

OCT-DEC  
2018

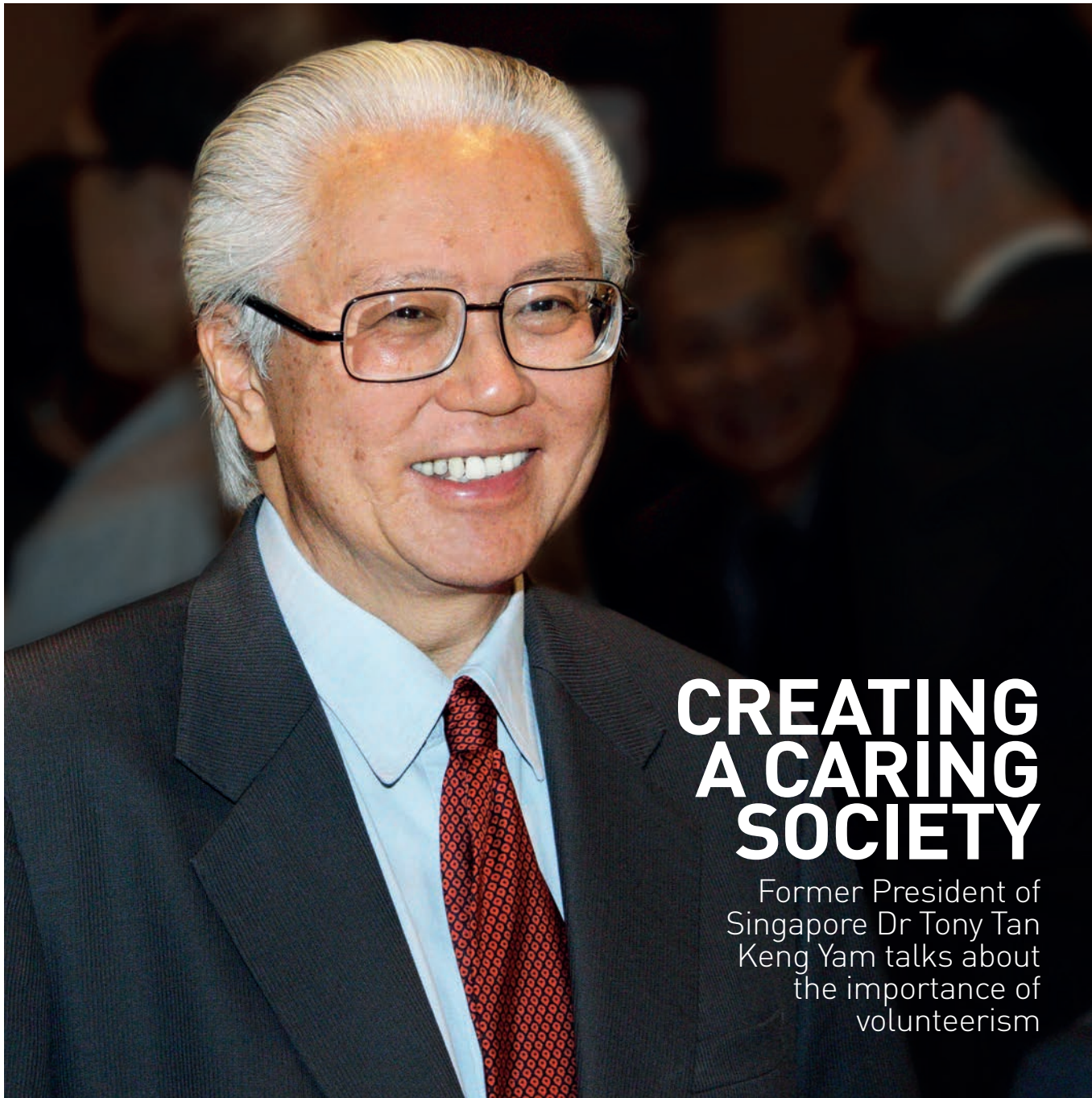
# THE GRADUATE

THE MAGAZINE OF THE NATIONAL UNIVERSITY OF SINGAPORE SOCIETY SINCE 1962

**NUSS**  
The Graduate Club

THE GRADUATE

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## PRESIDENT'S MESSAGE

*Dear fellow members*

I would first like to thank all our new members who attended New Members' Night on 19 July and extend to them a very warm welcome to the NUSS family.

As we approach the final months of 2018 and begin planning for our year-end celebrations, it is a good time to look back on what we have achieved this year.

By December, we expect to launch the new Club Management System, which would streamline the Society's club operations and enhance members' experience. The outfitting works at our Mandalay Road Guild House is in progress and barring any unforeseen delays, the new club facilities should be ready for use in early 2019.

We have also created more networking opportunities for our members through events such as the Breakfast Dialogues, co-organised with the NUS Office of Alumni Relations, and the NUSS Business Connect's networking evening with VietCham Singapore. And earlier in July, we organised Malam Peranakan, an event in appreciation of the Peranakan culture and heritage. Members and guests were treated to a feast specially curated by Peranakan Chef Consultant, Lloyd Matthew Tan, and lively performances by the Gunong Sayang Association.

In the Highlights section, you can read more about the recent NUSS Professorship Lecture, in which Laureate Professor Paul Foster of the University of Newcastle in Australia spoke about asthma, a common chronic illness, and the emerging treatments that help combat it.

Members can also look forward to our ever-popular annual Christmas Light-Up and festive events. I hope that through these activities, members will come to see NUSS as not just a club, but more as a community.

Also in this issue, the Society celebrates the achievements of members who were accorded the recent National Day Awards. We feature two special articles on our Honorary Members, Dr Tony Tan and Mr Wong Ngit Liong, who were conferred the top honours of the Order of Temasek (First Class) and the Distinguished Service Order, respectively.

As we wind down 2018, we look forward to the new year and the new opportunities and fresh experiences it will bring. With your continued support, we hope to bring more exciting programmes to our members.

I look forward to meeting you at the upcoming year-end festivities.

*Yours sincerely*



*Eddie Lee*  
President





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## WELCOME TO THE FAMILY!

*NUSS hosted a warm reception for its new members in an evening of great company and entertainment*

New members of the Society were given a resounding welcome at New Members' Night on 19 July. Held at the Kent Ridge Guild House, the event saw some 80 new members mingling with current ones as they enjoyed the sumptuous food and captivating performances.

Addressing members in his welcome speech, NUSS President, Mr Eddie Lee, shared that part of the Society's mission is to continue deepening its relationship with NUS. He added that this includes

“supporting meaningful initiatives that strengthen the development of education and learning” at the university.

One way NUSS does so is by contributing yearly to the NUS Alumni Bursary Fund, which provides financial support to needy students for their studies. Besides monetary contributions such as this, the Society also strives to aid undergraduates through its NUSS-NUS Mentorship Programme, where members pass on the knowledge and valuable insights gained from their work and life experiences to students.

One new member who has benefited from the mentorship programme is Ms Margaret Ee. The product manager at a pharmaceutical company was mentored by an NUSS member when she was an undergraduate at the NUS Business School five years ago. Citing the Society's members as a key reason why she decided to become one

herself, she said, “There are a lot of (networking) opportunities (available), where we can meet like-minded people and people who work in various industries.”

Likewise, Mr Sanjiv Kumar Sharma said the chance to make new connections was a deciding factor in his choice to become a member. “It's an amazing club ... You get to meet people from all walks of life, people whom you can have interesting conversations with,” the director of a local security solutions company explained.

He shared that he is looking forward to making full use of the facilities at the Guild Houses as well as participating in the many events the Society holds throughout the year. “I've got three daughters ... (and the Guild Houses are) amazing for kids (as they are) very kid-friendly ... I hope it's going to be a lovely experience for us here,” he said.

NUSS CEO Roy Higgs' encouraged new members to take part in the Society's activities. “You have to grow roots (here),” he told them. “You may have joined for the food and beverage (options), you may have joined for golf, but ... there are a lot of activities (and) chances to expand your network, to get involved. And that's the way that you can fully benefit from this Society, by extending your reach in the various activities.”

As dinner was served, the members were entertained by performances by the various social interest groups, including NUSS DramaWorks and the NUSS Choir.

Mr Lee hopes that both new and veteran members would be able to build precious memories and lasting relationships. He said, “I've been a member of NUSS for the last 35 years since I graduated, and I'm confident that the Society will be able to provide you and your family a wholesome experience.” ■

## RESEARCH ADVANCES FOR ASTHMA

*Laureate Professor Paul Foster discusses asthma research – new developments and its future*

As of August last year, the World Health Organization (WHO) estimated that about 235 million people worldwide suffer from asthma, a chronic lung disease.

“Asthma is debilitating and it's an attack on your life. It affects all ages and lifestyles,” said Professor Paul Foster, a distinguished researcher who spoke at the NUSS Professorship Lecture, held at Kent Ridge Guild House on 3 September. “It changes the way you function on a daily basis and at times, for certain individuals, it can be life-threatening.”

A Professor and Chair of Immunology at the School of Biomedical Sciences & Pharmacy at the University of Newcastle, Professor Foster is internationally renowned for his work on the mechanisms of asthma, allergy and respiratory infections.

Contrary to previous notions of asthma having a single underlying cause, the condition can be classified into four subgroups, according to the types of airway inflammation. In turn, each subgroup responds to treatment methods differently. Eosinophilic asthma (classified as type 2) typically responds well to conventional therapy like the inhaler. Unfortunately, the



other three subgroups belonging to the non-type 2 category are not always responsive.

Treatments that work for patients may not sustain them throughout their lifetimes either. “Every time you have an asthma attack ... the structure of the airways can be irreversibly changed,” Prof Foster explained.

As patients age, their asthma may morph into that of a different subgroup, necessitating different treatments.

One promising development in asthma treatment is the discovery of a new drug by Prof Foster and his fellow researchers. The drug has been highly successful in reducing the frequency of severe attacks in individuals with eosinophilic asthma by up to 50 per cent.

The process of translating research into treatment is a lengthy one, but Prof Foster hopes that with increasing knowledge and better technologies, new drug discoveries can be accelerated. The future of asthma research lies in understanding the subtypes better in order to devise effective, targeted treatments.

Prof Foster also shared that current approaches are “focusing on mechanisms of disease induction – how does asthma develop in the first

place – and then on the mechanisms associated with the progression of the disease”. For instance, to stop disease progression, future drugs could attempt to stimulate the development of new cells for asthma patients whose airway walls may be incapable of cellular regeneration.

Countries like Australia and the United Kingdom have a particularly heavy asthma disease burden, while Singapore has an abnormally high hospital admission rate for asthma attacks. A survey has shown that only about 14 per cent of patients in the local community have their asthma under good control.

In light of possible geographic influence, ongoing research focuses not only on ways to prevent severe and life-threatening attacks, but also on investigating any differences in asthma phenotypes between Singapore and other regions.

“I realise that not much research is done in Singapore for asthma,” observed Veronica Khor, a business consultant who was motivated to attend the talk because her son has had asthma since he was an infant.

The informative talk, which was attended by 130 people, was followed by a Q&A session moderated by Associate Professor Fred Wong from the Yong Loo Lin School of Medicine at NUS. ■

CLOCKWISE FROM TOP LEFT: NUSS PRESIDENT MR EDDIE LEE SPEAKING WITH NEW MEMBERS; THE NUSS CHOIR ENTERTAINED MEMBERS WITH THRILLING RENDITIONS OF CLASSIC CHORAL SONGS; NEW MEMBERS TOAST TO A FRESH BEGINNING







## Congratulations

NUSS Member	Award
Tan Keng Yam Tony (Dr)	The Order of Temasek (First Class)
Wong Ngit Liong	The Distinguished Service Order
Hsieh Fu Hua	The Meritorious Service Medal
Chan Sui Him	The Public Service Star
Ho Nai Chuen	The Public Service Star
Lee Yong Miang	The Public Service Star
Sin Boon Ann	The Public Service Star
Veerasingam Prem Kumar (Prof)	The Public Service Star
Kee Wei Heong (Dr)	The Public Service Star (Bar)
Chai Lee See	The Public Administration Medal (Silver)
Chia Kee Seng (Prof)	The Public Administration Medal (Silver)
Fan Yuen Fun	The Public Administration Medal (Silver)
Lim Kin Choo	The Public Administration Medal (Silver)
Tan Jek Min	The Public Administration Medal (Silver)
Kam Wai Chin	The Public Administration Medal (Bronze)
Sng Chan Kiah	The Public Administration Medal (Bronze)
Wong Peng Cheang (Dr)	The Public Administration Medal (Bronze)
Chok Siew Ling	The Commendation Medal
Goh Sze Cheng	The Commendation Medal
Koor Siew Hwa	The Commendation Medal
Leong Kai Ling	The Commendation Medal
Tham Lilian	The Commendation Medal
Tham Yin Har	The Commendation Medal
Tang Kar Kee	The Commendation Medal (Military)
Balasingam Krishna	The Public Service Medal
Tan Wee Yan Wilson	The Public Service Medal
Cheow Peng Chung (Dr)	The Long Service Medal
Chong Phui-Nah (Assoc. Prof)	The Long Service Medal
Chui Wai Keung (Dr)	The Long Service Medal
Goh Wee Khern	The Long Service Medal
Kan Sok Cheng	The Long Service Medal
Lim Beng Choo (Dr)	The Long Service Medal
Ben David Nazareth	The Long Service Medal
Ng Swee Teng	The Long Service Medal
Ng Yeow Boon	The Long Service Medal
Ngiam Kai Soon Shirley	The Long Service Medal
Pang Weng Sun (Assoc. Prof)	The Long Service Medal
Phang Chiew Hun (Dr)	The Long Service Medal
Tan Eng Chye (Prof)	The Long Service Medal
Tan Ken Hwee	The Long Service Medal
Sherrie Tan Lee Hong	The Long Service Medal
Tan Lee Lian	The Long Service Medal
Tay Yang How	The Long Service Medal
Teng Lai Kwan	The Long Service Medal
Jochen Wirtz (Prof)	The Long Service Medal

NUSS congratulates our members who were conferred the National Day Awards 2018. We share their pride and salute them for their contributions towards making a better Singapore.

NATIONAL DAY AWARDS 2018

## SERVING SINGAPORE, ALWAYS

**DR TONY TAN KENG YAM**  
7th President of Singapore, 2011 - 2017

*Awarded the Order of Temasek (First Class) at the National Day Awards 2018*

*Honorary Patron and Distinguished Senior Fellow at the Singapore Management University*

*Chairman of the S Rajaratnam School of International Studies*

*Director and Special Advisor at GIC*

**Credentials**  
Bachelor of Science in Physics, University of Singapore, First Class Honours

Master of Science, Massachusetts Institute of Technology

PhD in Applied Mathematics, University of Adelaide

### CONGRATULATIONS ON BEING AWARDED THE ORDER OF TEMASEK (FIRST CLASS)! HOW DO YOU FEEL ABOUT THE HONOUR?

I am deeply humbled and greatly honoured to receive the award. Together with many of my generation, I've been privileged to serve my country, to see it grow and thrive. It has been truly rewarding to work for, and alongside, so many Singaporeans who envisioned a better future for their children and grandchildren. Our nation remains a work in progress, and Singapore needs men and women from all walks of life to build on our strong foundations to ensure an even brighter future.

### YOU'VE PLAYED AN IMPORTANT ROLE IN EXPANDING THE SCOPE OF THE PRESIDENT'S CHALLENGE TO INCLUDE VOLUNTEERISM AND SOCIAL ENTREPRENEURSHIP. WHAT DOES VOLUNTEERISM MEAN TO YOU AND WHY WAS THIS AN IMPORTANT STEP TO MAKE?

Volunteerism provides Singaporeans with opportunities to make a difference in our community. They can give their time, energy and skills to make contributions across a spectrum of interests, not just in community service, but also in the arts, the environment, animal welfare, sports and other areas. Singaporeans can participate actively in these efforts to create a more caring, inclusive and compassionate society.

Meanwhile, social enterprises are businesses set up to serve social causes on a financially sustainable basis. They enable individuals to come forward and proactively address social issues. Social enterprises play an important role in the broader social service ecosystem. They are agents of social change, as they constantly challenge themselves and society to be more inclusive.

### WHAT HAS LIFE BEEN LIKE AFTER YOUR PRESIDENCY?

In September 2017, I was appointed Honorary Patron and Distinguished Senior Fellow at the Singapore Management University. I was also appointed Director and Special Advisor at GIC in January 2018 and Chairman of the S Rajaratnam School of International Studies in August 2018. In all these capacities, I hope to continue to contribute towards Singapore's progress and development.

### WHAT ARE YOUR MOST MEMORABLE MOMENTS AT NUSS, OR OF YOUR TIME AS AN NUSS MEMBER?

As a graduate of NUS, I think it is very important to have an association to bind the alumni together. I have always enjoyed attending NUSS dinner functions, to be informed of NUSS initiatives and the opportunity to meet and interact with colleagues who studied with me in university.





## HELPING TO PUT NUS ON THE WORLD MAP

**MR WONG NGIT LIONG**  
Chairman of the NUS Board of Trustees, 2004 – 2016

*Awarded the Distinguished Service Order at the National Day Awards 2018*

*Chairman and CEO of Venture Corporation*

### Credentials

Bachelor of Science in Electrical Engineering, University of Malaya, First Class Honours

Master of Science in Electrical Engineering, University of California, Berkeley

Master of Business Administration, McGill University, Distinction

Mr Wong Ngit Liong (pictured below, standing) helped chart the direction of NUS, steering the university through a time of change as it transformed itself from a local institution dedicated to developing Singapore's manpower into a leading global university. For his efforts in shaping the nation's education landscape and his many other contributions to Singapore, Mr Wong, former chairman of the NUS Board of Trustees, was awarded the Distinguished Service Order at this year's National Day Awards.

First appointed in 2004 as chairman of the then NUS Council, Mr Wong was again selected to lead the NUS Board of Trustees after the university was corporatised in 2006. His leadership helped NUS shape its vision as it embarked on a new stage of growth, defining its strategies in education, research and entrepreneurship. Among the changes he oversaw were the appointment of new board members to help create a more collaborative partnership between the NUS management and the board, as well as the set-up of enhanced administrative systems.

These efforts played important roles in enabling NUS to become the world-class university it is today. That the university is now a "vibrant and intellectual community where excellence in education and research as well as service to society are at the heart of what (it) does ... is

a clear testament to Mr Wong's able leadership", said Mr Johnny Tan, who was NUSS President from 2008 to 2012.

Mr Wong served as chairman until he stepped down in 2016. An NUSS member since 2007, he was conferred the Honorary Membership in 2014. Now 77, Mr Wong continues to serve as chairman and chief executive of electronic services provider Venture Corporation, a position he has held since 1986.

NUSS members who have worked with or met Mr Wong speak of his warm, humble and calm demeanour, keen foresight and strong desire to help the less privileged.

"He is a very gentle and friendly person, always calm and a good listener, constantly absorbing ideas from different quarters and trying his best to make a collective decision," said Mr Chandra Mohan K Nair, who served as NUSS President from 2005 to 2008.

For Mr Joseph Ng, NUSS' Golf Convenor, Mr Wong greatly impressed him with "his fatherly, humble, gentle and cool nature". "He always has the concerns of financially disadvantaged students at heart, giving generously to our golf charity events, which aids needy students," added Mr Ng.

Though he no longer heads the NUS Board of Trustees, many who knew Mr Wong in this position continue to affectionately call him "Chairman". "This is because of the tremendous respect we have for him," said current NUSS President, Mr Eddie Lee. "Our heartiest congratulations to Chairman on receiving the Distinguished Service Order. We are deeply grateful for his outstanding contributions and service to the nation." ■



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Wang Syan Paul (Dr)

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Lai Kim Seng (Co-Chairperson)  
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Ng Kiang Khoon Roy  
Ng Moi Boon Joseph  
Seah Meng Hwee Jeremy  
Sean Kuan Thye  
Soh Yi Da  
Edward Stanley Tay Wey Kok  
Tong Hsien-Hui

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Tan Siang Chik  
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#### SCHOLAR RENOVATIONS TASK FORCE

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Lee Jim Teck Edward  
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Tan Kek Ann

#### TENDER COMPLIANCE PANEL

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**NUSS**  
The Graduate Club

# Wine of the Month

October to December 2018

**\$49** per  
bottle

*Frankland Estate is a 5-star winery, located in the wilderness of Western Australia's Great Southern region.*



Frankland Estate Rocky  
Gully Riesling 2017

Frankland Estate Rocky  
Gully Shiraz 2014

### ► Frankland Estate Rocky Gully Shiraz 2014

A generous middle weighted palate with juicy fruit and a lifted integration of black pepper and spice notes with a long and persistent finish.

### ► Frankland Estate Rocky Gully Riesling 2017

A delightful taste of bright lime and green apple zestiness that bursts from the glass, with a refreshing acidity and spicy chalkiness that is oh so pristine clean and linear!

#### Terms and Conditions

- F&B credits are accepted.
- Prices are subject to prevailing GST.
- Terms and conditions are subject to change without prior notice.

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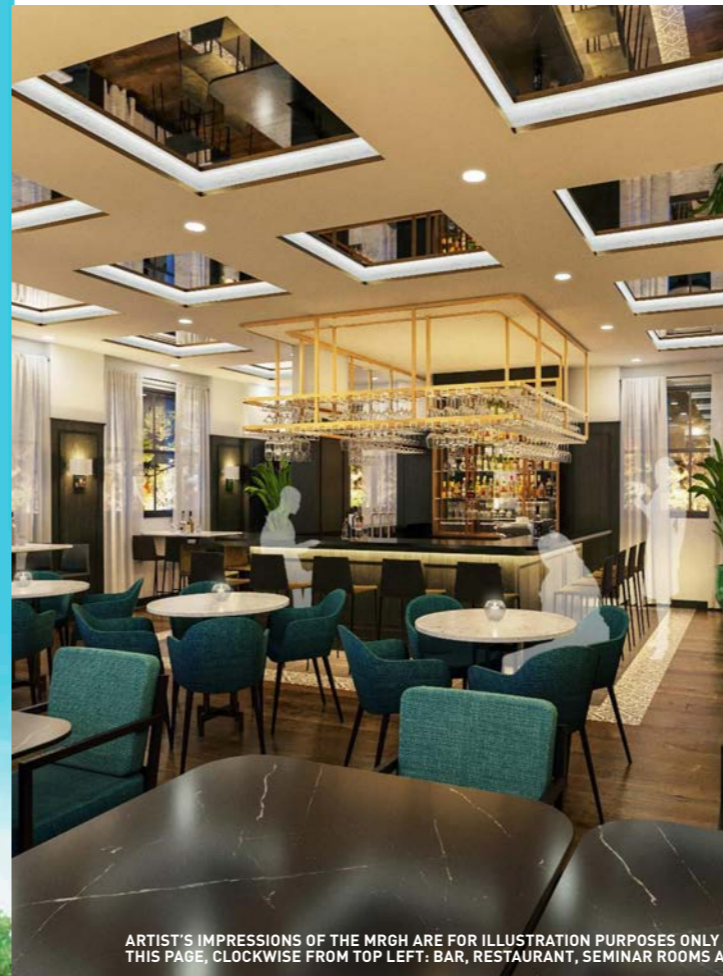
# A NEW GUILD HOUSE IN THE MAKING

*An update on the development of the third Guild House at 2 Mandalay Road*

At the Annual General Meeting (AGM) on 26 April this year, NUSS members supported the resolution for a third Guild House to be established at 2 Mandalay Road. Since then, the Mandalay Road Guild House (MRGH) Task Force and the Secretariat have been working to have the new Guild House up and running by January 2019.

NUSS has signed a tenancy agreement with the Singapore Land Authority and awarded the Design and Build Contract to Sunray Woodcraft Construction. The MRGH Task Force has made modifications to the design of the Guild House, based on feedback received on the preliminary designs presented at the AGM. Outfitting works have commenced onsite on 1 October.

The black-and-white colonial bungalow will feature purpose-built facilities such as a fitness studio, a kitchen studio and unique dining options. With a dignified façade, elegantly furnished interiors and an abundance of greenery and open spaces, the two-storey Guild House will be poised to hold its own among other establishments in the district.



ARTIST'S IMPRESSIONS OF THE MRGH ARE FOR ILLUSTRATION PURPOSES ONLY AND ARE ACCURATE AT TIME OF PRINT. FACING PAGE: ALFRESCO; THIS PAGE, CLOCKWISE FROM TOP LEFT: BAR, RESTAURANT, SEMINAR ROOMS AND FITNESS STUDIO





# RECRUITMENT OF GUILD LEADERS



Are you someone who is naturally enthusiastic and loves meeting people? If you are...

## We want YOU!

Join us as a Guild Leader to our new members and help them connect to NUSS!

**Registration closes on 28 December 2018.**

For more information, please contact Diyanah at [diyanah@nuss.org.sg](mailto:diyanah@nuss.org.sg).



# IT'S FUN TO KEEP FIT!

Keep your child fit and active while picking up a new sport on **weekends!**

- **Badminton** for Juniors
- **Ballet** for Juniors
- **Karate** for Juniors
- **Swimming** for Juniors
- **Tennis** for Juniors

### Swimming | Tennis

For registration and enquiries, please contact **Kee Wei** at 6586 3739 or email [keewei@nuss.org.sg](mailto:keewei@nuss.org.sg)

### Badminton | Ballet | Karate

For registration and enquiries, please contact **Gaby Leong** at 6586 3744 or email [gabyleong@nuss.org.sg](mailto:gabyleong@nuss.org.sg)



# 10 EVENTS

# O

# C

# T



**FROM OCT TO 11 DEC**  
*Adopt-a-Wish 2018*  
Spread a little love and joy to the underprivileged this holiday season by adopting a wish or two. Your contributions will go a long way in making a difference in their lives.



**28 OCT**  
*DanceSport Day*  
Show off your best dance moves, try out the various workshops and enjoy a great meal at this annual event. Don't forget to stay on for the lucky draw!



**11**  
**EVENTS**

**N**

**O**

**V**

**2 NOV**  
*Seeing is not Believing*

Enter a magical world of grandeur and illusions. Immerse yourself in enchanting performances led by iPad Illusionist Alexander Yuen, which are sure to leave you spellbound.



**3 NOV**  
*Facial Mist & Lip Balm Making Workshop*

Trainers Ooi Zi Hao and Loo Lee May from AromaMayMay will show you how to create your own facial mist from an assortment of ingredients, ranging from aloe vera to witch hazel and green tea. They will also share their secrets on formulating lip balm with therapeutic-grade essential oils.

**3 NOV**  
*Learn How to Get the Most Out of Your iPhone*

This hands-on workshop is just the thing for iPhone users who want to unlock their phone's full potential. You will learn how to activate back-up and safety features, sync data across platforms, customise your phone and more.



**17 NOV**  
*Python for Busy Executives*

Always wanted to learn programming but never found the time? Here's a crash course on basic programming in Python. Use your newfound coding skills to solve problems and raise productivity at work.



**25 TO 30 NOV**  
*6D5N NUSS Autoventure Makan Trail*

Join us on an exciting road trip where you can go treasure hunting around Ipoh Old Town, visit a butterfly sanctuary in Penang and admire the beautiful flower gardens of Cameron Highlands! Not only will you be captivated by the scenic attractions, you'll also get to indulge in delectable Malaysian cuisine.



**30 NOV**  
*Band Showcase*

Be entertained by a rousing repertoire of songs performed by NUSS' and Keppel Club's Music Section.



**NUSS**  
The Graduate Club

**12**  
EVENTS

**D**

**E**

**C**

**1 DEC**  
*Christmas Light-Up*

Come on down to the highly anticipated annual NUSS Christmas Light-Up for a night of fun activities and Christmas carols. Don't miss the chance to take photos with our very own Santa Claus!



**1 DEC**

*Comcare: Children's Christmas Bash*

Bring a smile to the faces of underprivileged children this Christmas by joining us as a volunteer at this heart-warming event organised by the Community Care Sub-Committee.



**11 DEC**  
*ALL-Together Christmas Party*

Soak in the festivities at the Active-Ageing & Lifelong Learning (ALL) Annual Christmas Party. A delightful buffet spread, good company and great entertainment await! Open to all members.

**20 DEC**  
*14th Toastmasters Anniversary & Christmas Celebration*

NUSS Toastmasters Club cordially invites all NUSS toastmasters and friends to its 14th Anniversary Dinner. Celebrate in true toastmasters' style, with great food, speeches and table topics. Come ready for a fun-filled evening!



**22 DEC**  
*DanceSport Christmas Ball*

Be merry and dance the night away at the Section's final Dinner & Dance event of the year.



**31 DEC**  
*Countdown Party to 2019*

End the year with a bang at this *Moulin Rouge*-themed countdown event. Come dressed to the theme and enjoy a scrumptious seven-course dinner, Teochew porridge supper, live-band performances and dancing!



All information stated in this section is correct at time of printing. For updates, please visit [nuss.org.sg](http://nuss.org.sg).



**PREMIER BRIDGE LEAGUE**  
20 MAY 2018, ACTIVITY ROOM, KENT RIDGE GUILD HOUSE

*Champions once more*

NUSS' Bridge Section reclaimed the title as Champion in a field of seven contenders, which included the event initiator, Chinese Swimming Club, this year's event organiser, Keppel Club, as well as other clubs, including the Singapore Recreation Club and Tanglin Club. Victory was especially sweet as they were last crowned Champion in 2014. Well done, NUSS, on the spectacular comeback!



**STRENGTH TRAINING FOR SENIORS**  
26 MAY TO 23 JUNE 2018 (SATURDAYS), FITNESS CENTRE, KENT RIDGE GUILD HOUSE

*From strength to strength*

Functional strength training gets more important in one's golden years due to the rapid loss of muscle mass. Led by fitness instructors Khen Kee Wei and Jiamie Cheong, senior members and guests were taught the proper use of gym equipment, breathing techniques and functional bodyweight exercises to adopt. Participant Alice Chan found the training sessions extremely useful. "The exercises were easy, replicable at home and useful in overall strength building. For example, the squats helped me strengthen my thigh muscles and prevent falls. Furthermore, my husband, who underwent a partial knee surgery a year ago, has gained strength in his legs and is able to climb stairs with ease now!" she said.



**LEARNING JOURNEY: CENTRAL FIRE STATION & CIVIL DEFENCE HERITAGE GALLERY**  
9 JUNE 2018, CENTRAL FIRE STATION & CIVIL DEFENCE HERITAGE GALLERY

*A day of fun and learning*

During the June school holidays, over 30 participants went on a tour of the Central Fire Station, where they learnt basic life-saving skills, fire-safety procedures and the use of various firefighting equipment. Photo opportunities were aplenty, with many firefighting vehicles on display! They also visited the Civil Defence Heritage Gallery, delving into the history of Singapore's Civil Defence Force and trying their hand at firefighting at the interactive stations.



**NETWORKING EVENING WITH THE ITALIAN CHAMBER OF COMMERCE IN SINGAPORE**  
22 JUNE 2018, FUNCTION ROOMS, SUNTEC CITY GUILD HOUSE

*Italian connection*

Over 50 members from NUSS and the Italian Chamber of Commerce in Singapore (ICCS) turned up for the first networking session organised by NUSS' Business Connect Section. The evening, which kicked off with speeches by the Ambassador of Italy, His Excellency Raffaele Langella, and ICCS President Federico Donato, provided opportunities for members from both organisations to establish networks and forge new friendships.





**NUSS CLOSED SNOOKER HANDICAP TOURNAMENT**  
23 JUNE 2018, BILLIARD ROOM, KENT RIDGE GUILD HOUSE

Open to players across different skill levels, including beginners, this tournament was the first-ever organised by the Billiards Section. Eric Tan emerged as top scorer for this event, while Liu Soon Leong and Justin Lee came in second and third, respectively.



**7TH TRIANGULAR BALUT COMPETITION**  
27 JUNE 2018, CLUNY AND DALVEY ROOMS, KENT RIDGE GUILD HOUSE

Featuring nine teams with a total of 36 participants, this latest edition of the competition was the most exciting yet. Fielding three teams each were the Singapore Indian Association (SIA), Singapore Cricket Club (SCC) and NUSS. In the group category, SIA clinched the top prize for the year with a score of 6,918 points. In the individual category, Anwar Gaffoor from SCC took the top honours with 674 points, while Rasanathan s/o Sothynathan from NUSS followed closely with 664 points in the runner-up position. The competition was sponsored by Pernod Ricard Singapore.



**SINGAPORE SQUASH RACKETS ASSOCIATION NATIONAL SQUASH LEAGUE 2018**  
MARCH-JULY 2018, VARIOUS LOCATIONS

The NUSS Veterans fielded two teams for the competition. All those hours and effort in training paid off handsomely as Team 1 clinched Gold in Division 1 and Team 2 returned with a Bronze in Division 2. Great job, teams!



**SECRET SKILLS TO READ PEOPLE LIKE A BOOK**  
6 JULY 2018, INNER CHAMBER, KENT RIDGE GUILD HOUSE

Actions speak louder than words. Participants gained insights into the concepts of cognitive dissonance and kinesics as speaker Dr Anne Marie Gutierrez led them to examine the hidden potential of non-verbal communication. The full-day workshop also explored the link between physical and mental health.



**TABLE TENNIS FRIENDLY MATCH: NUSS VS SINGAPORE SWIMMING CLUB**  
30 JUNE 2018, TABLE TENNIS ROOM, KENT RIDGE GUILD HOUSE

It was a friendly match, but both teams didn't pull any punches as they tried to out-drive, out-lob and out-smash their way to point 11. Away from net, however, one can witness the camaraderie that the event sought to foster.



**BICYCLE MAINTENANCE WORKSHOP**  
30 JUNE 2018, EVANS ROOM, KENT RIDGE GUILD HOUSE

Why is it important to perform a safety check on your bicycle, and what are the areas to look out for? How do you replace worn out tyres and tubes, and what are the right tools required for the job? These and other topics were covered during the bicycle maintenance workshop. Comprising theory, demo and hands-on sessions, the workshop garnered an enthusiastic response from Cycling Section members and their guests.



**MIND GAMES' FIRST ANNIVERSARY GATHERING AND NATIONAL DAY CELEBRATION**  
6 JULY & 9 AUGUST 2018, ACTIVITY ROOM, KENT RIDGE GUILD HOUSE

Can you believe it's been a year since Mind Games was set up? Board-game enthusiasts gathered for its first anniversary and spent an enjoyable afternoon playing brain-stimulating games such as chess, Scrabble and Rummikub. Soon after, another get-together was held on National Day to commemorate Singapore's 53rd birthday, where players were decked out in red and white and participated in a National Day-themed quiz.



**CHESS FOR JUNIORS**  
7 JULY 2018, ACTIVITY ROOM, KENT RIDGE GUILD HOUSE

With the help of trainer Philipp Ziegler, young participants dipped their toes in the tactical game of chess at this fun workshop. They learnt different tactics and got the opportunity to apply their knowledge in a friendly competition during the workshop, which is also held every Saturday at Kent Ridge Guild House.





**32ND NUSS GOLF ANNUAL CHARITY**  
13 JULY 2018, SENTOSA GOLF CLUB

**Tee time!**

More than 120 golfers participated in the afternoon shotgun game, which raised over \$500,000 for an endowed student support fund that assists financially-challenged NUS students in honour of Professor Tan Chorh Chuan. This was followed by a feast of scrumptious food and drinks at Kent Ridge Guild House. Enhancing the merriment was a lucky draw with more than 130 prizes to be won, including a pair of economy-class Emirates airline tickets to Europe, which was scooped up by lucky winner Lynden Yap.



**BALVENIE TASTING EVENING**  
12 JULY 2018, FUNCTION ROOMS,  
SUNTEC CITY GUILD HOUSE

By 7pm, all 60 members had arrived, their faces lit up in anticipation of the fine Scottish whiskies they were about to sample. The event, a collaboration with William Grant & Sons, featured Balvenie Caribbean Cask 14 years, Balvenie DoubleWood 17 years and Balvenie PortWood 21 years. These whiskies were paired with delectable canapés and premium herb-crusted Australian roast beef served at the live carving station.



**ANNUAL MAHJONG LEAGUE 2018**  
15 JULY AND 29 JULY 2018, ACTIVITY ROOM, KENT RIDGE GUILD HOUSE

**For the love of Mahjong**

Organised by the Social Mahjong Section, this inaugural tournament drew over 30 participants eager to test their skills and luck in this centuries-old mind game. In the preliminaries, held over two Sundays, each player was given a set number of chips to play in two rounds. All four finalists received a prize, but the bonds forged and camaraderie established far outweighed the winnings.



**NUSS TENNIS DOUBLES CHAMPIONSHIP 2018**  
21 JULY TO 26 AUGUST 2018, TENNIS COURTS,  
KENT RIDGE GUILD HOUSE

This tournament organised by the Tennis Section is a popular event on the NUSS' sporting calendar. Thirteen teams vied for the men's doubles honours, which was won by father-son duo Tan Hun Swee and Nicholas Tan. Meanwhile, 11 other teams battled it out in the mixed doubles, where defending champs Dave Ng and Tamsyn Tong successfully retained their title.





**26TH ALUMNI INTERNATIONAL SINGAPORE INTER-ALUMNI TENNIS TOURNAMENT 2018**  
22 JULY 2018, TENNIS COURTS AND EVANS ROOM, KENT RIDGE GUILD HOUSE

Seven teams took part, with NUSS Team 2 coming in as the champ. NUSS also clinched the second-place title, while Canadian Alumni Singapore came in third. The event was capped with lunch and a prize presentation.



**SPECIAL LEGACY AND ESTATE PLANNING SEMINAR**  
26 JULY 2018, FUNCTION ROOMS, SUNTEC CITY GUILD HOUSE

If you don't have a will, preserving and distributing your wealth can be difficult. Alan Tang, Senior Financial Services Director of Apex Private Wealth Management, shared with 57 participants the key points of writing a will, and explained salient topics such as the Mental Incapacity Act, the Intestate Succession Act, life insurance and CPF nominations. The participants left the workshop with an added peace of mind and the confidence on how to plan for the future.



**SUMMER SLAM**  
26 JULY 2018, THE CHILL-LAB, KENT RIDGE GUILD HOUSE

Presented by DramaWorks, this musical extravaganza was filled with classic favourites from the world over. Songs inspired by summer destinations were performed in English as well as other languages. It was indeed a lighthearted evening as guests found themselves grooving to the catchy tunes and dreaming about exotic locales.



**NUSS MEMBERS' FASHION BAZAAR**  
27 TO 29 JULY 2018, ACTIVITY ROOM, KENT RIDGE GUILD HOUSE

Jointly organised by NUSS, The Luxury Network and WingTai Asia, the Society's inaugural shopping bazaar drew crowds, with popular brands such as Topshop and Warehouse offering savings of up to 80 per cent, and prices starting from a pocket-friendly \$19.90. What's more, those who purchased merchandise worth a total of \$100 or more received a gift worth \$40.



**MALAM PERANAKAN**  
27 JULY 2018, DELLA & SENG GEE GUILD HALL, KENT RIDGE GUILD HOUSE

*A toast to Peranakan culture*

It was a night to remember as close to 100 members and guests partook enthusiastically in the first-ever Malam Peranakan in celebration of the Peranakan culture. Everyone was treated to a decadent *tok panjang* dinner curated by Peranakan chef consultant Lloyd Matthew Tan and vibrant performances by the Gunong Sayang Association throughout the evening. Many came dressed to impress, but it was Professor James Boss (Dr) and Dr Gan Siok Ngoh who snagged the titles of the Best Dressed Baba and Bibik, respectively. Families gamely struck their poses at the photo booth, while others purchased lovely Peranakan apparel and ceramics at the bazaar stalls.





**NETWORKING EVENING WITH VIETCHAM SINGAPORE**  
27 JULY 2018, FUNCTION ROOMS, SUNTEC CITY GUILD HOUSE

**Building new networks**

The newly formed Business Connect Section teamed up with VietCham Singapore for its second networking session, attracting an attendance of close to 60 members from NUS and VietCham. It was an evening filled with fruitful moments, with participants forging new friendships and acquiring fresh insights into Vietnam's economy and its potential business opportunities.



**BREAKFAST DIALOGUES**  
27 JULY 2018, FUNCTION ROOMS, SUNTEC CITY GUILD HOUSE

**Forming connections over coffee**

Frank Koo, head of Southeast Asia, Korea and Japan at LinkedIn, was the speaker at the second Breakfast Dialogues session. Referencing his own work experience, he provided useful insights on how to thrive professionally in a disruptive environment. The session also saw attendees participating actively during the Q&A segment. Attended by NUS members and NUS alumni aged 40 years and below, the series is designed to create a platform for young professionals in executive and middle-management positions to exchange ideas, led by experts in their respective fields of industry. The event was co-organised with the NUS Office of Alumni Relations.



**DANCESPORT 6TH LINE DANCE JAM**  
28 JULY 2018, DELLA & SENG GEE GUILD HALL,  
KENT RIDGE GUILD HOUSE

Among the 95 members and guests who arrived in their best take on the theme of "50 Shades of Red", it was Tan Chor Hoong who took home the Best Dressed Award. Yet, the afternoon was more about great company than solo glory, with everyone engaging in lighthearted dancing and enjoying the various workshops. The event was capped by a wonderful line-dance session.



**TELL YOUR STORY WITH ELECTRONIC SCRAPBOOKING**  
1 TO 15 AUGUST 2018 (WEDNESDAYS), CLUNY  
AND EVANS ROOMS, KENT RIDGE GUILD HOUSE

Scrapbooking is an enriching way to spend time, allowing you to record precious memories and savour those moments. It is especially meaningful for intergenerational bonding. Chan Kai Yeow was happy to learn a new skill and have his grandson, Johann Koong, around to assist him. Johann highlighted: "It was a great way to spend time with my grandpa. I was able to learn a new skill and appreciate the memories he wanted to share with me." The workshop was led by Cheong Lai Siong, who demonstrated different ways to design and compose electronic scrapbooks.



**GRAD JAM NIGHT FEATURING THE SILVERSTONES**  
3 AUGUST 2018, THE CHILL-LAB,  
KENT RIDGE GUILD HOUSE

With their scintillating live performances and repertoire of more than 300 songs in English, Mandarin, Cantonese, Hokkien, Malay, Thai, French and even Spanish, The Silverstones have garnered a loyal following among NUS members. That Friday night was no exception as the band wowed the crowd with a medley of catchy tunes.



**FROM PAGE TO STAGE**  
4 AUGUST 2018, ACTIVITY ROOM AND  
THE CHILL-LAB, KENT RIDGE GUILD HOUSE

In this series of three workshops, participants learnt creative thinking, body language and how to react instantly during an act. These workshops, which culminated in a show-and-tell at The Chill-Lab, were conducted by Jeffrey Tan, a theatre director and educator with 25 years of experience. He is also a drama consultant and part-time lecturer at LASALLE College of the Arts.





**OPENING OF PAUM CLUBHOUSE  
4 AUGUST 2018, PAUM CLUBHOUSE**

**Global ties**

NUSS Management Committee members Sean Kuan Thye, Eugene Tan and Soh Yi Da, along with Roy Higgs, CEO of NUSS, attended a fundraising dinner to mark the official opening of Persatuan Alumni Universiti Malaya's (PAUM) new clubhouse. The dinner was officiated by Sultan of Perak Nazrin Muizzudin Shah and Raja Permaisuri Tuanku Zara Salim, and a congratulatory plaque was presented to PAUM's President, Datuk Hj Noordin bin Abd Razak, to celebrate the joyous occasion. A reciprocal arrangement with NUSS means members visiting Kuala Lumpur can enjoy the new clubhouse's extensive facilities. NUSS also has reciprocal arrangements with other clubs (see below), such as the Hong Kong University Alumni Association and The Yale Club of New York City.



**FRANKLAND ESTATE WINE PAIRING DINNER  
14 AUGUST 2018, FUNCTION ROOMS,  
SUNTEC CITY GUILD HOUSE**

What's the best way to enjoy your bottle of Frankland Estate wine? As members found out, it was with a four-course dinner featuring beef wellington, smoked duck breast, pink prawn and lemongrass fishcake and a decadent chocolate tart. Hunter, a member from the Frankland Estate team, shared pointers on savouring the tipples.



**WATCH COOL EXCEL DASHBOARDS  
AND VBA CODE IN ACTION!  
21 AUGUST 2018, CLUNY ROOM,  
KENT RIDGE GUILD HOUSE**

Did you know you can create amazing dashboards and professional-looking spreadsheets with simple Excel techniques and Visual Basic Application (VBA) codes? Trainer Eric Hong, an experienced lecturer in software engineering at tertiary institutions, demonstrated these techniques during the workshop. Equipped with the ability to present information and figures effectively in an efficient manner, participants could now look forward to higher productivity at work.



**NATIONAL DAY GOLF TOURNAMENT 2018  
17 AUGUST 2018, SINGAPORE ISLAND COUNTRY CLUB BUKIT COURSE AND KENT RIDGE GUILD HOUSE**

**Golf and more!**

After a day of swinging and putting at the annual National Day Golf Tournament, the golfers retreated to Kent Ridge Guild House for a sumptuous dinner. A medley of National Day songs performed by The Silverstones kept everyone, including the guest of honour, Emeritus Senior Minister Goh Chok Tong, singing and bopping along. Awards were also presented to the tournament's top golfers.



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- 2 Indicate your choice of reciprocal club/s**
- 3 Request for a Letter of Introduction by stating:**
  - Name
  - Membership ID
  - Mailing address\*
  - Email
  - Intended Period of Visit

**The Royal Northern and University Club (RNUC)**  
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**The University Women's Club**  
UK

**Chulalongkorn University Alumni Association (CUAA)**  
Thailand

**Persatuan Alumni Universiti Malaya (PAUM)**  
Malaysia

**The University Club of Western Australia**  
Perth

**Hong Kong University Alumni Association**  
Hong Kong

**University House, Australian National University**  
Canberra

**The Graduate Union of the University of Melbourne**  
Melbourne

**University Club of Montreal**  
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**University Club of Denver**  
Denver, Colorado, USA

**The Yale Club of New York City**  
New York, New York, USA

**University Club of San Francisco**  
San Francisco, California, USA

**University Club of Saint Paul**  
Saint Paul, Minnesota, USA

For more information, please contact **Nur Diyanah** at **6586 7056** or email [diyanah@nuss.org.sg](mailto:diyanah@nuss.org.sg).

\* Letter of introduction will be mailed to this address.



**HUMOROUS SPEECH & EVALUATION CONTEST 2018**  
21 AUGUST 2018, EVANS ROOM, KENT RIDGE GUILD HOUSE

*Perfecting your punchline*

This popular contest is held annually by the NUS Toastmasters Club for members to pit their oratorical and speech evaluation skills against fellow toastmasters. There were two components: Humorous speech, where contestants had to structure the presentation, inject pauses at the right points and deliver the punch lines; and speech evaluation, which assessed contestants' EQ by getting the audience to provide feedback on their speeches.



**NUSS-NUSS MENTORSHIP APPRECIATION DINNER**  
29 AUGUST 2018, DELLA & SENG GEE GUILD HALL, KENT RIDGE GUILD HOUSE

*Thanks to our mentors*

This joyous get-together brought the AY2017/2018 Mentorship Programme to a fitting finale and it doubled as a thank-you for mentors who contributed their time and effort to the initiative. The NUS Amplified band treated the guests to an acoustic performance, and a roving photographer also helped capture the memorable moments on polaroids for attendees' keepsake!



**7TH ASEAN UNIVERSITY ALUMNI (AUA) FRIENDSHIP GOLF CLASSIC**  
26 TO 28 AUGUST 2018, SEAPINE AND BLACK MOUNTAIN GOLF CLUBS, HUA HIN, THAILAND



*A friendly match*

Close to 150 golfing enthusiasts from four alumni clubs – Chulalongkorn University Alumni Association, Persatuan Alumni Universiti Malaya, Ikatan Alumni Universitas Indonesia and NUS – participated in the 7th AUA Friendship Golf Classic in Hua Hin, Thailand, this year. The golfers had a spectacular time teeing off at the picturesque Seapine and Black Mountain Golf Clubs, rekindling friendships and forging new ones with fellow alumni clubs in the ASEAN region. A hearty congratulations to NUS' golfers, who gave a strong showing at the tournament and clinched second place this year!





**LEARNING JOURNEY: FARM TRAIL WITH UNCLE WILLIAM**  
1 SEPTEMBER 2018, SUNGEI TENGAH ROAD



**Family time in the farm**

The third instalment of the Learning Journey series whisked families away from Singapore's concrete jungle for a rustic farm getaway. Led by Uncle William Ho, also known as the Quail Man of Lim Chu Kang, the tour helped youngsters better understand our natural heritage while having fun learning about the life sciences. Among the stops were Hay Dairies, Kin Yan Agrotech, Bollywood Veggies and Qian Hu Fish Farm. Each participant received a pack of 15 quail eggs, a bottle of Rosella drink and a bottle of goat's milk. "The farm trail was very interesting and we want to come back again!" say Hanxing, 10, and Matthias, seven, who became friends during the tour.



**NUS DAY OF SERVICE 2018**  
1 SEPTEMBER 2018, GIANT HYPERMARKET, SUNTEC CITY MALL

**A trip to the supermarket**

This grocery shopping trip was jointly organised by NUS and the NUS Community Care Sub-Committee. Over 40 volunteers – consisting of NUS members and staff members, as well as NUS students and staff members – spent their Saturday morning accompanying underprivileged families to the supermarket, where each beneficiary was given up to \$60 to spend on groceries. All 60 beneficiaries also took home goodie bags sponsored by Giant Hypermarket.





# BE PART OF

NUSS' Sports & Recreation Sections today!

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# THE DANGERS OF TUITION OVERLOAD

Both the government and child experts are calling on parents to ease up on tuition for their kids as more suffer from school-related anxiety. By Francis Kan.

**W**hen Zhao Yan Fen's son fell behind in science in Primary Four, she sent him for tuition classes at a community club. This was on top of the extra lessons he had been taking for his mother tongue, Chinese, since he started primary school. Maths tuition was added to the mix at the end of Primary Five when his grades for the subject also slipped.

"I wasn't confident enough to keep on helping him after Primary Three," said Ms Zhao, a part-time teacher at a local university. "As the topics became harder, I felt like I had no choice but to turn to tuition if I wanted him to do well."

She forked out around \$1,200 a month for her son's tuition, and more during the school holidays when extra "revision" programmes were offered. In the run-up to the PSLE this year, her son was spending around six hours a week in tuition. He also had to put in additional time on the homework from these classes. His grades picked up, but the improvement was accompanied by his growing resentment towards the ever-increasing volume of homework.

Ms Zhao's situation is a familiar one for parents of school-going kids. According to a poll by The Straits Times in 2015, around seven in 10 parents here send their children to tuition, spending over a billion dollars annually.

The long-standing tuition

issue was in the spotlight again recently, amid renewed calls to revamp the education system – including scrapping the PSLE altogether – and ease the pressure on students and their parents. Much of the anxiety centres around major exams such as the PSLE, 'O' and 'A' Levels, as many parents believe that the results obtained in these exams have a major impact on their kids' futures.

#### POTENTIALLY BACKFIRING

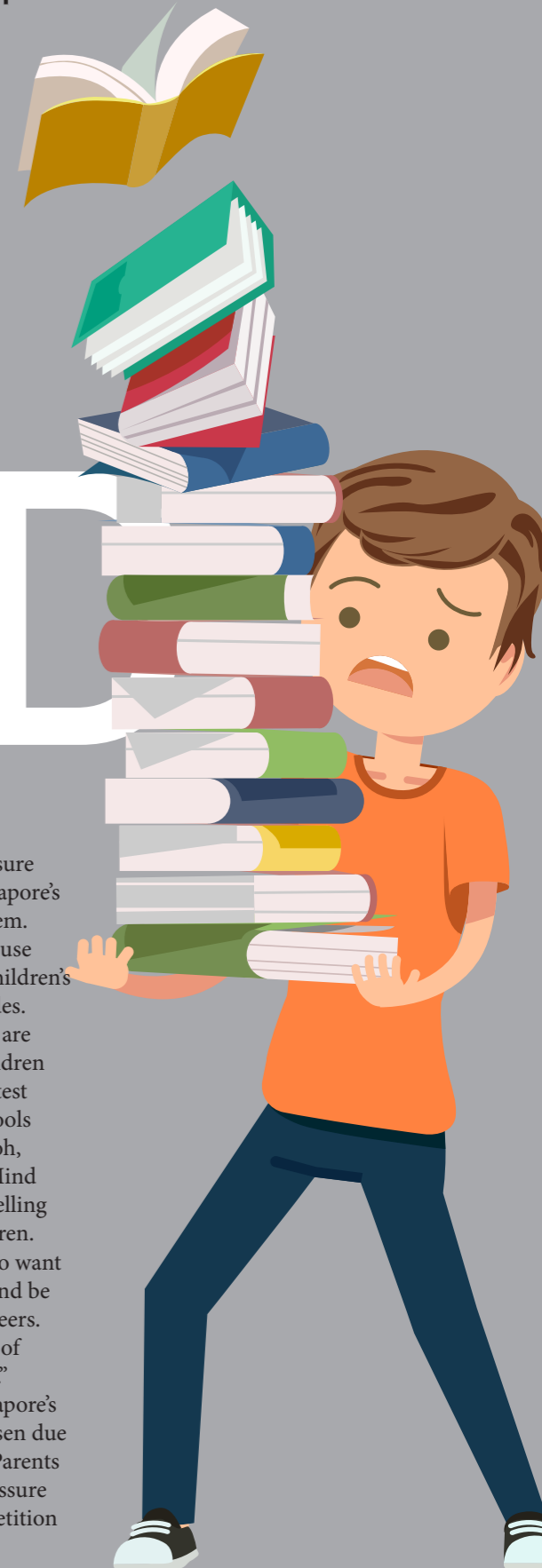
Experts such as child psychologists have repeatedly warned that the stress caused by tuition can lead to a host of problems, ranging from depression to a loss of interest in learning.

While parents like Ms Zhao are aware of the downside behind too many extra classes, many still feel compelled to send their children

to these programmes to ensure that they stay afloat in Singapore's competitive education system. There are also parents who use tuition to fast-track their children's learning to boost their grades.

"On the one hand, there are parents who want their children to learn the most in the fastest time, even before their schools teach them," said Daniel Koh, a psychologist at Insights Mind Centre, which offers counselling services to adults and children. "On the other are those who want their children to catch up and be on the same level as their peers. Both approaches are forms of reassurance for the parents."

Mr Koh noted that Singapore's addiction to tuition has arisen due to a confluence of factors: Parents with high expectations, pressure from society and the competition





to get into the so-called “elite” schools that are perceived to give individuals a head start in life.

A study conducted by the Organisation for Economic Co-operation and Development (OECD) in 2017 showed that 66 per cent of students across OECD countries were worried about poor grades at school. For Singapore, the figure was much higher, at 86 per cent.

In recent years, Mr Koh has been seeing more children with school-related anxiety. He warned that investing too much in tuition could backfire.

“Emotional distress can set in and trigger poor concentration, which could potentially lead to poorer results and a spiralling cycle,” he explained. Then, there are the tragic, darker implications. In May 2016, an 11-year-old boy jumped to his death from his flat, fearful of sharing his exam results with his parents. It was the first time the child had failed a subject.

While there are extreme repercussions, tuition in the right doses can have positive benefits for students. Jeffrey Khoo – NUSS member and a father of three – sends all his children for Chinese classes, as it is not their family’s

first language.

“We felt that Chinese tuition was necessary because we don’t speak Mandarin at home,” said Mr Khoo, a director at an agriculture investment company. He has two daughters aged 16 and 11 and a son aged 13.

#### **CURBING “EFFORT INFLATION”**

One parent who recognises the dangers of relying too much on tuition is Ng Teck Wee, a managing director of a shipping company and NUSS member. He has a 12-year-old son who took his PSLE

*“Make learning interesting, fun and within your child’s capabilities. Harness their strengths, support them in the areas they are weaker, and make time for rest and relaxation.”*

Daniel Koh, Psychologist,  
Insights Mind Centre



this year and an eight-year-old daughter in Primary Two. While both children attend enrichment classes in various subjects, he does not believe in tuition curriculums that essentially replicate the school syllabi.

“We focus on building up the basic skills required to perform well academically, namely analysis and communication skills. As much as possible, we avoid tuition classes that basically duplicate what the schools are doing,” he said. “Too much tuition might lead to children having a negative attitude towards education.”

Mr Ng’s stance echoes that of the government, which has ruled out scrapping the PSLE. However, the government has acknowledged that overloading kids with work both from school and tuition is not

ideal. In a speech at the Economic Society of Singapore’s annual dinner earlier this year, Education Minister Ong Ye Kung noted that the combined workload from school and tuition classes may be the reason students here suffer from high test anxiety, despite doing well academically. He said that the ministry is working to reduce “effort inflation”, which he described as a situation where a lot more effort is put into learning the “same stuff”.

In taking steps to help students cope with school-related stress, the government is facilitating the deployment of school counsellors to provide social and emotional support for students who require it. Come 2021, the PSLE system will use wider scoring bands to reflect students’ performance and thus

reduce the focus on marks.

#### **STRIKING A BETTER BALANCE**

Although these moves are welcome, changing a culture that is over-reliant on tuition starts with parents. It is important for parents to overcome their fear of losing out and instead, provide better study-play balance for their kids.

“Make learning interesting, fun and within your child’s capabilities. Harness their strengths, support them in the areas they are weaker, and make time for rest and relaxation,” said Mr Koh.

As for Ms Zhao, she hopes her son will achieve a balance when he starts secondary school next year. “Hopefully, it’s a fresh start and we can ease up on tuition. We’ll have to see what happens when the ‘O’ Level rolls around.” ■



# CULTURAL PRESERVATION THROUGH LOCAL DESIGN

Heritage-inspired design has popped up in local lifestyle stores in various forms, from gem biscuit cushions to *kueh tutu* badges. What has spurred this trend, and how far does it go in preserving Singapore's culture? By Janice Lin.

**W**e've all seen them: *ang ku kueh* cushions, *kopi dabao* tote bags and doorstops shaped like the iconic dragon playground in Toa Payoh. Singaporean pride is showing up in local independent lifestyle stores as functional items like these, with designs that play up the country's history, culture and quirks.

One such store is LOVE SG, whose creations include the Swimming Merlion Ice Cube Tray, which makes little Merlion-shaped ice cubes that "swim" in drinks, as well as the quirky Singaporean Punny Pouches, which have puns on local food, such as "Lor Mee-O & Juliet", inscribed on them.

LOVE SG was founded by Kevin Choe, who wanted to introduce interesting local souvenirs to shoppers here and from abroad. "I realised there was a lack of cool Singapore keepsakes ... and wanted to create a line of souvenirs that break with tradition and are able to appeal to both locals who wish to celebrate Singapore's identity and tourists who want something to take away from their trip here," he said.

Heritage-inspired items have generated quite a buzz among Singaporeans for their kitschy, playful and tongue-in-cheek takes on local cultural icons. Some even argue that they help preserve the nation's history and culture.

"These designs often have greater depth and stories behind them, which I believe is something Singaporeans appreciate," said Mr Choe.

He pointed to LOVE SG's Districts Coaster Set, which has historical maps of districts like Chinatown and Jalan Besar printed on them. "(Buyers find) it interesting to see that a Chinese

cemetery once sat where the housing estates now are in Tiong Bahru – something they may not have found out otherwise!" he added.

## GLOBAL RENAISSANCE OF THE LOCAL

At first glance, the surge of interest in heritage-inspired design appears to be influenced by nationalism, particularly since much of it seemed to have begun in the run-up to the country's 50th year of independence. SG50 kindled a nationalistic fervour in many Singaporeans for all things quintessentially local; homegrown brands from Ayam to SK Jewellery proudly stamped the SG50 logo on sardine tins and gold bars, while the company Meykr's launched its

now-famous *ang ku kueh* cushions as part of its range of pillows shaped in the form of local delicacies.

In reality, however, this trend is "part of a much broader global cultural turn towards 'the local'", said Professor Josh Kurz, an NUS sociologist who specialises in popular culture.

One effect of cultural globalisation – or the spread of ideas, symbols and meanings – is a renewed attention to local cultures, he explained. Though it may be unfair to pin cultural change on globalisation alone, it is clear that it has helped hasten the pace of change. Cultural change used to occur across generations, but it is now happening within single lifetimes.

"Most people seem to perceive this kind of accelerated cultural







change as a kind of threat,” said Prof Kurz. And this has resulted in a reaction against globalisation, with societies turning inwards to their own local cultures.

This “global renaissance of the local” takes on many forms. It ranges from the benign, like a deeper interest in local idiosyncrasies, which in Singapore has given rise to *chope* keychains and Singlish dictionaries, to the hostile, such as xenophobia, populist immigration policies or, in extreme cases, ethnic cleansing in some parts of the world.

In the local context, this reaction against globalisation makes sense when one considers that much of social life here takes place in purely commercial spaces like shopping malls, which are

visibly dominated by international brands. Products sold by these stores are generic and inherently devoid of distinctive meaning – a Fendi bag is a Fendi bag regardless of where you are in the world, argued Prof Kurz. The turn towards the local – kitschy souvenirs that play on Singapore’s peculiarities – is thus part of a wider reaction against these generic forms of cultural globalisation.

Singapore is also unique in that it has to grapple with its own fragile cultural identity, argued Prof Kurz. “The Singapore Story stresses its Malay roots, Chinese majority and significant contributions of Indians and Europeans, and thus a multicultural identity is forged,” he said.

“But this kind of identity-in-difference is tenuous and fragile, which is why the common experiences and institutions of Singapore are stressed so often: Housing and Development Board (HDB) flats and the *kampung* spirit, bilingualism, the hawker centre, National Day Parade celebrations and so on.”

As the nation continues what looks like a relentless march towards progress and modernity, the threat of losing sight of its already fragile identity becomes progressively larger. Possibly, for that reason, many of these heritage-inspired products tend to focus on a past not quite yet bygone, evoking a sense of nostalgia in consumers. Cushions are fashioned as gem biscuits,

a popular childhood treat, and doorstops take the form of the dragon playground built by the HDB in the 1960s – these designs have arisen from things that harken back to a past that may or may not exist when Singapore celebrates SG100 half a century from now.

#### COMMODIFICATION OF CULTURE AND HERITAGE

But the question remains: Does the trend of heritage-inspired design truly go towards preserving Singapore’s culture? Unlike directly funding the conservation of a historically important monument or the preservation of an indigenous community, where the impact of protecting the culture in question is clearer, what this trend essentially does is create mere commodities out of local idiosyncrasies, feeding into Singapore’s consumer capitalist culture.

“Cultural preservation ... is *sometimes* aided by commercialising things that previously would have been commonly used or viewed or participated in,” said Prof Kurz. “But that applies more to preserving a building and charging admission to aid in costs of upkeep than it does to taking the ‘intangible’ cultural heritage of a place, (such as) Singapore’s food or aspects of everyday life, and turning them into commodities that really only benefit the company selling them.”

Unless the proceeds from the sale of heritage-inspired items are in some ways funnelled towards historical preservation or cultural education programmes for youths in Singapore, it is hard to see how such design will meaningfully preserve cultural heritage, he added.

#### SUPPORT LOCAL

The fact that this phenomenon is mere commercialisation of Singapore’s heritage isn’t completely lost on buyers.

Andrew Ong, a 23-year-old undergraduate, has received gifts like a notebook with the word “Singlish” emblazoned on it and drink coasters shaped like Singapore’s one-dollar coins. “These products may be conversation starters and they are certainly funny, but I’m not sure how they really do anything to preserve our culture,” he said.

Yet, the conversations and some laughter that these products generate may be precisely the point. Those who sit on the other side of the love-it-or-hate-it fence believe that their value lies in their ability to spark interest in what is uniquely Singaporean.

“They definitely help start conversations on what ‘local’ really means. These are the things that we as Singaporeans clearly see as part of our identity,” said Rachel Teo. The 28-year-old sales executive has bought items such as Meykr’s ice cream sandwich cushion and a rainbow *kueh lapis* doorstop for herself and as gifts to friends.

Mr Choe of LOVE SG agrees. The designs of his brand’s Playground Magnet Series were inspired by old playgrounds with structures shaped like the dragon, pelican and elephant. “These were very much forgotten

until they were brought back into public focus by us and several other brands when we made all kinds of products based on them,” he said.

And in an unexpected way, they have also helped preserve these cultural icons, added Mr Choe. “I think HDB would give a second thought before demolishing them now,” he said.

Where do these brands and designers see this trend of heritage-inspired design going then? Not away, for sure. Even if some don’t agree that it helps preserve our heritage in any way, there is certainly enough interest and demand for these items.

“It seems to be more popular to ‘support local’ now, and there

are so many cute, interesting and good designs out there that appeal to local residents and overseas visitors,” said Winnie Leung, 35, who has bought a playground-design magnet as a farewell gift. “I actually browse a lot more now, because it’s neat to see what people and artists come up with when it comes to new designs, especially those celebrating Singapore’s heritage and culture.”

Agreeing with this sentiment, Ms Teo said: “(These items) are cute and (they) serve as a reminder of the little things that make me proud to be Singaporean.” ■



*“They definitely help start conversations on what ‘local’ really means. These are the things that we as Singaporeans clearly see as part of our identity.”*

Ms Rachel Teo, sales executive



# DIABETES: NOT JUST A 'RICH MAN'S ILLNESS'

The chronic condition is seeing a worldwide rise. It can strike anyone, not only the old, overweight or people with a sweet tooth. By Kelly Ang.

**"D**iabetes happens only to old people." "I don't take that much sugar. Why would I have the disease?"

"Bigger-sized people are more likely to be diabetic. I should be fine."

Contrary to these commonly held notions, diabetes can hit people both young and old and across all income groups. It is also not a direct result of overly high sugar intake. If not managed appropriately, diabetes can lead to serious complications and is potentially deadly. According to the International Diabetes Federation, one person dies as a consequence of diabetes every six seconds globally.

Many individuals learn the truth about diabetes the hard way – after they themselves have been diagnosed with the condition.

Thirty-eight-year-old Monica Bong was diagnosed with diabetes three years ago. "I'm too young to become diabetic, I thought, people get it in their 50s," she said.

"I wouldn't say it was completely unexpected, but I was angry. Of all the genetic traits to get, I got handed the diabetic one."

The programme coordinator at the Advanced Remanufacturing and Technology Centre at CleanTech Park was diagnosed two months before she got pregnant. Initially, she responded by "comfort eating." "But I started making healthier choices after that as I wanted to start a family. I wouldn't drink regular Coke anymore, for example," she said. "It takes a lot of willpower, but it was bearable in view of my pregnancy."

More than two decades ago, Christine Lee was diagnosed while consulting a general practitioner for a regular flu. Then 40, Ms Lee did not exhibit any symptoms of the condition. "(The doctor) took a random blood test and asked if I experienced double or blurred vision, if I felt dizzy or excessively thirsty ... I had no such symptoms," she said. "I was also ignorant about this illness called diabetes."





Diabetes is a serious, chronic condition where the sugar level in one's blood builds up beyond the normal level. There are two types of this disease. For the first, known as Type 1, the body has problems producing a hormone called insulin, which helps convert sugar into energy. This is triggered by a mix of genetic and environmental factors and often happens suddenly.

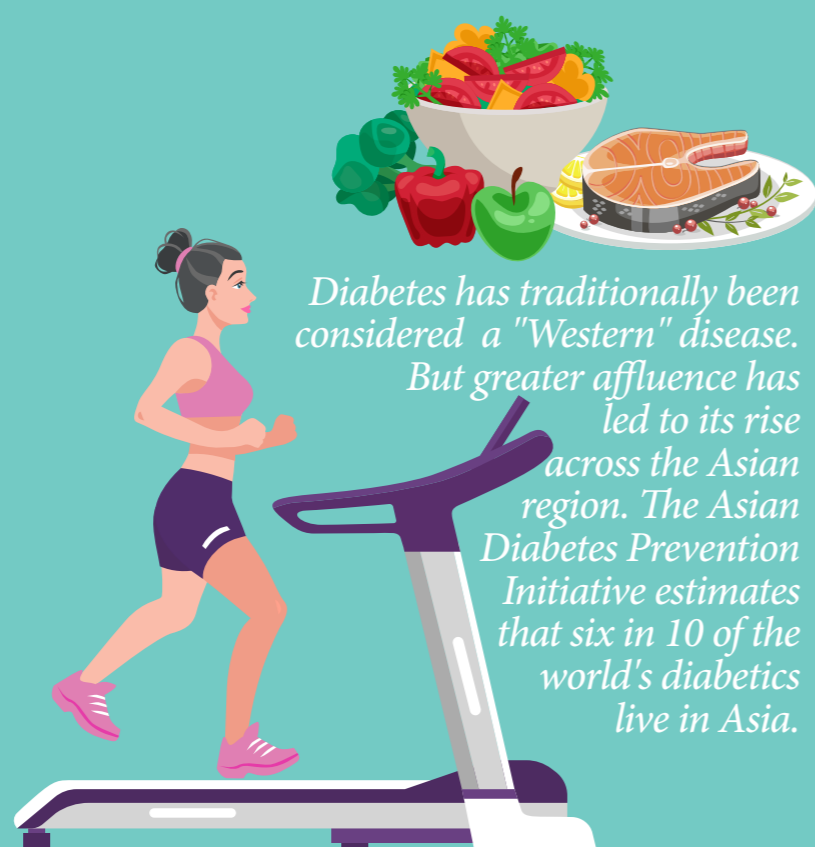
The second, or Type 2, which is preventable, often develops over time because of bad habits. Overeating and not getting enough regular physical activity can lead to obesity and eventually diabetes. For Type 2 patients, their bodies still produce insulin but are unable to use it properly for energy conversion.

Diabetes can cause organ damage and lead to fatal health complications such as heart attacks, strokes and kidney failure. In severe cases, it may also cause blindness, impotence or result in patients having to amputate their limbs.

#### SINGAPORE'S "WAR AGAINST DIABETES", AND ASIA'S LARGER BATTLE

In Singapore, the authorities have been sounding the alarm on the chronic disease over the last two years, with the government declaring "war on diabetes" in 2016. In his National Day Rally speech in 2017, Prime Minister Lee Hsien Loong stressed that the Republic is only behind the United States in terms of the prevalence of diabetes in developed countries. Diabetes strikes one in nine Singaporeans today, but its incidence almost triples with age. Among the population above the age of 60, three in 10 are diabetic. And among those who have been diagnosed, one in three is said to have poor control over his or her condition.

To fight the disease, the government has unveiled a national arsenal that ranges from promoting



*Diabetes has traditionally been considered a "Western" disease. But greater affluence has led to its rise across the Asian region. The Asian Diabetes Prevention Initiative estimates that six in 10 of the world's diabetics live in Asia.*

good eating habits and exercise, to encouraging early screening and better disease management. Since May this year, freshly brewed coffee and tea are served sugar-free at all government offices and at premises such as parks, sports facilities and community centres. Over 5,000 eateries across the island have also started offering healthier versions of their dishes, under a programme by the Health Promotion Board.

Diabetes has traditionally been considered a "Western" disease. But greater affluence has led to its rise across the Asian region. The Asian Diabetes Prevention Initiative estimates that six in 10 of the world's diabetics live in Asia. In India, a fondness for traditional sweets combined with rising disposable incomes have spurred the development of Type 2 diabetes. Various sources estimate a national diabetes incidence of between 8 and 10 per cent in India. That is about 70 million diabetics, and close to half of

them are undiagnosed. In 2017, the Indian government implemented a partial tax on sugar-sweetened beverages, a step that some public-health experts believe would help combat the rise of obesity in the country. Many Indian cities have also been investing in public spaces for outdoor activities and promoting sports.

Among developed countries, Sweden has often been highlighted as one that is well-equipped to tackle the scourge. This is in large part due to the Swedish National Diabetes Register, which integrates a wealth of data across healthcare institutions. Diabetes patients in specialist care and treated in primary health institutions are recorded in the database. Singapore does not have a similar nationwide registry, but each primary care network keeps its own database of patients with chronic diseases. There were about 12 such networks as of January 2018.

## TALKING POINT

### WHY SHOULD I BE CONCERNED?

According to the World Health Organization's (WHO) first global report on the chronic disease, high-income countries saw diabetes rates grow from just over 5 per cent to about 7 per cent between 1980 and 2014. Over the same period, the disease's prevalence in low-income countries overtook that in wealthier countries for the first time in the last two decades, leaping from just over 3 per cent to more than 7 per cent, disproving the common belief that diabetes is a "rich man's illness".

The experiences of Ms Bong and Ms Lee also debunk several other myths conventionally associated with diabetes.

"Diabetes should be a concern for everyone, especially in Singapore, due to the very fact that we are living in an urbanised society," said Dr Goh Kian Peng from Saint-Julien Clinic, who specialises in diabetes, thyroid disorders and exercise endocrinology. There is no

concrete explanation for why diabetes is increasingly moving into the mainstream, said Dr Goh, but he pointed to the "thrifty gene hypothesis". The hypothesis suggests that the genes that predispose individuals to diabetes, known as "thrifty genes", are historically advantageous for hunter-gatherer populations but became detrimental in the modern world.

"It is, at best, a theory for now. We think the condition is due to the interaction between genes, the environment and the rapid pace of change in our lifestyle," he added.

Still, Dr Goh stressed, every individual has a responsibility to ascertain his or her risk of getting diabetes and to address those risk factors, such as through diet and exercise. Singapore's Ministry of Health has designed an online self-assessment tool ([letsbeatdiabetes.sg/dra](http://letsbeatdiabetes.sg/dra)). Those found to be at risk of the condition can go for a screening

and one follow-up consultation, if necessary, with any general practitioner in the Community Health Assist Scheme at a heavily subsidised fee of S\$5.

Indeed, it may be tough to change certain habits, such as giving up on your favourite nosh. Ms Bong acknowledges the challenge of maintaining a healthy diet, often due to convenience. But on the other hand, it is not worth compromising her health. "I don't want to have to amputate any limbs or lose my eyesight," she said.

Having the support of family members also helps, said Ms Bong. Her husband, Victor, has also changed his lifestyle and food choices, and is arguably more disciplined at keeping to them. "My husband bought me a stationary bicycle. He also tries to go running at least twice a week and avoids desserts and food with too much sugar ... I think he is afraid he will get diabetes if he doesn't take action to keep healthy," she said. ■

## BUSTED: FOUR MYTHS ABOUT DIABETES

**1** Eating food with high sugar content does not cause diabetes in the way that smoking may lead to lung cancer. In terms of diabetes, sugar plays an indirect role, but it makes healthy sense to limit your intake.

**2** While 85 per cent of people with Type 2 diabetes are overweight or obese, the rest are at healthy weight. Just because you are thin does not mean you are spared.

**3** Diabetes is not contagious. You won't get it from sharing food with a diabetic.

**4** Be sensitive. Don't make diabetes-related hyperboles like "I'm going to get diabetic just by looking at this slice of cake."





# READING ON THE **GO**

Want to join the National Reading Movement but don't have the time to pick up physical books? Here's where to get your fill of ebooks and read whenever, wherever.  
By Lin Peishan.

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# MAGICAL MONGOLIA

Feel like getting away from it all? Nowhere says remote like the Land of the Eternal Blue Sky, says NUSS member Alex Choy.

Since time immemorial, nomads have traversed the Mongolian landscape's vast, grassy steppes, past mountains in the north and the west and the Gobi Desert in the south. What has ensured their survival across the harsh, seemingly endless landscape is the generosity of strangers and fellow travellers. Now, as the country embraces tourism and opens up to the world, you too can soak in the magnificent landscape of the Land of the Eternal Blue Sky.

## CITY LIFE

It defies the norm that a country of 1.6 million square kilometres – over 2,000 times larger than Singapore – is home to only three million people. Much of Mongolia's population – about 40 per cent – live in the capital, Ulaanbaatar, a bona fide city with all the trappings of modern life, from Wi-Fi to iPhones and traffic jams.

For most visitors, the capital is the jump-off point for their journeys across Mongolia. In Ulaanbaatar, Soviet-influenced

architecture is juxtaposed with gleaming glass-clad buildings, while chic cafés serve global cuisines. Strangely though, you won't find many restaurants dishing up Mongolian food; the locals believe that they can cook it better and cheaper at home.

## GERS AND THE MONGOLIAN LIFE

In a sparse environment like Mongolia's, much of your travel is spent on the journey itself. But it is a journey that is well worth it, because beyond the city is where you will experience the whole gamut of Mongolian life.

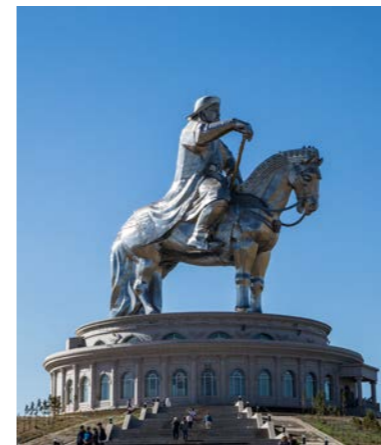
Be sure not to miss the one-of-a-kind experience of living in a traditional ger. These round, portable Mongolian yurts may look modest from the outside, but inside, the amenities can range from air-conditioning and ensuite toilet to satellite television.

You will always be welcome inside a ger. The Mongolians never knock though. When you're approaching a ger for the first time, however, do shout "*nokhoi khor!*", which literally means "hold the dog!" – an announcement that signals the ger owner to make sure that their dogs are under control.

The "three manly sports" of wrestling, horse-racing and archery – essential skills for any Mongol warrior – await you too. Watch Mongolians partake in and celebrate these ancient games at *nadaam* (traditional festivals) at various times throughout the year.

## THE GREAT OUTDOORS

When one mentions the Gobi Desert, the Khongor Sand Dunes spring to mind.



Mercilessly sculpted by the Central Asian winds for thousands of years, these ever-shifting sands form a soft blanket over the landscape. They look massive from a distance and foreboding up close. Should you decide to surmount the dunes on your hands and knees, you may lament your non-existent fitness regime. But your prize at the end of that? The glorious sight of the magnificent sun setting over the dunes, which has captivated nomads since the days of Genghis Khan.

At 1,600 metres, the Terelj *sum* (district) contains the Gorkhi-Terelj National Park. Home to *takhi*, the last wild horses in the world, it is also the habitat for goats, yak, vultures and eagles. If you take a short hike through the valley, you may

chance upon fauna that don't seem to mind humans at all. If you are lucky, you may even see ground squirrels frolicking by the water.

## CULTURAL IMMERSION

Food is what most Singaporeans look forward to on their travels, and Mongolia has a lot to offer. Mongolian cuisine is often prepared with limited use of ingredients, simple yet flavourful. Be sure to try some *khorkhog* (lamb stew), *buuz* (dumplings) or *airag* (fermented mare's milk) when you are there.

As far as music goes, there is none as idiosyncratic as *khoomei* (throat harmony), Mongolian throat-singing. It is traditionally performed by only men and paired with instruments like the *morin khuur* (horsehead fiddle) and the *yatgo* (zither). The music hypnotises with sounds reflective of nature, telling stories about life under the eternal blue sky. ■



This page, from top: A 40-metre-tall statue of Genghis Khan, founder of the Mongol Empire; yaks seen in Vulture Valley in southern Mongolia

## TRAVEL

## TRAVEL TIPS

**Getting there:** Flights to Mongolia are weather-dependent, so don't forget to buy travel insurance. Air China transfers from Beijing International Airport, while Korean Air transfers from Incheon International Airport.

**Currency:** Mongolian *tögrög* (pronounced "tu-greek")

**When to go:** It can go up to 37°C in summer and down to -32°C in winter. The best times to visit are May to June (spring) and August to September (autumn), when temperatures hit a maximum of between 17°C and 23°C. Avoid the rainy season between June and August.

Alex Choy participated in the nine-day Mongolia trip organised by NUSS in May 2018. NUSS has organised overseas tours to exciting destinations such as Bhutan, Uzbekistan and Sri Lanka. Look out for more curated trips coming your way!





# STAY IN SHAPE

Get your daily dose of exercise with these simple workouts at home, suggests Tan Yan Ni.

**W**orking out shouldn't have to be a chore, especially when there's no extra time for the gym in your already packed schedule. Consistency is the key to staying fit. Just 20 to 30 minutes of exercise two or three times a week can be effective in maintaining muscular strength and endurance.

Here are some quick exercises that require minimal or no equipment for effective muscle maintenance at home. They fit easily into most schedules and are a great way to help time-strapped professionals like you gain strength and carry out daily tasks more efficiently.

## HEALTH

### WORK IT!

#### WALL SITS

This exercise looks simple, but don't let that fool you. It works the muscles in your entire lower body, including your glutes, hamstrings and quad muscles. Wall sits also increase muscular endurance and are a great alternative to squats.



- 1 Start with your back against the wall and your feet shoulder-width apart. Your feet should be 50 to 60cm away from the wall.
- 2 Slowly slide your back downwards until your thighs are parallel to the ground.
- 3 Adjust your feet so that your knees are directly above your ankles (rather than over your toes) and ensure that your back is flat against the wall.
- 4 Hold this position for 20 to 60 seconds.
- 5 Repeat the exercise three times.

#### STABILITY BALL STRAIGHT LEG BRIDGE

This exercise works your glutes, hamstrings and core muscles simultaneously. It builds strong core muscles as a foundation for more complex workouts.



- 1 Lie on your back with the back of your calves and heels resting on the stability ball.
- 2 Lift your butt off the floor by raising your hips directly towards the ceiling until your body forms a straight line from shoulder to heel, keeping your core tight at all times.
- 3 Bend your knees and roll the ball towards you until the soles of your feet are flat on the ball.
- 4 Push the ball back out until your body is straight again.
- 5 Repeat this action 10 times for three sets, with a 30-second break in between sets.

#### SIDE-LYING DUMBBELL EXTERNAL ROTATION

Keep shoulder injuries at bay with this exercise, which strengthens the injury-prone shoulder rotator cuff muscles.



- 1 Lie on your left side with a rolled-up towel under your right armpit or right elbow.
- 2 Bend your right arm at an angle of 90 degrees while holding a dumbbell. You can replace the dumbbell with a filled water bottle, or do the exercise without weight.
- 3 Move the dumbbell in an outward arc away from your body. Keep your wrist and elbow at the same angle and do not move or rock the rest of your body.
- 4 When your forearm is perpendicular to the floor, slowly return to the starting position. Focus on achieving maximum shoulder rotation.
- 5 Repeat this action 10 times for three sets, with a 30-second break in between. Next, do the same while lying on your right side.



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TEL: 6779 1811

<b>Operating Hours</b>	Sun to Thu (including PH) – 8am to 12am Fri, Sat & eve of PH – 8am to 2am
<b>The Scholar Chinese Restaurant</b>	Lunch: Mon to Fri & eve of PH – 12pm to 3pm Sat, Sun & PH – 11.30am to 3pm Dinner: Sun to Thu & PH – 6pm to 10pm Fri to Sat & eve of PH – 6pm to 10.30pm
<b>Café on the Ridge</b>	Mon to Thu – 12pm to 10pm; Fri – 12pm to 10.30pm Sat – 11.30am to 10.30pm Sun & PH – 11.30am to 10pm Breakfast is available from 9am to 11.15am on weekends and public holidays Mon to Fri (except PH) – Closed from 3pm to 6pm
<b>The Ridge Bar</b>	Sun to Thu & PH – 11am to 12am Fri, Sat & eve of PH – 11am to 2am
<b>The Chill-Lab</b>	Daily (including eve of PH & PH) – 4pm to 12am
<b>The Right Note Karaoke Lounge</b>	Mon to Thu – 1pm to 12am Fri & eve of PH – 1pm to 2am Sat – 12pm to 2am Sun & PH – 12pm to 12am
<b>Jackpot Room</b>	Daily (including eve of PH & PH) – 11am to 11pm (last change of notes/redemption tickets at 10.30pm)
<b>Swimming Pool</b>	Daily – 7am to 10pm Closed every Wed from 9.30am to 11.30am (for cleaning)
<b>Fitness Centre/ Aerobics Room</b>	Daily – 7am to 10pm
<b>Ridge Reading Room</b>	Mon to Fri & eve of PH – 9am to 9pm Sat, Sun & PH – 9am to 10pm
<b>Children's Playroom</b>	Daily – 9am to 10pm

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<b>Operating Hours</b>	Sun to Thu (including PH) – 8am to 12am Fri, Sat & eve of PH – 8am to 2am
<b>The Bistro</b>	Mon to Sun & PH: Lunch – 11.30am to 3pm Dinner – 6pm to 10pm
<b>The Bar</b>	Sun to Thu & PH – 11.30am to 12am Fri, Sat & eve of PH – 11.30am to 2am
<b>K Room</b>	Mon to Thu – 1pm to 12am Fri & eve of PH – 1pm to 2am Sat – 12pm to 2am Sun & PH – 12pm to 12am
<b>Jackpot Room</b>	Daily (including eve of PH & PH) – 11am to 11pm (last change of notes/redemption tickets at 10.30pm)

For the full list of operating hours of our facilities, please visit [nuss.org.sg](http://nuss.org.sg)

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## CONTACT US

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## REGULAR HAPPENINGS @ NUSS

<b>BADMINTON</b>	Tuesdays, Wednesdays, Saturdays and Sundays @ KRGH: various timings Contact Gaby at <a href="mailto:gaby@nuss.org.sg">gaby@nuss.org.sg</a>
<b>BALUT</b>	Every last Wednesday @ KRGH: 7pm – 11pm Contact Matthew at <a href="mailto:matthewchim@nuss.org.sg">matthewchim@nuss.org.sg</a>
<b>BILLIARDS</b>	Mondays and Thursdays @ KRGH: 6pm – 10pm Contact Jaz at <a href="mailto:jazchua@nuss.org.sg">jazchua@nuss.org.sg</a>
<b>BOWLING</b>	Monthly competitions @ Superbowl SAFRA Mount Faber Contact Gaby at <a href="mailto:gaby@nuss.org.sg">gaby@nuss.org.sg</a>
<b>CHESS</b>	Every 1st Saturday @ KRGH Lobby: 2.15pm – 5.15pm Contact Gaby at <a href="mailto:gaby@nuss.org.sg">gaby@nuss.org.sg</a>
<b>CYCLING</b>	Various venues Contact Kee Wei at <a href="mailto:keewei@nuss.org.sg">keewei@nuss.org.sg</a>
<b>DARTS</b>	Section Activities @ KRGH Contact Gaby at <a href="mailto:gaby@nuss.org.sg">gaby@nuss.org.sg</a>
<b>GOLF</b>	Monthly Medals @ various venues Contact Jaz at <a href="mailto:jazchua@nuss.org.sg">jazchua@nuss.org.sg</a>
<b>RUNNING</b>	Wednesdays @ KRGH: 7pm Sundays @ various places: 6.30am Contact Kee Wei at <a href="mailto:keewei@nuss.org.sg">keewei@nuss.org.sg</a>
<b>SCUBA DIVING</b>	Contact Matthew at <a href="mailto:matthewchim@nuss.org.sg">matthewchim@nuss.org.sg</a>
<b>SOCCER</b>	Various venues Contact Matthew at <a href="mailto:matthewchim@nuss.org.sg">matthewchim@nuss.org.sg</a>
<b>SQUASH</b>	Mondays and Thursdays @ KRGH: 6pm – 10pm Saturdays @ KRGH: 4pm – 6pm Contact Matthew at <a href="mailto:matthewchim@nuss.org.sg">matthewchim@nuss.org.sg</a>
<b>TABLE-TENNIS</b>	Tuesdays and Thursdays @ KRGH: 7pm – 10pm Saturdays @ KRGH: 2pm – 6pm Contact Matthew at <a href="mailto:matthewchim@nuss.org.sg">matthewchim@nuss.org.sg</a>
<b>TENNIS</b>	Wednesdays & Fridays @ KRGH: 5pm – 10pm Sundays @ KRGH: 2pm – 7pm Contact Kee Wei at <a href="mailto:keewei@nuss.org.sg">keewei@nuss.org.sg</a>
<b>ARTS CONNECTIONS</b>	Regular activities @ KRGH Contact Jaz at <a href="mailto:jazchua@nuss.org.sg">jazchua@nuss.org.sg</a>
<b>CHOIR</b>	Thursdays @ KRGH: 7.30pm – 10pm Contact Jaz at <a href="mailto:jazchua@nuss.org.sg">jazchua@nuss.org.sg</a>
<b>DANCESPORT</b>	Tuesdays and Thursdays @ KRGH: various timings Contact Jaz at <a href="mailto:jazchua@nuss.org.sg">jazchua@nuss.org.sg</a>
<b>DRAMAWORKS</b>	Regular activities @ KRGH Contact Jaz at <a href="mailto:jazchua@nuss.org.sg">jazchua@nuss.org.sg</a>
<b>KIDS' CLUB</b>	Regular activities @ various venues Contact Gaby at <a href="mailto:gaby@nuss.org.sg">gaby@nuss.org.sg</a>
<b>MIND GAMES</b>	Fridays @ KRGH: 1pm – 5.30pm Contact Gaby at <a href="mailto:gaby@nuss.org.sg">gaby@nuss.org.sg</a>
<b>MUSIC</b>	Regular activities @ KRGH Contact Jaz at <a href="mailto:jazchua@nuss.org.sg">jazchua@nuss.org.sg</a>
<b>SOCIAL MAHJONG</b>	Mondays, Thursdays and Sundays @ KRGH: various timings Contact Gaby at <a href="mailto:gaby@nuss.org.sg">gaby@nuss.org.sg</a>
<b>TOASTMASTERS CLUB</b>	Every 4th Thursday @ KRGH: 7pm – 10pm Contact Gaby at <a href="mailto:gaby@nuss.org.sg">gaby@nuss.org.sg</a>
<b>TUESDAY CONNECTIONS</b>	Tuesdays @ KRGH: 10.30am – 6pm Regular activities at various venues Contact Gaby at <a href="mailto:gaby@nuss.org.sg">gaby@nuss.org.sg</a>

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 email [mship@nuss.org.sg](mailto:mship@nuss.org.sg)

**Chulalongkorn University Alumni Association** – Bangkok, Thailand  
**Hong Kong University Alumni Association** – Hong Kong  
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**The Royal Northern and University Club** – Aberdeen, United Kingdom  
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**The University Women's Club** – London, United Kingdom  
**The Yale Club of New York City** – New York, United States of America  
**University Club of Denver** – Colorado, United States of America  
**University Club of Montreal** – Quebec, Canada  
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## CONTEST

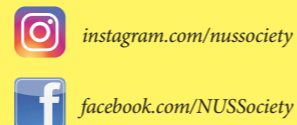
**What meaningful memories have you made this year?** As 2018 draws to a close, we'd like to thank you again for your presence and support. Share with us one memorable experience you've had at NUSS this year, and stand a chance to win S\$100 worth of dining vouchers to spend on our festive set meals!

Were there any moments that made you smile? We'd love to hear about them! Visit our Facebook page and complete the following steps:

- Think of one unforgettable experience you had with your loved ones at NUSS this year.
- Leave your answers in the comment box of our contest post, and we will pick one winning entry!



The contest runs from 12 to 25 November 2018, 11.59pm, and is open to NUSS members only. One winner will be chosen and notified via Facebook. The winner will receive \$100 worth of dining vouchers. Terms and conditions apply.



## LAST ISSUE'S WINNER

In *The Graduate* Jul-Sep 2018 issue, we asked members to share with us their favourite mooncake flavour. One lucky winner (read the winning entry below) received a box of mooncakes of his choice from NUSS' The Scholar Chinese Restaurant.

*"My favourite would have to be the Snow Skin Single Yolk with Macadamia Nuts and White Lotus Paste. The snow skin provided a pleasant chewiness, a nice change from the flaky crust of traditional mooncakes, while the macadamia nuts gave crunchiness and a good contrast against the texture of the snow skin. The white lotus paste is subtle and not cloyingly sweet, and allowed the other ingredients to shine through, making it one of the better mooncakes I've tried. It was also a nice gesture to provide samples at The Bistro at NUSS Suntec City, allowing me to try the various mooncakes before putting in an order. Thanks for the giveaway, NUSS!"*  
Chor Choon Pin



## WE WELCOME YOUR FEEDBACK

Give us your feedback and suggestions on *The Graduate*. Please include your full name and membership number and email your feedback to [secretariat@nuss.org.sg](mailto:secretariat@nuss.org.sg)

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