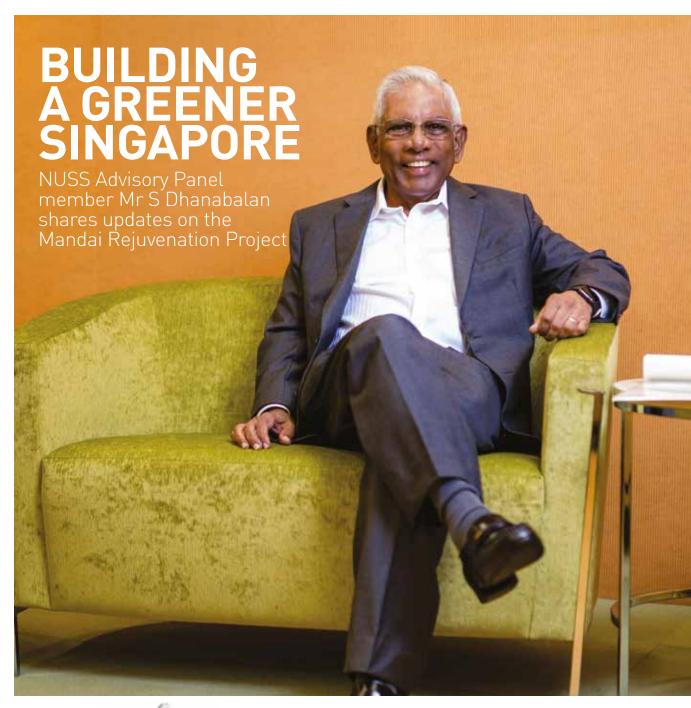


THE GRADUATE

THE MAGAZINE OF THE NATIONAL UNIVERSITY OF SINGAPORE SOCIETY SINCE 196







Doing business with impact



Smartphone Photography 101 How to get Insta-worthy snaps



WHERE TO GO IN 2019

Places and events to check out this year



Kent Ridge Guild House

Café on the Ridge, The Scholar and Della & Seng Gee Guild Hall

First Seating: 5.45pm to 7.30pm Second Seating: 8.00pm to 9.30pm

Suntec City Guild House

The Bistro

First Seating: 5.45pm to 7.30pm Second Seating: 8.00pm to 10.00pm

Function Rooms

6.00pm to 9.30pm (Only \$698 menu is available)

Set menus available from \$388 to \$1,388.

For details, please visit www.nuss.org.sg or call 6779 1811.

For reservations at Café on the Ridge, email krgh_cafe@nuss.org.sg

For reservations at The Scholar and Della & Seng Gee Guild Hall email scholar@nuss.org.sg

For reservations at The Bistro and Function Rooms, email maypang@nuss.org.sg/ronaldchak@nuss.org.sg

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PRESIDENT'S MESSAGE

Dear fellow members

can think of no better way for the Society to begin the new year than with the launch of our new Guild House on Mandalay Road, expected to be fully operational in the first quarter of 2019. I look forward to seeing you and your family at the many activities we have in store at Mandalay Guild House (MGH).

In anticipation of the opening of MGH, the Management Committee called for a General Meeting in late October 2018 to seek members' approval for two resolutions. The first called for the reduction of entrance fees for a limited period leading up to the MGH's official opening. The second covered the period after the opening of our third Guild House, which allows graduates to join at a reduced rate up to six years after their graduation. I am pleased to share that we received strong endorsement from members on both resolutions. I believe this membership drive will help rejuvenate NUSS' membership base, and I thank you for your strong support.

In this issue of *The Graduate*, we speak to Mr Suppiah Dhanabalan, Chairman of Mandai Park Holdings and NUSS Advisory Panel member, on his involvement in the Mandai Rejuvenation Project, which aims to turn the area into a wildlife reserve. Find out how this project is progressing, as well as the former minister's thoughts on environmental sustainability and cultural preservation, in our "Profile" section.

In addition, you can read all about the Society's very eventful year-end. In September, we honoured our long-time members at the Members' Jubilee Celebration, commemorating their 20th and 25th years with us, along with those who became Life Members. It was a grand and joyous affair, with 150 members coming together to mark their milestones with us.

You will notice also as you flip through this issue that we have given the "Scene & Heard" section a subtle facelift. Moving forward, we plan to refresh the look of our "Club Bites" and "Travel" sections as well.

As we usher in 2019 and celebrate the coming Lunar New Year, I hope NUSS will be not just a place for your merrymaking, but more importantly, a space where we can cherish memorable and meaningful moments with fellow members and family.

I wish you and your loved ones a happy and healthy 2019!

Yours sincerely

Eddie Lee President

"I hope NUSS will be not just a place for your merrymaking, but more importantly, a space where we can cherish memorable and meaningful moments with fellow members and family."









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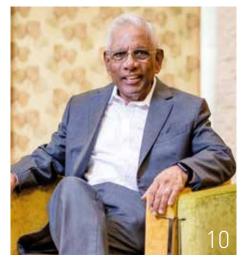
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NUSS MANAGEMENT COMMITTEE 2018/2019
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VICE PRESIDENT - Tong Hsien-Hui
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HONORARY TREASURER - Catherina Tan Bee Hwa
HONORARY ASSISTANT SECRETARY - Paul Wang Syan [Dr]
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Ng Teck Wee, Archie Ong Liang-Gay,
Jeremy Seah Meng Hwee, Sean Kuan Thye,
Soh Yi Da, Johnny Tan Khoon Hui, Eugene Tan Zhi Zhong

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In the Oct-Dec 2018 issue of The Graduate, we wrongly attributed the article "Diabetes: Not Just a Rich Man's Illness" to Kelly Ang. The writer's name is Kelly Ng.





HONOURING OUR LOYAL MEMBERS

NUSS celebrates the anniversaries of its long-time members

ur NUSS members were treated to a formal dinner at the inaugural Members' Jubilee Celebration on 20 September at the Kent Ridge Guild House. It was a social affair with great food and music, intended to commemorate our members' decades-long journey with the Society.

As members reflected on their early days in the club, a sense of fellowship was cited as one key reason they decided to be part of a graduate community, with some even referring to NUSS as a second home.

Life member Mr Chua Soo Keng said, "When I come to NUSS, I may be alone, but I'm never lonely."

Mr Steven Tan, who is also a life member and a member of the Business Connect Section, expressed heartfelt gratitude for the ties formed with NUSS staff as well. "I know many of the staff by name. We grow old together. I'm very happy for the friendship."

For others, fond memories of their time at school were a big factor in their decision to join the Society many years ago. Ms Carrie Chan, who has been a member for 20 years, explained, "I joined because of my love for my alma mater, NUS. I see it as a privilege and I want to always be associated with NUS – the place where I grew up, made friends and feel safe. At NUSS, I reacquaint with old friends and make new ones."

In his welcome address, NUSS President Mr Eddie Lee encouraged members to gamely participate in the







NUSS PRESIDENT MR EDDIE LEE MINGLED WITH LONG-TIME MEMBERS AND ENCOURAGED THEM TO PARTICIPATE IN THE SOCIETY'S WIDE VARIETY OF CULTURAL, INTELLECTUAL AND RECREATIONAL ACTIVITIES

wide variety of cultural, intellectual and recreational activities that the Society has to offer.

Mr Heng Yih Jer, a 25-year member, and his partner recalled the club being a good place for family bonding, recounting a durian-eating trip to Johor that three generations of their family participated in.

Ms Stella Wee, a member of 20 years, has served on five different Sub-Committees – Alumni Development & University Relations, Disciplinary, Food & Beverage, Intellectual Pursuit and Membership, over the years. She appreciated the networking opportunities and broadening of perspectives that these experiences afforded her. "I was able to meet new people and share ideas through organising interesting projects. All of this was extremely gratifying."

A four-course dinner was served, and evening entertainment was provided by a violin and cello duo. Their sweet, lighthearted renditions of familiar tunes like "Canon in D",

"Dream a Little Dream of Me" and "Somewhere Over The Rainbow" filled the air in between the congratulatory toasts and collar pin presentations by the NUSS Management Committee.

"NUSS has a different meaning as you move through different phases in life. However, it strives to always remain relevant to you," said F&B Sub-Committee Chairperson, Ms Sean Kuan Thye, during the first toast of the evening. She hopes that going forward, members will always be able to find joy and a sense of purpose within the Society.

While members were happy with NUSS in general, they expressed the need for the club to always grow with the times. Ms Chan added that the Society must remember to cater to the newer generation, adding that membership here is a reciprocal commitment. "Joining a club is a two-way thing – you want a club that meets your needs, but at the same time, you want to use your skills to contribute proactively."

NEW YEAR, NEW RATES

Proposed resolutions to reduce membership fees passed at NUSS General Meeting 2018

embers are the lifeblood of an organisation – especially so for one such as NUSS, which prides itself on being Singapore's premium graduate club. With the aim of growing the club's membership and recruiting more younger members, the Management Committee proposed two resolutions that would lower the entrance fees for prospective members.

Entrance fees for persons seeking to join as Ordinary and Associate Members are divided into three categories – New Graduate, Intermediate and Standard – which are defined by the length of time that has elapsed since they graduated from university.

The first resolution involved undertaking a marketing drive, during which membership fees would be lowered for these three categories for a limited period of time, up until the official opening of the new Mandalay Guild House (MGH). The second resolution would take effect after the drive and be applied only to those in the Intermediate category – those who graduated from university within the last six years.

Mr Edward Stanley Tay, Honorary Secretary and Chairperson of the Membership Marketing Sub-Committee, was the proposer of the resolutions, while the seconder was Mr Soh Yi Da, Chairperson of Membership Experience Sub-Committee. Members' approval was sought for the resolutions at the NUSS General Meeting on 29 October. Present at the session to vote were 122 Ordinary Members and 48 Associate Members.

The meeting began with a brief preview of the design for the MGH, which is slated for a soft launch in early 2019. The incentive for proposing a "Road to Mandalay Membership Drive" was sparked by the successes of previous marketing drives, such as those held in conjunction with the launch of the Suntec City Guild House, as well as the official opening of the Kent Ridge Guild House. The Rights Issue marketing campaign in 2017 had also been very effective, drawing over 1,200 new members.

While some members expressed worries about the possibility of overcrowded facilities as the Society grows, member Ms Sharon Kwek was one who felt untroubled by this likelihood. "I am supportive of the resolution because I didn't experience overcrowding after the club's previous membership marketing drive."

The Committee assured members that with the addition of the new guild house, the club should be able to handle a capacity of 18,000. This takes into consideration the anticipated 6 per cent growth from the present 15,000-strong membership, if the new resolutions are passed.

"I think these are good initiatives," said NUSS member Mr Daniel Lim. He echoed the Committee's rationale for targeting the Intermediate instead of New Graduate band under the second resolution: "Fresh graduates may be busy focusing on their careers and concerned about earning a living, and don't have as much time to enjoy the facilities."

Despite acknowledging the advantages of a fee reduction, many raised the concern that cheaper entrance fees alone would be insufficient to attract younger members. To rejuvenate the membership base, they stressed that it is important to consider activities and perks that would cater to the younger generation. The challenge lies in building a vibrant community that would appeal to different age groups.

In a summary of the discussion just before the vote was called, Mr Soh reiterated that the two resolutions were "necessary for the long-term sustainability of the Society", as an increase in membership would generate revenue and provide more resources to expand the club's offerings.

A vote by show of hands was then conducted and the two resolutions were carried by a clear majority.



MAKING DEEP TECH A BUSINESS

NUSS Professor Lim Chwee Teck shares the long, hard road to building a business around scientific innovations

hat are deep tech companies and how do they differ from regular tech firms? And how are such firms changing the industry?

"A company that uses technology is a tech company, whereas one like Apple, which develops technology, is a deep tech company," explained Professor Lim Chwee Teck of the Department of Biomedical Engineering at NUS at the fourth and final NUSS Professorship Lecture of the year, held on 14 November 2018 at Kent Ridge Guild House. He is also Principal Investigator at the Mechanobiology Institute at NUS, as well as the first professor to be conferred the NUSS Professorship.

Prof Lim, who has since 2000 founded six commercially viable deep tech firms, explained that deep tech itself is applicable in any industry. It is characterised by research-driven discovery; hence it is unique and its inventions can be protected by a patent. These innovations are also hard to reproduce due to the extensive research and development required, and they are "disruptive" in that they displace established technologies and completely change their targeted markets - much like how Apple revolutionised the way we use mobile phones when it first launched the iPhone in 2007 with a multitude of functions beyond just making and receiving phone calls.

Entrepreneurship in deep tech is

all about "building a business around a scientific or technological innovation or breakthrough", said Prof Lim. He cited his experience with his firm, Clearbridge BioMedics, which in 2015 developed the ClearCell FX1 System to offer liquid biopsy to cancer patients. This technology not only provided an almost-painless way to detect and isolate tumour cells from a blood sample, but also successfully tapped into the liquid biopsy market, a sector that CNBC in 2016 called "a US\$20 billion market ready to explode".

The ClearCell FX1 System is currently in use in medical laboratories around the world, having been certified as safe for use in the European Union and approved by the United States Food and Drug Administration.

Prof Lim revealed that deep tech has the potential to be big business, but warned that not all investors are ready to support the long development and launch cycles that companies tend to undergo. For instance, X-ray machines and MRI scanners need to be researched, developed and validated before they can be rolled out for medical use. That is why deep tech products can take between 10 and 20 years to be commercialised.

Aspiring researchers should go



around the world to inform the market about their deep tech development and be willing to persevere and accept failures if they want success, Prof Lim advised.

Audience member and NUS alumni leader Yeo Keng Joon, who supports a number of entrepreneurship initiatives in Singapore, said he came to hear what Prof Lim has done to commercialise his developments. "Even though deep tech is for the long haul, he is able to get investor interest and reasonable returns fairly quickly."

"Prof Lim's sharing was really useful because they were based on his experiences, not just theories," shared Mr James Ng, who is a technopreneur. "It gave a very enlightening view of the challenges ahead, and how I can navigate potential challenges in my planning." ■



THE LOWDOWN ON PRIVATE PROPERTY

Real estate expert Nicholas Mak discusses government intervention in Singapore's private residential market

Department of Statistics, the home ownership rate here stands at 90 per cent. "Property is a hot topic in Singapore. And with property prices on the rise these days, it's even hotter," said Mr Nicholas Mak, a real estate expert and NUSS member who has over 20 years of research, consultancy and business development experience in the local real estate market.

Mr Mak was at the Suntec City Guild House on 19 November 2018 to give a talk titled "How private is Singapore's private residential market?". He argued that it was not so private after all.

A recent statement by the Ministry of National Development indicates that a total of 20,000 Singaporeans, permanent residents and foreigners own between three and 10 private residential properties here. Among these owners, a fair number also own a Housing and Development Board (HDB) flat.

"The markets for HDB and private housing are connected, with prices for private residential property and HDB resale flats being quite similar," explained Mr Mak. "Most people would think buyers and sellers have more freedom when it comes to private property, but that is not really the case in Singapore."



Between April and June last year, private residential prices were the highest they have been in the last four years, and overall private property prices rose a cumulative 9.1 per cent in the four quarters since Q3 2017. As a result, the government introduced several rounds of cooling measures for both public housing and private property to better control prices and rents. The reason was to ensure a stable market and prevent a drastic rise or fall in prices.

The latest round of cooling measures was announced on 5 July 2018, and one major change was that the rates for Additional Buyer's Stamp Duty (ABSD) increased across all groups of buyers.

After these cooling measures were introduced, private residential home sales shot up 2.6 times from the month before in June, on the back of increased buyer confidence in a more stable market.

Other positive outcomes that are a result of the government's high levels of involvement in the market include the rising number of en bloc sales, as well as the moderation of the development of shoebox units.

Mr Mak expressed that the government's role in the real estate market is crucial, especially to keep the prices of HDB flats from overinflating. "However, there is space

for freer rein in the private housing market," he said. "Ideally, the government should only intervene when there is a property bubble, in order to stabilise the market."

On the possible direction that the residential market would take in the coming years, Mr Mak said, "I think property prices will go down with or without government intervention. There are also indicators of a recession in 2019 or 2020, but in five years, a recovery is possible, as most downturns don't last longer than four years."

Members who attended the talk appreciated the information and insights Mr Mak shared. Rosita Tan, who attended the talk with her husband Mr Tan Sek Thuan, said: "Even though we've been members for years, this is our first time attending an NUSS event. My husband and I have always been interested in finding out more about property in Singapore, and we found the statistics and the breakdown of things like the recent cooling measures provided by Mr Mak to be very useful."

Mr David Toh, who was one of the younger attendees that evening, added: "I think it's great that the crowd's a mix of older graduates and younger members. Because of this interesting mix, we got different opinions from various age groups during the Q&A session."





MARKING KEY MILESTONES

Members celebrate their first, fifth, 10th and 15th years with NUSS

embers old and new came together to commemorate their years with the Society at the NUSS Members' Anniversary Bash, held at Kent Ridge Guild House on 28 November 2018. Over 180 members, who were each celebrating their first, fifth, 10th or 15th anniversary, gathered with their spouses and children to celebrate the good times they have had over the years.

NUSS President, Mr Eddie Lee, who himself has been a member for over 30 years, warmly welcomed the members, whom he considered as "part of my family at NUSS". He shared how glad he was to have overheard them talking about how the NUSS is one of the best clubs around, and urged them to continue participating actively in the Society's activities.

"I hope everyone continues to enjoy the facilities and different platforms... Programmes such as the Mini Guilds, led by Mr Soh Yi Da, and the Youth Guild, headed by Mr Eugene Tan, Chairperson of the Alumni Development & University Relations Sub-Committee, encourage members to bond and connect with NUSS."

Mr Lee also provided updates on the recent successful membership drive aimed at growing and rejuvenating the Society, as well as the Mandalay Guild House, which opens its doors early this year and promises to be "bigger, brighter and better" than previous Guild Houses at Adam Road and Bukit Timah.

Members at the Anniversary Bash shared Mr Lee's sentiments on the importance of rejuvenation and growth for the Society.

Mr Lim Hui Xiang, a fifthyear member who is also a Sub-Committee member of the Youth Guild, said, "We want to engage members between 25 and 35 years old, and come February, we will hold a pool party for them. This is our annual flagship event to attract the young and help members break the ice and forge friendships."

Meanwhile, long-time members reminisced about the fun they have enjoyed with NUSS. Ms Margaret Chia, a retiree who joined 10 years ago at the encouragement of her friends, shared what she loved most about the Society: "There are many activities here, including those on active ageing and lifelong learning. I think the club is doing a good job for older members."

Many shared that they had not realised that they had been with NUSS for as long as they have. Mr Tommy Tan, who celebrates his 15th anniversary this year said,



TOP: MEMBERS REMINISCED ABOUT THE GOOD TIMES THEY HAVE HAD OVER THE YEARS THEY HAVE BEEN WITH NUSS BELOW: MAGICIANS FROM META ILLUSIONS DELIGHTED GUESTS WITH A SERIES OF DARING MAGIC TRICKS

"Fifteen years just flew by! I have attended many social events with my wife, from corporate luncheons to KTV sessions. We frequent the Suntec City Guild House and previously, we enjoyed the lovely ambience at the Adam Road Guild House. We also attended the tour seminar for the recent Bhutan trip organised by the Society, as my wife and I are both very interested in going there!"

The guests enjoyed a sumptuous buffet dinner while they were entertained by an exceptional programme that included tricks and illusions by magicians from Meta Illusions. Many lingered on afterwards to catch up with fellow members.

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NATION-BUILDER, Nature advocate

Former Cabinet Minister and long-time NUSS Advisory Panel member, Mr Suppiah Dhanabalan, talks about his achievements, conservation versus redevelopment and the new Mandai Rejuvenation Project

OVER THE YEARS, YOU HAVE SERVED MANY DISTINGUISHED ROLES IN BOTH THE PUBLIC AND PRIVATE SECTORS. WERE THERE ANY THAT YOU FOUND ESPECIALLY MEMORABLE?

Mr Dhanabalan: One of my most enjoyable years were those that I spent establishing the Economic Development Board (EDB) together with others. It was a new institution, and we wanted to change the structure of Singapore from being a trading port to a manufacturing centre. It was a tough task, but we managed to establish manufacturing as a key sector in the local economy.

THE MANDAI REJUVENATION PROJECT BY MANDAI PARK HOLDINGS AIMS TO CREATE A NEW WILDLIFE AND NATURAL HERITAGE SPACE. WHAT CAN YOU SHARE WITH US ABOUT WHAT HAS BEEN DONE SO FAR, AS WELL AS THE CHALLENGES THE TEAM HAS FACED?

Mr Dhanabalan: Before starting work on attractions like the new Rainforest Park, we had to conduct an environmental impact assessment (EIA) – a detailed study of the area. Findings from the EIA – which are available online to the public on Mandai's website – helped us realise what we could and could not do to preserve the environment. The challenge we're currently facing has to do with time and, in relation, cost. Based on our findings, we have a number of implications to think about, such as a strict stop-work order after 6pm and how every tree in the area has to be marked out. All this means less time – and

higher costs – for the work that needs to be done, and we are working towards managing our time and budget in order to complete the project as scheduled.

AS MINISTER FOR NATIONAL DEVELOPMENT IN THE LATE 1980S, YOU FELT VERY STRONGLY ABOUT RETAINING CULTURE WHILE UPGRADING HERITAGE PRECINCTS. WHAT IS YOUR OPINION ON THE CONFLICT BETWEEN CONSERVATION AND REDEVELOPMENT?

Mr Dhanabalan: I have always been passionate about keeping as much of Singapore's nature and culture as possible, provided it does not completely impede development. It is crucial for Singapore to keep her identity via distinctive features, such as the conserved shophouses in Chinatown and Kampong Glam. Many Singaporeans feel similarly, demanding that the government increase its efforts in conserving our nature and culture. But those who say conservation does not preserve how it was "in the olden days" need to understand that buildings are redeveloped and repurposed to match the lifestyle and needs of the people today. At the end of the day, when it comes to the age-old conflict between conservation and redevelopment, my point is that you can't please them all. What's more important is that the spirit and essence of the times are tastefully retained, while allowing for development to enable Singapore's progress.



ALL THE WORLD'S HIS STAGE

incent Ho's flair for the performing arts has profoundly enriched his life. The active member of both the NUSS Choir – of which he is also a founding convenor – and NUSS DramaWorks shares how his passion is a continuous, lifelong journey. By SAW SU HUI

HE LOVES SINGING AND IS DEEPLY MOVED BY MUSIC.

"Singing is my forte and I love doing it. I sing in a number of languages: Italian, Chinese and Cantonese. When I was a student, I would stay up past midnight to hear my favourite pieces from Jules Massenet's opera, 'Thaïs', played on the radio. I also loved listening to Mario Lanza; I find his songs very sincere. And though I am not religious, I am always touched by Christian songs – the righteousness, the guidance of the Lord. I think appreciating music has a lot to do with understanding the influence and inspiration under which the composers write."

ACTING WAS AN UNEXPECTED INTEREST.

"For drama, it started with Chineselanguage classes I attended at night. I was selected to act, and I came in first – the teacher was so pleased she gave me a very nice present! I knew then that I had some talent. With NUSS DramaWorks, I love that I also get to sing solo and choose songs that I want to sing."

THE NUSS CHOIR HAS BROUGHT JOY TO MANY.

"The current NUSS Choir began in 1998 with just about 40 members, many of whom are still with us today. We had great fun singing famous choral pieces, and in December that year, we staged our first performance at the old Guild Hall. Since then, we have won several Gold and Silver awards at many competitions.

But it's not all about winning prizes. We have also been lucky to be able to bring our gift of song to many people, including the residents of charitable homes during our annual Chinese New Year celebration lunches."

HE TAKES CHARGE OF HIS OWN LEARNING.

"I received no formal training or exposure as a child, but I have a great inclination for music anyway. I studied how to sing on my own, though people didn't really have money and time for this sort of thing in the past, unlike today. Likewise, I taught myself all the musical instruments that I play."

STAGNATION DOES NOT SIT WELL WITH HIM.

"You've always got to try new things in life. Choirs today, especially those with younger members, have incorporated simple movements in their performances. I like that idea and always thought it would be a good one to try; I have shown our choir director many videos on simple and effective movements that I hope we can use."

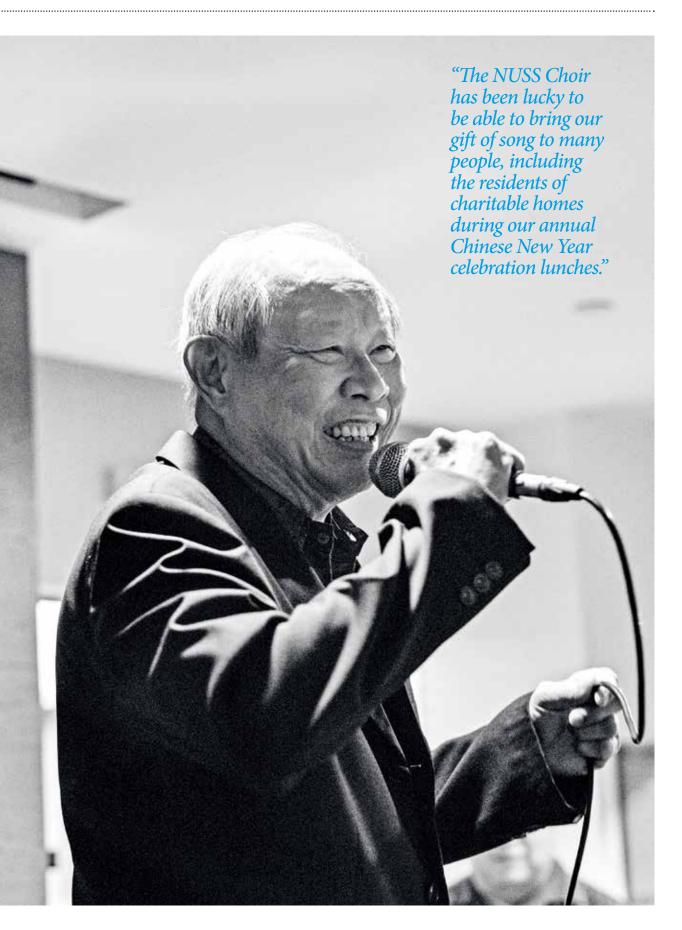
TIME IS NOT A PROBLEM IF YOU LIKE WHAT YOU DO.

"If you like something, you will find time for it. For example, there was a period of time when I was singing in four choirs! If you don't like something, you won't make the effort and you will never have time."

HE BELIEVES IN GIVING HIS BEST WHEN IT COMES TO IMPROVING HIS SKILLS.

"I am planning to extend my vocal range to reach the high C so I can sing opera. Currently, I can sing only up to the E note. For this, I may have to spend a little money, which would eat into my savings as a retiree, but I believe that if you want to learn something, learn it well."

Visit nuss.org.sg for more information about the NUSS Choir and DramaWorks. And to learn about the programmes by DramaWorks, head to facebook.com/groups/ DramaWorksNUSS



WORKING IT OUT

USS member Michelle Oh talks about her passion for all things active and what she enjoys most about being involved in the Tennis and Running sections.

By SAMANTHA DAVID

HER LOVE FOR TENNIS DIDN'T START TILL LATER IN LIFE.

"I wasn't into tennis when I was in school and started actively playing when I began working and became an NUSS member. It has become one of my favourite pastimes and a great way for me to keep fit. Tennis has helped

"I have realised

that it is okay to

on the court, just

have also learned

time feeling sorry

for the mistakes I

have made, and

to move on and

focus on what's

next – exactly

tennis match."

as it is in a

make mistakes

as in life. And I

to stop wasting

me build confidence and character, thanks to the mental and physical challenges I overcame in the many matches I have played."

TENNIS HAS TAUGHT HER SEVERAL LIFE LESSONS.

"I have realised that it is okay to make mistakes on the court, just as in life. And I have also learned to stop wasting time feeling sorry for the mistakes I have made, and to move on and focus on what's next – exactly as it is in a match. Tennis also helps remind me of the value of teamwork, particularly in doubles tennis, where I

have to work closely with my partner in order to win."

HER LOVE FOR RUNNING WAS "ACCIDENTAL".

"I did not take up running intentionally. I joined the Running Section because I injured my arm and had to stop playing from tennis for a long time. It turned out to be a blessing in disguise. Since running and tennis sessions both took place every Wednesday evening, I was able to make the switch easily."

DO IT NOW AND DO IT WHILE YOU STILL CAN.

"A friend who is also a runner once said, 'There will be lots of opportunities to sleep when you're old, so make the best of the energy you have now. Get up and run and enjoy it as much as you can for as long as you can.' Indeed, I run several times a week and am loving it."

RUNNING IS SUCH A PASSION THAT THE RUNNING SECTION EVEN DOES IT ON PUBLIC HOLIDAYS.

"The Running Section's activities take place on Wednesday evenings and weekend mornings. We even run on public holidays! The group would create with special routes on these occasions. After these runs, our section leader would invite

us all to his place for lunch. It has also become a tradition for us to party together during the festive season."

KEEPING ACTIVE IS TOUGH, BUT SHE WOULDN'T GIVE IT UP.

"The reward of spending beautiful mornings running with my friends is priceless. And even though getting out of bed before dawn on weekends and public holidays is very difficult, it does not stop me from wanting to do it over and over again."

IT'S NOT JUST ABOUT THE SPORT.

"For members of these sections, it's more than just the physical aspect. We also enjoy bonding over postworkout breakfasts and the

camaraderie we share with one another. More often than not, it is the social aspect of things that is most enjoyable to me."

For more information and updates on the NUSS Running and Tennis sections, visit the "NUSS Tennis Section" and "NUSS Runners" Facebook pages.





8 FEB

Ang Pow Golf Challenge

Join the Golf Section as they celebrate Chinese New Year with a round of golf and *lo hei* dinner to celebrate good health and wealth!



10 FEB

Lion & Dragon Dance Spectacle 2019

Usher in the Year of the Pig with this Lunar New Year favourite. This year, catch wushu acrobats and a dragon dance troupe as they set the stage to welcome the



22 FEB

Youth Guild Pool Party

Are you 35 and below and looking to make more friends your age? Come down to the Youth Guild's first-ever pool party for lots of drinks, music and good fun.



23 FEB

DanceSport Lo Hei Dinner

Catch up with your fellow dancers over some good, traditional *lo hei*. Expect great nosh, even better dancing – and chance to win in a lucky draw!



14 & 15 MAR St Patrick's Day Celebration

Don your best green outfit and join us for hearty Irish food, lively Celtic music performances and plenty of fun.



16 & 17 MAR Kids Camp

Let us take your kids on an adventure this school holiday with a series of games, engaging workshops and other amazing activities!



21 MAR

The Art of Storytelling

Your kids will delight in this charming educational workshop conducted by Mediacorp radio veteran Belinda "Sunshine" Yeo. They'll learn the joys of crafting a tale through story-based speaking games and pick up tips on how to create and present



30 MAR

Using WordPress to Create a Website

Discover how to build a website on your own using WordPress, the world's most established web management platform.



SCENE &







Fresh insights, new networks

NUSS' fourth Overseas Business Mission took members to Manila, Philippines. Through first-hand engagements with government bodies as well as emerging industry leaders that support new business investments there, NUSS members gained new insight into the business environments of these emerging markets. The fourday trip also helped them establish new networks and contacts with key figures in various industries. Several members ended the trip confident in exploring potential business and investment opportunities in the Philippines.

NUSS member and Director of SingPhil Holdings, Mr David Foo, was very pleased with the outcome of the trip and said he is looking forward to the next one. "I'm glad I joined in on this trip as I've made many friends and established new business contacts," he shared. "What I've gained from this trip was priceless as it allowed me to interact directly with government agencies, business associations and industry leaders, something I would not have been able to do on my own. I've also acquired fresh insight into the Philippine economy and its potential business opportunities."

4TH NUSS OVERSEAS BUSINESS MISSION TRIP 12 TO 15 SEPTEMBER 2018, MANILA, PHILIPPINES



A warm welcome to new mentors and mentees

Great conversations flowed as the new batch of mentors and mentees met to kick start the 2018/2019 NUSS-NUS Mentorship Programme. With 89 mentors and 150 mentees in attendance, this event marked the largest welcome dinner since the programme was launched in 2012. This year, the programme was expanded to include students from Enterprise House (N-House) and Raffles Hall, Prince George's Park Residences and Prince George's Park House, NUSS Junior Category B Members, as well as outstanding scholars in Year 3 and above.

NUSS-NUS MENTORSHIP WELCOME DINNER 17 SEPTEMBER 2018, DELLA & SENG GEE GUILD HALL, KENT RIDGE GUILD HOUSE

SCENE 8



Crossing cultures in art

NUSS DramaWorks teamed up with the Japanese Association's Hokui Ichido, to stage a Japanese play, titled *Naita Aka Oni*, or "The Red Ogre that Cried", based on the beloved folktale about the bittersweet balance between friendship and sacrifice. Under the guidance of scriptwriter Tsumura Miho and director Amakawa Naoshi, two shows were presented over two weekends in September, entertaining over 50 people. Through their shared love of theatre, both NUSS DramaWorks and Hokui Ichido were able to learn more about how people from different countries build trust, communicate, make decisions and perceive situations.

THE RED OGRE THAT CRIED

15 AND 23 SEPTEMBER 2018, THE JAPANESE ASSOCIATION
AUDITORIUM AND THE CHILL-LAB, KENT RIDGE GUILD HOUSE



Building networks in the Philippines

Close to 30 NUSS members, industry officials from Davao and members of the University of the Philippines Alumni Association (Singapore) spent a fruitful morning establishing new contacts at this networking brunch organised by NUSS' Business Connect Section. The delegation provided updates on investment, ease of doing business and investor incentives in the halal sector. Potential partnerships and business opportunities in tourism, direct investments and the halal industry were key topics that dominated the session.

NETWORKING BRUNCH WITH UPAA & DAVAO DELEGATES
29 SEPTEMBER 2018, FUNCTION ROOMS,
SUNTECCITY GUILD HOUSE









A carnival treat for young ones

For the second year running, the Children's Day Weekend carnival saw a crowd of over 200 adults and children come together for great fun and games. Amid game stalls and a bouncy castle, the popular highlights of this celebration were the carnival games. Many children sported creative face paints and cute air-brush tattoos provided by the stalls. They were also treated to snack packs filled with hotdogs, popcorn and ice cream. Parents enjoyed themselves too, posting pictures of the fun-filled afternoon on social media - a few even won social media prizes. One of the parents in attendance, Mdm Goi, guipped, "This is a great event for kids. Please make it a yearly event!"

CHILDREN'S DAY WEEKEND
6 OCTOBER 2018, DELLA & SENG GEE GUILD
HALL. KENT RIDGE GUILD HOUSE



Learning to use common medicinal herbs

What can be better than using nature's best to enhance our well-being? In this lunch talk conducted by Mdm Dolly Chua, a life member of Nature Society (Singapore) (NSS), 65 members and guests discovered how to make good use of the common medicinal herbs grown in home gardens. Mdm Chua, who was also the former chairperson of NSS' Plant Group, also taught attendees to distinguish these homegrown herbs from those found in TCM shops, as well as their different uses and purposes.

FELLOWSHIP LUNCH: MEDICINAL HERBS IN YOUR NEIGHBOUR'S GARDEN 9 OCTOBER 2018, KENT RIDGE GUILD HOUSE

Celebrating 20 joyful years of song

To celebrate its 20th anniversary, the NUSS Choir invited the Vox Camerata choir and da ka:po Late Starters Orchestra to share the stage with them in a grand, celebratory concert, titled "Why We Sing". Explaining the theme of this performance, NUSS Choir Convenor, Dr Fong Poh Him, said. "While we could all sing alone. it would not be possible to produce the chords and harmonies that complement and add a rich dimension to vocal music." The two choirs and orchestra entertained an audience of 500 with John Rutter's Magnificat, along with new choral pieces and favourites from past concerts. The NUSS Choir also presented Sally K Albrecht's Gloria, one of the songs that won them the Golden Voices Award at the famed choral festival, Asia Cantate, in Hong Kong in 2014.

NUSS CHOIR CONCERT: "WHY WE SING" 14 OCTOBER 2018, CONCERT HALL, SCHOOL OF THE ARTS, SINGAPORE







SCENE &





Two pianists, one sparkling concert

Close to 50 members and guests enjoyed spectacular music and an intimate four-course dinner in the latest edition of Beyond the Score, a joint music appreciation series with the Yong Siew Toh Conservatory of Music. The evening saw soon-to-be graduates of the conservatory, Ms Adriana Chiew and Mr Gabriel Hoe, play a stirring programme of works by famous 20th-century composers, Claude Debussy, Witold Lutosławski and Sergei Rachmaninoff. "It was a lovely experience and I enjoyed the food. We should have more similar events in future!" said audience member, Ms Mona Cheah.

BEYOND THE SCORE: PIANO DUO – CLASSICAL MUSIC IN EVERYDAY LIFE 18 OCTOBER 2018, FUNCTION ROOMS, SUNTEC CITY GUILD HOUSE

Forging bonds over sport

NUSS members flexed their athletic muscles to win at golf, bowling and badminton competitions, emerging overall champion of the 32nd NUSS-PAUM Games. The victory was made all the sweeter as it was the first time that NUSS has won against the Persatuan Alumni Universiti Malaya (PAUM) on the latter's home ground. NUSS members gave their all in a total of six sports, but their fierce competitive streak aside, they were there not simply to win. To have a good time with friends is the main reason that the annual games are so highly anticipated by both sides. As with previous years, the event concluded with a superb meal, a prize presentation ceremony and new memories of the NUSS-PAUM Games to take home and cherish.

32ND NUSS-PAUM GAMES 20 OCTOBER 2018, PERSATUAN ALUMNI UNIVERSITI MALAYA CLUBHOUSE









A warm reception for Sub-Committee members

New members of various NUSS Sub-Committees were given a warm welcome at a cosy cocktail reception. NUSS President, Mr Eddie Lee, commended the Sub-Committees for their efforts in bringing members together by providing different platforms for fellow graduates and professionals to network and explore diverse interests. "It is indeed a great privilege to be working with such a strong team of passionate people who willingly dedicate their time to contribute towards the Society," he said. The evening was rounded off with drinks and light bites.

SUB-COMMITTEE WELCOME COCKTAIL RECEPTION 25 OCTOBER 2018, CLUNY AND DALVEY FUNCTION ROOMS, KENT RIDGE GUILD HOUSE





Where happiness is #1

The thought of visiting a Himalayan fantasyland that celebrates happiness and Buddhism enticed many NUSS members to sign up for a seven-day escapade to Bhutan. They visited the recently completed Great Buddha Dordenma which, at 54 metres, is currently the largest sitting statue of Buddha, and which contains 125,000 smaller statues within its base. Other highlights of the trip included a visit to the majestic Tiger's Nest Monastery, as well as white water rafting on the Torsa River.

Ms Gina Tan, who joined the tour with her husband, enthused, "Such a fun and exhilarating trip! Bhutan has long been one of our bucket-list items, and now, it's checked off!"

Keen to go on an adventure too? Look out for our upcoming trip to The Caucasus, happening in April!

7-DAY BHUTAN AUTUMN SPLENDOUR TOUR 25 TO 31 OCTOBER 2018

SCENE &

Building a city of good

This third instalment of the Breakfast Dialogues series saw quest speaker, Ms Melissa Kwee. CEO of the National Volunteer & Philanthropy Centre, talk about "Building a City of Good". Ms Kwee shared personal stories, highlighting that real impact takes time and that volunteers should first deliberate on their intent of giving. She believes a "city of good" can be achieved only when committed people and companies come together and use their power in and influence over the public arena to help others. She also stressed that it takes collective vision and commitment to change the narrative by galvanising givers and changing mindsets about what giving can look like.

BREAKFAST DIALOGUES26 OCTOBER 2018 FUNCTION ROOMS,
SUNTEC CITY GUILD HOUSE









Soaking in the great outdoors

About 60 NUSS members and guests were led through the winding trail at Bishan-Ang Mo Kio Park by Ms Maria Boey, President of the Institute of Parks and Recreation Singapore, in this third instalment of NUSS' Nature Appreciation series. Ms Boey introduced them to the multitude of flowers, butterflies, vegetables and fruits found in the 62-hectare park. The group departed the engaging and informative tour with a newfound wonder of the flora and fauna that can be found in Singapore, with many appreciating Ms Boey's passion and willingness to share her knowledge.

NATURE APPRECIATION: BISHAN-ANG MO KIO PARK 27 OCTOBER 2018

Chess gets social

Whether one is new to the game or an expert looking for contenders against whom to hone his skills, the meet-ups hosted by the new Social Chess Interest Group on the first Saturday of each month (2pm to 5pm) are something every chess enthusiast can look forward to. The first session was held in early September, with an instructor on the ground to help everyone improve their skills. From the enthusiastic responses of the 20 members (and counting), it was certainly a checkmate for many more to come!



SOCIAL CHESS INTEREST GROUP MEET-UP
FROM 1 SEPTEMBER 2018, LOBBY AND ACTIVITY ROOM,
KENT RINGE GUIL D HOUSE



Serving up tennis fun

It was an exhilarating November for the Tennis Section as the Tennis Singles Championships brought together Section members and regular NUSS members to battle it out for the winning title. The annual event saw 25 worthy contenders fighting in exciting battles that took place over 25 matches. In the end, Mr Donald Tay beat Mr Elliot Fong 64-61 to emerge champion of 2018's NUSS Singles Championships. Congratulations to both the winner and finalist! Winning wasn't everything, though; the camaraderie forged between members was the biggest prize at the end of it all.

NUSS TENNIS SINGLES CHAMPIONSHIPS 3 NOVEMBER TO 1 DECEMBER 2018, TENNIS COURTS, KENT RIDGE GUILD HOUSE

Bathing in nature

Led by Ms Yap You Min, a certified Nature and Forest Therapy Guide, 20 NUSS members immersed themselves in nature, bathing themselves in the atmosphere of the forest at the Singapore Botanic Gardens. This Japanese concept of *shinrinyoku* harnesses the power of the outdoors to lower blood pressure, blood glucose levels and stress hormones in the simplest way possible: Unplug and focus on active observing and listening, from the birds to the patterns on the leaves. The communion with nature was a soothing, sensory experience that left the participants relaxed and refreshed, ready to face the concrete jungle once more.



FOREST BATHING
10 NOVEMBER 2018, SINGAPORE BOTANIC GARDENS

Golf with a side of Middle Eastern culture

A fabulous vacation in beautiful and historic Turkey satiated the golfing, dining, shopping and sightseeing cravings of 70 NUSS members and guests. Accommodation for the six-night trip was at the luxurious Regnum Carya Golf & Spa Resort in Antalya, a coastal resort town on the country's Turquoise Coast.

Members channelled Tiger Woods and Phil Mickelson on the Titanic, Carya, National and Gloria courses. "The weather was good on the days we played golf. Our Secretariat and the resort staff were always there to take care of the transfers and the playing schedules, ensuring a hassle-free golfing experience and an enjoyable time," said tour participant



Ms Chen Nah Nah, noting that they "played on championship courses".

Outside the games, the tour group dived comfortably into the historical and epicurean riches Turkey had to offer, visiting some of Istanbul's big-league attractions, including the Hagia Sofia, the Blue Mosque and the Grand Bazaar, the largest covered market in the world, famous for textiles, housewares and locally crafted jewellery.

"This was a fantastic trip, unmatched in terms of hospitality, accommodation, gourmet dining, golfing and camaraderie. We've already promised ourselves that we will be back again," declared Ms Chen.

GOLF TRIP TO TURKEY 14 TO 15 OCTOBER 2018





Celebrating members' achievements

It is one of the highest honours to obtain in Singapore, and to congratulate 46 members for receiving it, the Society hosted a warm and sumptuous dinner for them. The annual NUSS Celebratory Dinner commends members for receiving medals at the National Day Awards, which recognises individuals for their merit and service to Singapore. This year, NUSS members were awarded medals including the Public Service Star, the Public Administration Medal, the Commendation Medal, the Public Service Medal and the Long Service Medal.

"It is indeed inspiring to know that more and more of our members have selflessly gone beyond their call of duty to contribute to public service," said NUSS President Mr Eddie Lee in his congratulatory note to the recipients. "I hope that their accomplishment will serve as a strong motivation to the rest of us to also do our best to give back to our community."

NUSS CELEBRATORY DINNER 7 NOVEMBER 2018, INNER CHAMBER, KENT RIDGE GUILD HOUSE







To serve with pride

It was a night of pride and achievement as 32 NUSS staff members were recognised at the Excellent Service Awards (EXSA) for delivering exceptional service to guests. A total of four staff members were bestowed the Star award, while 11 won Gold and 17 Silver.

Ms Mallar Veeli d/o Vellasamy, a Member Relations Officer who took home the Star award, said she was honoured to be recognised for her work. "I'm very happy and proud to have received this award," she shared. "To me, good customer service means helping members efficiently in a friendly manner and to the best of my ability."

Meanwhile, Ms Jen Lee, a
Membership Sales Executive with
the NUSS Marketing (Membership)
department, was awarded the Silver.
On what was most rewarding about
her job, she said, "It was when I
played an additional role in planning
and organising the business trip to
Hanoi for members and guests of
the Business Connect Section. It was
satisfying seeing our members enjoy
the overseas trip and benefit from it."

The EXSA are given out by the Restaurant Association of Singapore annually to commend service staff who go beyond the call of duty to deliver outstanding service and memorable experiences to their guests.

EXCELLENCE SERVICES AWARDS 201815 NOVEMBER 2018, CLUNY ROOM,
KENT RIDGE GUILD HOUSE

STAR

NAME OF NOMINEE	DEPARTMENT / OUTLET	DESIGNATION
Mallar Veeli D/O Vellasamy	Front Office	Member Relations Officer
Michelle Lau Siew Lay	Gym	Senior Fitness Instructor
May Pang Chee Ken	SCGH Bistro	Banquet Team Leader
Chen Pui Yee	SCGH Bistro	Senior Outlet Team Leader
GOLD		
NAME OF NOMINEE	DEPARTMENT / OUTLET	DESIGNATION

NAME OF NOMINEE	DEPARTMENT
Lenny Hidayat Bin Mohd Marwi	Front Office
Noorshidah Binte Noordin	Front Office
Agnes Phua Lian Eng	KRGH Banqu
Rena Toh	KRGH Bar
Theeban Nair A/L Mohan	KRGH Bar
Shanmuganathan A/L P S	KRGH Ridge
Cherry Ng Shien Ling	KRGH Bar
Jimmy Poh Tein Fuei	KRGH Bar
Woo Seow Mei	SCGH Bistro
Kelly Tew Sock Hun	SCGH Bistro

Front Office Senior Duty Manager

Front Office Member Relations Officer
KRGH Banquet Banquet Sales Manager
KRGH Bar Assistant Bar Manager
KRGH Ridge Cafe Cafe Manager
KRGH Bar Captain
KRGH Bar Senior Captain
SCGH Bistro Captain
SCGH Bistro Waitress
Towel Counter Pool Attendant

SILVER

Ng Lye Chun Yee

NAME OF NOMINEE	DEPARTMENT / OUTLET	DESIGNATION
Albant Vana Chae Ciana		
Albert Yong Chee Siong	Front Office	Senior Duty Manager
Siti Suriahati Binte Jalil	Front Office	Member Relations Officer
Ho Sau Kum	KRGH Bar	Waitress
Tham Kar Mun	KRGH Bar	Waitress
Ho Heng Kwong	KRGH Café	Waiter
Jacqueline Goh Mui Peng	KRGH Café	Cafe Supervisor
Gludio Chin Yik Woh	KRGH Café	Outlet Team Leader
Stephanie Cheng Yoke Lan	KRGH Karaoke	F&B Supervisor
Huh Siew Fong	KRGH Scholar	Captain
Jen Lee Suet Yin	Marketing	Membership Sales Executive
Margaret Ee Suan Neo	Membership	Membership Services Executive
Andy Lim Yan Fatt	SCGH Bar	Assistant Bar Manager
Tu Yu Ting	SCGH Bar	Captain
Jia Wen Jun	SCGH Bar	Waiter
Wendy Ho Szu Yu	SCGH Bistro	Waitress
Khen Kee Wei	Service and Sports Development	Sports Development Executive
Candy Hong Lai Chien	The Scholar	Outlet Team Leader

SCENE &



Coding fun

Two computing workshops were held in November, thanks to popular demand from members. The first was "Visual Basic for Application for Busy Executives", which taught participants to program Visual Basic for Applications (VBA) to automate mundane repetitive tasks, build an interactive user interface, trigger macros based on events and create customised Excel applications.

Meanwhile, "Increase Productivity at Work with Python" showed participants how to use this programming tool to improve work productivity and build fun projects.

COMPUTING WORKSHOPS 6 OCTOBER AND 17 NOVEMBER 2018, EVANS AND DALVEY ROOMS, KENT RIDGE GUILD HOUSE



Portrait of our leaders

Five more past NUSS Presidents were given the honour of having their portraits put up on the Legacy Wall at Kent Ridge Guild House. The paintings of Mr Tan Siang Chik, Mr Clarence Lim Soo Hwee, Mr Lai Kim Seng and Mr Chandra Mohan and the late Dr V Thambillai were unveiled by Professor Tommy Koh, Patron of the Paint-A-Portrait project. They were created by three artists from LASELLE College of the Arts. Paint-a-Portrait was launched in 2014 to commemorate NUSS' rich historical legacy with a permanent display of the portraits of past Presidents, while engaging the local arts community.

NUSS PAINT-A-PORTRAIT LUNCHEON 21 NOVEMBER 2018, INNER CHAMBER, KENT RIDGE GUILD HOUSE

Striking to win

The game had everything bowling fans could ask for, including a compelling face-off. Mr Lester Chia ranked fourth in the preliminary round (NUSS category), wiped out Mr Kelvin Koh, Mr Ian Tan and Mr Randy Ang in the step-ladder finals to aggressively challenge top qualifier Mr Hoong Sang Chong for the NUSS Masters Championship. But Mr Chong put the title out of the Mr Chia's reach over two games to emerge NUSS Bowler of the Year. A total of 77 bowlers participated in the event. To level the playing field, they were placed in three separate divisions according to their prevailing handicap points.

Congratulations, bowlers, on a well-played game!



NUSS MASTERS BOWLING COMPETITION 2018 18 NOVEMBER 2018, SAFRA MOUNT FABER

SCENE 8 HEARD



It's all Scottish

There was no pink bubbly in sight. The event was as Scottish as Robert Burns, foggy glens and tartans, starring The Macallan, one of Scotland's pre-eminent whiskies, and Highland Park. A total of 70 NUSS members and friends scored a tasting of five different honeyed and heavenly whiskies. They uncovered their complex depths, paired with a tantalising menu of baby octopus with avocado in spicy lime dressing, bacon-wrapped scallops and Australian roast leg of lamb bone-in with rosemary crust and braised root vegetables. What an absolutely fabulous way to experience Scotland's finest!

THE MACALLAN & HIGHLAND PARK WHISKY TASTING EVENING 22 NOVEMBER 2018, COLLEGE AND GUILD FUNCTION ROOMS, SUNTEC CITY GUILD HOUSE



The sound of music

Music has the ability to bring people together, and bring together it did, as NUSS and Keppel Club joined hands to bring members an evening of entertaining band performances. Dinner came first, followed by two hours of melodies from the NUSS and Keppel Club bands. Open jamming rounded out the night, with the event's guests letting loose their musical creativity.

BAND SHOWCASE 30 NOVEMBER 2018, DELLA & SENG GEE GUILD HALL, KENT RIDGE GUILD HOUSE





Making an ASEAN connection

Over 100 NUSS members and guests spent an evening connecting with the region's industry leaders and leading professionals in the business and government sectors during NUSS Business Connect's ASEAN Networking Night. Held in conjunction with Singapore's ASEAN Chairmanship, the panel discussion, titled "Seizing Emerging Business Opportunities in the Next Decade", covered a slew of timely topics, with an emphasis on the expanse of emerging business opportunities ripe for the picking, the challenges companies have to face when leveraging them and the navigation required to manage the forces shaping them.

ASEAN NETWORKING NIGHT 29 NOVEMBER 2018, DELLA & SENG GEE GUILD HALL, KENT RIDGE GUILD HOUSE

SCENE &



Spreading the Yuletide joy

Once again, NUSS DramaWorks, together with the Lions Befrienders, delivered a loving Christmas gift to the underprivileged elderly, rolling out a rousing variety programme at the association's annual Christmas dinner and lights event. The lively singing and dancing kept the senior citizens in rapt attention and entertained. At the end of the night, though exhausted from their performance, the DramaWorks team nevertheless cherished the constant smiles and laughter from the seniors throughout the event.

DRAMAWORKS CHRISTMAS DINNER & LIGHTS 30 NOVEMBER 2018, KRETA AYER COMMUNITY CLUB

A touch of Christmas love

NUSS' Community Care Sub-Committee held its annual Christmas bash to spread holiday joy to underprivileged children from the Nee Soon South Community Centre, Ang Mo Kio Family Service Centre, Dover Community Centre, the Singapore Salvation Army, Sunlove Home Marsiling and Yishun East Community Centre (Kebun Bahru). It was a fun-filled day as 200 kids and their parents enjoyed the performances, carnival games, delicious lunch, a meet-and-greet with Santa and loads of fringe activities.



NUSS COMMUNITY CARE: CHILDREN'S CHRISTMAS BASH 1 DECEMBER 2018, DELLA & SENG GEE GUILD HALL, KENT RIDGE GUILD HOUSE







Lighting up Christmas

Every Christmas, the spectacular Christmas tree light-up is the major highlight that members look forward to. This year, the Society's Music Section members performed Christmas favourites while the NUSS Choir presented well-loved carols. The face-painting and snowmanbuilding activities were a hit with kids, as was the free ice cream. Sealing the festivities was the Christmas tree. an 18-foot whopper, which NUSS President Mr Eddie Lee lit up to the delight of everyone.

CHRISTMAS LIGHT-UP 1 DECEMBER 2018, LOBBY, KENT RIDGE GUILD HOUSE



Serving into 2019

The NUSS Tennis Section has elected its new convenor, Mr Sundaresan Srinivasan Iyer, for 2019 at its annual general meeting. Over 50 section members also gathered to review the finances, competitions and events of the past year, as well as brainstorm how they can better manage internal competitions and section nights in 2019.

The event was also a time for the members to gather and celebrate the good year they have had. They caught up with one another over a delectable spread of good food, and the evening ended with a lucky draw.

NUSS TENNIS SECTION ANNUAL GENERAL MEETING 2 DECEMBER 2018, THE RIGHT CHAMBER, KENT RIDGE GUILD HOUSE





Journey into Singapore's naval history

Thirty-nine members spent a Saturday morning at the Navy Museum, a trip organised as part of the Learning Journey series. Members and their children were taken on a guided tour of the exhibits, which included the weapons gallery and inside the hull of a submarine. These highlights drew attention to little-known and underappreciated facts about the Navy – in particular, the obstacles experienced by the nation's early sailors and how they were overcome. The marine weapons and other equipment used throughout the Navy's history conveyed the urgency, vital energy and dynamism the Navy embodies towards defending Singapore.

"We learnt many things today about the Navy and really enjoyed ourselves. It was a really good visit – the tour was very well-organised and systematic. The guide was good, too!" NUSS members Dr Chan Fong Ngan and Ms Chan Fong Kin shared enthusiastically.

LEARNING JOURNEY: VISIT TO NAVY MUSEUM 8 DECEMBER 2018, CHANGI NAVAL BASE



A well-deserved celebration

Any party is a good party, but a post-exam party is a particularly satisfying one. To mark the end of their exams, congratulate the students on the good effort put in all semester and usher in a well-earned break, NUSS threw the 40th NUS Student Union Council a post-exam party. Games, prizes and a mouth-watering Christmas buffet dinner dominated the spirited evening, as the student leaders mingled and exchanged stories with NUSS committee members. And, to recognise their contribution to the student community, the Society gifted each student a one-year Junior Membership at NUSS.

"Thank you, NUSS, for organising this event!" said NUSSU Council President Benjamin Loo. "We had a great time interacting with NUSS staff, as well as NUSSU entities and other executive committee members. It was an amazing experience, and we hope we'll continue to have this every year for future NUSSU members!"

NUSSU COUNCIL POST-EXAM PARTY 10 DECEMBER 2018, THE CHILL-LAB, KENT RIDGE GUILD HOUSE



Christmas is ALL around

Organised by the Active-Ageing and Lifelong Learning (ALL) Sub-Committee, the annual ALL-Together Christmas Party saw 80 NUSS members and guests come together for an afternoon of feasting and song, in celebration of the holiday season. Everyone enjoyed delicious festive treats from the buffet spread while the Society's ukulele group entertained with a soothing set and Silver Jam led its audience in a joyful singalong of well-loved Christmas carols. The evening ended with a fun lucky draw and games.

ALL-TOGETHER CHRISTMAS PARTY 11 DECEMBER 2018, DELLA & SENG GEE GUILD HALL, KENT RIDGE GUILD HOUSE

Game on

Over 60 members of the Social Mahjong Section convened for its year-end annual general meeting and elected Mr Chua Yong Heng as its new convenor for 2019. In addition to reviewing their finances, the meeting was also an opportunity for members to catch up with and pit their mahjong skills against one another in an informal competition. The meeting rounded off with a hearty meal and prize presentation.



SOCIAL MAHJONG SECTION ANNUAL GENERAL MEETING 13 DECEMBER 2018, FUNCTION ROOMS, KENT RIDGE GUILD HOUSE SCENE &



A toast to many more years

Past and present members of the NUSS Toastmasters Club converged for its 14th anniversary dinner, catching up over food and wine and reminiscing about the fun they've had with the Club. But it's not a Toastmasters gathering without a rousing round of speeches by members. The guests were presented a challenge: Take the stage, select a topic at random and speak to the audience about it right away. It was indeed a memorable evening of fun, food and impromptu speeches!

NUSS TOASTMASTERS CLUB 14TH ANNIVERSARY DINNER 20 DECEMBER 2018, FUNCTION ROOMS, KENT RIDGE GUILD HOUSE



Fulfilling holiday wishes of the elderly

To bring Christmas cheer to the underprivileged, NUSS, in collaboration with The Boys' Brigade in Singapore, adopted a total of 182 wishes of the elderly at St Theresa's Home. Among the wishes were shirts, shavers and shoes. Though they were simple and practical gifts, they greatly warmed the hearts of the seniors, who received them with joy and delight.

ADOPT-A-WISH 20 DECEMBER 2018



Christmas waltz

NUSS DanceSport ended the year in a shroud of mystery: The DanceSport Christmas Ball was not merely a dance event, but a masquerade ball. The hall was decorated in opulence to complement the enigmatic costumes befitting of the theme.

Members and guests donned intricate masks and took to the dance floor with their partners, swaying to the melodies of beloved Yuletide songs, in between savouring the sumptuous dinner spread laid out. The night ended on a high note for some who won in the lucky draw. Ultimately, though, every guest was a winner – dancing was, after all, the highlight and everyone had their fill of it.

DANCESPORT CHRISTMAS MASQUERADE BALL 22 DECEMBER 2018, DELLA & SENG GEE GUILD HALL, KENT RIDGE GUILD HOUSE





Ringing in the new year, Moulin Rouge-style

In true NUSS fashion, members came together to usher in 2019 with plenty of song, dance, food and games. It was full-house that night as members and their loved ones came dressed to the nines, donning gowns, tuxedos, top hats and fine jewels, in line with the "Moulin Rouge" theme.

Popular band Jerry & the Neu Faces entertained one and all with familiar hits, while exuberant emcee Moe Alkaff kept everyone in stitches with his hilarious antics. Members enjoyed an enthralling performance by The Mentalist, Ferris Yao, and happily tucked into a mouth-watering seven-course dinner, complete with soulwarming Teochew porridge for supper.

The revelry reached fever-pitch at the stroke of midnight, with cheers of "Happy New Year!" and joyous strains of "Auld Lang Syne" ringing all around the hall, as the partygoers bid 2018 a fond goodbye and welcomed yet another year.

Mr Peter Teo, an NUSS member who came with his loved ones and guests, said: "We had so much fun at the party! It was an amazing experience for us and our overseas guests. The service was excellent, the programme was great and the food was delicious. What an excellent way to welcome 2019!"

COUNTDOWN TO 2019 PARTY 31 DECEMBER 2018, DELLA & SENG GEE GUILD HALL, KENT RIDGE GUILD HOUSE



Hello, 2019!

As the clock struck midnight, shouts of jubilation echoed through Suntec City Guild House as the party's revellers put behind the worries of 2018 and resoundingly greeted the new year with festivities, food and drinks. Adding to the vibe of a new beginning was Ace Tone, the live band who kept the energy in the room high all night. The musical trio belted out evergreen hits like Billy Joel's "Uptown Girl" with good cheer, setting the tone for 2019.

CHEERS TO 2019
31 DECEMBER 2018, THE BAR AND K ROOM, SUNTEC CITY GUILD HOUSE



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THE BUSIN OF DOING GOOD

An increasing number of local entrepreneurs have set up for-profit businesses to tackle society's social problems. Francis Kan looks at what is causing this phenomenon.

rom helping the needy to protecting the planet, a new generation of entrepreneurs are seeking to do good even as they strive to turn a profit and build sustainable businesses. Social entrepreneurship

- broadly defined as for-profit businesses with a social mission at its core - has expanded robustly in Singapore in recent years, as the government and privatesector organisations lend their support to the movement's growth.

There were just over 400 registered social enterprises here as at August 2017, up 32 per cent from 303 enterprises in 2016, according to the Singapore Centre for Social Enterprise (raiSE).

"I believe more and more people are redefining the traditional notion of success, where it is increasingly going beyond pure financial gain to recognising purpose in the material impact they make to others through their vocation," said Ms Gillian Tee CEO and co-founder of Homage, a social enterprise that seeks to meet

More people are redefining the traditional notion of success, going beyond pure financial gain to recognising purpose in the material impact they make to others through their vocation.

Ms Gillian Tee, CEO and co-founder of Homage

the growing caregiving needs faced by families in Singapore.

She added: "In short, people want to be part of something that benefits society and makes a difference. There is an increasingly more

holistic view on work and success and, in particular, younger folks are looking for a strong personal connection to what they do."

Homage is an online platform that provides on-demand caregiving solutions to the elderly in Singapore.

> The company was founded in 2016 by Ms Tee, Ms Lily Phang, and Mr Tong Duong. The team was motivated to start the enterprise when they saw urgent demand for in-home care for the elderly, who currently number over 450,000 in Singapore.

It is no surprise that the social enterprise trend is being led by a younger crowd. In a 2015 study led by Deloitte, two-thirds of millennials cited their organisation's purpose as a reason they chose to work there. Only 27 per cent

ON THE RED DOT



believed businesses should focus solely on profit, while the rest said priority should be shifted to business strategy and impact.

Asia is particularly ripe for social enterprises to take root in. With the region's growth being hampered by increasing inequality and other social problems, such entities have a meaningful role to play in solving these issues sustainably.

Some of these problems include poverty, rural development, the livelihoods of women and waste management. They are particularly prevalent in large developing countries such as India and Indonesia. On the flip side, Asia's growing wealth means there are plenty of funds available to develop and implement solutions. This combination of social problems



and rising affluence is fuelling the establishment of social enterprises in the region.

A GROWING TREND IN SINGAPORE

According to raiSE's "Public Perception Study on Social Enterprises in Singapore" surveys in 2010 and 2016, there has been a significant rise in public awareness and understanding of social enterprises in Singapore. raiSE was set up in 2015 through a collaboration between the Ministry of Social and Family Development, the National Council of Social Service, Social Enterprise Association and Tote Board to develop Singapore's social enterprise sector.

A 2017 report by raiSE, titled "The State of Social Enterprise in Singapore", showed that some 66 per cent of social enterprises here are in the seed and early stages of development, while 34 per cent are in the growth and mature stages. The bulk of these businesses are also small-scale operations. Some 74 per cent reported an annual revenue of less than \$250,000.

Social enterprises in Singapore come from a diverse range of industries, with the top three being education, training, as well as health and wellness. Meanwhile, the top three groups served by these organisations are disadvantaged youth and children, persons with disabilities and persons and families with low income.

More local social enterprises are also being recognised by initiatives such as the President's Challenge Social Enterprise Award, helping to spur awareness of the sector. The Award was started in 2012 to commend outstanding social enterprises that have contributed to society through their businesses.

Some 41 enterprises hailing from industries such as healthcare, childhood education and food and beverage participated last year, with 19 being shortlisted. Bettr Barista, which helps marginalised women and at-risk youth find gainful employment, was named Social Enterprise of the Year in 2017, the Award's highest honour. The company runs a coffee academy



Industry watchers believe the lines are blurring between social enterprises and SMEs, as more traditional businesses incorporate social missions into the core of their operations.





that trains participants to become coffee baristas.

Bettr Barista founder Ms Pamela Chng said the company would use the \$50,000 prize money to scale the business and expand its regional work with sustainable-coffee farmers. Despite facing the challenge of balancing profit with social impact, Ms Chng said, "Looking at the people we have helped and seeing how their lives have transformed is what keeps us going".

THE NEXT PHASE

Looking ahead, industry watchers believe the lines are blurring between social enterprises and small and medium-sized enterprises (SMEs), as more traditional businesses incorporate social missions into the core of their operations. To help accelerate this trend, DBS Foundation has shifted its focus from helping social enterprises adopt for-profit models



to helping commercial companies do good in the course of their business. The foundation was set up in 2014 by DBS Bank to support and champion social enterprises in Asia.

"Are shareholders willing to accept a blurring of lines between profit and social mission? The answer is a resounding 'Yes," said DBS CEO Piyush Gupta at the opening of DBS Social Enterprise Week in October last year.

Samsui Supplies and Services, for instance, is the social enterprise arm of listed restaurant chain Soup Restaurant. Samsui provides about 4,000 to 5,000 meals a day to the elderly and children in homes and care centres. Reflecting the benefit of being part of a commercial entity, the firm has even convinced its suppliers to incorporate elements of social impact into their business. Mr Ang Kian Peng, Samsui's director, shared that they were able to use their leverage to persuade suppliers to share their philosophy.

As more traditional businesses like Soup Restaurant see the benefits of embedding a social mission in their operations, we could soon expect the lines between traditional and social enterprises to disappear altogether, and doing good just becomes another key aspect of running a good business.





CLIMATE CHANGE: WHAT CAN WE DO?

Time is running out for us to take action on global warming. Kelly Ng finds out what more needs to be done.

Nations sounded the alarm on the health of our planet, warning that we have just 12 years to limit climate change or face an unprecedented worldwide catastrophe.

In its landmark report, it warned that if we fail to limit the rise of global temperatures to 1.5 degrees Celsius above pre-industrial levels by 2030, hundreds of millions of people will be at high risk due to drought, floods, extreme heat and poverty. This planet has already warmed 1 degree Celsius since the 19th century, causing more extreme weather, rising sea levels and damages to many land and sea ecosystems.

And with a 2-degree increase in global temperatures, tens of millions more people worldwide could be exposed to life-threatening heat waves, water shortages and coastal flooding. Half a degree is a big deal, the report warned, as it could mean the difference between a world with coral reefs and a world completely devoid of them. The ravaging wildfires in California last November are a testament to the deadly outcomes of climate change, scientists say.

The report added that things would worsen if temperatures go up by 1.5 degrees Celsius in the next 12 years, bringing more extreme levels of devastation, including famine, disease, poverty and refugee crises.

SIGNIFICANT IMPACT ON SINGAPORE

A low-lying country and open economy like Singapore will feel the impact keenly, experts maintain.

Professor Benjamin Horton, acting chair of Nanyang Technological University's Asian School of the Environment, stressed, "A city like Singapore will not be liveable anymore if we do not curb our greenhouse gas emissions. If the rising of sea levels continue to accelerate and polar ice-sheets collapse, huge areas of Singapore will be flooded and the country many people call home won't even exist. It's as simple as that."

And, as a country that imports a bulk of its goods and services, Singapore is particularly susceptible to the impact of climate change on the world's economy, he added.

Agreeing, climate scientist and NUSS member, Assistant Professor Winston Chow, noted the UN report's forecast of significant declines in crop yields in Southeast Asia and reduced nutritional value of rice under a 2-degrees-Celsius increase in global temperatures.

"As a country that imports all of our food, such indirect consequences should be most concerning for Singapore," said Asst Prof Chow, who is with the National University of Singapore's Geography department.

"More direct outcomes for Singaporeans would likely include extremely hot days and more frequent El Nino events," he added, referring to the phenomenon often associated with warm and dry weather conditions in Southeast Asia.

It would also be more expensive for Singapore to adapt to these consequences of climate change, Asst Prof Chow said.

WHAT HAS BEEN DONE

Though it contributes just 0.11 per cent of global emissions, Singapore ranks 26th out of 142 countries in terms of emissions per capita. This means each person in Singapore produces more carbon emissions than his counterpart in Britain, Switzerland or France, according to 2015 data from the International



"The reality of people living in a First World country like Singapore is that our lifestyles are frighteningly wasteful and a lot can be done at the individual level to reduce our environmental footprint."

NUS Students Against Violation of the Earth Energy Agency.

The Singapore Government has pulled off a decent effort in paving the way to reducing the Republic's energy needs. Most notably, it designated 2018 as the Year of Climate Action. Among other things, individuals and companies were urged to publicly pledge their readiness to take action against climate change.

The declaration was a useful signal of the government's intent, said Mr Heng Li Seng, who founded environmental non-profit group Green Nudge. "It has gradually led many businesses and organisations to follow in the government's direction. That said, government agencies should take the lead in doing more, particularly in areas where they have more control," said Mr Heng, citing the annual National Day Parade (NDP) as an example.

"Past editions of the NDP have generated a large number of single-use items, many of which get disposed of at the end of the event. Are there any ways to reduce or reuse some of these items, like the handheld Singapore flags, for example?" he asked.

Singapore also saw a number of climate-related policy changes in 2017, such as enhancements to the Energy Conservation Act, which Parliament passed in April, and the announcement of a carbon tax on large greenhouse gas emitters, which will come into effect this year. The Republic is also a member of the Paris climate change accord, to which 195 nations have committed to limit global warming to 1.5 degrees Celsius, among other things.

At the state level, perhaps what Singapore can do more of is exert a stronger influence on its counterparts in Southeast Asia to reduce reliance on carbon for their energy needs, said Prof Horton.



ON THE RED DOT

And as the country strives for large-scale infrastructural and technological changes from the top, it is also important that individuals adopt the right mindsets and action on climate change. While government and community efforts in mitigating climate change have been gathering pace, they face obstacles when individuals remain nonchalant or shrug off the impact of global warming, Mr Heng cautioned.

People must also be persuaded that change can happen at the individual level, said varsity group NUS Students Against Violation of the Earth (SAVE).

"Many feel that their individual efforts don't matter enough for them to make the additional effort to change their habits. But the reality of people living in a First World country like Singapore is that our lifestyles are frighteningly wasteful and a lot can be done at the individual level to reduce our environmental footprint," said the group, which are led by students Deng Yimin, Kong Ying Xuan and Jeremias Liew.

WHAT CAN WE EARTHLINGS DO. THEN?

its source is key and can be easily achieved, such as by bringing our own cups or refusing straws when ordering beverages. The use of disposable cutlery when throwing parties can also be reduced, such as by offering guests markers to label their names on their cups and plates.

"Many of our environmentally damaging habits are related to convenience and consumerist behaviours, which are the norm in Singapore society. The power of the consumer dollar should not be underestimated. What we put our money into signals to retailers and producers what we want to see and buy in the future," said Mr Deng.

Companies, too, have a part to play. NUSS, for instance, is exploring "realistic and sustainable steps" to help members become more environmentally friendly. For instance, eateries at Kent Ridge Guild House have started to reduce their use of plastic containers for takeaways, while the Society is actively encouraging members to opt out of receiving hard copies of its quarterly magazine, *The Graduate*. Today, up to a quarter of its members are browsing the

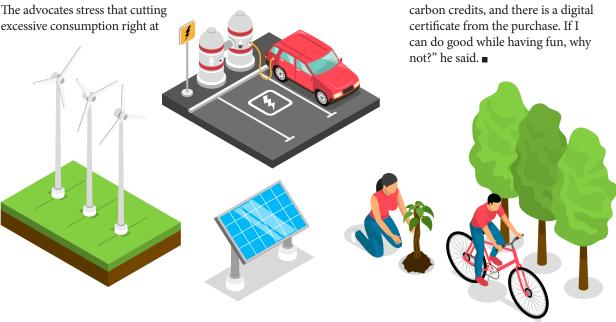
publication's digital version, helping NUSS cut print runs by about 3,500 copies each quarter.

"It is tricky for Singapore since so much of our lives is built around consumption and the gratification of our present and immediate needs and desires, and less so the long-term, collective interests of the entire world. Nonetheless, small steps are better than no progress at all," said Mr Edgar Liao, who chairs the Society's Editorial Panel Task Force.

Green Nudge's Mr Heng believes that "efforts to engage on environmental issues should not linger at recycling, but go beyond that to encourage reduction first and reuse where necessary".

His group has, for instance, begun a project to build "ecobricks" – bottles stuffed with unrecyclable materials that can be used to make furniture. This helps reduce the need for incinerating the unrecyclable.

Mr Heng has also started a personal pledge against physical gifts and requested instead to be gifted with carbon credits. "They can help offset pollution-heavy activities in the past year. These can be in the form of UN-certified carbon credits, and there is a digital certificate from the purchase. If I can do good while having fun, why not?" he said.





HACKER: FRIEND

White hats – or ethical computer hackers – are increasingly used by organisations to strengthen cybersecurity. Kelly Ng explores how effective this trend is in beefing up computer systems.

Ministry of Defence was hit by what it described as a "targeted and carefully planned" cyberattack. Personal details of 850 national servicemen and staff were stolen.

Almost a year later, the ministry, in its effort to bolster cybersecurity, took a step that many considered befuddling. It invited hackers willing to play by strict rules to find vulnerabilities in some of its public-facing internet systems, even laying out rewards of up to \$\$20,000 for those who uncover

vulnerabilities. Under this initiative, which ran for three weeks, hackers received "bounties", or rewards, for bringing to light valid and unique bugs in the systems.

While such a move was the first for any government agency here, institutions abroad, including the United States Department of Defense and major companies like Intel and Twitter, have launched similar "bug bounty" programmes. These initiatives tap the expertise of computer-security specialists known as "white hats", whose role is to break into protected systems before

hackers with malicious intent strike, with the aim of benchmarking their defences against skilled hackers from around the world.

Unlike "black hats" who violate computer security for little reason beyond malice and personal gain, white hats are regarded as having honourable intentions.

To the layman, the idea of rewarding someone for finding your security flaws may seem inconceivable. But a bug bounty programme can be valuable - if executed correctly - as hackers may uncover flaws that an organisation could not have found on its own, said cybersecurity experts.

HOW CAN HACKING BE ETHICAL?

The definition of hacking has evolved over the years. While the criminal, unauthorised act of breaking into systems is still prevalent - the July 2018 hack against SingHealth that affected 1.5 million Singaporeans being the most recent example - organisations are also increasingly working with hackers.

In such cases, hacking can be ethical. There are two main ways this is done. The first is through

penetration-testing programmes, commonly known as "pen testing", where organisations hire consultants to perform real attacks against their network, then turn in a report on how these systems can be beefed up.

In fact, this practice has found its way into the requirements for a growing number of industries, noted Mr Emil Tan, founder of cybersecurity community group Division Zero (Div0). For instance, the Association of Banks in Singapore (ABS) has a set of guidelines for penetration testing to ascertain the effectiveness of security controls. "The security of online systems is paramount to maintaining trust and confidence in the online financial services provided by the financial institutions in Singapore to their customers," wrote the ABS in its guidelines document.

Another way in which hacking is now regarded ethical is via bug-bounty programmes. The US government is one of the first in the world to adopt this method, said Mr Tan. Its Department of Defense

launched its "Hack the Pentagon" initiative in early 2016, less than a year after foreign hackers were reported to have stolen personnel records of millions of federal employees in one of the most damaging cyberattacks in history.

Tech giants like Microsoft, Facebook and Twitter all pay external hackers who turn over bugs in their products and systems. Google, for instance, has paid out more than US\$6 million (\$\$8.2 million) since it launched its bug bounty programme in 2010. The company's top reward to anyone who can break into its Chromebook laptops now stands at US\$100,000.

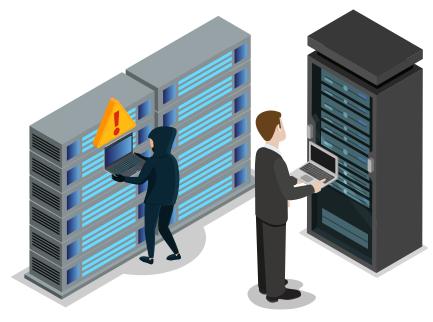
These bounty programmes uncovered a total of 1,522 vulnerabilities worldwide in 2017, up from 1,262 the year before, according to an analysis by business consulting firm Frost & Sullivan. Of these, over six in 10 were marked "critical severity" and "high severity".

CHALLENGES

Still, experts acknowledge that there are many grey areas as to what is permissible. For instance, someone around" at their own initiative may wind up flouting cybersecurity



TALKING POINT



"Bug bounty programmes can be valuable, as hackers may uncover flaws that an organisation could not have found on its own."

laws, even if they started out with good intentions, said Mr Benjamin Ang, a senior fellow at the Centre of Excellence for National Security at the S Rajaratnam School of International Studies.

Agreeing, Mr Tan said the jury is still out on how ethical hacking can be done "voluntarily and properly". "If hackers find certain loopholes and bring them to the company's attention, some companies may ask why they were even trying to hack the system in the first place, and take action that may backfire on the hackers," he said.

Mr Tan's Div0 community runs the Responsible Disclosure Coordination Programme, which encourages hackers who have uncovered vulnerabilities to notify the respective system owners and relevant authorities before disclosure is made public for educational purposes. However, it is important to "balance the need for the public to be informed of the vulnerability with the need for affected parties to be accorded time to respond effectively", the community wrote on its website.

On the other hand, even formal penetration testing, in which some firms and industry associations have

listed specific requirements, can run into limitations. For instance, Mr Tan noted how managers who lack awareness of the procedures and their importance may "select the cheapest pen-testers they can find just to meet compliance requirements".

RETHINK CYBER DEFENCE, URGE EXPERTS

While firms that rely heavily on digital forms of communication are readily invested in cybersecurity capabilities, other companies tend to take a more reactive stance, say Mr Mikko Niemela, who leads Cyber Intelligence House, which specialises in helping organisations assess their cyber-exposure and detect data breaches.

Businesses and government agencies need to rethink how they fend off cyberattacks, said the experts, urging them to embrace the idea of exposing systems to the outside, enlist hackers to exploit vulnerabilities, then reward them for responsibly disclosing vulnerabilities.

The Singapore Government's new bug bounty programme, launched at the end of 2018, is an important stride in this direction. This initiative, which involves both international and local white hats testing selected internet-facing government systems, is poised to foster a sense of shared ownership and protection of the Republic's critical information infrastructure.



SMARTPHONE PHOTOGRAPHY



Ever wished you could take those gorgeous photos you see on your Instagram feed?
Here's how to level up your smartphone-photography game. By April Zara Chua

hese days, you don't need a digital single-lens reflex (DSLR)
camera to capture great moments. Smartphone cameras are not only incredibly handy, but can now also deliver superior results.

We speak to Ching Kai "CK" (@chingkaichingkai), one of six photographers named Singapore's Instagrammer of the Year this year by local Instagram community group, InstaSG, for tips on how to get the best images from your smartphone.

BEFORE YOU START

The best camera is the camera you have on hand. Familiarise yourself with its basic functions first. According to CK, the common built-in features are usually good enough for basic tweaking and adjusting of colours, as well as image cropping and framing.

Also, be mindful of basic no-no's in photography. If you are taking pictures of strangers, be sure to ask for permission first and always credit your sources. "It's okay to be inspired by or even try to recreate what others have done. But (you should) never try to pass off work created by others as your own," CK advises.

CAPTURE THE MOMENT, ENJOY THE PROCESS

"What makes smartphone photography fun is that it is instantaneous," says CK. "It allows you to edit and process images on the go and it's also extremely portable."

Technicalities aside, do remember, however, to have fun and don't get too caught up with trying to get that "perfect" shot.

Ultimately, it comes down to practice. "Take 100 shots to find the right one," says CK. "But don't forget to return to the remaining 99 to see what went wrong and how you could have made them better!"

SKILL UP

CALL THE SHOTS

Here are some tips on how to capture the best shot in some familiar settings and scenarios



▲ Low or bad light

"It is best to avoid taking pictures if the lighting is bad, but if you really have to, try focusing on a subject that might still be lit," says CK. This will give clarity to the entire photograph, although you may have to focus on a subject different from what you had intended.



▲ Framing and making use of space

Make sure the grid function of your camera is turned on. This will give you a 3x3 grid guide, making it easier to follow the rule of thirds. Says CK, "Place your subjects on any of the four intersection points to achieve the best framing." Add flair by experimenting with extremely contrasting sizes.



▲ Fast-moving subjects

Kids, pets and sports activities may seem hard to capture, but don't let that stop you. "Take fast-moving subjects as they are. If your subjects turn out blurry, it just adds texture to the picture," says CK. "Or, use a tripod to ensure still objects, such as the background, remain sharp."

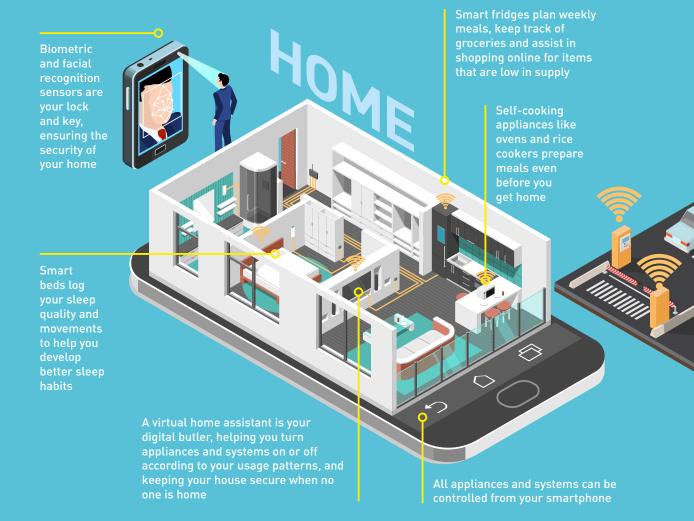


▲ Creative shots

To get interesting or unusual shots, experiment with optical illusions – such as a hand in the foreground "picking up" a tiny human far in the background, playing with props such as fairy lights, or shooting through glass or a clear bottle of water. "Challenge yourself to see what effects you can achieve without relying too heavily on filters," says CK.

HERE COMES THE INTERNET OF THINGS

We have heard a lot in recent years about the Internet of Things (IoT) and how it is set to radically transform our daily lives. The IoT, a network of internet-connected smart devices that use sensors and chips to collect and share data, is growing at breakneck pace, estimated by Business Intelligence Insider to balloon to over 55 billion smart objects in the world by 2025. Janice Lin takes a quick look at how this tech game-changer will reshape the way we live and work.







JANUARY
What: Tokyo Metro - The
Underground Mysteries
Game, Tokyo, Japan
When: Till 31 January
Part scavenger hunt, part
escape room puzzle, this
interactive game takes you
on five missions around
the city. An Englishlanguage game pack is
available at the Ueno or
Shinjuku Metro ticket
office for ¥2,200 (\$\$27).
Playing as a team? Get
one pack. It comes with a
24-hour pass and all-day
tickets for everyone.



FEBRUARY
What: Carnaval de Veracruz,
Mexico
When: 27 February to 5 March
Mexico's largest carnival
will be cranking things
up in 2019 as the
country marks the 500th
anniversary of Spanish
explorer Hernan Cortes'
arrival in Mexico – an
event that would lead
to Spain's eventual
colonisation of the
Americas. Dubbed "the
most joyous carnival in
the world", expect street
parades and mass revelry.



MARCH
What: Watch blue whales,
Sri Lanka
When: November to May
How often do you get a
chance to see the world's
largest animal up close?
Every year, migrating blue
whales descend upon
the waters of Mirissa and
Trincomalee to feed on
their blooming reserves
of krill. March is one
of the better months
to go whale-spotting in
Mirissa, as you will avoid
the choppy waters of
the monsoon.



APRIL What: Star Wars Celebration, Chicago, USA When: 11 to 15 April Not for nothing is this event known as Woodstock for Star Wars fans. This year marks the convention's 20th anniversary, and if past events are anything to go by, attendees will have plenty to look forward to, including panel discussions with directors and cast members, cool exhibits and exclusive sneak peaks of Star Wars Episode IX, which will be released later this year.

HAPPY TRAILS

New year, new travel plans! Lisa-Ann Lee susses out some places and events that are a must-visit this year.



TRAVEL



MAY What: Kelaa-des-Mgouna Rose Festival, Morocco When: First or second

week of May
Nestled in the Dades Valley
lies the little town of Kelaat
M'Gouna, whose distilleries
produce some of the world's
most sought-after rose oil.
Each spring sees a huge
celebration of the year's
harvest, and you can expect
a ton of rose-themed goods
on sale. Tip: Arrive a few
days before the festival
to see the roses carpeting
the valley before they
are harvested.



JUNE

What: Iceberg Festival,
Newfoundland, Canada
When: 7 to 16 June
In this part of the woods,
you know spring has
arrived when icebergs
start meandering down
the coast of Labrador and
Newfoundland into the open
sea – a path nicknamed
"Iceberg Alley". While these
10,000-year-old hunks of
ice are the highlight, check
out activities like a Viking
Feast at Lightkeepers
Restaurant, the only
sod-covered restaurant
in North America.



JULY

What: Doctor Music Festival, Pyrenees mountain, Spain When: 12 to 14 July How many music festivals can claim to have a rockstar chef in their line-up as well? Given that past musical headliners have included heavyweights like David Bowie and Bob Dylan, you can anticipate a similar headbanging programme at this edition. On the culinary front, Albert Adria will be moving his acclaimed Tickets restaurant in Barcelona to the festival for all three days.



AUGUST

What: Staircase to the Moon, Broome, Australia When: Between March and October

This natural phenomenon is quite a spectacle. Best seen from Roebuck Bay in the Kimberley resort town of Broome, the breathtaking sight comes into view when the full moon rises across the exposed tidal flats, making it seem as if there is a flight of steps leading to it. For 2019 dates and times, visit australiasnorthwest.com/page/staircase-moon.



SEPTEMBER

What: Altai Eagle Festival, Mongolia When: Third weekend of September

Hunting with eagles is a 4,000-year-old tradition that is dying out, and the nomadic Kazahk people of Mongolia are practically the only ones left practising this art. If you can withstand the cold and the trek to the remote Altai mountains, this is definitely one bucket-list event you should not miss.



OCTOBER

What: Feast on white truffles, Italy When: Every Sunday in October

The elusive white truffle takes centre stage at sagras (festivals commemorating a local food and drink) in central and northern Italy this month. Our pick is the white truffle fair at Sant'Agata Feltria near Bologna, where you can sample and buy truffle-infused delicacies, plus seasonal mushrooms, chestnuts and local wines. Don't miss the race of the truffle-hunting dogs!



NOVEMBER

What: See the world's most expensive painting, Paris, France

When: Till 24 February 2020
This year marks the 500th anniversary of Da Vinci's death, so expect most of Europe's major art museums to commemorate this milestone. Like the Louvre, which will be presenting a retrospective of his life's work by bringing together many of his paintings, including the Salvator Mundi, the most expensive painting ever sold, at US\$450.3 million.



DECEMBER

aurora-chasers.

What: Chase the Northern Lights, Iceland When: November to March When it comes to viewing the Northern Lights, darkness and cloud-free skies are key. There is no shortage of either during the winter solstice in Iceland, when 19 straight hours of darkness is common. It's best to arrive five days before a full moon and head out of the city to avoid light pollution. Thingvellir National Park outside Reykjavik is a popular destination for



DO BETTER IN

With these tips, you can easily achieve your new year goals. By Low Pei Hua

ost people start the new year brimming with resolutions they are determined to keep. A month later, it all flies out the window. The problem? Unrealistic

goals – lose 20kg in a month, declutter the whole house in two weeks – get the picture? But to realise your goals, all it takes is focusing on the small, simple steps that will lead to your endgame.

If you want to lead a more active lifestyle...

D0 stick to exercises you enjoy. It will motivate you to keep going. Whether it's jogging before dinner, a morning swim or playing soccer with friends, start with an achievable goal. If you can't fit in one 30-minute walk, try three 10-minute walks instead. The objective is to make regular physical activity part of your life.

DON'T overexert yourself. Feeling sore after a heavy workout? Take a day or two off to recover. Focus on building a routine first, then slowly increasing the intensity and frequency.

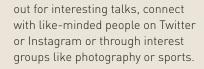
If you're looking to expand your network...

DO take initiative to meet new people. Join Facebook groups, attend school alumni events, look



WELLNESS

2019



DON'T be selective about who you talk to or associate only with people from specific industries. You never know who might point you to the right connections or even become a lifelong friend.

If you're a procrastinator...

D0 give yourself a small reward for work or a task accomplished. Whether it's a snack or an episode of your favourite show, the prospect of a reward at the end is an incentive to get started on and push through a task.

DON'T be intimidated by big projects. Break them down into smaller, more manageable tasks with the help of free projectmanagement apps like Trello. It will keep you focused on prioritising what needs to be done first.

If you need to manage your time better...

D0 set timed intervals for working on an activity. The Pomodoro Technique encourages you to keep focused for periods of about 25 minutes, with short five-minute breaks in between.

DON'T multitask. Spreading yourself thin by tackling different areas at once decreases productivity. Clear one thing at a time.

If you want to eat healthy...

D0 keep a food journal to track your eating habits and patterns. Consciously make healthier food substitutes. Swap pasta for whole wheat pasta, or eat boiled instead of fried eggs.

DON'T shop for groceries when you're hungry. You will likely walk out of the store with more high-calorie food like chips or cookies. Similarly, skipping meals increases the risk of overeating later.

If you want to organise your home...

D0 start small. Take 15 to 30 minutes each day to tidy up one section of your room, whether it's clearing mail or putting items back where they belong. Invest in storage boxes to store your stuff neatly.

DON'T hesitate to sell, donate or throw out clutter. If you haven't used an item in the last year, it's likely you won't be using it again.

If you want to sleep better...

DO find a ritual that can help you relax before bed. Drink a glass of warm milk, take a warm bath, do some light reading. Going to bed and waking up at the same time every day conditions your body to a sleep regime.

DON'T take long afternoon naps (20 minutes is enough), drink coffee past 5pm or use any electronics just before bedtime. These can keep you awake and may lead to insomnia.

If you need help managing stress...

DO reflect on the situation.
Ask yourself, "Why am I feeling stressed?" and "What things are within my control?" Perhaps you are burnt out or overwhelmed by work. You need to first identify the root of the problem.

DON'T isolate yourself. Being alone with negative thoughts can lead to problems spiralling out of hand. Think positive and talk to someone you trust about your problems. Strong social support helps in coping with stress.





CHINESE NEW YEAR SPECIAL!



KRGH and SCGH will be closed on 5 and 6 February 2019 for Chinese New Year. Operations will resume on 7 February 2019.

Smoked Duck Omelette

■ Fragrant Plain Rice

Image used is for illustration purpose only.

For reservations, please call 6779 1811 or email krgh_cafe@nuss.org.sg

Terms and conditions apply.





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Assistant Banquet Sales Manager T 6395 6626

E perlynthean@nuss.org.sg

Notes:

Prices are subject to prevailing GST. Service charge is applicable to non-members.

Non-NUSS members are required to pay a deposit constituting 25% of the total estimated amount.

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Glenfiddich 15 Years

\$135 per bottle | \$256 twin bottles

Glenfiddich 18 Years

\$185 per bottle | \$352 twin bottles

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Buy more bottles to win a trip to Taiwan!

One winner each month in January and February.



Trip in April 2019 includes 4D3N hotel stay, air tickets and land transfer



Visit Taoyuan & Taichung and indulge in rare and exquisite Glenfiddich and Balvenie whiskies from William Grant & Sons

Qualifying Period:
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*Winners will be announced on the 10th of following month.



Glenfiddich 12 Years



Glenfiddich 15 Years



Glenfiddich 18 Years



*Winners are determined by the highest number of any bottles purchased during the respective months.

Terms and Conditions

- Bottle(s) can be kept at the Bars for two months from date of purchase.
- Soft drink mixers are chargeable at \$3 per 500ml.

- F&B credits are accepted.

Prices are subject to prevailing GST. Service charge is applicable to non-members.
 Terms and conditions are subject to change without prior notice.

RECTOR

KENT RIDGE GUILD HOUSE

TEL: 6779 1811

Operating Hours Sun to Thu (including PH) - 8am to 12am

Fri, Sat & eve of PH - 8am to 2am

The Scholar Lunch: Mon to Fri & eve of PH - 12pm to 3pm

Chinese Restaurant 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

Café on the Ridge 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

The Ridge Bar Sun to Thu & PH - 11am to 12am

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

The Chill-Lab Daily (including eve of PH & PH) - 4pm to 12am

The Right Note Karaoke Lounge

Mon to Thu - 1pm to 12am Fri & eve of PH - 1pm to 2am

Sat - 12pm to 2am Sun & PH - 12pm to 12am

Jackpot Room Daily (including eve of PH & PH) - 11am to 11pm

(last change of notes/redemption tickets at 10.30pm)

Swimming Pool Daily - 7am to 10pm

Closed every Wed from 9.30am to 11.30am (for cleaning)

Fitness Centre/ Aerobics Room

Daily - 7am to 10pm

Ridge Reading Room Mon to Fri & eve of PH - 9am to 9pm

Sat, Sun & PH - 9am to 10pm

Children's Playroom Daily - 9am to 10pm

SUNTEC CITY GUILD HOUSE

TEL: 6779 1811

Operating Hours Sun to Thu (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

Sun to Thu & PH - 11.30am to 12am The Bar

Fri. Sat & eve of PH - 11.30am to 2am

K Room Mon to Thu – 1pm to 12am

Fri & eve of PH - 1pm to 2am Sat - 12pm to 2am Sun & PH - 12pm to 12am

Jackpot Room Daily (including eve of PH & PH) - 11am to 11pm

For the full list of operating hours of our facilities, please visit nuss.org.sg

Stay connected with NUSS

CONTACT US

SECRETARIAT secretariat@nuss.org.sq

THE GRADUATE MAGAZINE thegraduate@nuss.org.sg CORPORATE COMMUNICATIONS comms@nuss.org.sg

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BANQUET SERVICES agnesphua@nuss.org.sg

REGULAR HAPPENINGS @ NUSS

Tuesdays, Wednesdays, Saturdays and Sundays @ KRGH: various timings Contact Jocelyn at jocelyntan@nuss.org.sg

Every last Wednesday @ KRGH: 7pm – 11pm Contact Matthew at matthewchim@nuss.org.sg RAILIT

Mondays and Thursdays @ KRGH: 6pm – 10pm Contact Jaz at jazchua@nuss.org.sg BILLIARDS

Monthly competitions @ Superbowl SAFRA Mount Faber Contact Jade at jadeyip@nuss.org.sg BOWLING

CHESS

Every 1st Saturday @ KRGH Lobby: 2.15pm - 5.15pm Contact Jocelyn at jocelyntan@nuss.org.sg

CYCLING Various venues Contact Kee Wei at keewei@nuss.org.sg

DARTS

Section Activities @ KRGH Contact Jade at jadeyip@nuss.org.sg

Monthly Medals @ various venues Contact Jaz at jazchua@nuss.org.sg GOLF

RUNNING

Wednesdays @ KRGH: 7pm Sundays @ various places: 6.30am Contact Kee Wei at keewei@nuss.org.sg

SCUBA DIVING Contact Matthew at matthewchim@nuss.org.sg

SOCCER

Various venues Contact Matthew at matthewchim@nuss.org.sg

Mondays and Thursdays @ KRGH: 6pm – 10pm Saturdays @ KRGH: 4pm – 6pm Contact Matthew at matthewchim@nuss.org.sg SQUASH

TABLE-TENNIS

Tuesdays and Thursdays @ KRGH: 7pm – 10pm Saturdays @ KRGH: 2pm – 6pm Contact Matthew at matthewchim@nuss.org.sg

Wednesdays & Fridays @ KRGH: 5pm – 10pm Sundays @ KRGH: 2pm – 7pm Contact Kee Wei at keeweil@nuss.org.sg TENNIS

Regular activities @ KRGH Contact Jade at jadeyip@nuss.org.sg **ARTS CONNECTIONS**

Thursdays @ KRGH: 7.30pm – 10pm Contact Jade at jadeyip@nuss.org.sg

Tuesdays and Thursdays @ KRGH: various timings Contact Jade at jadeyip@nuss.org.sg DANCESPORT

DRAMAWORKS Regular activities @ KRGH Contact Jade at jadeyip@nuss.org.sg

Regular activities @ various venues Contact Jocelyn at jocelyntan@nuss.org.sg KIDS' CLUB

Fridays @ KRGH: 1pm - 5.30pm Contact Jocelyn at jocelyntan@nuss.org.sg MIND GAMES

MIISIC

Regular activities @ KRGH Contact Jade at jadeyip@nuss.org.sg

SOCIAL MAHJONG Mondays, Thursdays and Sundays @ KRGH: various

timings Contact Jade at jadeyip@nuss.org.sg

Every 4th Thursday @ KRGH: 7pm - 10pm Contact Jocelyn at jocelyntan@nuss.org.sg TOASTMASTERS CLUB

TUESDAY CONNECTIONS Tuesdays @ KRGH: 10.30am – 6pm Regular activities at various venues Contact Jocelyn at jocelyntan@nuss.org.sg For more information and registration details, please contact

OVERSEAS CONNECTIONS

the respective personnel.

NUSS members enjoy reciprocity with graduate associations around the world. For more information, please email mship@nuss.org.sg

Chulalongkorn University Alumni Association – Bangkok, Thailand Hong Kong University Alumni Association – Hong Kong Persatuan Alumni Universiti Malaya – Kuala Lumpur, Malaysia The Graduate Union of the University of Melbourne – Melbourne, Australia The Royal Northern and University Club – Aberdeen, United Kingdom The University Club of Western Australia – Perth, Australia

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
University House, Australian National University - Canberra, Australia
University Club of Saint Paul - Minnesota, United States of America University Club of San Francisco - California, United States of America

February is the season of love, and we want to offer you a sweet Valentine's Day treat! Share a touching moment you experienced with a loved one here at NUSS and you may win \$50 worth of dining vouchers to be used at our NUSS Guild Houses.

Simply visit our Facebook page and complete these steps to join the contest:

- Guess how many paper hearts are in the jar in our Valentine's Day post.
- Leave your answer in the comment box, together with your heart-warming love story, and we will pick the most moving entry with the closest guess!



This contest runs from 1 to 9 February, 11.59pm, and is open only to NUSS members. One winner will be chosen and notified via Facebook. The winner will receive \$50 worth of dining vouchers. Terms and conditions apply.



instagram.com/nussociety



facebook.com/NUSSociety

LAST ISSUE'S WINNER

In the Oct-Dec 2018 issue of *The Graduate*, we asked members to share the memorable moments they had at NUSS last year. One lucky winner received \$100 worth of dining vouchers for use at our NUSS Guild Houses.



"It was at New
Members' Night back
in January where
I met my partner,
Joseph Soh, for the
first time. It was such
an eventful evening for
the both of us! Now,
NUSS is our favourite
stamping ground.
We head to the gym
and restaurants at
Kent Ridge Guild
House after work."
Clarice Lee

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

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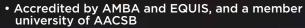
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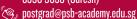




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Individual Package:

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Prices stated are inclusive of GST.

* At least one participant has to be a member to enjoy this package. Non-members will have to pay a guest fee of \$10.70 (inclusive GST) per session on top of the package.

