

THE GRADUATE

THE MAGAZINE OF THE NATIONAL UNIVERSITY OF SINGAPORE SOCIETY *SINCE* 19





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THE NATIONAL UNIVERSITY OF SINGAPORE SOCIETY

Mandalay Guild House

2 Mandalay Road Singapore 308206

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PRESIDENT'S MESSAGE

Dear fellow members

am pleased to share that the much-anticipated Mandalay Guild House (MGH) opened its doors to members on 8 February. On behalf of the Society, I want to express my sincere appreciation and thanks to the Project Task Force, Secretariat and the contractor for their tireless effort and meticulous attention to detail and quality, which have made this beautiful club house possible. I am also happy to know that many of you have already visited MGH, and I trust that it has provided you a renewed and enhanced experience at NUSS. To those who have yet to do so, do come and check out the offerings at The Restaurant @ Mandalay and The Bar @ Mandalay.

One of the Society's main objectives is to uphold our strong ties with our alma mater, the National University of Singapore (NUS). So, we were delighted to have the opportunity to host its Chairman, Board of Trustees, NUS President Professor Tan Eng Chye and senior management members at our annual Lunar New Year Lo Hei Dinner in February. This year's get-together was a particularly joyous one, as we held it at the newly opened MGH. We also had the honour of presenting a cheque of \$250,000 to the NUS Alumni Bursary Fund, as part of our ongoing commitment to help financially disadvantaged students.

Other significant events, which you may read more about in our Highlights section, included the NUSS Professorship Lecture, where our members had the opportunity to hear Professor George Dimopoulos of Johns Hopkins Bloomberg School of Public Health speak about new developments in the fight against mosquito-borne diseases such as dengue. We also took the time to welcome our newest members to the NUSS family at New Members' Night in January.

Meanwhile, in our Profile section, Mr Low Sze Wee, CEO of the Singapore Chinese Cultural Centre and panel member of our Paint-A-Portrait Project, shared with us details on his involvement in this initiative to help young artists and gave his views on why it is important to support Singapore's arts community.

As we approach May and June, I would like to wish all parents a very happy Mother's Day and Father's Day! I hope NUSS will be a place where members and their loved ones gather over these occasions to share meaningful moments and build cherished memories.







Yours sincerely

Eddie Lee President

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66

Portuguese is cheerful and sweet, like a language of birds. – Paulo Rónai

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NUSS MANAGEMENT COMMITTEE 2018/2019
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BITING BACK ON MOSQUITO-BORNE DISEASES

Altering the insects' immune systems can combat the spread of viruses like dengue, says Professor George Dimopoulos

world's population live in areas that are under the threat of at least one vector-borne disease. One significant vector is the mosquito, which transmits diseases such as malaria and dengue so rapidly that, according to Professor George Dimopoulos, Associate Professor at Johns Hopkins Bloomberg School of Public Health's Molecular Microbiology and Immunology department, it is the second deadliest organism to humans.

Yet, despite the prevalence of vector-borne diseases, existing methods of control are far from perfect. One of the biggest limitations is that these methods require human participation. Bed nets and vaccines may be reasonably effective, but people will likely still contract malaria if they do not use these protections.

"Participation by the human population is one of the biggest problems when it comes to controlling vector-borne diseases," explained Prof Dimopoulos, who was speaking at the first NUSS Professorship Lecture of the year, held on 24 January at Kent Ridge Guild House. "You have to get people to use bed nets, take drugs, get vaccines."

In a fairly new line of research, Prof Dimopoulos and his lab are finding ways to break the mosquito-pathogen interaction in the infection cycle, which refers to the chain of events that lead to the contraction of disease. For mosquito-borne diseases, the infection cycle consists of three stages: The mosquito-human interaction, human-pathogen interaction and mosquito-pathogen interaction. Existing methods such as bed nets and insecticides break the mosquito-human interaction, while drugs and vaccines prevent the human-pathogen interaction.

Prof Dimopoulos' research showed that the mosquito-pathogen interaction can be broken in two ways. In the first, gene-editing is used so that pathogens are unable to survive in the bodies of mosquitoes. These mosquitoes are then released into the wild to reduce or replace its mosquito population.

The second method involves using certain types of microbiomes — such as the Chromobacterium, a highly abundant soil bacteria — to

intensify the mosquitoes' immunity against pathogens.

If successful, these measures can ensure everyone is protected, not just "those who can afford good housing, drugs and vaccines", said Prof Dimopoulos.

There has already been implementation of a variation of this research — the most notable of which was the National Environment Agency's trial in 2016 to reduce the mosquito population in former dengue clusters by releasing Aedes aegypti mosquitoes that have been infected with the Wolbachia bacterium.

The professor emphasised that it is crucial to have multiple tools in control strategies and to continue "to develop the next generation of tools". His research could serve as one part of an overall control strategy, but it is not a panacea, he added.

NUSS members and guests who attended the lecture felt it was very informative. Said a member who wanted to be known only as Ms Lim, "Even though dengue is something that affects Singaporeans, I didn't really know much about it before this talk. I now have a better understanding of the virus and how mosquitoes behave."



A WARM BEGINNING

It was an evening of food, fun and friendly faces as NUSS welcomed its new members

ew members of NUSS were warmly welcomed into the family at New Members' Night, held on 31 January at Kent Ridge Guild House. It was a night of good cheer and great conversation as around 60 new members mingled with long-time ones over food and drink.

In his opening address to members, NUSS President Mr Eddie Lee gave an overview of the Society, explaining that NUSS' primary interest was community-based, promoting the interests and development of NUS and the wider community.

This is most evident in its commitment to meaningful initiatives that strengthen the development of its alma mater, NUS, including annual pledges to the NUS Alumni Bursary Fund and the NUSS-NUS Mentorship programme. Both these initiatives serve to support undergraduates at the university.

For the wider graduate community, a wide range of events and activities at NUSS allow members to pursue their interests and personal development.

"We have interesting dialogues with esteemed professors and ministers, as well as lifelong-learning courses, fitness classes and cultural activities," said Mr Lee. "These programmes allow us to not only pursue our interests, but also enjoy life's best moments with our friends and loved ones."

Meanwhile, NUSS CEO Roy

Higgs urged new members to "develop deep roots" here by building friendships with other members and participating in the many events and activities here.

He expressed hope that members would look beyond the perks and benefits of joining the Society — such as being able to use club facilities — and that they would gain something long-lasting and more meaningful from their membership. "It is always the trees with shallow roots that fall," he said.

Making new connections was certainly one reason that many of the new members decided to join. Said one who wanted to be known only as Johanna, "It feels really good to be able to just speak with the people here and socialise. I don't yet know many members here, but my guild leader has been bringing me around and introducing me to others."

Another new member, Mr Siva L, decided to join the Society during the recent membership drive, as he had heard a lot about the events and activities here from a family member who has been with NUSS for a while now. "He's spoken a lot about the Society, from the guild houses and facilities to all the interesting people he has met."

In between bites and conversations, members were entertained with performances by the NUSS Choir, DramaWorks and DanceSport, while Management Committee member Jeffrey Khoo delighted the audience with a rousing performance of an old Jacky Cheung classic.

For new member Cheng Eun Aun, it was a joy witnessing the bond and camaraderie among those who gathered. He shared, "I'm hopeful about making lasting friendships as I begin my journey with NUSS."





ABOVE: NUSS PRESIDENT EDDIE LEE (RIGHT) AND CEO ROY HIGGS (LEFT) CHATTING WITH MEMBERS

LEFT: THE NUSS CHOIR THRILLED THEIR AUDIENCE WITH ROUSING RENDITIONS OF CLASSIC TUNES

PATRON OF the arts

Launched in 2014, NUSS' Paint-A-Portrait Project (PPP) commemorates the Society's rich historical legacy through a permanent display of the portraits of past presidents, while engaging young artists in the community. The project's panel member and CEO of the Singapore Chinese Cultural Centre, Mr Low Sze Wee, discusses the project, his love for the arts, his experience guiding young artists and the importance of Chinese culture.

TELL US MORE ABOUT YOUR INVOLVEMENT WITH PPP. WHAT IS YOUR ROLE IN IT AND HOW WOULD YOU DESCRIBE YOUR EXPERIENCE SO FAR?

Mr Low: As part of the selection panel, my main role is to assist in vetting the artists' portfolios and CVs. We interview them, make our selections, pair the artists with past NUSS presidents and mentor them through their commissioning process. The challenge for us is in managing expectations between the artist and the sitter for the portrait, as sometimes, sitters have their own ideas about what the portrait should look like. On the whole, though, this has been a very fulfilling experience and has provided me the opportunity to meet and get to know young artists in the local arts scene.

ONE OF THE AIMS OF THE PPP IS TO ENGAGE THE LOCAL ARTS COMMUNITY. WHY IS SUPPORT FOR THE LOCAL ARTS IMPORTANT, AND WHAT ARE SOME OTHER WAYS THAT NUSS CAN CONTINUE DOING THIS?

Mr Low: The arts express the values, aspirations and concerns of our society. Art can provoke our curiosity, inspire us to do things differently or cause us to reflect more deeply on certain issues. One way that NUSS can support the local arts is by engaging more with artists. For instance, instead of buying gifts for guests as tokens of appreciation, it could instead consider commissioning young local designers to create interesting gift items.

IT'S BEEN OVER A YEAR SINCE YOU WERE APPOINTED CEO OF THE CULTURAL CENTRE. WHAT DO YOU LOVE MOST ABOUT THE JOB, AND WHAT DO YOU FIND MOST CHALLENGING?

Mr Low: The thing I find most challenging is also what I greatly enjoy, which is that I am operating from outside my comfort zone. I had spent about 15 years in the visual arts sector, and here, it's more about the performing arts and culture in general. It has given me an opportunity to learn something new, and that to me has always been very enjoyable.

MANY YOUNG SINGAPOREANS TODAY ARE HEAVILY INFLUENCED BY WESTERN CULTURE. HOW DOES THE CULTURAL CENTRE REACH OUT TO THEM AND ENSURE OUR CHINESE CULTURE CONTINUES TO BE APPRECIATED?

Mr Low: One of our aims is to change the public's perception of Chinese culture. We want to bring across the idea that it is contemporary and evolving and relevant to what we do. The other perception that we hope to counter is that Chinese culture and Western culture are at opposite ends of a spectrum, because very often, one culture absorbs influences from elsewhere while also exerting influence on other cultures. In a sense, being grounded in Chinese culture would put you in a better position to appreciate Western culture, and vice versa. I hope that through our programmes and outreach efforts, young Singaporeans will take a greater interest in their culture such that it sets them on their own path of discovery and exploration.

PHOTO COURTESY OF PORTFOLIO MAGAZINE



Deputy Director at the National Art Gallery of Singapore, 2009 – 2010

Deputy Director at the Ministry of Information, Communications and the Arts, 2010 – 2012

Director (Curatorial, Collections and Education) at the National Gallery Singapore, 2012 – 2018

CEO of the Singapore Chinese Cultural Centre, 2018 – present

Credentials

Bachelor of Laws, National University of Singapore

Master of Arts, SOAS University of London

Master of Arts, National University of Singapore



GROOMING THE LEADERS OF TOMORROW

NUSS is the Singapore Secretariat for the IATSS Forum, which trains individuals to grow and learn as leaders



stablished in 1985, the IATSS
Forum is a 44-day leadership
training programme held twice
yearly in Sukuka, Japan, for young
professionals from across Asia. The
programme provides participants
the opportunity to interact,
understand one another's countries
better and solve current issues in the
region through a series of seminars,
field studies and cultural exchanges.

The forum is divided into three segments — group discussions, on-site field studies and proposals for research and solutions. A topic, which ranges from politics to education, is chosen each year, and participants work together based on the theme. Candidates will learn from experts and lecturers from various academic societies and businesses, and can expect to pick up important leadership skills such as facilitation, communication and time management.

They will also gain a deeper understanding of other Asian cultures through events such as the IATSS Asian Cultural Day, where they will put up performances and booths to showcase and share with one another traits that are unique



to their own countries.

For Ms Koh Zhenru, who took part in the 60th IATSS Forum last year, interacting with mentors in this programme brought tremendous value to her. The People's Association community projects manager said, "It was a rare opportunity to learn from various professors from several prestigious universities in Japan. They made the seminars very interactive and insightful with their views on current and future developments in the region."

Meanwhile, Mr Fadzhil Suhairi, an executive working in the education sector in Singapore, shared that participating in the forum has helped him grow into a more versatile leader. "I am better able to juggle meeting deadlines, while ensuring my team does the same," said the 59th batch attendee, who was introduced to the programme by his CEO.

Agreeing, 60th batch participant Ms Atikah Syarah shared that the programme taught her how to better communicate with her team — an essential skill for a leader to have. "It has definitely changed

BELOW, FROM TOP: SINGAPORE'S DELEGATES
TO THE 60TH IATSS FORUM HAVING A GROUP
DISCUSSION; PARTICIPANTS TRYING THEIR
HAND AT IKEBANA DURING ASIAN CULTURAL
DAY; KOBE'S SKYLINE AT TWILIGHT. DELEGATES
VISITED THIS JAPANESE CITY DURING THE FORUM
I AST YFAR

FACING PAGE: PARTICIPANTS OF THE 60TH IATSS FORUM





how I control the flow of a group, especially if I am tasked to be in charge of a certain committee. Our focus is clearer and everyone is able to contribute effectively," said the Association of Muslim Professionals (AMP) case officer.

And for Mr Zulhelmy Zaiman, the experience gained from the

forum has motivated him to take action in contributing to his community. The former senior executive officer with Young AMP, the AMP's youth wing, who took part in the 59th IATSS Forum last year and is now an ambassador for the programme, revealed that he is in the midst of an exciting career switch. "I am planning to start a social enterprise and I hope I can share the knowledge and experience I've gained with my peers and the youth I work with."

NUSS has been the IATSS Forum's Singapore Secretariat since 2018. This year, four Singaporeans, including three NUSS members, will be participating in the 61st and 62nd forums.

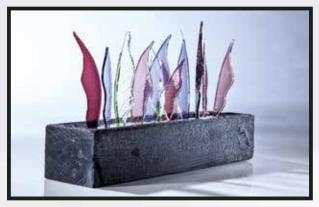
If you want to make a change in your community, broaden your network of friends and work with individuals from other countries, you, too, can participate in the 63rd and 64th IATSS Forum, which will be held in 2020. Simply email iatssforum@nuss.org.sg for more information or visit iatssforum.jp/en to download a copy of the invitation. Applications are open until 30 June 2019.











CREATING ART SPACES

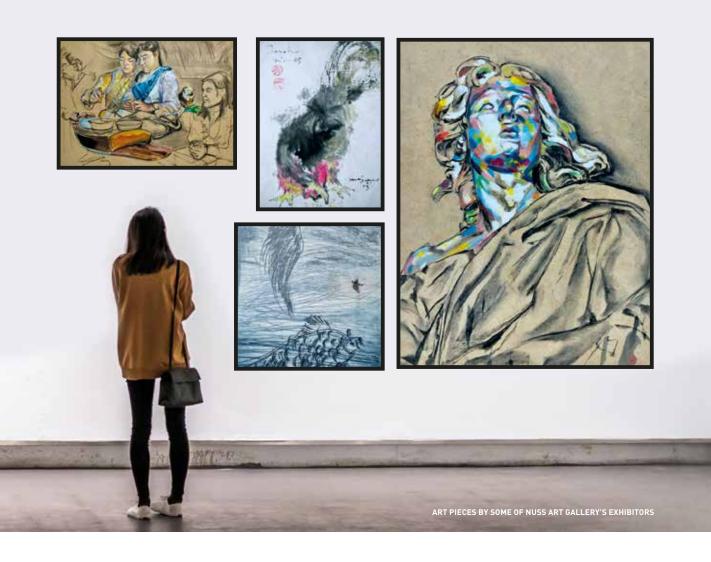
The NUSS Art Gallery connects members to the work of artists in Singapore part from being a place for NUSS members to gather and interact, Kent Ridge Guild House also has a space for art lovers.

Over the last six years, the guild house has progressively transformed the members' lounge and corridor on the second level into an art gallery, as part of the Society's efforts to contribute to the creative scene in Singapore.

So far, the NUSS Art Gallery has staged 50 exhibitions showcasing the work of artists including Cultural Medallion recipients Goh Beng Kwan and Chng Seok Tin. To feature a wider pool of young artists, NUSS also works with schools like the School of the Arts Singapore, LASALLE College of the Arts, Nanyang Academy of Fine Arts (NAFA) and polytechnics with art elective programmes.

One individual who currently has his work showcased at the gallery is LASALLE fine arts undergraduate Atin Yeo. Titled "A Story To Be Felt", the exhibit features pieces that marry tradition with modernity and are influenced by the Chiang Mai native's experiences shuttling between the rural pastures of Chiang Mai and skyscrapers of Singapore.

Said Mr Yeo, "Many of my pieces focus on candid emotions,



people, portraiture and snapshots into their way of life, as my journalistic fascination draws me to capture the stories of the people I paint."

Besides the ongoing exhibits, NUSS also organises a series of dialogue sessions called "Art Dialogues". Recently, the gallery hosted a session with the panellists of NUSS' Paint-A-Portrait Project (PPP) — arts volunteer Ms Juliana Lim; Mr Low Sze Wee, CEO of the Singapore Chinese Cultural Centre; Dr Kenson Kwok, founding director of the Asian Civilisations Museum; and Associate Professor Victor Savage, a visiting senior fellow with the S Rajaratnam

School of International Studies. They shared pieces from their personal art collections and gave tips on how to begin one's own collection.

From this year and into 2020, the gallery will focus solely on exhibiting the work of artists from the PPP. This initiative, which started in 2014, commissions young artists to paint portraits of the Society's past presidents, with the aim of supporting their craft. Applicants had to undergo a selection process that included an interview with a selection panel that comprised local artists, art professionals and collectors.

There are currently 14

portraitists, who work under the mentorship of well-known individuals from the local arts scene, including Dr Kwok, Mr Low and Ms Hong Sek Chern, who heads the Fine Art diploma programme at NAFA.

The Society hopes that by providing guidance and mentorship, as well as gallery space and administrative and logistical support, young artists will be encouraged to continue honing their craft.

The NUSS Art Gallery is located on Level 2 at Kent Ridge Guild House. Viewing hours are from 8am to 12am daily. Admission is free. ■



2 TO 23 MAY All That Jazz

If you love the jazzy tunes from iconic Broadway musical *Chicago*, then join DramaWorks in learning the songand-dance routine to the musical's upbeat number, "All That Jazz"!



MAY ONWARDS

Yoga classes at Mandalay Guild House
Get focused and recentre yourself in these weekly yoga classes at our newly opened Guild House.
Choose from Yoga Basics, Yoga Wednesdays or Vinyasa Yoga!
Register early to secure your spot.

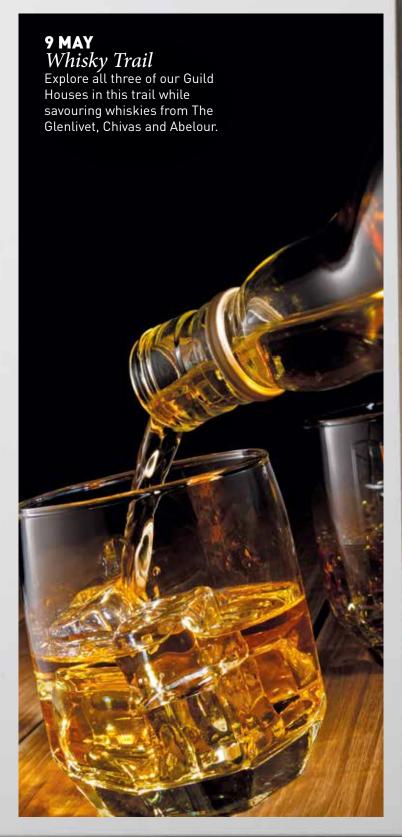
11 MAY

Visual Basic for Applications for Busy Executives Always wanted to know what other

Always wanted to know what other ways you can use Microsoft Excel? Learn how to program in Visual Basic for Applications (VBA) to automate repetitive tasks, create customised Excel applications, build interactive user interfaces and much more!



















Under the sea

The newly formed NUSS Scuba Diving interest group went on their first diving trip to Tulamben, Bali, which is known for its shipwreck dive site, the Liberty Wreck. As the site was easily accessible to divers of all levels, members from beginner to advanced levels were able to enjoy the deep blue together. They had the opportunity to get up close with beautiful marine creatures like reef sharks, octopus and a variety of fish. The team also went muck diving in Amed, where they were surrounded by coral reefs and drifts.

DIVE TRIP TO BALI, INDONESIA 3 TO 6 JANUARY



Ready, set, take off

Members who attended NUSS' first-ever travel fair got a chance to make their travel plans for the year. Organised in conjunction with tour agency Aveson Travel, the three-day event was an opportunity for attendees to book their next trip to dream destinations like Bhutan, Dubai and Portugal, or even quick weekend breaks to places like Bintan. For those with a taste for adventure, the event also featured presentations to exotic locations such as the Caucasus, Mongolia and North Korea, supported by overseas agents from the respective countries.

NUSS MEMBERS' TRAVEL EXTRAVAGANZA 11 TO 13 JANUARY, THE CHILL-LAB, KENT RIDGE GUILD HOUSE







Shot to a tee

More than 100 members battled it out in a game of golf with NUSS President, Mr Eddie Lee, at this year's President's Trophy Challenge. This edition of the annual golfing event saw Mr Edmund Tan reigning champion with a score of 39 points. Besides having fun out on the green, the players also indulged in a buffet dinner feast as the afternoon drew to a close, while enjoying performances by NUSS' very own band, The Silverstones. The evening ended with a lucky draw, with one lucky guest taking home the top prize of a pair of business class tickets on Turkish Airlines.

President's Trophy Challenge 2019

	NAME	HI	POINTS
Overall Champion	Edmund Tan	15	39
'A' DIVISION			
Champion:	Stanley Gan	14	38
First Runner-Up:	Lee Hoe Hin	16	38
Second Runner-Up:	Simon Er	10	38
'B' DIVISION			
Champion:	Kwek Chok Ming	18	39
First Runner-Up:	Wilson Ang	19	35
Second Runner-Up:	Eric Low	19	35
LADIES DIVISION			
Champion:	Alice Choo	18	37
First Runner-Up:	Woo Yin leng	13	36
Second Runner-Up:	Toh Siew	23	35
SENIOR DIVISION			
Champion:	Winston Who	14	35
First Runner-Up:	Kee Wei Hong	16	34
Second Runner-Up:	Ronald Tan	17	33
GUEST DIVISION			
Champion:	Murayama	14	28
First Runner-Up:	Simon Sim	8	27

NEAREST TO PIN

Hole 6 – Phua Tin Cock

Hole 9 - Lim Peng Peng

Hole 12 - Simon Er

Hole 15 - Stanley Gan

PRESIDENT'S TROPHY CHALLENGE 2019 11 JANUARY, NATIONAL SERVICE RESORT & COUNTRY CLUB CHANGI

SCENE &







La vida loca

Over 130 members and guests brought the heat to the dance floor at Kent Ridge Guild House on this balmy Saturday night. Many arrived decked in glittery, festive outfits, ready to shimmy the night away to fiery Latin music courtesy of Kayna, a six-piece band all the way from Ecuador. Members also sampled delectable light bites in between the dance numbers and were treated to a special Zumba performance. The night ended with a best-dressed contest, where the winner walked away with a bottle of red wine and a \$50 voucher.

LATIN NIGHT 12 JANUARY, DELLA & SENG GEE GUILD HALL, KENT RIDGE GUILD HOUSE

SCENE 8



A toast to good ol' whisky

Members and guests came in anticipation of sampling good Scottish whisky and none came away disappointed as they got the chance to taste five different Glenfiddich whiskies. They discovered the complex flavours of each individual whisky, paired with a menu that included tapas, canapés and premium herb-crusted Australian roast beef from the live carving station. What a great way to experience the best of Scotland!

GLENFIDDICH TASTING EVENING 17 JANUARY, FUNCTION ROOMS, SUNTEC CITY GUILD HOUSE



Fortune fiesta

Decadent food, lion dance performances, red packets and... fortune telling. These are a few things synonymous with the Lunar New Year.

Singapore's feng shui queen, Master Lynn Yap, gave members who were curious about the year ahead her predictions for 2019, as well as a fortune forecast for the 12 zodiac animal signs. The veteran practitioner also gave her insight on the industries that would do well this year.

PREDICTIONS 2019 23 JANUARY,
DELLA & SENG GEE GUILD HALL, KENT RIDGE GUILD HOUSE





New insights on Singapore's media

At this fourth instalment of the Breakfast Dialogues series, Mr Martino Tan, managing editor at Mothership.sq, provided insight into Singapore's new media. In particular, he shared how he came to set up the popular local social news website, the challenges he faced, and how the era of "fake news" affects news outlets like his. The Breakfast Dialogues are designed to create a platform for young professionals in executive and middle-management positions to exchange ideas, led by experts in their respective fields of industry. This event, which was attended by over 30 NUSS members and NUS alumni aged 40 and below, was co-organised with the NUS Office of Alumni Relations.

BREAKFAST DIALOGUES
25 JANUARY, FUNCTION ROOMS,
SUNTEC CITY GUILD HOUSE









A rousing start to the Year of the Pig

Over 300 guests, including the elderly and children, gathered over the Lunar New Year to welcome the Year of the Pig. Performers from the Wenyang Sports Association entertained the crowd with gravity-defying stunts and thrilling wushu acts. In true celebratory fashion, confetti rained on the crowd to signal the end of the performances. Members and guests also received goodie bags containing mandarin oranges at the end of the performance. What an auspicious way to usher in the new year!

LION & DRAGON DANCE SPECTACULAR 10 FEBRUARY, LOBBY, KENT RIDGE GUILD HOUSE



Honouring our elders

More than just great food and red packets, the Lunar New Year is also about sending prosperity wishes to our elders. To celebrate the season. the Community Care (ComCare) Sub-Committee invited 200 underprivileged elderly from Lions Befrienders, Sunlove Home (Chai Chee), Nee Soon East Community Club, Nee Soon South Community Club and Sree Narayana Mission Elderly for this annual gathering for some festive fun. A lively lion dance kickstarted the afternoon, which was followed by a welcome speech by Mr Archie Ong, chairperson of the ComCare Sub-Committee. As the guests indulged in a sumptuous lunch, they were entertained by performances from Anglo-Chinese Junior College's (ACJC) Chinese Orchestra and Dance Society and NUSS' band, The Silverstones. The afternoon ended with everyone in high spirits as mandarin oranges and red packets were given out.

COMCARE CNY LUNCHEON WITH ELDERLY 2019 10 FEBRUARY, KENT RIDGE GUILD HALL







Go GREEN with us at NUSS!

Opt for e-copies of The Graduate magazine at http://www.nuss.org.sg/forms/the-graduate-e-copy!



SCENE 8 HEARD

Celebrating close ties

This year's *lo hei* celebration was particularly special, as it was held at the newly opened Mandalay Guild House and graced by Emeritus Senior Minister Goh Chok Tong, who is also an NUSS Honorary Member. As a mark of the close relationship between NUSS and NUS, the Society also hosted other esteemed guests from the university at this event, including NUS' President, Professor Tan Eng Chye; Dr Chan Sek Keong, NUS ProChancellor; Mr Hsieh Fu Hua, Chairman of the NUS Board of Trustees; and Honorary Member Mr Wong Ngit Liong.

In his opening address, NUSS President, Mr Eddie Lee, reaffirmed the Society's commitment to support the university, and presented the institution a \$250,000 cheque in contribution to the NUS Alumni Bursary Fund to help financially disadvantaged students. Said Mr Lee, "We are pleased to be able to support our alma mater and the wider graduate community through the various initiatives and hope that in the new year ahead, we will be able to continue expanding and deepening our connections with the NUS community."

Over dinner and cocktails, the guests mingled with one another while they were entertained with *pipa* and *dizi* performances. The night ended on a high note as guests received mandarin oranges and exchanged their goodbyes.





NUSS LO HEI DINNER 11 FEBRUARY, ADAM AND BUKIT SUITES, MANDALAY GUILD HOUSE

GO GREEN SAY NO TO PLASTIC STRAWS

In support of NUS' Environmental Sustainability Vision, NUSS is partnering our alma mater in their vision to protect the environment and incorporate sustainability by participating in the iReject Straws initiative, the removal of plastic straws in our F&B outlets at all Guild Houses.

What started out as an idea by the F&B Sub-Committee to reduce single use plastics in our F&B outlets is now part of NUSS' GoGreen initiative to take gradual steps towards sustainable packing, energy conservation and Green Mark certification for our restaurants. Join us on our journey as we align ourselves with our nation's goal of working "Towards a Zero Waste Nation"!







A hole lot of fun!

It may have been a swelteringly hot day, but that wasn't enough to stop 92 golf enthusiasts from celebrating the Lunar New Year season with a shotgun game of golf at Keppel Club. The title of overall champion went to Dr Denis Nyam, who scored 44 points. Following the game, everyone gathered back at Kent Ridge Guild House for dinner and lo hei, while NUSS band The Silverstones delighted everyone with their favourite tunes. The evening capped off with a lucky draw, which saw winners walking away with NUSS dining vouchers.

ANG POW GOLF CHALLENGE 2019 13 FEBRUARY, KEPPEL CLUB AND KENT RIDGE GUILD HOUSE

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January - June 2019

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 Media, Arts & Design
- Health & Wellness
 Ageing & Life Skills

Subsidies apply to Singapore citizens and PRs aged 50 years old and above!







To find out more, visit www.nuss.org.sg or contact Mr Shia Wei Ming at 6586 7043 or events@nuss.org.sg.





Leading the pack

A new year calls for new beginnings, and this was especially so for more than 20 members who had signed up to volunteer as Guild Leaders. The leaders first met on 9 January for a briefing on how to induct new members to the Society, and later gathered on 13 February with their respective Mini Guild members to usher in the Lunar New Year. Needless to say, it was a fun night of great food, fantastic company and well wishes. Here's to a year of new friendships ahead!

MINI GUILD GATHERINGS
9 JANUARY AND 13 FEBRUARY, CLUNY AND DALVEY FUNCTION ROOMS, KENT RIDGE GUILD HOUSE



Spring has sprung

What do you do to welcome the new Spring Festival? You dance the night away, of course. NUSS DanceSport members put on their happy feet as they came together to show off their impressive moves on the dance floor. The event kicked off with dragon dance, followed by an eight-course dinner, lots of dancing, festive games, special performances and a prosperity draw.

DANCE OF SPRING 16 FEBRUARY, DELLA & SENG GEE GUILD HALL, KENT RIDGE GUILD HOUSE











Peranakan gastronomic delights

Over 200 guests came decked in ethnic wear for NUSS' Malam Chap Goh Meh event, where they had the pleasure of feasting on Peranakan fare prepared by guest chef consultant Lloyd Matthew Tan. Under the guidance of the *Daily Nonya Dishes* author, the chefs whipped up an eight-course feast comprising traditional Peranakan dishes served during the Lunar New Year, such as *babi panggang sama luak chye* (roasted pork with pickled mustard greens), *kuah lada* (fish in peppery tamarind gravy) and *achar awak* (pickled mixed vegetables). Performers from the Gunong Sayang Association also thoroughly entertained the crowd with song and lively *joget* (a traditional Malay dance).

MALAM CHAP GOH MEH 17 FEBRUARY, DELLA & SENG GEE GUILD HALL, KENT RIDGE GUILD HOUSE





Night out at the pool

NUSS members and NUS undergrads had a splashing good time at the Youth Guild's first-ever pool party, held as part of the Youth Fiesta series. The event, which was open to members 35 and below and students in Year 3 and above, drew a sizeable crowd who took the opportunity to mingle, soak in the night and have fun. And if there were no pictures, it didn't happen — members and guests had fun at the party photo booth with quirky props, which they happily used to create their Insta-worthy shots to commemorate the evening.

NUSS YOUTH GUILD: POOL PARTY 22 FEBRUARY, MABEL & SOON SIEW KWA SWIMMING COMPLEX, KENT RIDGE GUILD HOUSE



Art conversations

Art lovers got to chat with four panel members of NUSS' Paint-A-Portrait Project (PPP), an initiative to groom selected art students through a mentorship programme. The esteemed quartet, which comprised Ms Juliana Lim, Dr Kenson Kwok, Mr Low Sze Wee and Associate Professor Victor Savage, shared their thoughts on their own personal collections, which were displayed at the NUSS Art Gallery at Kent Ridge Guild House, and answered questions from attendees. Meanwhile, PPP artists Ms Leslie Low and Ms Nyein Su inspired the crowd by sharing their experiences and growth as young artists.

COLLECTING CHOICES ART DIALOGUE26 FEBRUARY, THE CHILL-LAB, KENT RIDGE GUILD HOUSE



Going digital

To help members broaden their reach in the digital space, NUSS held two separate workshops conducted by digital marketing expert Mr Kelvin Koh and digital strategist Mr Daniel Li. Mr Koh, who has worked with clients like Huawei and Fuji Xerox, taught participants how to maximise their business exposure with search engine optimisation. Meanwhile, Mr Li, who has spearheaded digital strategies for companies like Villeroy & Boch, taught participants how to tackle a thriving landscape like China and the necessary platforms needed for businesses to succeed.

INTELLECTUAL WORKSHOPS 27 FEBRUARY AND 27 MARCH, FUNCTION ROOMS, KENT RIDGE GUILD HOUSE

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MANDALAY GUILD HOUSE

Fitness Studio Classes



- Yoga Basics Every Monday 7pm to 8pm | 8pm to 9pm
- Stretch & Tone
 Every Tuesday
 6pm to 7pm
- Zumba Tuesdays Every Tuesday 7pm to 8pm
- Yoga Wednesdays Every Wednesday 7pm to 8pm
- Pilates Thursdays Every Thursday 12pm to 1pm | 8pm to 9pm
- Vinyasa Yoga Every Thursday 7pm to 8pm
- Pilates for Core Strength Every Saturday 11am to 12pm
- Taiji for Beginners Every Sunday 1pm to 2pm | 2pm to 3pm

- Baduanjin Qigong Every Monday 6pm to 7pm
- Yoga Tuesdays Every Tuesday 4pm to 5pm
- Pilates for Posture Every Thursday 11am to 12pm
- Yoga for Back Care Every Wednesday 8pm to 9pm Every Thursday

3pm to 4pm

- Fitness for Ladies Every Sunday 3pm to 4pm
- Silver Fitness for Ladies
 Every Monday
 3pm to 4pm
- Functional Strength Training Every Saturday 3pm to 4pm

For more details such as fees, please visit www.nuss.org.sg for the registration form.





LOBSTER GALORE!

Lobster takes centre stage at The Bistro with a range of dishes to satisfy palates of all kinds. Savour succulent lobster and Alaskan crab leg mille-feuille delicately layered with watermelon and avocados, or if you fancy something tangier, get the grilled half lobster, sautéed scallops and prawn pasta in Thai basil spicy sauce. Those who love a local twist on dishes should opt for the half lobster and king scallop Hokkien mee, or the half lobster, king scallop and prawn horfun, which comes served in mouth-watering XO chilli gravy.

DISHES ARE AVAILABLE FROM \$20 AND COMES WITH YOUR CHOICE OF A LATTE, CAPPUCCINO OR FRUIT PUNCH. AN UPGRADE TO A WHOLE LOBSTER IS AVAILABLE FOR AN ADDITIONAL \$10. PROMOTION RUNS FROM APRIL TO JUNE.

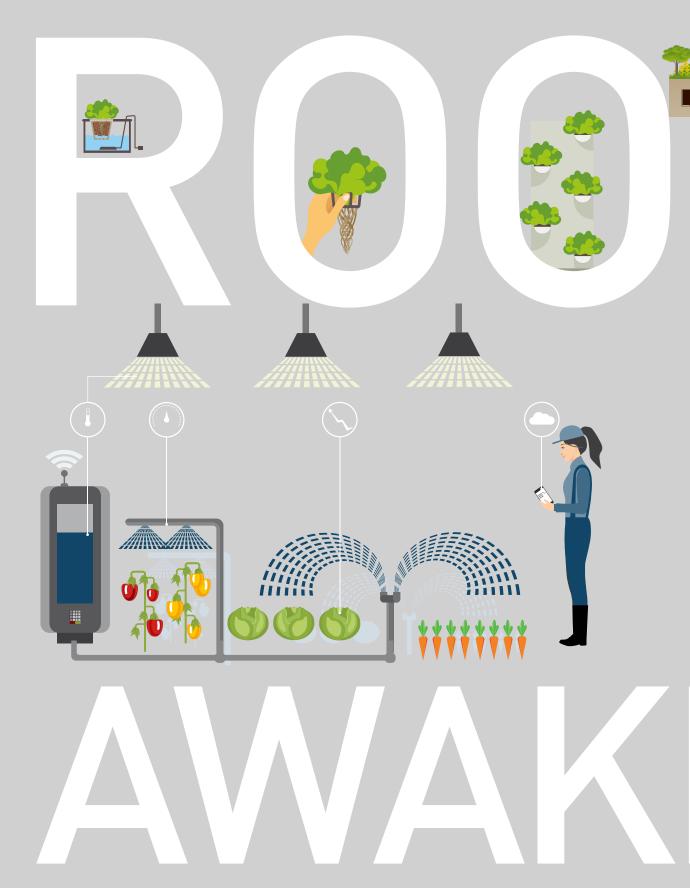


WESTERN SET MEAL PROMOTION

A good meal is all the sweeter when it is on the house. This June, enjoy a complimentary Western set meal when you order three. Tuck into a classic, juicy pan-roasted seabass, balanced nicely with sides including capsicum confit, avocado orange salsa and potatoes roasted to crispy perfection. Or, if you are craving something with a good spicy kick, opt for the Neapolitan spicy spaghetti, which comes complete with fresh crabmeat, sea scallop and Venus clams to satiate any seafood enthusiast. And for meat-lovers, the tender Kurobuta pork loin with grilled snail sausage and sauerkraut is available for an extra \$8.

AVAILABLE IN JUNE AT \$30 PER SET MEAL FOR DINE-IN LUNCH AND DINNER GUESTS. EACH SET COMES WITH A MAIN COURSE OF YOUR CHOICE, FREE FLOW SALAD AND SOUP OF THE DAY, AND COFFEE OR TEA. DESSERT OF THE DAY IS ALSO AVAILABLE AT AN ADDITIONAL \$4.

Visit nuss.org.sg to make reservations at The Bistro today!



ON THE RED DOT



Driven by technological innovation, expertise and capital, urban farming can help alleviate Singapore's food security issues — and establish a food production model that can be exported to the region and beyond. By Sakinah Manaff.

Il around the globe, the seeds of a modern agrarian movement are taking root in abandoned underground train stations and shipping containers, public green spaces, unused skyscraper rooftops and carparks. More people than ever are growing food in cities, which are where most of the world's population now live.

In the last decade, urban farming has become a response to a variety of food security pressures. Large parts of the developing world lack water and arable land, while in the developed world, small-scale urban farms are seen as a solution to industrialised agriculture's profligacies, which include chemical fertilisers that contaminate waterways, and to the environmental and financial costs of transporting food to consumers.

The Food and Agriculture Organization of the United Nations estimates that urban or periurban agriculture (farms found on the fringes of urban areas) now supplies 20 per cent of the world's food needs.

For Singapore, its space and resource constraints as well as high dependency (as much as 90 per cent) on food imports make it vulnerable to global trends like climate change and geopolitics,

which impact food supply and safety.

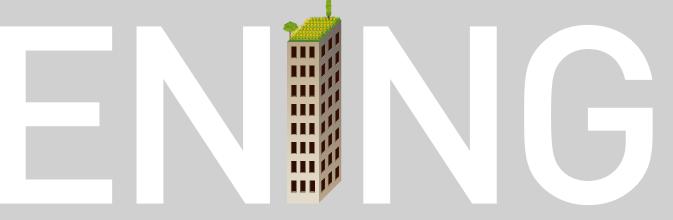
Experts believe that while local urban farming cannot meet all of the nation's food needs, it can still help mitigate some of its pressures. "Proper planning and investment in semi-intensive or intensive urban farming can reduce our import to 60 to 70 per cent and improve food security," said Dr Steven Fong, manager of the Urban Agricultural Technology programme at Republic Polytechnic.

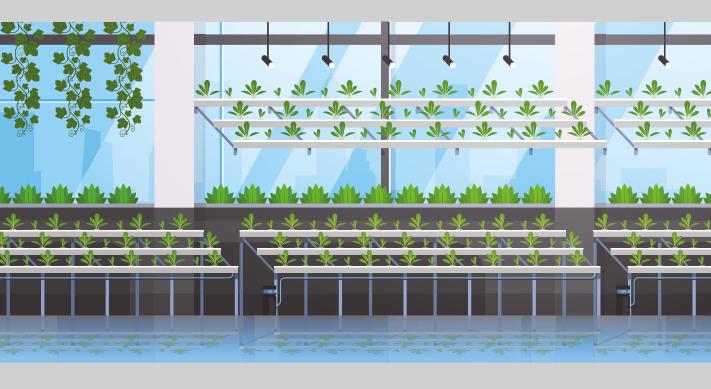
HARNESSING TECHNOLOGICAL INNOVATION

Growing more with less has inspired entrepreneurs to come up with creative solutions that run the gamut from capital-intensive state-of-the-art facilities to sustainable closed-loop farming systems.

Take Sky Greens, for instance. The vertical farm utilises a system that is best described as "plant skyscrapers", with tiers of planting troughs on 9-metre-tall, narrow A-frame structures. A water-pulley system uses rainwater collected in underground reservoirs to rotate the troughs around the aluminium frame, as if on a Ferris wheel, so that the plants get equal amounts of sunlight. The same rainwater is then used to water the crops.

Sky Greens has set up over 1,000 such towers on 3.65 hectares





of land in Lim Chu Kang for commercial, trial and research purposes. Together, they produce more than 800 kilograms of greens daily — including Chinese cabbage, *nai bai* and *xiao bai cai*. The farm can grow 10 times as many vegetables as traditional farming methods over the same area, while using 75 per cent less manpower and 95 per cent less water.

"The application of technology is definitely required for maximum productivity," said Dr Fong. But he also struck a cautionary note: "Farmers must be careful not to apply technology for its own sake. They need to weigh the costs and benefits carefully. It's better to have a 20-cent-solution for a million-dollar problem than the other way around."

One urban farm that has been discerning in its use of technology is Comcrop. The company eschews expensive indoor farms, preferring to use marginal land on which it is typically difficult to grow crops.

"In the past, whoever has land and cheap labour will be food-secure. Today, the paradigm has shifted — it's about having the skill set and technology, and these are things that Singapore is good at."

Mr Peter Barber CEO of Comcrop Its new Woodlands hydroponic farm used to be a rooftop carpark, but will soon have an enclosed pesticide-free greenhouse with climate control, automated growing systems and unique tools like IntelliDose, which manages nutrients and pH levels in plants.

"We talk about using technology to enable employment," said Mr Peter Barber, Comcrop's CEO. "The more we adopt technology, the more we are able to employ people with special needs and senior citizens, because the hard part is handled by technology."

Another player is vertical fish farm Apollo Aquaculture Group (AAG). Its three-storey farm in Lim Chu Kang houses six ponds and is fully automated and remotely controlled, from water conditions to feeding. Each 135-square-metre pond can hold 22,000 fish fry, allowing the company to farm 150 to 250 kilograms of fish per cubic metre of water, compared to the

ON THE RED DOT



Seeds in the City

Want to get involved in urban farming?
Here are some community gardens and projects to get your hands dirty at.



Bollywood Veggies
Explore this real-life
working farm that
uses organic farming
methods. You can also
try your hand at potting,
terrarium-making and
rice-farming.

Bollywoodveggies.com



Citizen Farm

This neighbourhood collective, which espouses an array of farming systems that fit into one circular economy, offers regular workshops and farm tours.

Citizenfarm.com.sg



Comcrop

Drop by this 6,000 squarefoot aquaponics farm sitting atop the *SCAPE building in Orchard Road, where you'll find rows of herbs that feature on the menus of some 30 restaurants and hotels nearby.

Comcrop.com

25 to 75 kilograms that traditional sea-cage farming can yield.

"In the past, whoever has land and cheap labour will be foodsecure," said Mr Barber. "Today, the paradigm has shifted — it's about having the skill set and technology, and these are things that Singapore is good at."

A HUB FOR AGRI-TECH

While recognising the importance of self-reliance, the government is also keenly eyeing the US\$5 trillion global food and agri-tech sector. It has already been encouraging the homegrown burgeoning industry with a slew of initiatives that open up land and opportunities.

In January, Seeds Capital, the investment arm of trade agency Enterprise Singapore, appointed seven co-investment partners to channel over \$\$90 million in investments to develop Singapore-based start-ups in the agri-tech sector.

The Singapore Food Agency was also established to oversee the food supply chain — from import, local production, manufacturing to retail — and consolidate the regulatory oversight of food safety and security. One of the first tasks it set was meeting the ambitious target of producing 30 per cent of Singapore's nutritional needs by 2030.

To support this goal, S\$144 million will be invested in sustainable urban food production, with a focus on tropical aquaculture and urban agriculture and the development of "future foods" in the form of alternative proteins.

Undoubtedly, the crown jewel in the government's blueprint is the 18-hectare Agri-Food Innovation Park at Sungei Kadut. To be completed in 2021, the Republic's farming hothouse will have indoor plant factories, insect farms, animal-feed production facilities and research and development activities.

In addition, tertiary institutes will have a key role in training farmers of the future. Republic Polytechnic already offers a diploma in urban agricultural technology, while Temasek Polytechnic will be launching its Centre of Innovation in Aquaculture, which will house resources, intellectual property, infrastructure and expertise which companies and practitioners can tap to strengthen their capabilities.

Environment and Water
Resources Minister Masagos
Zulkifli aptly summed it up in a
speech to Parliament in February:
"Amidst the uncertainties facing the
agri-food landscape, our goal is to
seize the opportunity for Singapore
to turn our food challenges into
strategic advantages... to secure our
food supply, transform our agrifood industry, develop our local
enterprises, and provide good jobs
to Singaporeans — just like how
we have turned our vulnerability in
water into opportunity."

RETHINKING EDUCATION INSINGAPORE

New changes have been introduced to help students get a more balanced education, but are these enough? Francis Kan finds out.

ast year, the Ministry of
Education unveiled a raft
of changes to Singapore's
education system, aimed
at shifting the focus away
from grades to help students
discover the joy of learning. Among
other adjustments, schools will cut
the number of examinations and
assessments at different levels to
lessen the emphasis on academic
results. Report books will no longer
show class positions, to discourage
students and parents from obsessing
with comparisons.

Addressing school leaders last year, Education Minister Ong Ye Kung explained the rationale for the move. "I know that 'coming in first or second' in class or level, has traditionally been a proud recognition of a student's achievement. But removing these indicators is for a good reason, so that the child understands from young that learning is not a competition, but a self-discipline they need to master for life," he said.

These changes come on the back of concerns among some parents and educators that Singapore's school system was causing too much stress for students and did not do enough to encourage learning.

NOT GOING FAR ENOUGH?

Parents *The Graduate* spoke to generally welcomed the changes as a positive step forward, but felt that



they did not go far enough to help students thrive in an increasingly competitive global landscape.

Ms Alicia Altorfer-Ong, a mother of a girl and a boy in Primary 5 and Primary 3, respectively, said the changes were healthy and signalled Singapore's education was "moving in a more sensible direction". Yet, she felt there needed to be a greater emphasis on helping students develop soft skills, such as communication, collaboration or resilience, which would be relevant in the new economy.

"Our children will need to have skills that don't just have to do with academics. No one will care how someone did in primary school or even secondary school," said Ms Altorfer-Ong, who is a corporate trainer and board president of non-governmental organisation Project X.

To help them cultivate soft skills, she encourages her children to develop their musical talent, which "Our children will need to have skills that don't just have to do with academics.
No one will care how someone did in primary school or even secondary school."

Ms Alicia Altorfer-Ong, corporate trainer and mother of two primary school children



she feels provides them a framework to foster creativity, as well as inculcate discipline and resilience. Her daughter plays the *pipa* (Chinese lute) and has performed at various events, including one organised by NUSS, while her son has taken up the *dizi* (Chinese flute).

Ms Altorfer-Ong also gives her kids plenty of free time for unstructured play as a means to promote their creative skills, keeping academic work outside of school at a minimum. While this may potentially lead to less-thanexcellent grades, she is convinced it is well worth it in the long run.

Meanwhile, freelance arts instructor Zhao Yan Fen believes the Primary School Leaving Examination (PSLE) should be scrapped, as she feels it is a "wasted" year in terms of learning. She has two sons, one in Secondary 1 and another in Primary 4. "They spend the bulk of their time in Primary 6 just preparing for the exams. They

5 KEY CHANGES

Starting this year, all assessments and exams for Primary 1 and 2 pupils will be scrapped. Teachers will continue using small assessments like quizzes to gauge their students' learning but they will not be graded.

Secondary 1 students will no longer take a mid-year exam from this year. From 2020 and 2021, this will also apply to Primary 3, Primary 5 and Secondary 3 students, to allow them to adjust to increased curriculum demands during these transition years.

The Ministry of Education (MOE) will set guidelines for schools so that for each academic term, there would be only one class test per subject that can be counted towards the vear-end score. Teachers will also use assessment tools such as worksheets. class work and homework to gauge their pupils' learning progress.

From this year, report books will no longer show a student's position in relation to class or cohort. Failing marks will also not be highlighted, and for lower secondary pupils, indicators like the L1R5 and L1R4 will not be reflected.

With the removal of grades at Primary 1 and 2, the MOE will adjust the academic criteria for Edusave awards. The awards will instead recognise the students' attitudes to learning, such as diligence, curiosity, collaboration and enthusiasm.

ON THE RED DOT

are learning a lot of examinationtaking techniques, but not new knowledge or skills," she said.

Ms Zhao proposed that schools have a seamless transition from primary school to secondary school, by removing the stress of the PSLE. For those who want to get into special programmes like the International Baccalaureate Diploma Programme or specialised schools like the School of the Arts Singapore, optional exams could be offered in Primary 6, she added. "Overall, I would like to see more radical changes, rather than cosmetic measures that are stopgap and don't ultimately address underlying issues," she said.

However, in defending the PSLE last year, Mr Ong said many parents actually support the examinations. "Many parents are also not overly stressed by it, because they don't see the PSLE as an exercise to chase for high marks, but rather as an objective and transparent way to decide which secondary schools their children will go to. The alternative, which is to go by residential location, is even more unfair." He also noted that the PSLE T-score aggregate would from 2021 be replaced with the wider Achievement Levels system, which Mr Ong said was a "big step" in reducing academic stress, by grading students on their individual performance instead of comparing them against the scores of their peers.

BOLDER MOVES MAY BE NEEDED

Yet, Member of Parliament (MP) Denise Phua argued in Parliament last year that moves to tweak the PSLE scores were "insufficient" and that bolder moves were required to reduce the stress on teachers, students and parents. "Are we merely rearranging the chairs on the deck and not making deep enough changes? In this age of disruption, do we dare proactively disrupt our current education systems by slaying some of the sacred cows that we inherited from the proverbial Third Industrial Revolution when we are already in the Fourth?" she challenged lawmakers.

Her call was echoed by MP Louis Ng who, in this year's Budget debate in February, appealed for the axing of a major hallmark of Singapore's education — streaming in secondary schools and replacing that with subject-based banding, to ensure social mixing and prevent Normal stream students from being stigmatised. He noted that such students tended to have a lower socio-economic status than those in the Express stream.

"We all know we hang out with our classmates much more than with schoolmates. What streaming has possibly done is reduce social mixing and harden social stratification. I am sure streaming was not meant to divide our nation by socio-economic status, but we now see streaming does contribute to it," he said. Using official data, he showed that a Normal (Technical) student has a less than 1 per cent likelihood of moving to the Express stream. What's more, Normal (Technical) graduates formed only 5 per cent of graduates from public polytechnics and, in the past three years, made up just 1 per cent of graduates from autonomous universities.

LEARNING TO ADAPT

Ultimately, Ms Zhao believes it is up to parents to prepare their children for whatever changes may happen in their education and beyond. Being able to adapt to an evolving situation is in itself a valuable lesson for kids; especially as they prepare to enter a workforce that is increasingly being disrupted by technology and innovation.

She said, "No matter what happens in the future, we have to teach our kids to be able to adapt accordingly and deal with whatever that is thrown at them. To succeed, they have to be able to cope with change."



THE LOOMING ECONOMIC SLOWDOWN

Experts have warned that a slump is looming in the later half of this year, leading to a possible recession by 2020. Kelly Ng looks at ways we can prepare for this

s a small and open economy highly dependent on international trade, Singapore will not be spared from the consequences of a slowing global economy, or from the crossfires of ongoing trade tensions between Washington and Beijing.

To buffer against these headwinds, business leaders and economists suggest that the Republic must seize opportunities in the Southeast Asia hinterland.

Experts have consistently dialled down their growth forecasts in recent years, amid global uncertainties. In Singapore, the

economy grew at its slowest pace in more than two years in the fourth quarter of 2018 — gross domestic product rose 1.9 per cent from the year before, a dip from the trade ministry's estimate of 2.2 per cent. The ministry warned, in particular, that manufacturing is likely to slow significantly in 2019. In his New Year Message in December, Prime Minister Lee Hsien Loong also warned that the economy could grow at a slower pace this year.

Given that China is Singapore's largest export market, slumping economic growth in China also has strong ripple effects for Singapore. According to official data, the



TALKING POINT



world's second-largest economy grew 6.6 per cent last year, its weakest pace of growth since 1990.

And the impact extends beyond trade, said Dr Chua Hak Bin, a senior economist at Maybank Kim Eng Research. "The number of Chinese visitors to Singapore has started contracting since November last year," he said. "The growth downturn could worsen if the United States and China fail to reach some deal in the coming months."

Mr Francis Tan, an investment strategist with UOB Private Bank, considers tariff fights between Washington and Beijing the "single most important factor" leading to downward projections of growth in Singapore, as it has generated much uncertainty among manufacturers. This has made the economic outlook seem gloomier than usual, he said, citing Brexit as another "major uncertainty that has not yet cleared up".

NUSS member Jeremy Seah, who runs a business in the food and beverage sector, said firms may also be hit by a pullback from consumer spending. "Diners are becoming more discerning and possibly price-sensitive with regard to food purchases, possibly because of higher global uncertainty and its impact locally," he said.

SOUTHEAST ASIA'S A SILVER LINING

The tightening economy, however, has pushed some companies to look towards emerging markets in Southeast Asia. This mirrors a global shift towards the region, particularly to Vietnam, Thailand and Malaysia, said Dr Chua.

British tech company Dyson's decision to base its headquarters and electric vehicle plant in Singapore is evident of this wave, he said, which local businesses should seize.

"Many companies are hedging

"Many companies are hedging and diversifying their production network. Singapore can capitalise on this supply chain and capture some of the headquarter, treasury and research and development activities shifting to Southeast Asia."

Dr Chua Hak Bin Senior economist at Maybank Kim Eng Research



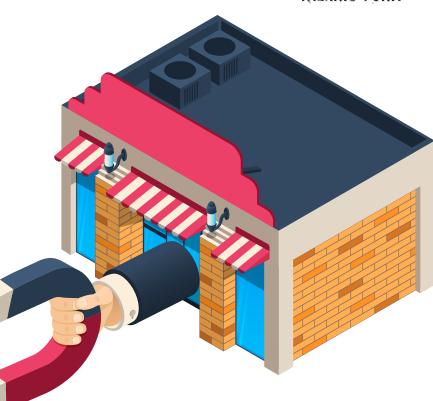
and diversifying their production network. Singapore can capitalise on this supply chain and capture some of the headquarter, treasury and research and development activities shifting to Southeast Asia," Dr Chua said.

For instance, Sakae Holdings — which is best known for its sushi chain — has recently expanded beyond the F&B industry into cybersecurity, blockchain and fintech. It is also in talks with the Vietnamese authorities for a

possible partnership to design an economic development strategy for Da Nang, a coastal city. These moves come after a challenging few years for Singapore's F&B sector — Sakae had put up the shutters for at least 10 of its 46 restaurants by 2017.

Sakae Holdings' chairman and founder Douglas Foo believes Southeast Asia's growth potential can cancel out the adverse impact of US-China tensions. If it were a country, the region would be the

TALKING POINT



world's fifth-largest economy. It is expected to move up one rank by 2030, Prime Minister Lee said at the 50th ASEAN Economic Ministers Meeting in Singapore last August.

"But a large number of enterprises here (in Singapore) are not recognising that potential," said Mr Foo. "You don't want to miss the boat, like those that did with China, and regret that later."

Mr Kurt Wee, president of the Association of Small & Medium Enterprises (ASME), called for greater governmental support to help small and medium-sized enterprises venture beyond Singapore's shores, cautioning that "the competition has been catching up and growing".

There already are support programmes, like overseas expos and initiatives aimed at capability development, but there is room for new initiatives to drive internationalisation. For instance, the authorities can foster and support equity financing for these firms. Singaporean companies that have already established a

footprint could also gather to help newcomers in navigating the unfamiliar environment.

LIBERALISE 'SKILLED FOREIGN TALENT' POLICIES

A more liberal foreign manpower policy will be a boost for Singaporean businesses, which can then employ higher-skilled immigrants amid a greying local labour force.

During the annual Budget address in February, Finance Minister Heng Swee Keat announced a reduction of the dependency ratio ceiling (DRC) — the maximum ratio of foreign workers to the total workforce that a company is permitted to hire — and S Pass sub-DRC in the services sector. This means that by 2021, firms in the services sector must ensure the total number of foreign workers they hire does not exceed 35 per cent of overall staff numbers — down from 40 per cent currently.

This is the latest in a series of moves over the past few years

to tighten foreign manpower policy. Earlier in 2014 and 2017, Singapore also saw the criteria for disbursing Employment Passes being tightened.

These policies, though intended to improve job opportunities for Singaporeans, have led to greater competition for labour and increased costs for some businesses.

Mr Seah, for instance, said the cuts to foreign worker quotas is the latest blow to the F&B industry, which has already been hit on multiple fronts. "F&B is a highly competitive industry, buffeted by long working hours and reliance on labour. You'll come to a point where there'll be a correction. Those that don't have the energy, the money or perseverance will start to fall out, and that's very sad," he said.

Mr Seah added, "Finding adequate staffing has become a major challenge in Singapore. These challenges will lead to smaller operations, smaller venues and more limited service. They may also lead to fewer investments."

Calling for a gradual liberalisation of policies for qualified foreign talent, ASME's Mr Wee said, "That should commence now, in order to cushion the effects of a smaller local labour population that will soon occur."

"Over the next five to 10 years, the number of local workers joining the workforce will begin to decline. And if we continue to have a very tight foreign labour policy, it's going to have an impact on the economy and on asset prices," he added.

UOB's Mr Tan noted the importance of having a "locals-first" mindset, but agreed that Singapore could do with the help of higherskilled immigrants. "I am positive on the direction of the Budget to wean businesses off their heavy reliance on foreign, low-skilled labour," he said. ■

First impressions last, and good etiquette can take you far in establishing trust and respect in relationships with others. Mary Lim shares advice on how you can be at your best behaviour in public.



do away with elaborate table settings. But even so, at the heart of good etiquette is showing respect and consideration for others. By creating a positive image among those we interact with, we can increase our value proposition.

Mr Lionel Lim, the brand strategist behind his eponymous branding consultancy and life skills training academy, explained, "Being too casual in a formal situation works against us and hurts our personal brand. It tells others indirectly that we are not serious and thus will be overlooked when opportunities come knocking. The casual person is seen as laid-back, slack or even untrustworthy."

But practising appropriate social manners can be easier said than done — there may some unspoken rules we are not aware of or aren't used to observing. When deciding how you should conduct yourself in a particular situation, Mr Lim suggests first finding out the three "W's":

- Where are you going?
- Who are you meeting?
- What image do you want to project?

If you are still stumped, here are some common faux pas you will want to steer away from.

5 BEHAVIOURS TO AVOID

1. Not turning up on time Showing up late is not fashionable — it just tells others you are inconsiderate and have poor time management.

Always make it a point to turn up 30 minutes before an event starts, said Mr Lim. This gives you enough time to come in unhurried or deal with any unforeseen

circumstances, should they occur.



3. Not switching your mobile phone to silent or persistently texting while with others

You may be at a casual lunch with friends, but texting constantly without paying any attention to them is not only a huge turn-off, but is also, according to Mr Lim, extremely rude behaviour because it shows a lack of basic respect for others.

"Putting your phone on silent mode for a few hours will not kill you. Not doing it, meanwhile, will damage your reputation."

2. Not dressed according to the dress code

Yes, you may feel comfortable wearing a T-shirt, shorts and slippers everywhere you go, but if you're attending an important business meeting and you show up in yesterday's shorts, you will look out of place.

"Dress codes
exist for a reason,"
said Mr Lim. "Yet,
it is surprising that
people continue to
ignore them because
they want to wear whatever
they feel comfortable in. Ignoring
a dress code signals to others that
you didn't learn anything from your
university days."

Following a dress code also demonstrates respect for your host. Don't embarrass him and yourself, so make an effort to find out what you should be wearing.

4. Not making eye contact

"I've attended events where people have shown more interest in the food than me, by not looking at or paying me any attention when I'm speaking," shared Mr Lim.

When you fail to make eye contact with someone you're in a conversation with, you can come across as socially inept and rude. It is only respectful that you

look at that person, and by doing so, you project confidence and show the other party you are keen to carry on the conversation.



5. Not allowing someone to finish speaking during a conversation

If you really need to chime in on a particular topic, make sure it is at the right time.

Mr Lim suggests observing the body language and speech patterns of the person you're speaking to. "When the speech slows to a silence or when nobody is talking, that is the right time for you to contribute to the discussion."



ARE YOU READY FOR 56?

What you need to know as Singapore begins rolling out the fifth-generation of wireless technology. By Saw Su Hui.

nyone who has been on a vacation without subscribing to a data roaming service will know the all-too-familiar frustration of trying to contact family members back home over patchy Wi-Fi in random cafés.

But this might just become a thing of the past come 2020, the year when 5G technology is estimated to come online globally.

Simply put, 5G networks are the next generation of mobile internet connectivity, bringing us connection speeds and capacities that massively surpass current 4G standards. Most estimates put the average speed of 5G networks at 10 Gbps, far outstripping current 4G connectivity which, at maximum, has a speed of 1 Gbps

— if you are lucky. According to a New York Times report, users on 5G networks can download a feature-length film in under five seconds, compared to eight minutes for those on 4G networks.

5G is thus tipped to bring a seismic, disruptive change in the way we communicate. Experts view it as key to powering the rise of the Internet of Things (IoT) and unlocking

its potential for everyone, by providing the infrastructure needed to transmit huge amounts of data between devices. Self-driving cars, artificial intelligence (AI) technologies, telemedicine, virtual reality (VR) gaming — frontier technologies such as these require the fast and reliable connectivity of 5G.

It is for this reason that Singapore, much like governments the world over, has poured investment and effort into developing the infrastructure and necessary regulatory framework for it, and partnering tech firms to trial various use cases for the technology. Its plan to become a smart nation, where technologies like AI and IoT are harnessed to enhance urban living, is dependent on the successful development of 5G networks.

A WHOLE NEW WORLD

What can consumers like ourselves look forward to with 5G technology? Here are three areas where we'll see some revolutionary changes.

1. DAY-TO-DAY: SMART CITIES

5G's high capacity allows multiple devices to be connected at once,



EVOLUTION OF WIRELESS TECHNOLOGY

1970 to 1980s Phone calls



1990 to 2000 Digital text messages, picture messages, MMS, email and simple web-browsing



2004 to 2010 Information

dissemination through mobile devices, and new services such as mobile multimedia applications, data, video-calling, location-tracking and maps, better web-browsing. Drove the popularisation of smartphones.

2010 onwards Faster broadband internet, 3D gaming, high definition video streaming and gaming, worldwide roaming.

2020 (projected) Self-driving cars, drones, robots, VR/ AR, smart cities. IoT and more.



thus enabling the large-scale implementation of IoT and bringing to life a number of smart cities around the world.

Self-driving cars will no longer be a theoretical possibility. The current 4G network enables real-time information exchange, allowing us to request rides and share our locations, but isn't fast enough to give vehicles human-like reflexes to make the split-second decisions they need to while on the road. Experts believe 5G could be the final piece in the self-driving car puzzle, providing the speed and responsiveness needed for such vehicles to coordinate with one another.

Beyond this, we can expect a smart city to be able to manage operations with greater efficiency. Finding a parking space in the heart of town would be so much simpler with smart parking meters that can instantly find you available spaces. And smart transit systems can help transit companies coordinate services and fulfil commuters' needs in real time.

2. HEALTHCARE: TELEMEDICINE AND ROBOT SURGERY

Telemedicine could become

mainstream. Currently, the technology is used in a fairly rudimentary way — doctors or nurses would conduct video calls to patients in their homes for simple check-ups. With 5G, whose lag time is projected to be miniscule, doctors could potentially use robots to operate on patients from miles away.

3. ENTERTAINMENT: VR AND **CLOUD-BASED GAMING**

We've all seen some form of augmented reality (AR) gaming in recent years, the most notable being Pokemon GO, where players would be able to spot and "catch" the game's characters in the physical environment on their

smartphone. But users have on occasion found lag periods for this feature too cumbersome and resorted to turning the AR function off altogether.

5G will help fill in gaps like these in AR and VR, which bring to us immersive entertainment experiences but can be very demanding on the network. We can look forward to new video formats such as 360-degree video, better cloud-based gaming that does away with having to purchase expensive gaming consoles, or live immersive content experiences like VR being used at large public venues such as concerts and stadiums, where data capacities today can be fairly limited.



new beginnings with nature.



AOMORI, JAPAN

Unsurprisingly, Tokyo, Kyoto and Osaka tend to be the cities of choice for most sakura-chasing tourists. But if you're looking for an off-the-beaten location that provides an experience no less spectacular, head to Aomori. One of the most impressive spots is Hirosaki Castle Park, home to some 50 varieties of sakura trees, not to mention the oldest yoshino varietal in the country. In addition, its namesake the country. In addition, its namesake stronghold and manicured grounds offer a gorgeous backdrop that is hard to beat. A spot known mostly to locals is the Kanchogai-dori (Government Office Street) in Towada City. Don't let the uninspiring name of the street deter you: When the trees hit full bloom, its 1.1-kilometre sakura- and ning tree-lined bouldward looks like pine tree-lined boulevard looks like something out of a dreamy centrefold. Late Aprîl. The

cherry blossoms are expected to start flowering around 27 April this year. ite: en-aomori.com



WASHINGTON DC, USA
When the mayor of Tokyo gifted 3,000 cherry blossom trees to the city of Washington DC in 1912, little did he know that this gesture would plant the seed for the National Cherry Blossom Festival, a city-wide celebration that has been an appual event since 1934. has been an annual event since 1934. The Tidal Basin, with its various memorials and monuments, is by far the most popular place to view the flowers (early morning or evening is the best time to avoid the crowds). When you're done taking selfies with the flowers, check out the free events and activities taking place during this festival, such as street performances and fireworks on the Southwest Waterfront. For a more serene experience, head to the National Arboretum or the Anacostia Park and Stanton Park.

Before 14 April Historically, the flowers hit full bloom between late March and early April. Website: cherryblossomwatch.com





SEOUL, SOUTH KOREA

In South Korea, the annual cherry blossom (or beot-kkot) cherry blossom (or beot-kkot) front starts on Jeju Island around late March before moving northwards, blanketing the country in dreamy pinkand-white hues. If you're a history buff or a sageuk (Korean historical drama) fan, a trip to one of Seoul's five grand palaces is a must. Have time for only one? Head to Changgyeonggung Palace. One of the top-rated places for cherry-blossom viewing, this lesser-known venue viewing, this lesser-known venue has more cherry trees than the others, and since it is not on the itineraries of most tour groups, you can expect smaller črowds. lest time to visit. The cherry blossoms are expected to start blooming around 9 April this year, but check online before you book your tickets to get the most current forecast.



VANCOUVER, CANADA
Like a balm for sore eyes, Vancouver's cherry blossom season brings a much-needed respite from winter's grey skies. Given that unpredictability is this flower's middle name, the trees have been known to bloom ahead of schedule — in fact, some even started. have been known to bloom ahead of schedule — in fact, some even started flowering as early as January this year. That said, there's still plenty of time to enjoy the rest of the trees decking the city's avenues in pastel hues. Queen Elizabeth Park, Stanley Park and the VanDusen Botanical Garden are all popular venues. Or, you could just take the SkyTrain to Burrard Station and enjoy a leisurely stroll around the downtown core under the canopy of the flowering cherry trees.

Bast time to visit. Mid to late April. Vancouver's cherry blossom season

Vancouver's cherry blossom season has been known to stretch all the way to early May, but it's best to check the Vancouver Cherry Blossom Festival's website for up-to-date forecasts.

Website: vcbf.ca



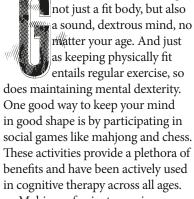
JERTE VALLEY, SPAIN
Every year, for a fleeting 10 days between late March and early April, something magical happens in southwestern Spain's Jerte Valley. During this period, the hills are carpeted in white as two million cherry trees burst into bloom, a natural cycle that is unique to this part of the country. And unlike the ornamental varietals in East Asia, these trees produce fruit that is actually harvested, so be sure to check out the numerous produce fruit that is actually harvested, so be sure to check out the numerous cultural and epicurean events that take place during this season! The best way to enjoy these blooms is on foot — the Jerte Valley has numerous walking and biking trails that offer lush, unspoiled views of the flowers and medieval villages.

Best time to visit: Early April to catch the cherry blossoms in full bloom, or mid-April to early May to watch the petals rain down on the mountains and

petals rain down on the mountains and stay for the harvest festival. Website: cerezadeljerte.org



Keep your mind as sharp as a tack by picking up social games like mahjong and Rummikub. By Clara Tan.



ood health means having

Mahjong, for instance, is extraordinarily effective for helping to treat brain degenerative diseases. An Asian favourite, the game requires players to engage their attention, memory and calculation skills. A study conducted by the Hong Kong Institute of Education on 110 nursing home residents found that playing mahjong three times a week halts cognitive decline — even for those suffering from significant dementia. The residents showed improvement in arithmetic, orientation and memory due to the mental complexity and finesse required to play the game. In mahjong, constant focus is needed to identify positions and tiles. This trains the brain, thus stimulating a specific neural activation pattern that creates new synapses and neural

BE INSPIRED

circuits that recovers damaged cognitive functions.

Over at NUSS, the Active Ageing & Lifelong Learning Sub-Committee regularly organises Mind Games sessions, bringing together members over mentally stimulating games such as mahjong, chess, Chinese chess, Scrabble and Rummikub. Of these, Rummikub is the most popular, for the simple reason that it is easy and fun and "engages the mind in a dynamic way", said the club's leader, Ms Shireen Cheong.

Similar to mahjong, Rummikub requires players to discard their tiles into sets of at least three, drawing a tile if they cannot play. Sets must be arranged in runs (same-coloured tiles in consecutive-number order) or groups (same-numbered tiles in different colours). With the amount of organisation required, Rummikub entails quick thinking, strategy and mental mathematics to calculate points.

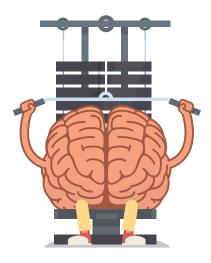
MAKING NEW FRIENDS

Besides cognitive benefits, playing social games, as its name implies, is also a chance to hone your social skills. Members in the Mind Games club engage in a little TGIF every Friday afternoon over a game or two. After all, the club was initiated in mid-2017 by three members, Mr Richard Liang, Mr Charlie Chia and Ms Cheong, with the intention of getting people together for "joyful and mind-energising afternoons". Today, the group consists of 38 members, who look forward to their regular sessions.

Said Mr Chia, "Social games keep the mind in good shape and allow us to bond with one another ... I have made many new friends from our Mind Games sessions." Meanwhile, another regular

"Social games keep the mind in good shape and allow us to bond with one another."

Mr Charlie Chia NUSS Mind Games member



participant, Ms Tan Siew Lang, credits Rummikub for helping her "keep mentally active and allowing me to interact socially with likeminded enthusiasts".

MAKING A START

If you're interested in learning how to play or need company, come join in on NUSS' Mind Games sessions. For first timers, Ms Cheong recommends starting with Rummikub, as it is easy to pick up. And for seasoned players looking for a little competition, marathon challenges and ad-hoc friendly competitions are organised during these sessions.

Sessions are held every Friday from 1pm to 5pm at the Activity Room at Kent Ridge Guild House. Entry is free for NUSS members and \$5 for guests. ■

TIPS FOR PLAYING **MAHJONG**







Avoid separating your tiles

Ínstead, rearrange and group your tiles into Chows, Pungs and Kongs. In fact, this could also be a great strategy to mislead your opponents and send them the wrong signals!

Avoid revealing too much of your hand

Whenever you do that, you're giving away information about the tiles you have, thus giving your fellow players (especially experienced ones) the opportunity to predict your moves and tailor their decisions accordingly.

Have a clear plan of attack

Think about the direction you intend to take and stick with it, while also remaining flexible. Don't pick up tiles just for the sake of it and always be patient.

Observe the tiles other players are handing out

Keep an eye on the tiles left in the wall as well. If possible, discard tiles that have already been thrown out by others.

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Mon to Thu – 1pm to 12am Fri & eve of PH – 1pm to 2am K Room

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

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

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

Monthly competitions at Superbowl SAFRA Mount Faber Contact Wei Ming at weiming@nuss.org.sg BOWLING

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