

JUL-SEP
2019

THE GRADUATE

THE MAGAZINE OF THE NATIONAL UNIVERSITY OF SINGAPORE SOCIETY SINCE 1962

NUSS
The Graduate Club

SERVICE TO THE NATION

Diplomat and NUSS
Distinguished Member
Award recipient Mr Ong
Keng Yong shares his
experiences raising
Singapore's global profile



HOW HAPPY ARE WE?

What it takes for us
to be content in life

PREPARING FOR THE
FUTURE OF WORK
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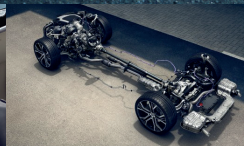
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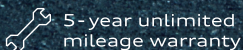
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PRESIDENT'S MESSAGE

Dear fellow members

In the blink of an eye, the first half 2019 has gone by. I hope our members have had a great year so far. Here at NUSS, we have been busy with a number of society-wide events, during which I've had the pleasure of interacting with many of you.

We held our Annual General Meeting on 26 April, where we elected eight members into the Management Committee (MC) of 2019/2020. Please join me in welcoming new MC members, Mr Vincent Rasa Benedict and Mr Nakoorsha A K. Given their experience serving in various Sub-Committees, I'm sure they will continue to provide valuable insight and guidance in this new term. Separately, I would like to extend my heartfelt gratitude to Mr Edgar Liao and Ms Chen Teck Shing for their service and leadership as they step down from the MC.

This issue, we speak to Mr Ong Keng Yong, who was recently bestowed the NUSS Distinguished Member Award for his contributions and service to Singapore as a diplomat. We also shine the spotlight on Outstanding Member awardees Dr Gillian Koh and Mr Chandra Mohan, and their individual contributions to NUSS, NUS and the wider community in our Profile section.

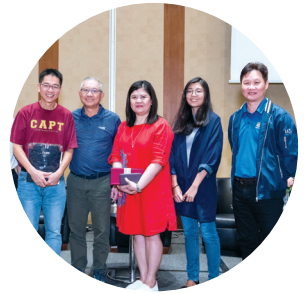
Over the past few months in the run-up to the official launch of the new Mandalay Guild House (MGH), we have progressively rolled out a range of activities and events at MGH. Read all about this, as well as updates on our Multi-Purpose Hall (MPH) at Kent Ridge Guild House, which is now open for booking, in our Club News section.

As we gear up for MGH's official opening and add to our slew of membership offerings, I thank you for your gracious support and confidence in the Society over the years. May the rest of 2019 continue to be meaningful for all.

Yours sincerely



*Eddie Lee
President*



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THE GRADUATE

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2019

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Vincent Rasa Benedict

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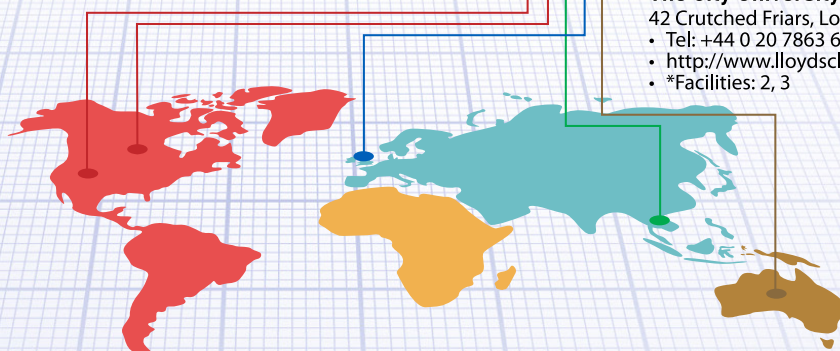
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3. Function Rooms
4. Gymnasium

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AGEING WITH PURPOSE

Volunteerism was the key message at this year's NUSS ALL Day

What does it truly mean to age well? That was the question put to attendees of the second NUSS ALL (Active-Ageing & Lifelong Learning) Day, whose theme this year was “Ageing with a Social Purpose”.

Speaking at the plenary dialogue session during the event held on 23 March at Kent Ridge Guild House, director of the Tsao Foundation, Ms Susana Concorde Harding, asserted that ageing well extends beyond physical well-being and includes our emotional welfare. “Having purpose gives you the energy to be able to get up in the morning, makes you happy and impacts whatever happens in your body,” she stated.

She further encouraged the audience to volunteer with the foundation, which helps older persons find purpose in their senior years, sharing that there were various roles available in the Whampoa area.

Agreeing that volunteerism was an effective way of staying engaged and finding one's purpose, fellow speaker Mr Koh Juay Meng, who is chairman of RSVP Singapore, added that older Singaporeans should be seen as assets, and that volunteerism is a good way to help them with the transition away from full-time employment. He shared the various community service programmes available at RSVP, which helps seniors find meaningful volunteer

opportunities, including befriending, training and guiding the underprivileged.

Reinforcing this point was Dr Tan Lai Yong, Adjunct Senior Lecturer at NUS' Saw Swee Hock School of Public Health, who shared his takeaways from volunteering in Nepal and his hope that members would find joy in serving as well.

“It's important for everyone to find purpose, and seniors are in a unique situation where they have resources and work experience. They need to go forward with this purpose, and with their wisdom, they can support someone else,” said Dr Tan, who is also director of Outreach & Community Engagement at NUS' residential college, College of Alice & Peter Tan.

In particular, he emphasised the influence the elderly have on their juniors, and urged seniors to affirm the younger generation to do better instead of criticising them.

Aside from the dialogue, this year's NUSS ALL Day was filled with activity that included various workshops on ukulele fingerpicking and electronic scrapbooking, both of which are available as short courses in collaboration with the National Silver Academy.

Some members, like Mr Tony Koh, found the event “very wholesome and inspirational”, while others like Ms Deborah Lim said she learned new things from courses, such as how to use mobile apps.

“It was interesting because I didn't know there were certain apps we could use for digital transactions,” she laughed.

“Overall, this event was a nice bonding activity for members, and I found this year's plenary dialogue thought-provoking, as it encouraged us to think more deeply about what we could do to age with purpose,” Ms Lim shared. ■



ABOVE: MEMBERS AT THE PLENARY DIALOGUE SESSION DURING NUSS ALL DAY



LEFT: NUSS MEMBER MR HENRY TIO DELIGHTED PARTICIPANTS WITH MAGIC TRICKS DURING THE FUN GAMES AND LEISURE MAGIC FOR RETIREES WORKSHOP

WELCOME ONBOARD!

NUSS ushered in fresh faces and congratulated returning members of the 2019/2020 MC at this year's AGM



The Annual General Meeting (AGM) is a key event in the Society's calendar, setting the agenda for the Management Committee's (MC) activities for the rest of the year. This year's AGM, held on 26 April at Kent Ridge Guild House, saw the election of eight new and existing members into the MC.

A total of 10 members stood for election, including NUSS President, Mr Eddie Lee, who was re-elected. Of the eight elected, two were new to the MC. Mr Nakoorsha bin Abdul Kadir was "very honoured

and humbled by the support given", and said he planned to bring to the table his experience gained from serving on the Sports and the Food and Beverage Sub-Committees.

He added: "If the MC wishes for me to help in other areas, I'm more than open to it and will, of course, take the guidance of my senior members in doing so."

Meanwhile, Mr Vincent Rasa Benedict hopes to help bring more millennials to NUSS, to tackle the Society's ageing membership problems.

"My main aim would be to

enhance membership experiences through events, sports and recreational activities and newer interest groups, which can encourage people to participate more actively in the Society," he shared.

Mr Benedict, who previously served in the MC from 2004 to 2010, also wishes for more members to take on active roles in the Society in the near future.

Apart from appointing the new MC, the meeting saw minutes from the last AGM on 26 April and the General Meeting on 29 October



ABOVE: MEMBERS OF THE MANAGEMENT COMMITTEE FOR 2019/2020

FROM LEFT: NUS PRESIDENT, MR EDDIE LEE, ADDRESSED MEMBERS IN HIS OPENING SPEECH

MEMBERS MINGLED AND CAUGHT UP WITH ONE ANOTHER AT THE DINNER RECEPTION HELD BEFORE THE MEETING

MEMBERS CAST THEIR VOTE FOR THE NEW MC

MEMBERS VOICED THEIR OPINION ON VARIOUS MATTERS OF CONCERN



being confirmed. Members were also given a chance to voice their concerns on matters that were brought up during the last two meetings, especially on the issue of attracting younger people to join the Society.

One member suggested making it compulsory for every NUS graduate to join NUSS. The MC shared that while this was not something that could be achieved in this period of time, it would continue to work with the university to boost sign-up numbers.

Ms Catherina Tan, who was re-elected to the MC, shared that the Society is already working on this with NUS students and the larger community, while ensuring that the needs of current members are not neglected.

“We will carry on providing services to members, such that they continue to look forward to joining in on club activities and feel they are a part of the family,” she said.

The meeting also discussed a new IT system that the Information Technology Sub-Committee plans to launch later this year.

Ending off the night, Mr Lee thanked all candidates who stood for election and encouraged those who did not obtain a seat to try again the following year. ■

A previous version of this article contained an error in a quote attributed to Mr Nakoorsha bin Abdul Kadir in paragraph 2, which has since been corrected. We apologise for the error.



EDDIE LEE CHOY PENG
PRESIDENT

SOCIETY'S REPRESENTATIVE &
BOARD MEMBER
■ PEOPLE'S ASSOCIATION

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MANAGEMENT COMMITTEE
2019 / 2020



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VICE-PRESIDENT



**EDWARD STANLEY
TAY WEY KOK**
HONORARY SECRETARY
CHAIRPERSON
■ MEMBERSHIP MARKETING



**JEFFREY KHOO
POH TIONG**
HONORARY TREASURER
SOCIETY'S REPRESENTATIVE
■ FEEDBACK UNIT (REACH)



PAUL WANG SYAN (DR)
HONORARY ASST. SECRETARY
CHAIRPERSON
■ INFORMATION TECHNOLOGY



MOHAN BALAGOPAL
HONORARY ASST. TREASURER
CHAIRPERSON
■ EDITORIAL
SOCIETY'S REPRESENTATIVE
■ ALUMNI INTERNATIONAL
SINGAPORE (AIS)



**VINCENT RASA
BENEDICT**
CHAIRPERSON
■ SPORTS & RECREATION



NG TECK WEE
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CHAIRPERSON
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NAKOORSHA A.K.
DEPUTY CHAIRPERSON
■ MEMBERSHIP EXPERIENCE
■ SPORTS & RECREATION

PREPARING FOR THE FUTURE

The NUSS Commentary Dialogue discusses the challenges that Singapore's next generation of leaders may face



As Singapore undergoes an era of change with the transition to its next generation of leaders, it is also subject to a shifting global order and technological disruptions, said NUSS President Mr Eddie Lee as he addressed the audience at the NUSS Commentary Dialogue, held on 29 May at Kent Ridge Guild House.

Four contributors of *Commentary Volume 27 — SGP 4.0: An Agenda* were invited to discuss the challenges ahead and the strategic choices they believe Singapore's fourth-generation leaders should adopt. "There is a special burden upon (NUSS) to think hard about the development and welfare of our society," said Dr Gillian Koh, editor of *Commentary*, who also served as moderator of this dialogue.

Mr Han Fook Kwang, editor-at-large at *The Straits Times*, shared that while good political leadership is paramount, what is as or more important is the quality of a citizenry. He cited the people

of Japan and Israel as excellent examples of possessing strong citizenship and urged Singaporeans to cultivate qualities that help them withstand crises that may come.

"Singaporeans have to be creative and enterprising and they should dare to take risks and go against the conventional ways of thinking. We cannot be strong, resilient people if we are overprotected by the government... (as we will) not develop instincts to solve our own problems," he said.

A big talking point during the dialogue, however, was how Singapore could transform its education system so as to produce a more diverse pool of leaders and compete in the region.

Mr Laurence Liew, director of AI Industry Innovation at AI Singapore, shared that his AI Apprenticeship Programme — which took inspiration from the German education system — no longer requires transcripts for admission. As a result, scientists and engineers who are admitted are those who have skill sets beyond grades, including the ability to adapt.

Said Mr Liew, "We really need our next generation of students to step up and take ownership of their own education."

In the same vein, Dr Laavanya Kathiravelu, Assistant Professor

in the Division of Sociology at Nanyang Technological University, urged Singaporeans to be invested in raising their children for the future. She shared that the children of today are our future, and parents need to be "invested in raising them".

Wrapping up the session, Dr Leong Ching, co-director of the Institute of Water Policy, addressed the need to educate children on topics beyond what is taught in schools, such as climate change. She cited that 70 per cent of Singaporeans feel the impact of global warming, but only 39 per cent are willing to do something about it. Based on those statistics, we have to set a good example for our children, she said.

"We need to make things salient for our children. One of the things we can do is to give them experiences that make them change their behaviour, such as setting an alarm in the shower, for example."

Members who attended the dialogue appreciated the information and insights shared by the speakers. Said Ms Jessica Ling, "I found this talk very informative and it opened my eyes to the issues Singapore will face in future."

Mrs Mary Soon added, "I agree with what the speakers said about transforming our education system. We should encourage different successes and allow people to fail



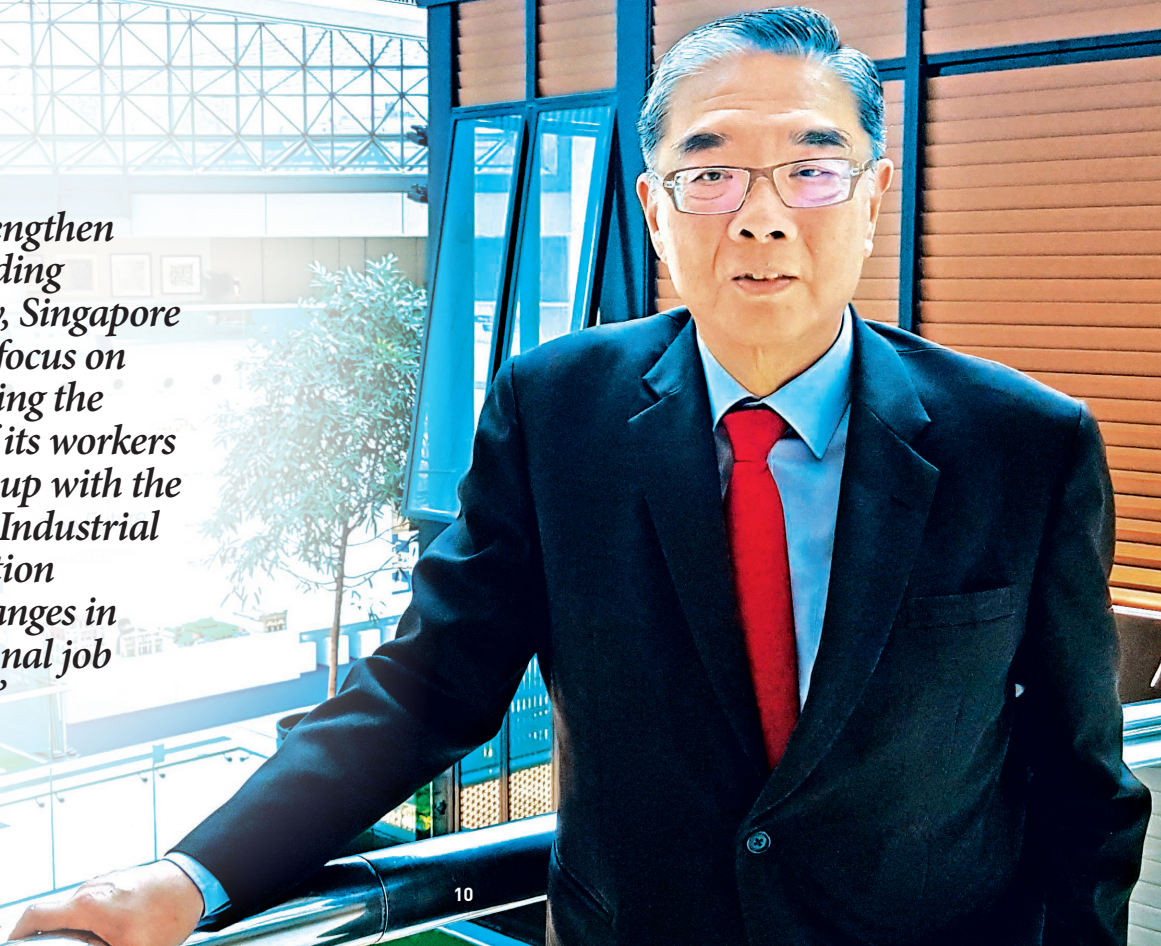
TOP: MEMBERS PARTICIPATING IN THE LIVELY Q&A SESSION DURING THE DIALOGUE

ABOVE: NUSS PRESIDENT, MR EDDIE LEE (FRONT ROW, CENTRE), WITH THE NUSS MANAGEMENT COMMITTEE AND THE DIALOGUE'S PANEILLISTS

SERVING THE COMMUNITY

The NUSS Distinguished and Outstanding Member Awards recognise and honour members who have made significant and lasting contributions to NUSS, NUS and the wider community. The 2019 awardees, Mr Ong Keng Yong, Mr Chandra Mohan and Dr Gillian Koh share their experiences.

“To strengthen its standing globally, Singapore should focus on upgrading the skills of its workers to keep up with the Fourth Industrial Revolution and changes in traditional job sectors.”



EMINENT STATESMAN

DISTINGUISHED AWARD RECIPIENT

*Mr Ong Keng Yong,
Executive Deputy
Chairman of the S
Rajaratnam School
of International
Studies*

*Chairman of
the Singapore
International
Foundation,
2015 – present*

*Executive Deputy
Chairman of the S
Rajaratnam School
of International
Studies,
2014 – present*

*Ambassador-at-
Large at the Ministry
of Foreign Affairs,
2008 – present*

*Secretary-General of
ASEAN,
2003 – 2008*

*Press Secretary to
Prime Minister
Goh Chok Tong,
1998 – 2002*

Credentials:

Bachelor of Laws
(Honours) (LLB),
University of Singapore

Master of Arts,
Georgetown University

CONGRATULATIONS ON BEING AWARDED THE NUSS DISTINGUISHED MEMBER AWARD THIS YEAR. HOW DO YOU FEEL ABOUT THE HONOUR?

Mr Ong Keng Yong: I was very touched and surprised by this unexpected award. I wish to thank everyone who nominated me for this honour and supported me.

YOU HAVE SERVED AS AMBASSADOR OF SINGAPORE TO VARIOUS COUNTRIES OVER MANY YEARS. WHAT ARE SOME OF YOUR MOST MEMORABLE EXPERIENCES REPRESENTING SINGAPORE?

Mr Ong: We are a “little red dot” and one of the smallest countries in the world. Yet, wherever I serve, I find that people respect our city-state, admire our achievements and wish to be like Singapore. In some of the places I visited, people did not know exactly where Singapore is, but have nevertheless heard that our country is very beautiful and clean. I have positive memories of young people I’ve met overseas telling me they love Singapore and would like to work here. These are professionals who feel our nation appreciates talent, good ideas and honest living.

WHAT ARE SOME FOREIGN POLICY CHALLENGES THAT SINGAPORE FACES AS A SMALL NATION-STATE IN AN EVER-CHANGING GEOPOLITICAL CLIMATE? HOW CAN THE REPUBLIC STRENGTHEN ITS STANDING GLOBALLY?

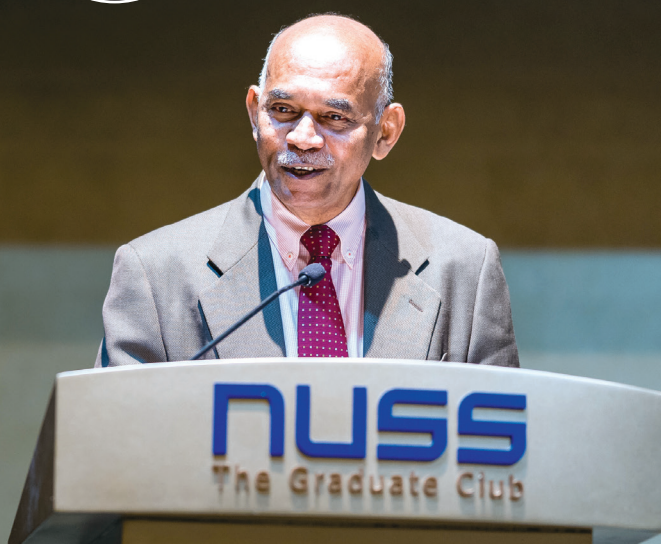
Mr Ong: One of the key challenges Singapore faces is the pressure to choose sides in any situation involving major powers, such as in the ongoing trade dispute between the United States and China. However, both countries are equally important to Singapore.

To strengthen its standing globally, Singapore should focus on upgrading the skills of its workers to keep up with the Fourth Industrial Revolution and changes in traditional job sectors. Going forward, the digitalisation of our economy is essential, but we cannot push things too quickly due to our regional ties in Southeast Asia. ASEAN member states have differing interests due to their varying stages of economic development and their diverse challenges, and this is something we need to consider as well.

WHAT MOTIVATES YOU TO CONTINUE SERVING SINGAPORE AS A DIPLOMAT? WHAT DO YOU FIND MOST FULFILLING AND MOST CHALLENGING ABOUT WHAT YOU DO?

Mr Ong: It was exhilarating working as an ambassador for Singapore! It is not every day that the President hands you a job appointment letter. This motivated me to continue to do “National Service” as long as I am able to and required by the country.

What I find most fulfilling is completing tasks I’ve been assigned, and when others appreciate my contributions. The challenge is always in meeting the expectations of those who appointed me for the job and in deciding how I should undertake a given task. ■



ADVOCATE FOR THE NEEDY

OUTSTANDING AWARD RECIPIENT

*Mr Chandra Mohan,
Partner at Tan
Rajah & Cheah*

President of the
National University
of Singapore Society,
2005 – 2008

Nominated Member
of Parliament of
Singapore,
2002 – 2004

Member, Board
of Trustees of the
National University
of Singapore,
2000 – 2011

Credentials:
Bachelor of Laws,
National University
of Singapore

WHAT MOTIVATES YOU TO CONTINUE CONTRIBUTING TO NUSS, NUS AND THE WIDER COMMUNITY?

Mr Chandra Mohan: I've always been grateful for having had a good education. During my university years, not more than 5 or 7 per cent of youths my age had the chance to get a university education — I was one of the privileged few! It is for this reason that I've always felt the need to give back, to help my country and society.

WHAT ARE SOME MEANINGFUL RECOLLECTIONS YOU HAVE DURING YOUR TIME AS NUSS PRESIDENT?

Mr Chandra: The NUS High School was founded during my presidency, which was very exciting for me to witness. I also had the privilege to oversee the dramatic transformation of the old Kent Ridge Guild House to what it is today, with better infrastructure and more facilities for members of all ages.

WHAT IS THE BIGGEST LESSON YOU'VE LEARNT IN ALL YOUR YEARS PRACTISING LAW?

Mr Chandra: We should serve the less fortunate who need pro bono legal aid, and try our best to give to organisations locally and internationally. Lawyers must have a moral, ethical and national duty to ensure justice is meted out in its pure form through the practice of law.

BEING INVOLVED IN BOTH THE BOARDS OF NUS AND NUSS, WHAT MORE DO YOU THINK CAN BE DONE TO ESTABLISH A STRONGER RELATIONSHIP WITH OUR ALMA MATER?

Mr Chandra: I would like to see more NUS graduates being appointed on the Board of Trustees and various committees at NUS so that as our alma mater grows, our alumni would be deeply involved in its progress. The university has a duty to spark excitement among undergraduates and build the loyalty to serve after graduation. Also, NUS student leaders should be roped in to help get more undergraduates to join NUSS. ■

CHAMPION FOR EQUALITY

OUTSTANDING AWARD

RECIPIENT

*Dr Gillian Koh,
Deputy Director
(Research) at
the Institute of
Policy Studies*

Credentials:

Bachelor of Arts,
National University
of Singapore

Master of Arts
in Third World
Studies, University
of Sheffield

PhD in Sociological
Studies, University
of Sheffield



YOU HAVE SERVED AS EDITOR FOR THREE VOLUMES OF NUSS' COMMENTARY. WHAT WERE SOME CHALLENGES YOU FACED?

Dr Gillian Koh: Many of the thought leaders we wanted to approach over the course of putting out these issues had so many demands on their time. Thus, we are so privileged that most of them so readily and generously agreed to contribute their views.

YOUR RESEARCH FOCUSES PRIMARILY ON THE AREA OF POLITICS AND DEVELOPMENT OF SINGAPORE SOCIETY. WHO OR WHAT SPARKED THIS INTEREST?

Dr Koh: It stems from my love for the island of my birth and my strong belief that the relationship between the government and its people can always be enhanced so citizens feel empowered to live their dreams as individuals, families and as a national community. Communication, collaboration and cooperation between state and society, and a good understanding of the complexities facing government and society will make Singapore a happy, progressive and prosperous home for all.

IN YOUR RESEARCH PROGRAMME, GOVERNANCE OF A CITY-STATE, YOU DISCUSS SOCIAL STRATIFICATION. WHY IS IT IMPORTANT FOR SINGAPOREANS TO HAVE EQUAL OPPORTUNITIES?

Dr Koh: Over the years, we have seen how income, wealth and class inequalities have damaged the trust between citizens and the governing elites in developed countries. As Singapore is a small city state, we need to ensure that differences in race, religious background, linguistic ability, gender or age do not cause anyone to suffer discrimination.

WITH YOUR WORK, HOW DO YOU HOPE TO INFLUENCE AND INSPIRE OTHERS TO THINK ABOUT MATTERS PERTAINING TO SINGAPORE?

Dr Koh: I hope to send the message that the future is ours to create. We've established much already, from our world-class education, to our openness to the world, and creating a society where the disabled, sick and poor always feel valued and cared for. This is what motivates me and my colleagues at the Institute of Policy Studies and at the social organisations and projects which I commit myself to.

WHAT ARE SOME WAYS THAT NUSS CAN REACH OUT TO PEOPLE OF DIFFERENT BACKGROUNDS?

Dr Koh: We can deliver a wide range of social outreach and recreational programmes to ensure people of different backgrounds can interact with one another. Through community programmes, we can also help expose our members to different people, cultures and the needs of those whom we do not usually interact with. Closed social circles, where people from separate backgrounds do not mix, are unhealthy, and NUSS must play its role in making Singapore a more inclusive, cohesive, harmonious and progressive society.

IN GOOD COMPANY

Five members tell us why NUSS is more than its events and facilities — it's where friendships are forged and memories made.

Meet Mr Mark Wong, a retired fighter pilot; his wife Mrs Patricia Wong, a retiree; Ms Jeannine Foo, who works for an insurance firm; Mr Joel Lim, founder of a local start-up; and Ms Johanna Tay, who runs a local real estate agency. Despite their diverse backgrounds, their camaraderie during the group's weekly gatherings is evident in their playful banter and non-stop laughter. The group sat with *The Graduate* to talk about their friendship and experiences as NUSS members.

WHAT ATTRACTED YOU TO JOIN NUSS?

JEANNINE: I wanted to meet like-minded people.

JOHANNA: I joined for the community.

MARK: The NUSS' Road to Mandalay promotion drew me and I decided to join.

YOU MET OVER THREE SEPARATE NUSS EVENTS AND GOT TO KNOW ONE ANOTHER AS YOU SAT AT THE SAME TABLE EACH TIME. WHAT HELPED YOU CONNECT?

JOHANNA: I think food was a uniting factor. And the alcohol helped us hit it off!

JEANNINE: We enjoy one another's company — we can talk about almost anything.

MARK: We like bantering with one another and sometimes even talk about politics.

PATRICIA: We also like recommending drinks to one another, like good wines.

HOW DO YOU ORGANISE THESE GATHERINGS AND HOW OFTEN DO YOU MEET?

JEANNINE: We have a chat group where we discuss places we want to try or events we would like to attend together.

JOHANNA: Typically, we meet more than



once a month, unless some members are busy or overseas.

DESPITE HAVING DIVERSE BACKGROUNDS, A STRONG BOND HAS KEPT THIS GROUP OF NUSS MEMBERS CLOSE

WHAT WAS ONE UNEXPECTED SURPRISE YOU DISCOVERED ABOUT EACH OTHER?

JOHANNA: Entrepreneurship is a very lonely journey and I was really happy to find out that Joel is also the founder of a start-up. He is now my mentor and I have gained many professional insights through my interactions with him.

WHAT IS THE BEST PART ABOUT BEING AN NUSS MEMBER?

JOHANNA: The best part is being able to access NUSS' three guild houses for any occasion.

IS THERE ANYTHING YOU WISH TO SEE FROM NUSS IN THE FUTURE?

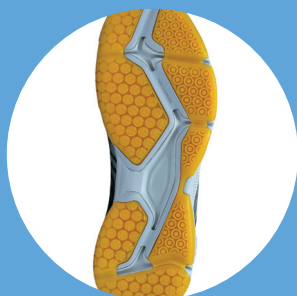
MARK: I think that NUSS can play a bigger role in nurturing young children and supporting family life by providing more recreational facilities designed for young children.

JOHANNA: NUSS has many varied interest groups and three guild houses — Kent Ridge, Suntec and Mandalay. We hope the Society can use its spaces to cater to different interest groups and demographics, such as young children and young families. I also hope that it would provide avenues for the community to give feedback on what more they hope to see. ■



NEW FLOORS, NEW HOUSE RULES

*Here's what members can
look forward to with the
newly refloored MPH*



As members make up the core of our Society, NUSS continuously looks for ways to improve its facilities and benefits, so as to enhance its membership value. The Society is pleased to announce that the renovation works at the Multi-Purpose Hall (MPH) at Kent Ridge Guild House have been completed. The MPH accommodates up to four badminton courts and also contains a table tennis room, which can house up to three tables. Provisions can also be made for other sports.

The newly refloored MPH is now open for booking. However, to ensure it remains in good condition for all members to enjoy, do note that only non-marking shoes will be allowed on the courts. These typically have light brown or flesh-coloured soles and are labelled with the word “non-marking”.

NUSS staff will be conducting checks regularly and users found playing without non-marking shoes on will be asked to leave the courts. We seek your cooperation when you are approached by staff for checks. ■

Operating hours are 7am to 10pm daily. To book the MPH, please visit nuss.org.sg or call 6586 3723.

ACTIVITIES FO

As we prepare for the official opening of Mandalay Guild House (MGH) on 6 August, here's a look at the activities that have taken place since its soft opening in January



29 January PREVIEW DINNER

The festivities kicked off with the Preview Dinner, where the Management Committee, Sub-Committee members and other guests took their first look at the fully renovated premises and F&B offerings at MGH.

From April NATIONAL SILVER ACADEMY COURSES

Seniors enjoyed learning useful skills through a series of courses by the National Silver Academy. These included classes such as Basic Japanese Nagomi Art, the Basics of Therapeutic Gardening and Engaging Persons with Dementia.



8 February LION DANCE SHOWCASE

NUSS ushered in the Year of the Pig with a rousing lion dance showcase.



11 February NUSS LO HEI DINNER

The annual NUSS Lo Hei Dinner was held at MGH for the first time. Emeritus Senior Minister Goh Chok Tong graced the event that evening.



R ALL AT MGH



26 April LUNCH DIALOGUES

Working adults gained insight on managing burnout, thriving at work and maintaining a healthy work-life balance at the Lunch Dialogues session with Dr Jade Kua.



From May FITNESS CLASSES

Fitness enthusiasts were treated to a series of fitness classes held at MGH's Fitness Studio. Participants had a fun, energising time at classes such as taiji, basic yoga, functional strength training and Pilates core strength training.



PLEASE NOTE THAT MANDALAY GUILD HOUSE WILL BE CLOSED ON 6 AUGUST FOR ITS OFFICIAL OPENING. OPERATIONS WILL RESUME ON 7 AUGUST.

NUSS
The Graduate Club

07

EVENTS

J

U

L

20 JULY

DanceSport 7th Line Dance Jam

Don't miss this magical afternoon of workshops, dancing and delicious food at NUSS DanceSport's 7th Line Dance Jam. This year's theme is Arabian Affair, so get ready your most lavish outfit to show off your best moves!



24 JULY

Bubbles with Seafood Evening

Indulge in a delicious seafood dinner paired with the finest champagne from Perrier-Jouët, and widen your bubbly-food pairing knowledge with our entertaining guest speaker.



25 JULY

Singapore Bling Slam

Kick off the weekend early and come unwind with NUSS' DramaWorks as you enjoy a Singapore Sling or two and dance the night away. Dress code is black, white and red with a side serving of glam.



30 JULY

Franchising and External Business Opportunities

Interested in learning how franchising works? Find out everything you need to know from experts at FT Consulting.

08

EVENTS

A

U

G

14 AUGUST

*Ministerial Dialogue
with Minister Chan
Chun Sing*

Come listen to Minister for Trade and Industry, Mr Chan Chun Sing, as he shares his perspectives on how Singapore can stay ahead in this era of Industry 4.0 technologies and how it can benefit Singaporeans.



16 AUGUST

*National Day Golf
Tournament*

Join the Golf Section as they head over to Warren Golf and Country Club for their annual National Day Golf Tournament!



**FROM 25
AUGUST**

*NUSS Little
Bakers
workshops*

Your little one can now discover the joy of baking in this series of workshops. They'll get to learn basic baking techniques and how to make tasty treats like red bean mooncakes, cranberry scones and more!





Friendships, wine and cheese

Jointly organised by NUSS and the NUS Office of Student Affairs, this annual social gathering allowed mentors and mentees to network and share their knowledge with others beyond their assigned mentor-mentee pair. Over 80 individuals attended the event, which featured opening addresses by Mr Eugene Tan, Chairperson of the NUSS Alumni Development and University Relations Sub-Committee, and Associate Professor Vivian Ng, Vice Dean of Students from the NUS Office of Student Affairs. This year, attendees participated in a wine-and-cheese etiquette session led by Mr Claudio Nuti, a third-level sommelier certified by the Italian Sommelier Association and the founder of the Independent Tasters Association, where they learnt to pair different wines and cheeses to enhance their gastronomical experience.

NUSS-NUS MENTORSHIP PROGRAMME: MID-YEAR GATHERING 26 MARCH, FUNCTION ROOMS, KENT RIDGE GUILD HOUSE

ADVERTISEMENT

July - December 2019

LIFELONG LEARNING COURSES FOR MEMBERS!

In collaboration with National Silver Academy (NSA)

Join us for a range of short courses and equip yourselves with life skills as well as work skills!

Course categories include:

- Humanities
- Finance & Business
- Health & Wellness
- IT & Science
- Media, Arts & Design
- 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 Ms Ashley Lau at 6586 3741 or events@nuss.org.sg.

NUSS
The Graduate Club

As part of
Silver
NATIONAL
ACADEMY
Learning continues @ 50+





With heartfelt gratitude

It was the perfect opportunity to show appreciation to members of the NUSS Sub-Committees, whose time and expertise have helped drive the growth and standing of the Society. The dinner kicked off with a welcome speech by NUSS President, Mr Eddie Lee, followed by a delicious sit-down feast accompanied by performances from fingerstyle guitarist Mr Neil Chan. During the event, the Distinguished Member Award was presented to Mr Ong Keng Yong, while Mr Chandra Mohan and Dr Gillian Koh both received Outstanding Member Awards. The evening ended with celebration as Long Service Awards were presented to members who have served in Sub-Committees for at least five years.



NUSS SUB-COMMITTEE APPRECIATION DINNER 2019 1 APRIL, DELLA & SENG GEE GUILD HALL, KENT RIDGE GUILD HOUSE



Building ties with Belgium

Members and guests met and connected with Mr Ho Kwon Ping, chairman of Banyan Tree Holdings, Ms Els Van Poucke, President of the Belgium Luxembourg Business Group (BLBG), and His Excellency of the Kingdom of Belgium, Mr Andy Detaille, ambassador to Singapore and Brunei at this networking session. Mr Ho shared insights on the shifting political landscapes across Asia and Europe and how businesses should respond. Attendees were later given the chance to mingle and establish new ties over wine.

NUSS BUSINESS CONNECT BLBG NETWORKING EVENING
4 APRIL, FUNCTION ROOMS, MANDALAY GUILD HOUSE



Data reporting made easy

Most of us know how to use Microsoft Excel for data entry, but did you know you could also create insightful dashboards to make sense of large data using simple Excel techniques? Members learnt just how to do so in this six-hour workshop by trainer Mr Eric Hong, an engineer, lecturer and software developer with more than 15 years of experience in the tech industry. Members left the course equipped with new skills that would help improve their productivity and efficiency at work.

DASHBOARDS FOR BUSY EXECUTIVES
6 APRIL, INNER CHAMBER, KENT RIDGE GUILD HOUSE



Learning to age well

Over 70 members and their friends learnt all about hormones and ageing from Dr Zhu Ling, an Associate Consultant in Endocrinology at the Singapore General Hospital, in this enriching lunchtime session. When asked what she gleaned from the talk, NUSS member Dr Jessie Ee said she learnt how healthy eating, good social support and a happy life outlook helped her stabilise hormone levels, promote good health and protect against the negative effects of ageing.

FELLOWSHIP LUNCH – HORMONES AND AGEING: FRIENDS OR FOE?
9 APRIL, DALVEY & EVANS FUNCTION ROOMS, KENT RIDGE GUILD HOUSE



Tennis Champs!

For the first time, the Tennis Section took part in the Men's Singles Interclub Knock Out tournament organised by the Singapore Tennis Association. The Section's B and D Division teams put up a strong performance throughout the competition, while the C Division team earned the champion title after the gruelling tournament. They were treated to an appreciation lunch on 5 May, where Mr Srini Iyer, convenor of the Tennis Section, presented them their medals. Congrats on this spectacular victory!

SINGAPORE TENNIS ASSOCIATION TOURNAMENT
9 TO 14 APRIL, VARIOUS LOCATIONS



An Egg-cellent Easter Brunch

On Easter Sunday, NUSS members and their families gathered for brunch at Kent Ridge Guild House. Attendees were treated to a delicious feast, which included savoury options like laksa, carved beef, honey-glazed ham and sweet treats like pancakes and scones. Meanwhile, the children enjoyed going on animal rides, playing on a bouncy castle and participating in activities like balloon sculpting and Easter-egg painting.

EASTER DAY BRUNCH 2019 21 APRIL, DELLA & SENG GEE GUILD HALL AND FUNCTION ROOMS, KENT RIDGE GUILD HOUSE



Prioritising mental health

Dr Jade Kua, consultant at KK Women's & Children's Hospital, was the speaker at the fifth session in the Breakfast Dialogue series, which is jointly organised by NUSS and the NUS Office of Alumni Relations. For the first time, a lunch, instead of a breakfast talk, was organised. During the session, 40 NUSS members and NUS alumni learnt the importance of prioritising good mental health in order to thrive in a fast-paced world and effectively balance work and family life.

LUNCH DIALOGUES 26 APRIL, FUNCTION ROOMS, MANDALAY GUILD HOUSE



Better health with mobile qigong

Under the guidance of Mdm Chan Siok Fong, members and guests learnt the importance of maintaining a healthy immune system by mastering a few mobile qigong regimens. These regimens have been clinically proven to strengthen the self-efficacy of body organs and improve brain functioning. The attendees also enjoyed learning how to harmonise their *yin-yang 'qi'* to normalise their blood pressure and strengthen the functions of their organs.

**LIFELONG SELF-EFFICACY HEALTHCARE SKILL:
MOBILE QIGONG PARTS 1 AND 2**
27 APRIL, 4, 18 AND 25 MAY, FUNCTION ROOMS,
KENT RIDGE GUILD HOUSE



Take me to Broadway

DramaWorks members and guests lived out their Broadway dreams at the All That Jazz event facilitated by Jason Ong, a professional conductor, composer, singer and producer and co-founder of the Singapore Men's Chorus. Participants had their vocals assessed by Jason, before they learned how to sing and dance to "All That Jazz", a number from the 1975 Broadway musical, *Chicago*. After learning the choreography, participants showed off what they learnt by putting on an amazing performance.

ALL THAT JAZZ
2 TO 23 MAY, KENT RIDGE GUILD HOUSE



For the love of music

Music-loving NUSS members and NUS alumni thoroughly enjoyed themselves at the NUS Alumni Jam Session, as they jammed along to performances by member Mr Ken Loy and his friends. Music enthusiasts were also given the opportunity to perform on stage during the event. Attending NUS alumni were also able to explore Kent Ridge Guild House, where the event was held.

NUS ALUMNI JAM SESSION
4 MAY, THE CHILL-LAB, KENT RIDGE GUILD HOUSE



High spirits

Members and guests embarked on a fun trail, jointly organised by NUSS and Pernod Ricard Singapore, to sample whisky, enjoy delicious food and visit the three guild houses. Participants began their journey at Kent Ridge Guild House, where they were treated to exquisite canapés paired with Aberlour 12, 16 and 18-year-old whiskies. They then stopped by Mandalay Guild House and ended the evening at Suntec City Guild House, where they indulged in Glenlivet and Chivas Regal whiskies, respectively.

**WHISKY TRAIL 9 MAY, KENT RIDGE GUILD HOUSE,
MANDALAY GUILD HOUSE AND SUNTEC CITY GUILD HOUSE**



Wine 101

This wine workshop conducted by the founder of the Wine Lovers Club, Mr George Wong, attracted over 30 aspiring wine connoisseurs and enthusiasts, ranging from young adults to seniors. Participants learnt to distinguish Cabernets from Merlots, evaluate wines and create suitable wine-food pairings to impress their guests at their next social function.

BE A WINE EXPERT IN 3 HOURS 9, 16 AND 23 MAY, EVANS FUNCTION ROOM, KENT RIDGE GUILD HOUSE



Can I have this dance?

Over 100 dancers gathered for a special night filled with food, dance and great company. Participants began the night with a delicious feast before hitting the dance floor, where they enjoyed the opportunity to mingle and trade moves with one another. As the night came to a close, a lucky draw was held, where some attendees won attractive prizes.

DANCESPORT DINNER AND DANCE – MAY WE DANCE 11 MAY, DELLA & SENG GEE GUILD HALL, KENT RIDGE GUILD HOUSE



A conversation in art

At this art dialogue, Mr Atin Yeo, a young artist who participated in NUSS' Paint-A-Portrait Project, shared his inspiration and art journey with members and guests. Having served National Service in both Thailand and Singapore and growing up in both countries formed the source of inspiration for Mr Yeo, whose artworks range from portraits of people he encountered, to landscapes of the temples of Chiang Mai and Bangkok's bustling cityscape. After the dialogue session, the attendees proceeded to tour the art gallery with Mr Yeo.

ART DIALOGUE WITH ATIN YEO 14 MAY, THE CHILL-LAB, KENT RIDGE GUILD HOUSE

Peranakan delights

This first session of a series of Peranakan cooking workshops was conducted by Chef Lloyd Matthew Tan, author of the cookbook *Daily Nonya Dishes*. Chef Tan shared about the customs of Peranakans and how to prepare *sambal belachan*, an essential ingredient in many nonya dishes. In the upcoming sessions on 7 July, 21 July and 4 August, participants will learn to prepare other key components in nonya dishes, such as soup stocks, fermented bean paste and *rempah*.



LOOK HARI HARI NONYA COOKING WORKSHOPS 26 MAY, KITCHEN STUDIO, MANDALAY GUILD HOUSE



Golf, sight-seeing and good company

Over 50 members and guests flew to Kunming and Lijiang in China to tee off at five popular golf clubs, including Jade Dragon Snow Mountain Golf Club, Lakeview Golf Club and Sunshine Golf Club. Aside from golfing, the group also enjoyed taking in the sights at Black Dragon Pool, Tiger Leaping Gorge and the Yangtze river, learning about Chinese history at the ancient towns of Shuhe and Dayan and sampling authentic Chinese cuisine. The non-golfers in the group were treated to additional day tours at Yunnan Nationalities Village, Grand View Park, Kunming Old Street and more!



OVERSEAS GOLF TRIP TO KUNMING AND LIJIANG 28 MAY TO 4 JUNE



Speaking with confidence

Over 20 participants attended this public speaking masterclass organised by the NUSS Toastmasters Club. Trainer Maxine Teo actively engaged participants and encouraged group discussion to facilitate their learning. Participants learnt the “tripod concept”, a useful tool to help them field questions, as well as how to manage objections objectively and handle tough questions while keeping their composure.

MASTERCLASS ON PUBLIC SPEAKING 30 MAY, DALVEY & EVANS FUNCTION ROOMS, KENT RIDGE GUILD HOUSE



Learning to better protect data

With reports of data breaches making the news frequently, protecting personal data and privacy has become increasingly difficult. In this workshop, Mr Lim Kian Kim taught individuals working at SMEs and other corporations about the Personal Data Protection Act, how they can take steps to comply with the Act and how they can prevent and manage data breaches.

UNDERSTANDING DATA PROTECTION REGULATIONS 30 MAY, GUILD FUNCTION ROOM, SUNTEC CITY GUILD HOUSE



Enjoying the great outdoors

NUSS members and their kids were treated to an exciting day of nature exploration in this fun June holiday programme. To begin the day, tour guide Wan Ling gave participants a tour of the Sungei Buloh Wetland Reserve, where they learnt about mangroves and spotting interesting creatures, such as mudskippers and horseshoe crabs. They then visited Oh Chin Huat Hydroponics Farm, where they discovered how to grow hydroponics plants at home. Later, the kids had a blast playing with their newfound friends at West Coast Park.



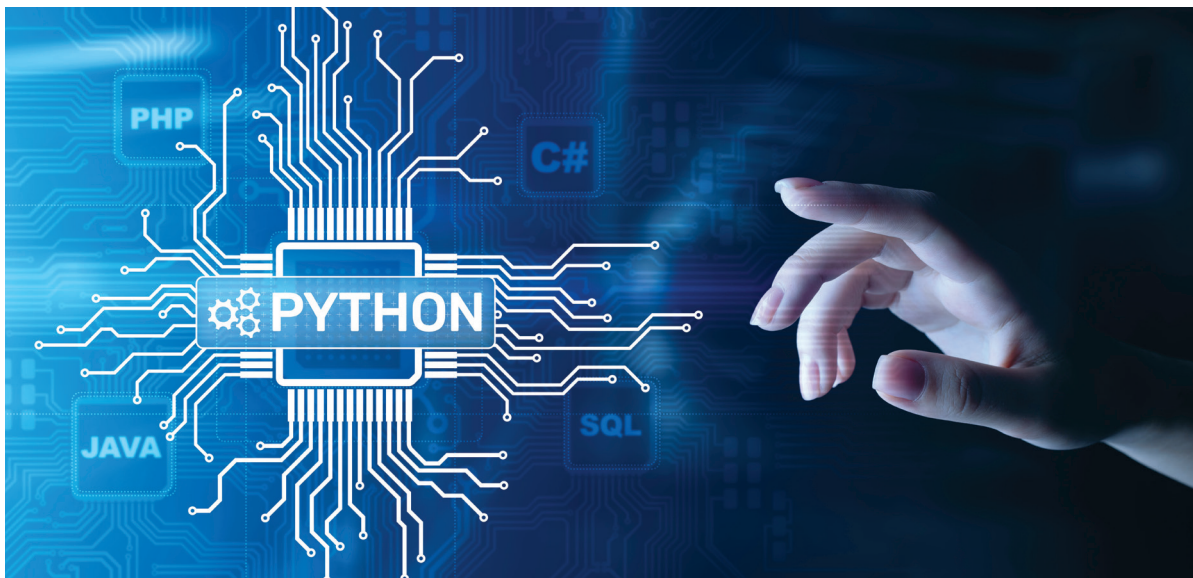
NUSS KIDS DAY OUT 7 JUNE, VARIOUS LOCATIONS



A journey behind the scenes

In this instalment of NUSS' popular Learning Journey series, members, their kids and guests were treated to The Mediacorp Experience, where they enjoyed a behind-the-scenes tour of the Mediacorp Campus to gain an insight into the world of media and broadcasting. During the interactive tour, participants learnt about the fast-changing media landscape and were given the opportunity to be the star of a TV show, a radio DJ or a news presenter. What a fun and eye-opening day it was!

LEARNING JOURNEY: THE MEDIACORP EXPERIENCE 14 JUNE, MEDIACORP CAMPUS



Coding fun

Python is a powerful and versatile programming language that is widely used in fields such as data science and game programming. At this six-hour workshop led by trainer Mr Eric Hong, participants were taught basic programming concepts such as data structures, functions and object-oriented principles, and how to write clear and clean codes to improve their problem-solving and productivity at work.

PYTHON FOR BUSY EXECUTIVES 15 JUNE, EVANS FUNCTION ROOM, KENT RIDGE GUILD HOUSE

SEAFOOD DELIGHTS

Feast like a king on these treasures of the sea at The Scholar Chinese Restaurant at Kent Ridge Guild House

SRI LANKAN CRAB PROMO

Are you a fan of Sri Lankan crab? Back by popular demand, this delicacy is available in four delicious ways, including chilled à la Teochew style, steamed with egg white and hua tiao wine, wok-baked with black pepper or simply with signature chilli crab sauce. Feeling thirsty? On 8 and 9 August, enjoy a glass of Tiger Beer at \$5 with any order of Sri Lankan crab, as part of our National Day special. **PRICES START AT \$60 PER CRAB (700G TO 800G) FROM 1 AUG TO 30 SEP**



AUSTRALIAN THREE-HEAD ABALONE LA MIAN

Tuck into a delectable four-course meal with this special offering. Start off with an appetiser trio of yam puff, chilled okra and baby squid, followed by a hearty bowl of double-boiled chicken soup with wild mushrooms. For your entrée, choose to have your Australian three-head abalone with minced meat sauce or duck web in imperial broth. Either selection comes with soft and springy *la mian* topped with vegetables and red dates. End the meal with the dessert of the day.

AVAILABLE AT \$52.80 PER PERSON TILL 31 JUL



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

HOW HAPPY ARE WE?

With Singaporeans constantly competing to attain success, is it possible for them to be happy? Anna Heng explores what it takes for us to be satisfied

Singapore has come far in terms of progress — it has one of the highest income per capita in the world, standards of living are among the best in Asia, and opportunities for improvement are generally available to all citizens. But the question of whether Singaporeans are happy given all this progress is debatable.

While an online survey conducted by Happydot.sg found that three in four Singaporeans rated their overall happiness as medium or high, the results of the 2012 Happy Planet Index were very different, as Singapore was ranked a lowly 90 out of 151 nations in terms of happiness.

SINGAPOREANS: A HAPPY OR DISSATISFIED LOT?

The trouble with coming to a conclusion on this question may come from defining what happiness is. Psychologists in this field have broken “happiness” down into two main components: The cognitive component, which looks at an individual’s overall satisfaction with his life as a whole; and the emotional component, which is concerned with the positive and negative emotions experienced by the individual.

These two components of happiness and their respective measurements have become topics of interest around the world in recent years. In recognition of the “relevance of happiness and

well-being as universal goals and aspirations in the lives of human beings around the world”, the United Nations has been releasing its World Happiness Report (WHR) every year since 2012. These reports rank countries around the world by their happiness levels and contain articles on the science of happiness. Closer to home, Singaporeans have consistently ranked “happiness” as one of their top five personal values in the National Values Assessment since it began in 2012.

GENERALLY HAPPY PEOPLE?

So are Singaporeans happy? Based on “personal happiness ratings” by NUS members whom *The Graduate* spoke to, it seems so.

ON THE RED DOT





“Competition makes us unhappy because we find that we cannot keep up with others. There will always be someone smarter, richer, better than us.”

— Dr William Wan, General Secretary of the Singapore Kindness Movement

Ms Jeannine Foo, who works in an insurance company, rated her happiness a seven out of 10, while Mrs Patricia Wong, a retiree, and Mr Joel Lim, who heads a local start-up, gave their happiness a rating of eight.

The results of the 2019 WHR agree, as Singapore ranked 34th out of 156 nations and the second in Asia, after Taiwan. The report found that there were six key predictors that accounted for most of the differences in national happiness — GDP per capita, social support, healthy life expectancy, freedom to make life choices, generosity and absence of corruption. Based on these metrics, it is “unsurprising that Singaporeans perceive themselves as generally happy, as Singapore

would score very high on most of the six key factors”, said Dr Ng Wei Ting, an associate professor in psychology at the Singapore University of Social Sciences.

Despite these statistics, NUSS member Joel Lim believes that “Singaporeans, in general, are unhappy” — or at least, the people he meets are. His view is not unsupported by evidence suggesting that they are becoming increasingly dissatisfied. Since 2016, Singapore’s ranking in the WHR has fallen progressively from 22nd in 2016 to 26th in 2017 and 34th in 2019. In the same report, Singapore’s overall happiness score fell by 0.477 points between 2016 and 2019.

Likewise, research conducted by two professors at the National University of Singapore, Dr Tambyah Siok Kuan and Dr Tan Soo Jiuan, revealed that 64 per cent of Singaporeans rated themselves as quite or very happy in 2016, down from 74.2 per cent in 2011.

THE RAT RACE

One contributing factor may be the increasing pressure to compete. Said Dr William Wan, General Secretary of the Singapore Kindness Movement, “Competition makes us unhappy because we find that we cannot keep up with others. There will always be someone smarter, richer, better than us.”

Dr Tambyah agreed, citing research demonstrating that “competitive and unequal societies, where individuals constantly (compare) themselves with one another and (strive) to keep up, are unhappy societies”. She added that “we see some of these issues in Singaporean society”, in the strong peer pressure to keep up with others and the competitive striving for more money and a higher status. As NUSS member

Mrs Patricia Wong puts it, “How can you be happy if you’re always competing?”

But if the results of the National Values Assessment are anything to go by, Singaporeans’ competitiveness is not about to go away anytime soon. Since the assessment began in 2012, “competitiveness” has consistently ranked among the top three perceptions that citizens had of Singapore society in every edition. A possible reason for this ingrained perception? Singapore’s core governing value of meritocracy, which rewards individuals based on their abilities, achievements or performance.

While meritocracy has been praised for enabling upward social mobility, promoting hard work as the key to success and preventing racial and religious discrimination, it has also been criticised for breeding a culture of excessive competition, which could result in negative outcomes like burnout, crippling stress levels, mental health issues and, of course, increasing unhappiness. In addition, it “has contributed to inequalities across many spheres of life”, said Dr Tambyah. She cited how children from lower socio-economic backgrounds have poorer access to educational resources, and thus would have to work much harder than children with wealthier parents to attain success.

CHOOSING HAPPINESS

While competition and inequality may be inevitable consequences of progress, unhappiness is not. “It is very possible to strive for progress and be contented at the same time,” suggested Mr Simon Leow and Mr Sherman Ho, co-founders of the Happiness Initiative, a social enterprise dedicated to

promoting happiness.

However, many Singaporeans may not think so, often prioritising progress and competitiveness over happiness and neglecting happiness until negative consequences arise. Through the Happiness Initiative, Mr Leow and Mr Ho wish to educate Singaporeans about the science around happiness and the choices they can make to be

happier without compromising their pursuit of success.

With respect to competition, the Singapore Kindness Movement's Dr Wan shared that one choice that we can make is to compete with ourselves, instead of competing with others. Our aim should be "to improve and be the best that (we) can be", he explained.

Alternatively, another choice

we can make is "to be contented".

Bottom line, the secret to happiness lies in changing one's mindset, becoming more other-centred instead of self-centred and "building relationships of mutual support and care", Dr Wan continued. "Happiness (is) a mindset — it is the ability and choice to be grateful and contented with what you have." ■

NUSS members tell us what they are happy about and what they hope for as Singapore turns 54

"The harmony between the people in Singapore is unmatched anywhere else in the world."

- Siva L

"On this 54th National Day, and 200th anniversary of Singapore's founding, I would like to wish all Singaporeans, particularly all at NUSS, genuine happiness, good health and great success."

- Tan Peng Yong

My vision and hope for Singapore is for society to be more inclusive towards different groups of people, especially those with special needs, to enable every child to have abundant life right here at home, and lastly to grow in graciousness and global influence as a leading Asian city."

- Chi Pin Lay

*In 1959, I remember
Dark the streets;
brown the grounds
Hard the water;
rattling the buses.*

*In 2019, I marvel at
Bright the streets;
green the grounds
Soft the water; rapid
the trains*

*After 2019, will I see
SINGAPOREANS*

*Being greener, softer
and kinder to my
MOTHER?*

*She's bleeding, soon
dying...*

*NATURE'S her
name
I am her child; and
SO ARE YOU.*

- Mary Soon



NURTURING A CULTURE OF CREATIVITY

A successful creative culture is important for Singapore to maintain its competitive edge. Yeow Kai Chai speaks to movers and shakers here to find out about the role that creativity plays in Singapore's growth and what it takes to nurture a culture of creativity in us

What do we think of when we think of a creative? An artist who processes the world differently; a rebel who can't be put in a box; or a thought leader who moves hearts and minds?

The answer could be any — or all of them. Therein lies the conundrum for Singapore. A creative is slippery and mutable.

Considering its small size and trade openness, the country is susceptible to global instabilities. In May, the Ministry of Trade and Industry downgraded the nation's full-year growth forecast to between 1.5 per cent and 2.5 per cent, down from 1.5 per cent to 3.5 per cent.

In June, the Ministry of Manpower reported more workers being retrenched in the first quarter of 2019 compared to the previous quarter as well as a year ago, the main reason for this being business restructuring.

Singapore must find more nimble ways to stay ahead of the game. With the advent of the Fourth Industrial Revolution — characterised by a fusion of technologies blurring the digital,

biological and physical spheres — the country is at a crossroads: How do we harness creativity in a highly educated populace and a digitally-savvy workforce?

Creative talents may well be among the vanguard who could help ensure the country's survival, if not prosperity.

CREATIVES SPUR FUTURE GROWTH

Singapore has consistently ranked among the top five cities for attracting global creative talents, according to a study by the United Nations Educational, Scientific and Cultural Organization (UNESCO) and EY on the economic and social contribution of cultural and creative industries. Besides being the first Southeast Asian city to be named a UNESCO Creative City of Design, it is also the ninth-most creative country in the world, according to the Global Creativity Index conducted by the University of Toronto's Martin Prosperity Institute.

To quote urban creativity expert Mr Charles Landry, "A creative milieu... is a physical setting where a critical mass of entrepreneurs, intellectuals, social activists, artists,

ON THE RED DOT



administrators, power brokers or students can operate in an open-minded cosmopolitan context, and where face-to-face interaction creates new ideas, artefacts, products, services and institutions, and as a consequence, contributes to economic success.”

This critical mass has been led by individuals who suss out opportunities. Take Mr Kenny Leck, co-founder of 14-year-old BooksActually, which has become the go-to destination for book lovers. Why did he open the bookstore? “Because I’m a troublemaker and I’m not a restful person,” he said, adding that “creativity comes in all forms and shapes, and there is no one way to achieve it”.

He attributes his gung-ho spirit to his upbringing, having grown up in a low-income household and having a mother who inculcated a love for books in him. Years ago, he decided to drop out of his accountancy and taxation diploma course at a polytechnic after two semesters to follow his heart. In 2005, after stints at Tower Records and Borders, he set up his first store on Telok Ayer Street with less than \$25,000. While most folk may baulk at his business strategy — Mr Leck draws an allowance barely covering food and transport — he is imperturbable. Through fundraising efforts, he hopes to buy a permanent retail property, either in Jalan Besar or Balestier.

HAND-OUTS: A DOUBLE-EDGED SWORD?

Mr Leck is ambivalent about the state of creativity and the support it gets: “We have many things handed to us, such as funds.

However, they have also bred us into becoming a people who are not hungry enough. When aid is so easily available, it doesn’t make us more creative. To be creative is to ask: How the hell does one pull this off?”

Another creative, Mr David Lee, vice-chairman of the Singapore Film Society (SFS), knows how to pull something off in the face of challenges. A programmer and co-founder of the film consultancy firm The Filmic Eye, he is feted as a co-director of the Singapore Chinese Film Festival (SCFF).

The extraordinary success of the festival, which is jointly organised by the SFS and the Singapore University of Social Sciences’ (SUSS) Centre for Chinese Studies, is a lesson in creative entrepreneurship. In seven years, it has proven detractors wrong by showing that there is a genuine thirst for quality Chinese films here. This year’s edition was their largest ever — 60 films, a leap from 2013 when there were only 10 films.

The SCFF’s aim is to fill gaps, said Mr Lee — one glaring one being the dismal state of Chinese film distribution here vis-à-vis the predominance of Hollywood fare.

“From anecdotal feedback, we know there is an urgency to raise Chinese film literacy,” he observed. “Our population is three-quarters Chinese, and we share a deep cultural heritage with the Chinese in Malaysia, yet there is a serious lack of knowledge about each other’s films.” He sees the SCFF’s role then as a “bridge between creatives and non-creatives, artists and audiences, to link the past, present and future”.

Ms Sharon Tan, the outgoing general manager of the five-year-old retro movie theatre, The Projector, is also another creative who has followed her passion. A former urban planner, she has been running the theatre co-founded by her elder sister, Ms Karen Tan, and Ms Blaise Trigg-Smith of Pocket Projects, an urban rejuvenation firm.

For Sharon, The Projector plugs a hole in the local film exhibition scene. She remembers growing up savouring arthouse fare in venues such as Cathay’s now-defunct The Picturehouse and later in places such as Curzon Soho in London, where she studied urban planning. “I missed the irreverent vibe (in those places), the sense of discovery,” she recounted. That said, The Projector is an example of urban regeneration, not gentrification. “It’s not about a space being comfortable, but about its relevance,” she added. “People will come when you are relevant.”

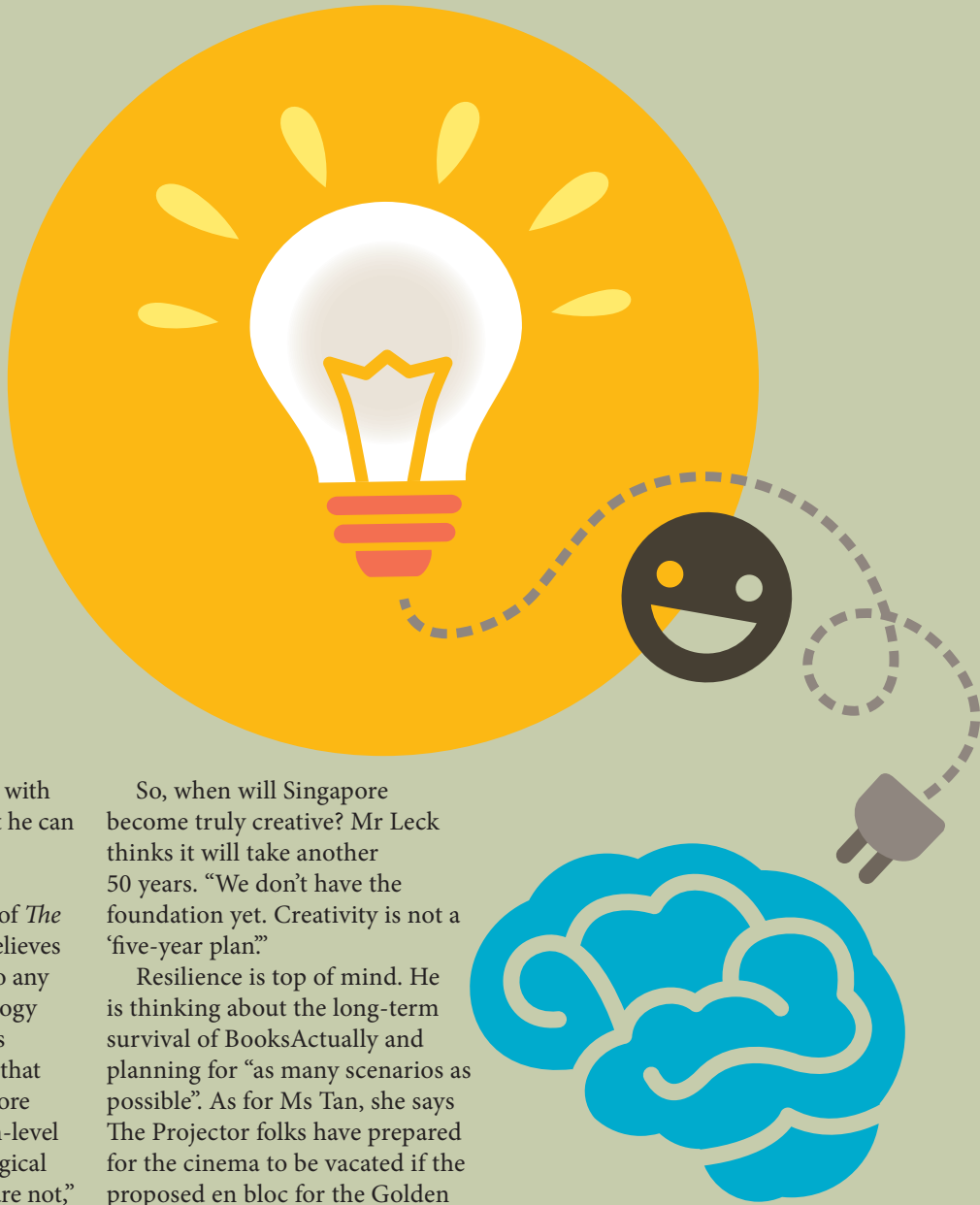
GO BEYOND ECHO CHAMBER

Indeed, the future is contingent on mindset change. Singaporeans may be ahead of their Southeast Asian neighbours in terms of infrastructure, but much can be done to spark diversity. For one, BooksActually’s Mr Leck believes Singaporean creatives must realise they are “not so special and unique” and distinct from people in so-called regular jobs. Creatives tend to cross paths with one another, resulting in a closed circle where they tend to hear the same views, he said.

Likewise, the SFS’ Mr Lee is of the opinion that true creatives should engage across the aisle. He

“We have many things handed to us, such as funds. However, they have also bred us into becoming a people who are not hungry enough. When aid is so easily available, it doesn’t make us more creative.”

Mr Kenny Leck, co-founder of BooksActually



believes in having dialogues with censors, for instance, so that he can get his films shown.

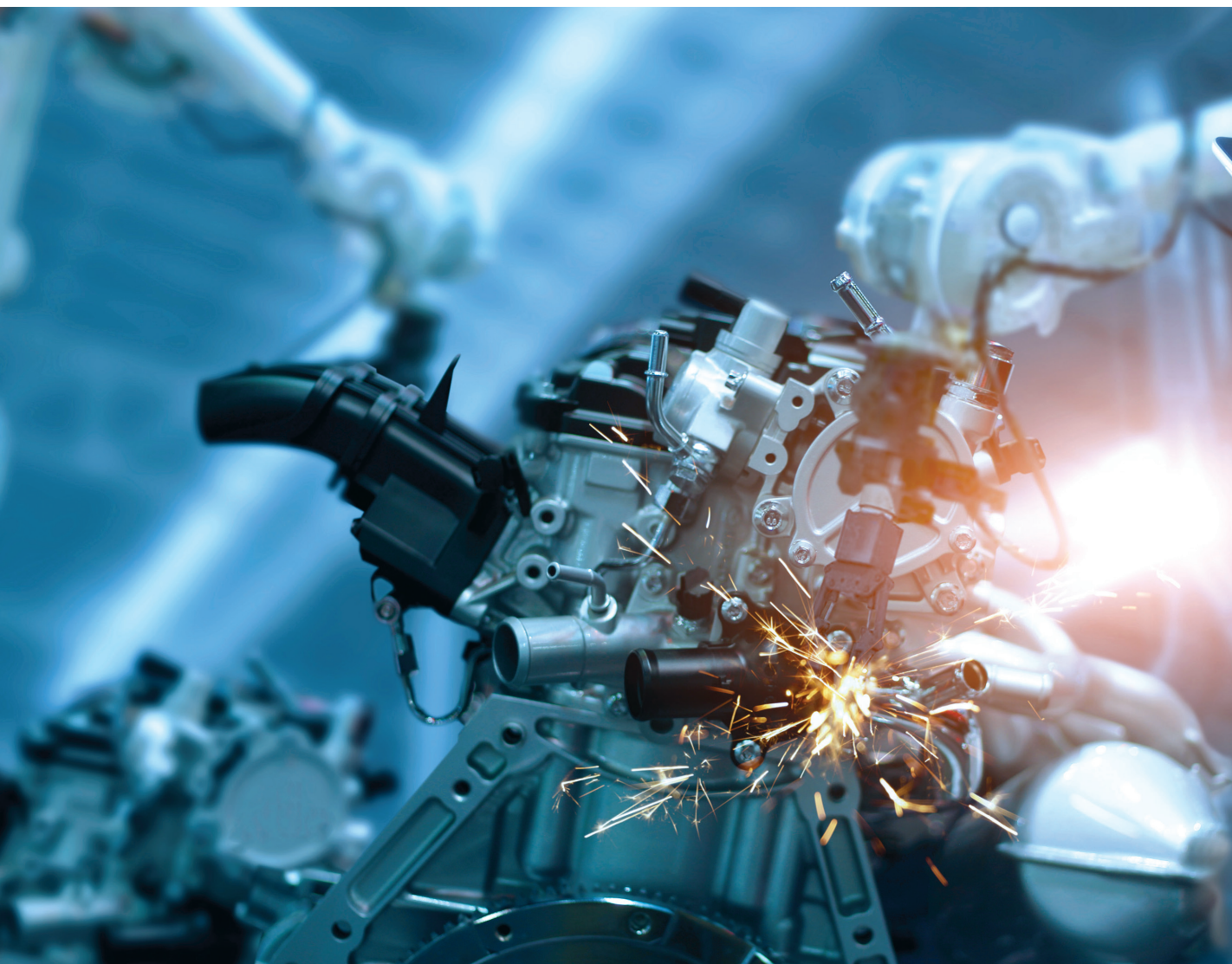
This is in sync with what Mr Richard Florida, author of *The Rise of The Creative Class*, believes to be the three T’s integral to any creative city: Talent, technology and tolerance. “Research has proved time and time again that tolerant communities are more likely to attract coveted high-level human capital and technological innovation than those that are not,” he said.

The Projector’s Ms Tan thinks Singaporeans can be more open-minded. She recounts being impressed by how the students she encountered while studying for her postgraduate degree in the United States would freely ask questions in classes, and how they were able to do so because “they did not feel judged”.

So, when will Singapore become truly creative? Mr Leck thinks it will take another 50 years. “We don’t have the foundation yet. Creativity is not a ‘five-year plan.’”

Resilience is top of mind. He is thinking about the long-term survival of BooksActually and planning for “as many scenarios as possible”. As for Ms Tan, she says The Projector folks have prepared for the cinema to be vacated if the proposed en bloc for the Golden Mile Complex (and Tower) goes through.

What about failure, then? What does it mean? “Do first, worry later,” quipped Mr Lee. Mr Leck says he has been given the confidence by his late parents, who always trusted him to make his own mistakes “and to own them”. As for Ms Tan, her repartee is revealing: “On whose terms?” ■



PREPARING FOR THE FUTURE OF WORK

What lies ahead as the world gets increasingly digitalised? How are our jobs changing, and what can we do to prepare for this brave new world? Clara Tan finds out



The world of work is in a state of flux. From stagnating incomes to growing youth unemployment, the changing workscape has led to much uncertainty, making it harder for workers to predict and prepare for what's coming next.

But one issue that has most experts concerned about is technology and automation and its impact on jobs. Brought on by the ongoing Fourth Industrial Revolution which, according to

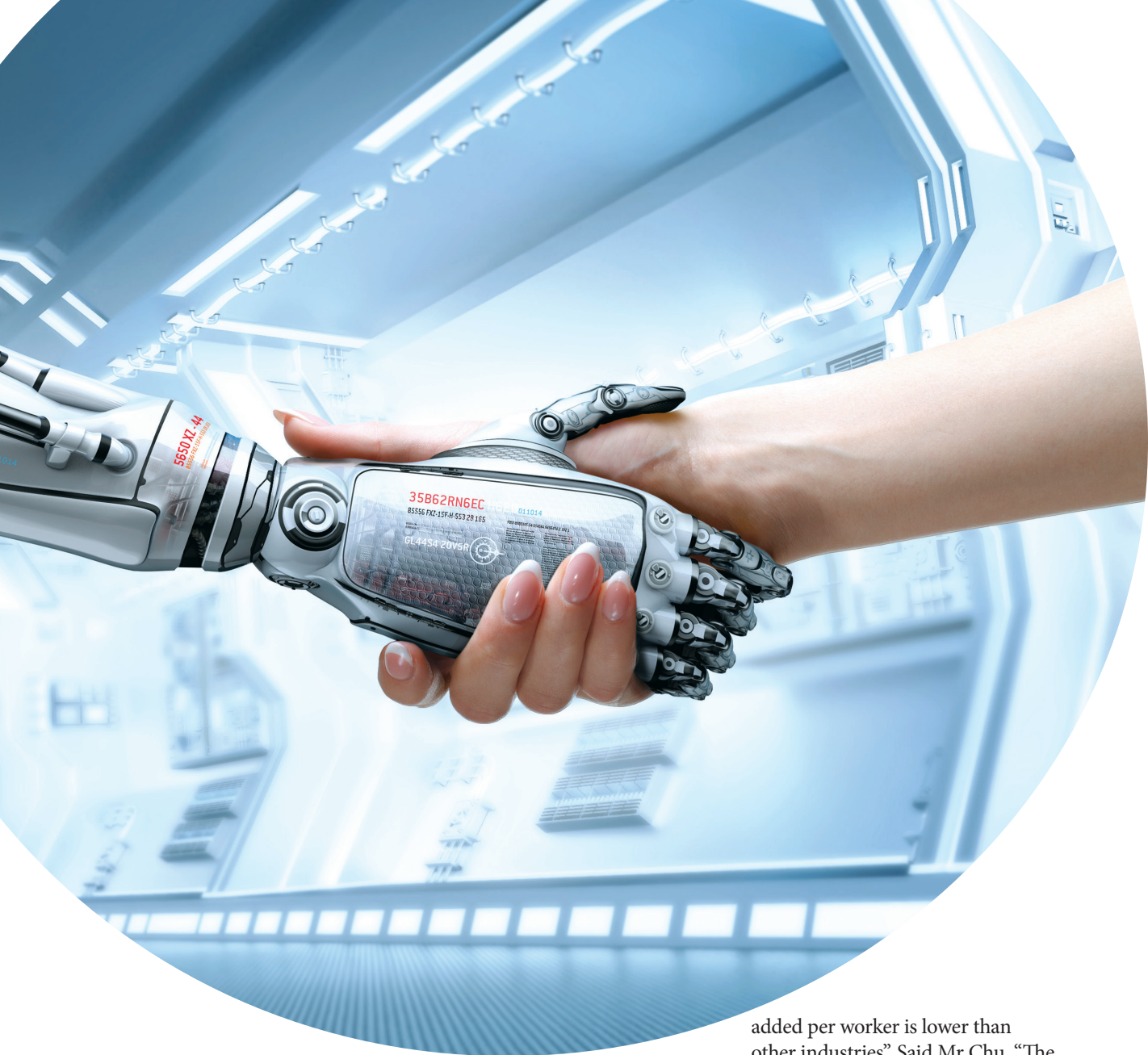
Professor Klaus Schwab of the World Economic Forum, is characterised by a “new range of technologies that fuse the physical, digital and biological worlds, impacting all disciplines and economies, and even challenging what it means to be human”, experts estimate that the changes will dramatically transform the way we work.

The development of technologies like artificial intelligence (AI) and robotics brings the promise of better productivity, improved efficiencies,

greater growth and increased convenience. But as an increasing number of jobs have the potential to be automated, numerous concerns about the impact on jobs, wages and the nature of work have also risen.

WORKING WITH ROBOTS

Standing at 1.7m, she works efficiently for long hours, files documents perfectly, and greets you “good morning” politely. Meet Nadine — the world’s most human-like robot, who works



as a receptionist at Nanyang Technological University's Institute of Media Innovation.

Created by a team of scientists headed by Professor Nadia Thalmann, the institute's director, part of Nadine's purpose is to "empower us in a human way".

But the advent of a robot like Nadine, which can accomplish tasks that other robots can't, poses a challenge to those currently in the workforce and future jobseekers. According to consulting firm McKinsey & Company, by 2022, automation will displace about

75 million jobs worldwide, and machines and algorithms on average will increase their contribution to specific tasks by 57 per cent. In China, robots have already replaced 60,000 workers at Foxconn, the manufacturing company which makes the iPhone.

Mr Calvin Chu, a partner at Eden Strategy Institute, pointed out that the industries affected the most would be construction, accommodation, food and other social services, where the "value-

added per worker is lower than other industries". Said Mr Chu, "The industries that are actively changing tend to be low-margin industries, because they are facing pressure and have no choice but to find new ways of doing business."

National University of Singapore economist Kelvin Seah, however, believes it is unlikely that there will be a complete wipeout of lower-skilled occupations, even though the demand may be much lower. "The cost of automation has to be sufficiently low compared to the cost of workers in order to justify switching to automation. Just because the technology exists

does not mean that employers will necessarily switch to automation,” Professor Seah explained. Even if automation becomes cheaper and more accessible in future, it may still be more cost-effective to employ human labour, he added.

However, that will come at a cost — greater income inequality. Demand for jobs higher-skilled in nature will grow as demand for lower-skilled jobs decrease, resulting in a concomitant decline in wages.

Prof Sandeep Bhaskar, an economist from the University at Buffalo (SUNY), echoed these sentiments. “Historically, any major technology change has had a negative impact on inequality, and sectors that adopted the technology earlier tend to benefit the most from it. Those who continued to stay in the old industries found their wages fall, but those who moved up the technology chain saw their incomes rise.”

SEEING THE LIGHT

While some jobs will be destroyed, new ones will be created too. McKinsey estimates that about 133 million new jobs will be created, many of which have never existed before. For example, designations such as “mobile app developer” and “social media manager” did not exist a decade ago.

While it’s uncertain what kind of roles will be invented, they will definitely include technology, data and AI, confirmed Laurence Liew, director of research institute AI Singapore. However, Mr Liew also stressed that the use of AI in the workforce is to enable workers to work faster and better. “(AI) will free up labour to focus on other tasks that we humans are good at, such as those that require creativity,

empathy and reasoning.”

Still, it is a cause for concern for many, in particular fresh graduates. “My biggest fear is that I will become irrelevant as there is a greater need now than before to keep up with technological advancements and continuously improve your skill sets,” said Mr Sean Yeo, a 24-year-old project executive who works for an events company.

Fortunately, Singapore is in a good place. The Economist’s Automation Readiness Index shows the country is ranked the third-most prepared country in the world for the coming wave of intelligent automation, alongside South Korea and Germany. Notably, Singapore scores exceptionally well in infrastructure, education and labour market policies.

This is already seen in various programmes to educate the workforce, such as SkillsFuture, Continuing Education and Training schemes and Professional Conversion Programmes to promote lifelong learning. For those interested specifically in AI, AI Singapore, whose mission is to enable companies to adopt the technology, offers workshops to Singaporeans from all walks of life.

WHAT WILL THE FUTURE OF JOBS LOOK LIKE?

A multitude of experts agree that while having technical ability will

“The cost of automation has to be sufficiently low compared to the cost of workers in order to justify switching to automation. Just because the technology exists does not mean that employers will necessarily switch to automation.”

— National University of Singapore economist Kelvin Seah

be an advantage, there are certain occupations that require specific skills that are unlikely to be automated away. Jobs that involve heavy human interaction, such as psychologists, nurses and preschool teachers, will most likely be a little more resilient to automation in the foreseeable future.

Regardless of the path chosen, however, possessing creativity, agility and flexibility is key in succeeding in this new digital world. Said Eden Strategy Institute’s Mr Chu, “Only individuals with highly adaptive, flexible and confident mindsets will be ready to handle any technological disruption or business model that comes their way.”

In the meantime, AI Singapore’s Mr Liew recommends that office workers who are familiar with applications like Microsoft Excel skill up on data literacy, and those in customer service continue to upgrade and further hone their people skills, as this is something AI will never be able to do well.

Above all, embrace technology and get ready for this new world, said Mr Mark Raven, co-founder of education firm Academia Wise. “We can look at automation and AI in a positive way because it will spur individuals to look at their own strengths and work on the skills and qualities they have within them.” ■

THE ART OF SMALL TALK

Do you fear the awkward silence that often arises when you make small talk? Kathy O'Brien shares some tips to help make starting a conversation a breeze

Hate it or not, small talk is an essential skill to have. We often do it not just at parties and networking sessions, but also in daily situations, be it with colleagues at the water cooler or standing in line for coffee at your favourite café.

But if you have ever been a guest at a wedding reception or networking event, you'll know



the difficulty and awkwardness in trying to engage an acquaintance in light conversation. Some find that the difficulty begins with initiating the chat, as they have no idea what to talk about. In a culture where people get easily offended, picking a topic has become harder than the conversation itself. Others get self-conscious and worry about how their acquaintance might perceive them, making it difficult for them to begin talking.

However, Debra Fine, author of *The Fine Art of Small Talk*, believes small talk doesn't have to be painful. Done right, it acts as "the appetiser for any relationship", as it whets the appetite for deeper conversation by helping to establish common ground between two parties.

Here are some tips on how to go beyond conversations on the weather and brush up on your small talk skills.

1 Take note of your body language. Show the other person that you're interested by establishing eye contact, smiling when appropriate and standing or sitting with an open posture.

2 Ask open questions. Starting a question with "How did you..." encourages more sharing than "Did you..." Crafting your question around something the person said previously also helps, as it shows that you were paying attention to the conversation.

3 Find safe topics. *The current situation* is the safest topic that you can discuss with anyone. Say you're waiting for a business dinner to begin and find yourself standing awkwardly

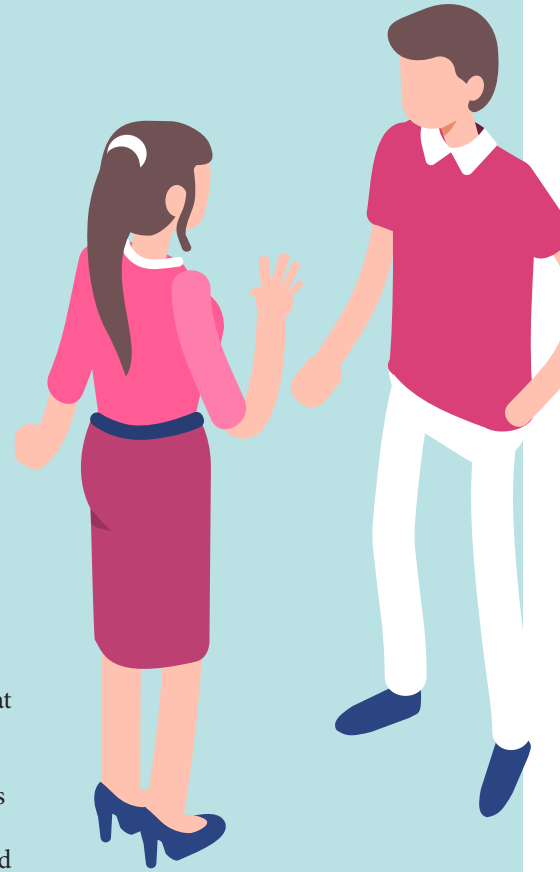
with one other early bird. Make observations about the venue or comment on the buffet spread. These are topics the two of you definitely have in common because you're standing in the same place.

Today's agenda. If you're making small talk with someone at a seminar, for instance, try discussing the workshop that will take place in the afternoon or your lunchtime plans. After chatting about the day's programme, you can move on to discuss other related topics. A good next question might be, "Have you attended any workshops in the past?" or "What types of food do you enjoy?"

News and current events. These are good topics to progress to once you've built rapport with the other person. We recommend sticking to non-controversial topics, such as the upcoming Formula One or a newly opened shopping mall, and avoiding potentially polarising issues like politics or religion.

Personal life, family and hobbies. Keep it open-ended. If you have ever asked someone about his family life and felt an awkward pause, you know this can be a tricky area. Not everyone is comfortable sharing their personal life with a new acquaintance, thus tact is crucial to navigating this area. "What do you enjoy doing on weekends?" is a good question to start with, as it is open enough to avoid awkwardness if someone is unwilling to share too much with you.

Remember, moving on through topics requires sensitivity towards the other person's comfort level. If the other person maintains eye contact, an open posture and keeps



the conversation going, all is well. But if he or she seems avoidant or gives one-word answers, move to easier topics like the surroundings or today's agenda to make him or her feel comfortable. Stay on these safe topics for a few minutes and wait for the other person to become more open to you.

In short, the key to small talk is being a good listener — you have to show the person you're conversing with that you're interested in what they're saying. Keeping this in mind will help you breeze through the inevitable small talk you have to make in all kinds of situations. ■

Kathy O'Brien is managing director of Red Shoe Communications, a coaching and training provider.

WEARABLE TECH FOR **BETTER LIVING**

Interested in wearables, but unsure which ones suit your needs?

Here are four to check out.

By Anna Heng



Tractive GPS

Anyone who has lost a pet knows the fear of never seeing their beloved again. With Tractive GPS, you can take your furry friend on an outdoor adventure with the assurance that it won't go missing. Tractive GPS is linked to a phone app, allowing you to track the location of your dog or cat in real-time and get notified when it leaves a designated safe area. The device clips on to most pet collars and is waterproof and durable, making it suitable for all activities.

Price: \$95

Monthly subscription fees begin at US\$4.17 per tracker

tractive.com





Ojoy A1

Having problems checking up on where your child is or what he or she is doing? With the Ojoy A1 smartwatch for kids, you can monitor their location and track their activity easily from a simple phone app. Does your child often mix up their tuition and enrichment class schedules? The Ojoy A1 companion app lets you manage his school and after-school activities, providing reminders via the watch and ensuring he stays on top of his schedule. The smartwatch also allows your child to send and receive voice calls and messages from known contacts, ensuring that he is always contactable. With Ojoy A1, parents can work with peace of mind.

Price: \$199
theojoy.com



Ōura

Monitoring your sleep and health is as easy as putting on the comfortable, stylish Ōura ring. By measuring a variety of sleep parameters, such as your sleep quality, stages and trends, the ring, via a companion app, recommends an optimal sleep schedule that suits your daily rhythms. Ōura is also the perfect workout companion, clocking your daily step count, calories burnt and training frequency.

Price: from \$410
ouraring.com



Under Armour UA Hovr Infinite

Winner of the 2019 Runner's World "Recommended" Award, UA's Hovr Infinite is a neutral running shoe that minimises impact, provides strategic heel support, and is lightweight, breathable and maximised for comfort. But the best part is that the Hovr Infinite is not just any ol' pair of shoes, but also an activity tracker. It is one of the few running shoes out there with an inbuilt sensor, which connects to the companion MapMyRun app on your phone, allowing you to track and analyse virtually any running metric you may be interested in.

Price: \$219
underarmour.com.sg



SAVOURING THE SAHARA

Imagine having the rare opportunity to live the nomadic life in the great Sahara Desert. For NUSS member Vicky Chong, it was an experience that opened her eyes not just to the raw beauty of a harsh terrain, but to the human condition

Like preparing a gourmet meal, where a painstaking balance of delicate ingredients and nuanced flavours is par for the course, so too the Sahara Desert can only be arrived at if one is prepared to take on the long, intense journey.

Yet, the arduous trek is not without its pleasures — all of which awakened our senses and eager anticipation of the destination to come. This was what I experienced last October when I travelled to Morocco to live like a nomad for five days at Le Petit Prince, a temporary nomad camp set

up in the Sahara Desert during the cooler months.

My international group of 12 from Europe, the United States, Canada and Singapore assembled and spent a night in the UNESCO old town of Marrakech before setting off early the next morning for a four-hour drive to the fortified village of Ait-Ben-Haddou, via winding roads traversing the Atlas Mountains.

We spent the night in the village before continuing on our long drive to M'Hamid town in Zagora province. There, our transport switched from mini bus to... camels, and this was where our Saharan adventure truly began.

ADVENTURE OF A LIFETIME

The desert welcomed us by powdering our faces with sand as our camel trotted slowly. In the distance, a larger-than-usual orange globe that was the sun descending behind silhouettes of sand dunes, painted a tangerine hue across the landscape. There was silence as we absorbed the rare moment, the sense of being in the desert, a bucket-list destination for many of us.

An hour into our ride and we arrived at our bivouac, or temporary camp, Bivouac Le Petit Prince. The bivouac is located 7 kilometres from M'Hamid, where the last Draa palms meet the vast Sahara, at the gateway to the great desert. We would spend the next five days in



the camp living like the nomads.

Each of us were allocated a tented room with a carpet as “curtained” door for privacy. Winter nights in the desert dip below 10 degrees Celsius and there are no heaters. Double blankets kept us warm, unless you need a toilet break in the night, which meant dressing up warmly and walking a few hundred metres to the communal bathroom located in the main building.

During our stay, I would wake before dawn to ensure I had privacy in the bathroom. As I headed to the bathroom on one occasion, I looked up and gasped into the crisp air. Above me, millions of stars twinkled against a velvety black backdrop. If you’re lucky, you can even spot falling stars. As the sky changed from black to blue and red with the dawn, we were greeted by a spectacular sunrise in the horizon which cast shadows of waves on the desert bed.

We spent the days climbing or rolling down sand dunes, contemplating the vastness of the desert, and did like the local nomads do — laze in the sand. One afternoon, we took the camels for a long ride to a picnic spot where our nomad hosts cooked lunch and made bread from scratch, kneading dough and then burying the dough in the sand to bake with a fire above it.

In the evenings, we chatted amongst ourselves and were entertained one night by our hosts, who played the *samsomeja* (a guitar-like instrument) and sang while we danced.

WHERE LESS IS MORE

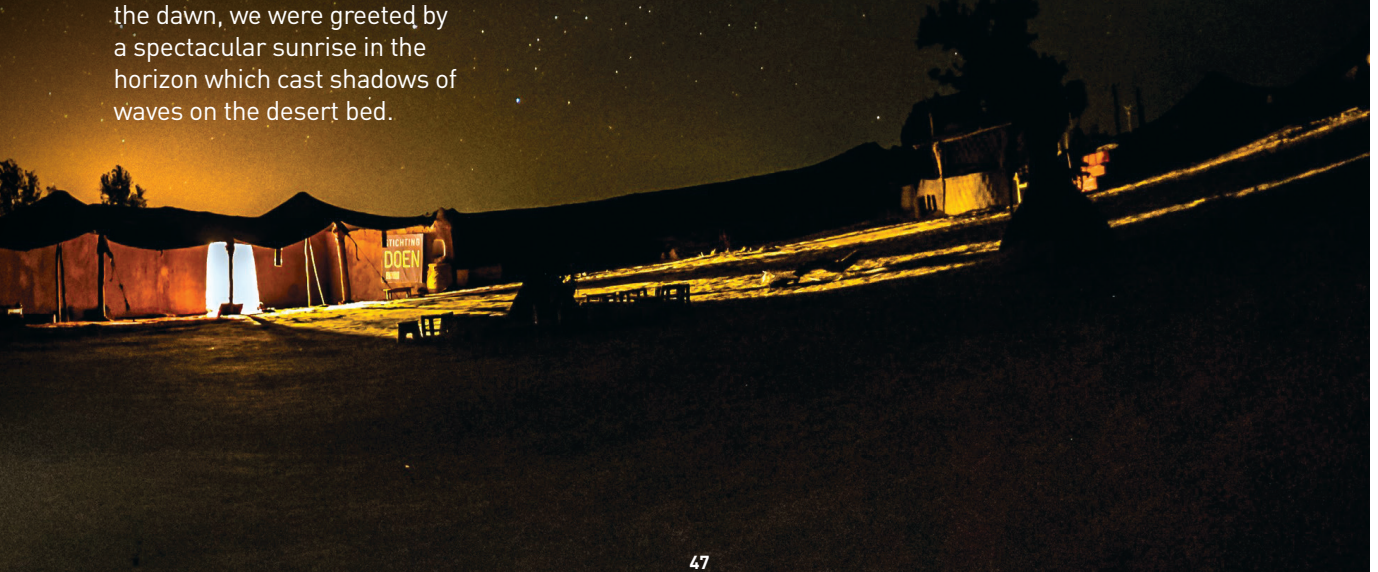
Our last night was marked by a farewell campfire after dinner. We sat around, reflecting on our stay and admiring the tenacity of the nomads, whose livelihood is

affected by the borders around individual countries which lie within the Sahara.

Coming from Singapore with all its modern trappings, the desert brought new perspective. I learned about the nomad’s lifestyle, and also much about myself.

The simple life in the desert not only took me out of my comfort zone, but taught me that humans are highly adaptable and that, in reality, we can thrive on very little. ■

Vicky Chong holds a Master of Arts in creative writing from LASALLE College of the Arts. Her works have been published in *Reader's Digest*, *The Graduate* and *The Singapore Marketer*. More recently, her creative non-fiction stories were published in two anthologies by the National Library Board.



WHOLESOME WORK LUNCHES

Nothing beats a home-cooked meal, but it can be difficult getting one during your busy workweek. With these simple recipes created by NUSS Executive Chef James Aw, you can now whip yourself up a wholesome lunch from home in just under an hour. These meals reheat well, so you can prepare them in the morning or a day ahead to take to work.

Braised Belly Pork and Mustard Leaf Rice SERVES 10



INGREDIENTS

500g jasmine rice

100g belly pork cut
into strips*

350g mustard leaves, diced

100g dried oysters,
soaked and drained

20g dried shrimps,
soaked and drained

100g Chinese
mushrooms, diced

50g dried shallots

50g minced garlic

SEASONINGS

30ml concentrated
chicken bouillon

30ml concentrated
scallop bouillon

20g chicken seasoning
powder

15g dark soy sauce

10g light soy sauce

2g five-spice powder

15g oil

10g sugar

Method

Blanch the diced mustard leaves briefly to remove bitterness

In a pan, add oil and stir fry dried shrimps, dried shallots and minced garlic till fragrant

Add belly pork, dried oysters, Chinese mushrooms and blanched diced mustard leaves to the pan and fry until well combined

Transfer the stir-fried mixture, jasmine rice, seasonings and 600ml of water into a rice cooker and cook for 30 minutes or until the water reduces. When the rice is cooked, stir the mixture gently before serving

*USE LEAN PORK FOR
A HEALTHIER OPTION



Fish Head and Yam Soup

SERVES 4

INGREDIENTS

400g grouper head

200g yam chopped into bite-sized pieces

10g shrimp, soaked and chopped into small pieces

1 clove garlic, sliced

3 pieces ginger

1.2l ready-made fish stock

100ml Chinese wine

1/2 tsp salt and pepper

Method

Deep fry yam pieces until golden brown

In a wok, heat up some oil, then sauté the ginger and shrimp until fragrant

Add the fish head to the wok, then pour in the wine and fish stock

Bring to a boil, then add the deep-fried yam and sliced garlic

Lower the heat to medium and cook for about 30 minutes. Season with salt and pepper before serving

CHEF JAMES AW HAS RECEIVED SEVERAL INTERNATIONAL AWARDS, INCLUDING THE GOLD AWARD AND BEST APPETIZER TITLE AT THE 2012 GOURMET MASTER CHEF COMPETITION HELD IN HONG KONG AND THE HONORARY MEDAL IN THE WORLD PORK KNUCKLE FESTIVAL HELD IN TAIWAN.



THE BAR @ MANDALAY

A colonial-style bar with touches of gold which exudes a classic and elegant atmosphere; an ideal oasis to sip and savour a dram or two from a range of single malt whiskies, other distinctive cocktails and beverages.

OPENING HOURS

Mondays to Sundays, including eve of Public Holidays and Public Holidays
11am to 12 midnight

FOOD AVAILABLE FROM

12 noon to 11pm (last order at 10.45pm)

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NUSS
The Graduate Club

Seafood Platter

July to August 2019
The Bar & Bistro

Available daily, for lunch and dinner
2.30pm (Last order) | 9.30pm (Last order)

Top up **\$5** for a glass of Chardonnay or Sauvignon Blanc (Maximum 2 glasses)

Complimentary Amuse-bouche

- Alaskan Crab Quenelle with Flying Fish Roe

Platter for 2

- Grilled Whole Lobster
- Lobster Cappuccino
- Sautéed Scallop with Chilli Crab Sauce
- Pan-roasted Threadfin Fish
- Wok-fried King Prawn with Salted Egg Yolk
- Crab and Lobster Ravioli

Coffee or Tea

\$98
FOR 2 PERSONS



Image used is for illustration purpose only.

For reservations at The Bistro, please call **6395 6628**, email scghmro@nuss.org.sg or visit www.nuss.org.sg

Terms and Conditions

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

*Service charge will be waived for members who charge to their monthly Statement of Accounts or DBS NUSS Visa Platinum Card.

The
GLENDRONACH
Highland Single Malt Scotch Whisky

July to September 2019

**The GlenDronach
 The Hielan 8 Years**

\$98 per bottle | \$180 twin bottles

**The GlenDronach
 Original 12 Years**

\$128 per bottle | \$235 twin bottles

**The GlenDronach
 Allardice 18 Years**

\$230 per bottle | \$430 twin bottles



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 and service charge*.
- Terms and conditions are subject to change without prior notice.

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For more information, please contact:

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Kent Ridge Guild House
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Singapore 119241
Tel 6586 3704
Fax 6778 8095
Email sharontan@nuss.org.sg

NUSS
The Graduate Club

DIRECTORY

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 Chinese Restaurant	Lunch: Mon to Fri & eve of PH – 12pm to 3pm Sat, Sun & PH – 11.30am to 3pm Dinner: Sun to Thu & PH – 6pm to 10pm Fri to Sat & eve of PH – 6pm to 10.30pm
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
Swimming Pool	Daily – 7am to 10pm <i>Closed every Wed from 9.30am to 11.30am (for cleaning)</i>
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 Playground	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
The Bar	Sun to Thu & PH – 11.30am to 12am 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

MANDALAY GUILD HOUSE

TEL: 6586 3290

Operating Hours	Sun to Thu (including PH) – 9am to 12am Fri, Sat & eve of PH – 9am to 12am
The Restaurant @ Mandalay	Mon to Sun & PH: Lunch – 11.30am to 3pm Dinner – 6pm to 10pm
The Bar @ Mandalay	Mon to Sun & PH – 11am to 12 midnight
Jackpot Room	Daily (including eve of PH & PH) – 1pm to 9pm

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

Stay connected with NUSS

Update your contact details via email (mship@nuss.org.sg) or through the members portal on nuss.org.sg

CONTACT US

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EVENTS events@nuss.org.sg
BANQUET SERVICES agnesphua@nuss.org.sg

REGULAR HAPPENINGS AT NUSS

ARTS CONNECTIONS	Contact Wei Ming at weiming@nuss.org.sg
BADMINTON	Tuesdays, Wednesdays, Saturdays and Sundays at KRGH: various timings Contact Jocelyn at jocelyntan@nuss.org.sg
BALUT	Every last Wednesday at KRGH: 7pm – 11pm Contact Matthew at matthewchim@nuss.org.sg
BILLIARDS	Mondays and Thursdays at KRGH: 6pm – 10pm Contact Jaz at jazchua@nuss.org.sg
BOWLING	Monthly competitions at Superbowl SAFRA Mount Faber Contact Wei Ming at weiming@nuss.org.sg
BRIDGE	Wednesdays at KRGH: 7pm – 10pm Contact Jaz at jazchua@nuss.org.sg
CHESS	Every 1st Saturday at KRGH Lobby: 2.15pm – 5.15pm Contact Jocelyn at jocelyntan@nuss.org.sg
CHOIR	Thursdays at KRGH: 7.30pm – 10pm Contact Wei Ming at weiming@nuss.org.sg
CYCLING	Contact Kee Wei at keewei@nuss.org.sg
DANCESPORT	Tuesdays and Thursdays at KRGH: various timings Contact Wei Ming at weiming@nuss.org.sg
DARTS	Section Activities at KRGH Contact Wei Ming at weiming@nuss.org.sg
DRAMAWORKS	Contact Wei Ming at weiming@nuss.org.sg
GOLF	Monthly Medals at various venues Contact Jaz at jazchua@nuss.org.sg
KIDS' CLUB	Regular activities at various venues Contact Jocelyn at jocelyntan@nuss.org.sg
MIND GAMES	Fridays at KRGH: 1pm – 5.30pm Contact Jocelyn at jocelyntan@nuss.org.sg
MUSIC	Regular activities at KRGH Contact Wei Ming at weiming@nuss.org.sg
RUNNING	Wednesdays at KRGH: 7pm Sundays (at various places): 6.30am Contact Kee Wei at keewei@nuss.org.sg
SCUBA DIVING	Contact Matthew at matthewchim@nuss.org.sg
SOCCER	Contact Matthew at matthewchim@nuss.org.sg
SOCIAL MAHJONG	Mondays, Thursdays and Sundays at KRGH Contact Wei Ming at weiming@nuss.org.sg
SQUASH	Mondays and Thursdays at KRGH: 5pm – 9pm Saturdays at KRGH: 3pm – 6pm Contact Matthew at matthewchim@nuss.org.sg
TABLE-TENNIS	Tuesdays and Thursdays at KRGH: 7pm – 10pm Saturdays at KRGH: 2pm – 6pm Contact Matthew at matthewchim@nuss.org.sg
TENNIS	Wednesdays & Fridays at KRGH: 5pm – 10pm Sundays at KRGH: 2pm – 7pm Contact Kee Wei at keewei@nuss.org.sg
TOASTMASTERS CLUB	Every fourth Thursday at KRGH: 7pm – 10pm Contact Jocelyn at jocelyntan@nuss.org.sg
TUESDAY CONNECTIONS	Tuesdays at KRGH: 10.30am – 6pm Contact Jocelyn at jocelyntan@nuss.org.sg
WALKING	Mondays at various venues: 5.15pm onwards Contact Jocelyn at jocelyntan@nuss.org.sg

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

OVERSEAS CONNECTIONS

NUSS members enjoy reciprocity with graduate associations around the world. For more information, please 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

This National Day, NUSS wants to celebrate Singapore's 54th year of independence and commemorate the nation's Bicentennial with you.

Share your fondest memory growing up in Singapore and you may win \$50 worth of NUSS dining vouchers!*

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

- **Share a fond memory growing up in Singapore**
- **Leave your answer in the comment box, and we will pick one winning entry**

This contest runs from 25 July to 8 August, 11.59pm, and is open only to NUSS members. One winner will be chosen and notified via Facebook.

**Terms and conditions apply.*



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



[facebook.com/NUSSociety](https://www.facebook.com/NUSSociety)

LAST ISSUE'S WINNER

In the Apr-Jun 2019 issue of The Graduate, we asked members to share the best piece of advice they received from their parents. One lucky winner received \$50 worth of dining vouchers for use at NUSS Guild Houses.



"My loving mother is my mentor and, above all, my friend. She taught me to be humble and to respect humanity."

Lal Naseem Akbar

**WE WELCOME
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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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