff still uses the premises daily, visitors have to wait outside the *Dzong* for staff to leave at the end of the day. It was here that Viona and her group caught a glimpse of King Jigme as he left his office, making this destination particularly memorable.

Of her favourite food in Bhutan, Viona replied without hesitation that it was the *Momo*. Resembling the Chinese *guotie* (dumplings), *Momo* is believed to be of Nepalese origin. Although it usually comes with a variety of ingredients depending on the season, she enjoyed the *Momo* with cheese and vegetables filling.

Describing the taste, she said, “It reminds me a bit of eating coleslaw without all the excessive cream wrapped in dumpling skin.”

Beyond comfort zones

To allow the group a chance to visit both popular tourist locations as well as experience real Bhutanese life, members participated in two hikes that were unexpectedly challenging. The first hike started off from the Talakha Goemba Monastery and members had to climb through obstacles such as barbed-wire fences and cross wooden bridges to eventually reach the top of the monastery after four gruelling hours.

Unfortunately, half the group gave up mid-route due to medical conditions or sheer fatigue. Not a climb for the faint hearted, the lack of proper footpaths pushed the group beyond their comfort zone. Bhutan is largely mountainous, hence many places of interests require trekking to get to and understandably, many group members found the high altitude and long trekking distances both tiring and literally, breath taking. Nonetheless, the views that panned out beyond them after the long hikes made their efforts worthwhile.

Silver linings also emerged from their climb as encouragements were shared and members of the group got to know each other better. Upon completion of the first hike on day two, the group's confidence was bolstered and they readied themselves for the tougher second hike up to Tiger's Nest Monastery, one of



The author (fifth from left, back row) and fellow hikers paused for a group photo at the mid-point of tiger nest hike.

the famous places of interest in Paro.

Viona said of the hike, "The whole experience of this hike made it very memorable even though we were all so tired. When we reached the top, the monks prepared some refreshments in the form of tea and traditional biscuits for us. As some of my tour mates would say, 'the tea was fantastic'."

Friendly interactions

Viona revealed that she had numerous opportunities to interact with the local Bhutanese, especially the monks at the many monasteries they visited. "It was an amazing experience and they were all very hospitable and kind". She also recounted a particular evening when they went to the weekend market for some

shopping. Thanks to the kind consideration of the Bhutanese shop owners, they were able to purchase some t-shirts after the market's closing time.

Although Bhutan does not enjoy the same wealth or development as Singapore, Viona explained that the local Bhutanese were visibly happy and contented with what they have. "I don't think I've seen any Bhutanese lose their temper or raise their voice during the trip." Although life was perceptibly harder and tougher there, she wondered at their ability to stay cheerful and good-natured.

Viona also frequently played with the many Bhutanese dogs roaming the streets. The Bhutanese believe that all dogs will reincarnate as humans, explaining why they are treated very well in

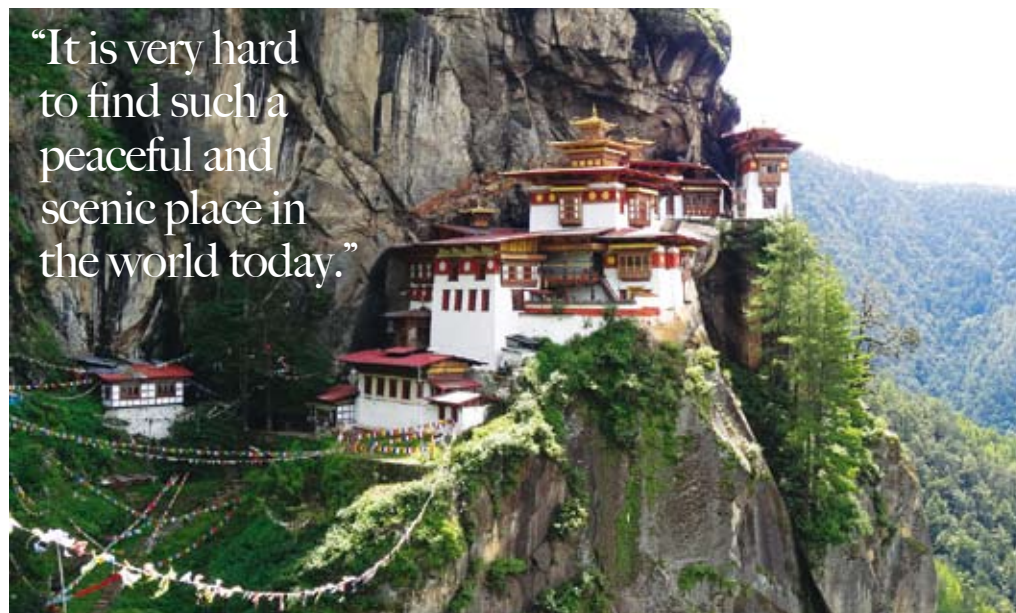
Bhutan, with many well fed and given a roof over their heads. Being fond of animals, she found these free roaming dogs adorable, making her trip all the more delightful.

Taking paths less trodden

The beauty of Bhutan untouched by modernisation had appealed to Viona and she hopes to visit the country again whenever possible. She continued, "It is very hard to find such a peaceful and scenic place in the world today."

She appreciated the opportunity given through the tour to visit both popular tourist destinations and at the same time, the rarely explored. When juxtaposing her experiences at these different locations, she regretted that the presence of tourists have had an adverse effect on the local population too. When handing out goodwill, in the form of writing materials, Viona found that children living in tourist and rural areas reacted differently, with the city kids asking for more. She continued from this experience that it was both disappointing and sad that the local children seemed to have been adversely affected by tourism, as children who frequently interact with foreigners now expect more.

"Before too much of our modern world continues to affect Bhutan, I would like to visit again, to experience simplicity untouched by the world of desire. I also encourage others to challenge themselves and visit Bhutan at least once in their lives." ■



Tiger's Nest Monastery.

"It is very hard to find such a peaceful and scenic place in the world today."

ZIKA VIRUS



Things You Must Know

The World Health Organization has declared Zika virus an international public health emergency. Within South East Asia, cases of Zika viral infection have been reported in Cambodia, East Malaysia, Indonesia, the Philippines, and Thailand.

According to the Ministry of Health (MOH) Singapore, the Zika virus may reach Singapore due to the presence of Aedes mosquitoes in this island nation, as well as the high volume of travel by Singaporeans and tourists.

Associate Professor Jenny Low Guek Hong, Senior Consultant at the Department of Infectious Diseases, Singapore General Hospital (SGH), a member of the SingHealth group shares with us some facts about the Zika virus, including its symptoms as well as how you can help to prevent it.

1 How is the Zika virus transmitted?

Currently, the only known carrier of the Zika virus is the Aedes mosquito – which also spreads dengue and chikungunya fever. It has also been reported in the United States that the Zika virus has been transmitted through sex – albeit only one such case (at time of publishing).

The Zika virus was first isolated from the rhesus monkey in the Zika Forest of Uganda, in 1947. It has remained in Africa until outbreaks of the virus were recorded in Micronesia (2007), Polynesia (2013), the Caribbean (2014) and more recently, Latin America (since early 2015).

2 Who is at higher risk of contracting the Zika virus?

People who have travelled to areas with reported Zika cases, are at higher risk of contracting the Zika virus. For an updated list of Zika outbreak areas, please refer to MOH.

3 Is the Zika virus dangerous?

Generally, the Zika virus causes ‘mild’ infections, with only one in five infected persons actually falling ill. Deaths arising from the Zika viral infection are also rare.

4 What are the symptoms of a Zika viral infection?

The exact incubation period of the Zika virus is not known, but symptoms will likely show between a few days and a week after infection. During the first week of infection, however, the virus can already be transmitted through mosquito bites.

Symptoms of a Zika viral infection include:

- Mild fever
- Skin rashes
- Muscle ache
- Joint pain
- Conjunctivitis (red eyes)
- Headache

If you’ve returned to Singapore from Zika-affected areas, you should monitor your health for 14 days and see your family doctor if you develop symptoms of a Zika infection.

5 How is the Zika virus screened and treated?

In the case of the Zika virus, prevention is better



Currently, the only known carrier of the Zika virus is the Aedes mosquito – which also spreads dengue and chikungunya fever.

than cure. There is currently no vaccine or cure against the virus, hence, clinical management is targeted at symptoms control during the acute infection.

The screening method for Zika virus is developed from the current test for chikungunya fever and dengue.

In Singapore, anyone who has travelled to Zika-affected areas and returned with a confirmed infection will be hospitalised until tests confirm that the virus is no longer present in the blood.

6 How to prevent getting infected with the Zika virus

According to the NEA, you can help protect your family and loved ones against the Zika virus by preventing the

breeding of Aedes mosquitoes.

You may do so by:

- Changing water in vases and bowls on alternate days
- Removing water from flower pot plates on alternate days
- Turning over all water storage containers such as buckets and pails
- Covering bamboo pole holders after doing laundry
- Cleaning roof gutters and putting BTI insecticide in them monthly.

When at home or outdoors you may prevent mosquito bites by:

- Using insect repellent
- Wearing clothing that covers your body, arms and legs
- Sleeping under mosquito nets

ZIKA Virus: PREGNANT WOMEN, TAKE NOTE!

STOP THE SOURCE!

In Singapore, pregnant women are encouraged to reconsider their travel plans to countries with reported cases or outbreaks of the Zika virus.

“Additionally, if you’re pregnant, you should protect yourself against mosquito bites,”

advises Associate Professor Jenny Low Guek Hong, Senior Consultant at the Department of Infectious Diseases, Singapore General Hospital (SGH), a member of the SingHealth group.



PREVENT THE BREEDING OF AEADES MOSQUITOES



- Change water in vases and bowls on alternate days
- Remove water from flower pot plates on alternate days
- Turn over all water storage containers such as buckets and pails
- Cover bamboo pole holders after doing laundry
- Clean roof gutters and put BTI insecticide in them monthly

PREVENT MOSQUITO BITES WHEN AT HOME OR OUTDOORS

- Use insect repellent
- Wear clothing that covers your body, arms and legs
- Sleep under mosquito nets



Source: NEA

HealthXchange.com.sg
Singapore's trusted health & lifestyle portal

If you've returned to Singapore from Zika-affected areas, you should monitor your health for 14 days and see your family doctor if you develop symptoms of a Zika infection.

9 If you're already pregnant, what should you do to prevent the Zika virus?

Aside from rethinking your travel plans to countries with reported cases or outbreaks of the Zika virus, take preventive measures against mosquito bites.

Deet, which has been around for almost 50 years, is still the most effective ingredient in repelling insects. It is safe for pregnant women to use at a maximal recommended concentration of 20 per cent.

Pregnant women can also consider insect repellents containing picaridin (also known as icaridin), at the same maximal 20 per cent concentration. ■

7 Is the Zika virus dangerous for pregnant women?

According to the National Environment Agency (NEA), there is no evidence to suggest that pregnant women are more prone to the Zika virus.

Studies are still being conducted as to whether or

not the Zika virus causes a neurological disorder where infants are born with smaller brains and skull part called craniums, a condition known as microcephaly.

However, there is a suspected link between the two due to a spike in microcephaly cases in Brazil during the time of the Zika outbreak.

8 Why is microcephaly a cause for concern?

Infants with microcephaly face mental and physical developmental problems due to impaired brain development. In turn, they may have shorter lifespans.

There is currently no cure for microcephaly.

SingHealth

Source: By Alyssa Tham and Fadhina Jasni for HealthXChange, with expertise from the Department of Infectious Diseases, Singapore General Hospital (SGH), a member of the SingHealth group.

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SINGAPORE'S IN-DEMAND PROFESSIONS

Ever wonder which jobs are most in demand in Singapore? We have good news for you if you are looking for a job in the digital sector.

According to the latest *Asia Job Index* in the first quarter of 2016 from professional recruitment firm Robert Walters, the total

number of job advertisements for professional positions in Singapore grew by 11 per cent in the first quarter of 2016 compared to first quarter of 2015.

The *Asia Job Index* tracks job advertisement volumes for professional positions across the leading job boards and national newspapers in Singapore, Malaysia, China,

Hong Kong and Taiwan.

The increase in job advertisements was predominant across key professions such as marketing, retail and sales, human resources, accounting and finance and information technology (IT). Despite the growth in job advertising, the hiring process has become longer than usual as

employers are more cautious about the market.

Toby Fowlston, Managing Director of Robert Walters, Southeast Asia commented, "The increase in job advertising was more positive than expected given that Singapore's gross domestic product (GDP) is currently growing at 2 per cent. While employment demands within the digital, e-commerce and cyber security sectors remained strong, we saw an increase in the length of time required to successfully hire. Caution in the market caused delays in hiring decisions, which led to positions left unoccupied for longer periods of time and repeated job advertising. As employers became more invested in making the right hires and retaining talent, the strategic role of human resources remained critical to organisations." ■

Percentage change by profession Q1 2015 vs Q1 2016



KEY FINDINGS

As professionals' aspirations to advance their careers and skill sets increased, companies implemented learning & development programmes as part of talent retention strategies. Job advertising for **human resource professionals** grew 10 per cent from Q1 2015 to support such initiatives.

Continued investment and interest from venture capital companies in technology startups drove job volumes for **IT professionals** up by eight per cent.

Demand from the mushrooming e-commerce and digital sectors saw a 19 per cent spike in **marketing** job advertisements as companies sought to utilise more creative channels to connect with consumers.

A surge in demand for **sales professionals** saw a 13 per cent growth in advertised jobs as businesses aimed to boost their revenue streams and improve bottom lines.

At the end of the day, to remain competitive in the market, professionals need to continually upgrade skills and keep abreast of industry developments.

For the full report,
please visit
www.robertwalters.com.sg

This article was contributed by **Robert Walters**, one of the world's leading specialist professional recruitment consultancies and focuses on placing high-calibre professionals into permanent, contract and temporary positions at all levels of seniority. The Singapore business recruits across the accounting, banking, business support, compliance, financial services, HR, legal, IT, risk, sales, supply chain, marketing, procurement and supply chain fields. Established in 1985, the Group has built a global presence spanning over 25 countries.

Getting Clear with NLP

With the popularity and plethora of NLP training programmes available today, it is important to choose the right one for yourself. Here are some tips to selecting the right NLP Practitioner Programme for you.

What is NLP?

Neuro-Linguistic Programming (NLP) is the art and science of modeling excellence and achieving results fast. Invented in the 1970s, it has grown into a multi-billion-dollar personal development industry. In layman terms, NLP studies the relationships between how we think (neuro), how we communicate (linguistic) and our emotions and patterns of behaviour (programmes). A good NLP Practitioner Program should always include the Meta Model, an effective method for challenging limiting beliefs, Milton Model (Ericksonian Hypnosis), and Timeline Processes to help clients overcome past negative experiences and create future successes.

What You Need to be Careful with

Bandler, one of the pioneer co-developers of NLP, filed lawsuits against 200 prominent members of the NLP community in 1981. It was his attempt to claim sole proprietorship on the NLP trademark and intellectual property rights back then. However, in 2000, he lost the lawsuit and NLP was put into public domain - This meant none of the early developers of NLP could dictate the content of a NLP course or who was allowed to teach.

As there are currently no official government or accreditation standards, such as the Singapore Workforce Skills Qualifications (WSQ), there is no official course content nor uniformity in training hours or levels of

competency. Traditionally, a student attending a NLP Practitioner Programme is required to have at least 70 hours of face-to-face contact time. However, the lack of quality standards has led to the proliferation of shorter 'accelerated' NLP Practitioner Programmes, some as short as five days or even conducted online. The reduction in contact time means that essential components of NLP are removed and the quality of skill acquisition is very much diminished.

However, learning NLP is still a very useful skill to pick up and knowing what to look for in an NLP training programme is mandatory.

Which Programme Is Right For Me?

To decide on an appropriate and good NLP programme, you need to be clear of what you want. Check the course learning outcomes against your own training and skill acquisition needs.

The following are key questions to ask your training provider:

- Is the training provider offering First Generation NLP (aka "Classic Code"), Second Generation NLP, or the latest Third Generation NLP that is geared towards Modeling Business Leaders, Transformational Coaching and Entrepreneurship? As NLP developed over time, the Classic Code or First Generation NLP from the mid-70s, was replaced in the 1980s by the Second Generation NLP or 'New Code' which

broadened the context for skills and techniques to be used and transferred to new NLP Practitioners. The focus was more on Mind-to-Muscle Processes that created beneficial behavioral change. In the 1990s, the Third Generation NLP introduced processes that are generative, systemic and focused on even higher levels of learning, interaction and development - including those relating to one's identity, vision and mission.

- Do you need to pay additional sums of monies for Timeline and Hypnosis trainings on top of your fees for your NLP Practitioner Programme? A tactic some used was to market short trainings by taking some components of NLP, repackage them and promote them as new developments that surpass NLP. For example, "NLP Timelining" has always been taught as part of the longer hours NLP Practitioner Programme, but is now repackaged as a separate certification program. Also, the "Milton Model" (NLP's version of Ericksonian Hypnosis) is promoted as a separate hypnotherapy certification program.
- What is the format for the training program, including the number of hours of contact time?
- Who are the trainers and for how many hours will these trainers be physically leading the training?
- Who certified this NLP Trainer? Some NLP Trainers attained their certification

without attending any face-to-face training.

- What qualifications and experiences does the trainer and training assistants have?
- Is the training accredited or recognised by any boards, associations or organisation? If so, check their validity. A number of these entities are actually created by the training provider to give a semblance of credibility to their trainers and programmes.
- How are students assessed for competence?
- Ask for testimonials and references. Find out if people in your area of work have previously enrolled for this programme.

Enrolling for a NLP Practitioner Programme is a serious investment of your time and money. If you are on a budget, you are likely to attend only one NLP practitioner programme in your lifetime. By asking the questions above, you should be able to make it count and find the right programme for your personal development. ■



James Leong earned his MBA from the Lord Ashcroft International Business School at Anglia Ruskin University.

He is a Chartered Management Consultant, Master Trainer of NLP and Accredited Enneagram Teacher trained by the eminent Fulbright Scholar and Psychiatrist Dr Claudio Naranjo. He pursues his life mission through conducting seminars and workshops on Leadership, Team Development, Management and Sales Management. For more information about James and his work, please visit www.jamesleong.com



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- Strictly to be consumed at The Scholar Chinese Restaurant only.
- Prices are subject to prevailing GST. Service charge is applicable to non-members.
- Terms and conditions are subject to change without prior notice.

CALENDAR

JULY 2016

HIGHLIGHTS

<p>Til 31 Jul</p>  <p>The Dunearn: Cold Water Seafood Special</p>	<p>Jul & Aug</p>  <p>The Scholar: Meet the Sri Lankan Crab</p>	<p>21 Jul</p>  <p>Essential Communications with Dashboards</p>
<p>22 Jul</p>  <p>Grad Jam Night</p>	<p>23 & 29 Jul</p>  <p>Pain Relief Workshop Series - Massage for Lower Back Pain</p>	<p>23 & 24 Jul</p>  <p>Café on the Ridge: All You Can Eat Durian Feast</p>

AUGUST 2016

HIGHLIGHTS

<p>Jul & Aug</p>  <p>The Scholar: Meet the Sri Lankan Crab</p>	<p>12 Aug to 15 Sep</p>  <p>The Scholar: Mid-Autumn Indulgence - The Truffle Temptation</p>	<p>12 Aug</p>  <p>National Day Golf</p>	<p>18 & 25 Aug</p>  <p>Pain Relief Workshop: Shoulder Pain</p>
<p>8 & 9 Aug</p>  <p>Café on the Ridge: National Day Celebration</p>	<p>12 Aug</p>  <p>Safe use of essential oils for babies and children</p>	<p>17 Aug</p>  <p>The Art of Dining</p>	<p>31 Aug</p>  <p>Commetary Dialogue</p>
<p>20 Aug</p>  <p>NUSS DAY</p>	<p>26 Aug</p>  <p>Grad Jam Night</p>	<p>27 Aug</p>  <p>Automating Reports with Dashboards</p>	

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

CALENDAR

SEPTEMBER 2016

HIGHLIGHTS

12 Aug to 15 Sep



The Scholar:
Mid-Autumn Indulgence -
The Truffle Temptation

5 Sep



Angry
Mechanical
Designer

7 & 8 Sep



Young Etiquettes -
Little Ambassadors

10 Sep



3D Cartoon Characters
Mooncake Making Workshop

中秋快樂
HAPPY MID AUTUMN FESTIVAL

3 Sep



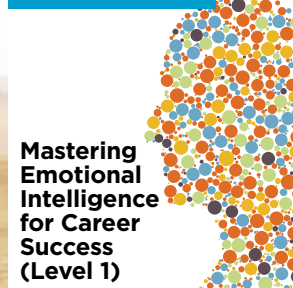
DanceSport D&D

10 Sep

8-day Silk Road Tour



17 & 24 Sep



Mastering
Emotional
Intelligence
for Career
Success
(Level 1)

22 Sep



Secrets of Free
Cloud Computing
Productivity Tools

29-30 Sep



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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

Stay connected with NUSS

Update your contact details via email: mship@nuss.org.sg
or members login on our website: 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 gabyeong@nuss.org.sg
Balut	Every last Wednesday @ KRGH: 7pm - 11pm Contact Santhi at santhi@nuss.org.sg
Billiards	Mondays @ KRGH: 6pm - 10pm Thursdays @ KRGH: 6pm - 10pm Contact Renee at reneeyang@nuss.org.sg
Bowling	Monthly competitions @ Superbowl SAFRA Mount Faber Contact Santhi at santhi@nuss.org.sg
Bridge	Wednesdays @ BTGH: 7pm - 11pm Contact Renee at reneeyang@nuss.org.sg
Darts	Mondays @ BTGH: 8pm - 11pm Contact Gaby at gabyeong@nuss.org.sg
Golf	Monthly Medals @ various venues Contact Kelly at kellykoh@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 kellykoh@nuss.org.sg
Tennis	Wednesdays & Fridays @ KRGH: 5pm - 10pm Sundays @ KRGH: 2pm - 7pm Contact Kee Wei at keewei@nuss.org.sg
Choir	Thursdays @ KRGH: 7.30pm - 10pm Contact Santhi at santhi@nuss.org.sg
Kids' Club	Regular activities @ various venues Contact Gaby at gabyeong@nuss.org.sg
S-Connect on Tues	Tuesdays @ KRGH: 10.30am - 5pm Regular activities at various venues Contact Kelly at kellykoh@nuss.org.sg
DanceSport	Tuesdays @ KRGH: 7.30pm - 11pm Contact Renee at reneeyang@nuss.org.sg
Toastmasters Club	Every 4th Thursday @ KRGH: 7pm - 10pm Contact Gaby at gabyeong@nuss.org.sg
Music	Regular activities @ KRGH Contact Santhi at santhi@nuss.org.sg
DramaWorks	Regular activities @ KRGH Contact Santhi at santhi@nuss.org.sg
Arts Connections	Regular activities @ KRGH Contact Renee at reneeyang@nuss.org.sg

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

Overseas connections

NUSS members enjoy reciprocity with graduate associations around the world. For more information please contact Priscilla Chong at 6586 3704 or email priscillachong@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

Do you know?

Rewinding to **2011**

The Della & Seng Gee Guild Hall



In 2011, NUSS was delightfully surprised when the late Dr Lee Seng Gee and his wife, Dr Della Lee pledged a generous donation of \$1 million towards the newly set up **NUSS Endowment Fund for UTown Student Advancement**.

The fund enabled us to provide financial assistance to disadvantaged students enrolled for studies at UTown. As a gesture of our deep appreciation, the Society renamed the Guild Hall at Kent Ridge Guild House to what we familiarly know as the Della & Seng Gee Guild Hall today.

CONTEST

Guess this dish!



Tell us the name of this dish and stand a chance to win a \$20 F&B voucher!

Clue: The dish is from The Scholar Chinese Restaurant and was featured by The Smart Local on their instagram page.



Conditions and details for participation

- Entries must be sent via email to comms@nuss.org.sg with "Last Page Graduate Contest" in the subject line.
- Entries must include member's name and membership number.
- Entries must be submitted by 8 August 2016.
- Three (3) winners will be drawn from all correct entries.
- Each winner will win a \$20 NUSS F&B voucher each.
- The decision of the organiser is final.
- Winners will be notified by email.
- NUSS reserves the right to publicise winners' names.

Deadline
8 AUGUST 2016

ANSWER for the "Find Me!" contest in *The Graduate* (April to June 2016 issue):

The corridor along The Bar and The Bistro, Suntec City Guild House.

Congratulations to winners **Linnet Foo** (FA154P), **Tan Yee Huang** (T4477B) and **Ng Weiyu** (NA530M)!



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.



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Alan Lester,

Partner of HW Fisher & Company

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