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THE MAGAZINE OF THE NATIONAL UNIVERSITY OF SINGAPORE SOCIETY SINCE 1962

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# PRESIDENT'S MESSAGE

*Dear fellow members*

**T**he year has gone by so quickly that before we know it, we are now into the final quarter of 2019. Many of you may be wondering, "Did I manage to achieve the resolutions and goals I set out for myself?" If you haven't, it isn't too late — you still have the next few months to finish strong and cap 2019 on a happy note!

As we approach 2020 and begin to plan for the year ahead, it is a good time to look back on what the Society has achieved. Our third Guild House, Mandalay Guild House, was officially opened on 6 August. It was a joyous affair with President Halimah Yacob, our Society Patron, officiating the event. We also wrapped up the Road to Mandalay membership marketing drive, which brought in around 700 new members. I want to extend to them all a warm welcome to the NUSS family! I hope the Society will be where you and your loved ones will forge new memories.

Over the past few months, we held two insightful dialogue sessions for members, which you can read about in the Highlights section. First was with Chargé d'Affaires at the United States Embassy in Singapore, Ms Stephanie Syptak-Ramnath, who spoke about the ongoing partnership between the US and Singapore, and how both countries have formed a strong bilateral relationship anchored on robust economic, security and defence cooperation.

In August, Trade and Industry Minister Chan Chun Sing shared his perspective on how Singapore can continue to build a strong and dynamic economy. The dialogue session saw a full turnout of more than 350 attendees.

Also in this issue, we speak to one of our Management Committee members, Mr Nakoorsha bin Abdul Kadir. In the People section, he shares his thoughts on how the Society can better serve members.

As we wrap up 2019, let's look forward to the new year and the new experiences it will bring! Finally, what's the year-end without some fun and revelry? Don't miss our Christmas Light-Up, Countdown to 2020 and other great celebrations. I look forward to meeting you at these festivities!



*Yours sincerely*

A stylized handwritten signature in black ink, consisting of a large 'E' followed by a long horizontal stroke that curves upwards at the end.

**Eddie Lee**  
*President*

# THE GRADUATE

# C O N T E N T S

OCT-DEC 2019

THE GRADUATE IS THE  
QUARTERLY PUBLICATION OF  
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OF SINGAPORE SOCIETY (NUSS)



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*The article "Welcome Onboard!" in the Jul-Sep 2019 issue of The Graduate contained an error in a quote attributed to Mr Nakoorsa bin Abdul Kadir. We apologise for the error.*



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# THE BILATERAL TIES THAT BIND

*Ms Stephanie Syptak-Ramnath, Chargé d’Affaires at the United States Embassy, shares why Singapore and the US are indispensable partners*

According to official statistics presented by Ms Stephanie Syptak-Ramnath, Chargé d’Affaires at the United States Embassy in Singapore, the US is the single largest investor in the Republic, with more than US\$244 billion (S\$331 billion) in foreign direct investment. Singapore reciprocates as the second-largest Asian investor in the US. This is one of many reasons that Washington is “an indispensable partner to Singapore” and vice versa, said the diplomat.

Ms Syptak-Ramnath was at Kent Ridge Guild House on 10 July to share her thoughts on the partnership between the US and Singapore. Besides investments, the diplomat pointed out that the US and Singapore have strong partnerships in areas such as technology, trade and economics, citing the technological cooperation between the US Embassy and the Singapore government to train other nations in Southeast Asia on topics related to the digital economy.

She also described the strong trade relations between two nations, with the US being Singapore’s largest trade partner in services by more than double any other country.

The US is also Singapore’s “most important economic partner”, said Ms Syptak-Ramnath, citing the 4,500 American businesses opening branches here, employing nearly 200,000 people of different races and nationalities.

Likewise, the two nations share a close partnership in the area of defence, working together on issues related to counterterrorism, cybersecurity and law enforcement, as well as coordinating frequent joint military exercises.

“When it comes to keeping our countries and the region safe, we are confident in our continued success because we have trained side by side for decades, view each other as an equal partner and friend, and remain united in purpose and ideals,” said Ms Syptak-Ramnath.

The diplomat also revealed that US-Singapore relations ran deeper than most were aware of, highlighting the example of the relatively unknown Operation Angel Watch to illustrate her point. Under this programme, the US notifies other countries — including Singapore — when registered sex offenders travel out of the US to likely engage in child sex tourism, so countries are able to deny these offenders entry into

their borders. Since its inclusion in the programme, Singapore has maintained a firm stance of complete denial of admission to all sex offenders.

Members who attended the talk shared that they gained insight into the importance of a continued partnership between the US and Singapore. Referring to how Singapore and the US have over the course of more than 180 years collaborated in a large number of diverse areas, attendee

Ms Gouw Huat Suan shared that she believes more Singaporeans need to “understand that this collaboration should continue”. Similarly, Mr Philip Kwang values the strong US-Singapore partnership, commenting that “Singaporeans have to maintain (its) relationship” with the US.

The audience also enjoyed listening to Ms Syptak-Ramnath’s unique perspective on issues pertaining to the two nations. Mr Kwang appreciated that the diplomat offered “a perspective that we have not generally heard (about)”, while Ms Wern Tsai said she gained “a clear and very useful” understanding of how Singapore and the rest of the world should view America’s foreign policy objectives. ■



MS SYPTAK-RAMNATH (FRONT CENTRE) AND HER TEAM WITH THE NUSS MANAGEMENT COMMITTEE AND SECRETARIAT





## GROWING THE NUSS FAMILY

*Food, fun and lively conversation dominated the night at a reception for new members*

**N**USS warmly welcomed 70 new members to its family during New Members' Night, held on 24 July at Kent Ridge Guild House. The atmosphere was lively as new members interacted with the Management Committee and Sub-Committee members over a delicious dinner and upbeat performances.

In his opening address, NUSS President Mr Eddie Lee touched upon the Society's core mission. "We are more than just a social club. We aim to foster a lifelong relationship with NUS, promote the interests of our members and the community, as well as strengthen the development of learning and education."

To those ends, the Society engages in a wide spectrum of initiatives, including reaching out to and befriending the less privileged, supporting financially disadvantaged students by raising money for the NUS Alumni Bursary Fund, and allowing NUS undergraduates to learn from industry professionals through the NUSS-NUS Mentorship Programme.

One new member who signed up to be part of the mentorship programme was Ms Larisa Nagra, who heads a US-based clinical research organisation. Besides the opportunity to share her expertise

with the younger generation, she hoped being an NUSS member would help “support my personal goals”, and enable her to “engage and learn from others”.

Several new members revealed that the new Mandalay Guild House (MGH) and the accompanying promotional entrance fee rates offered in the lead-up to its official opening were a reason they decided to join NUSS.

“My husband and I have been talking about joining for years,” said engineer Vivian Fam, adding that the reduced rates provided the impetus for them to finally become members.

Meanwhile, Mr Ben Cheam shared that he was impressed by MGH. “I’ve been going there almost every week. It’s green and quiet — a great place to meet and catch up with friends,” said the administrator at Changi General Hospital, who joined NUSS in March.

One primary attraction of a graduate club is its entertainment facilities and recreational activities. NUSS caters to diverse interests — its large Sports & Recreation Sub-Committee comprises a total of 16 Sections and interest groups, from traditional sports such as badminton and tennis, to well-loved tabletop games like bridge and social mahjong.

Those keen on the performing arts can consider the Society’s Cultural Sections, whose members in Band Experiment — one of NUSS’ many resident bands — as well as the DramaWorks and DanceSport groups, gave rousing performances during New Members’ Night, adding to the evening’s merriment.

Congratulating new-joiners to the club, NUSS CEO Roy Higgs encouraged them to actively develop their links



TOP: CURRENT AND NEW MEMBERS MINGLED AT THE PRE-DINNER RECEPTION  
ABOVE: THE BAND ENTERTAINED THE PARTY WITH POPULAR TUNES  
FACING PAGE: NEW MEMBERS BONDED WITH LONGTIME ONES OVER FOOD AND DRINKS

and relationships with fellow members. “Those who contribute to NUSS tend to be the ones who stay longer.”

Members agreed that building new bonds was a main reason for joining the Society. Mr Cheam shared that he became a member as he felt his current stage of life was “a good time to build

relationships”, adding that he had since encountered friends he hadn’t met for many years.

For Ms Rebecca Chan, it’s about exploring new personal and business networks. “I’m curious about the community,” said the human resources professional excitedly. “I’m here to get to know people.” ■



## UNVEILING A THIRD HOME

*NUSS members gathered to celebrate the opening of the much-awaited Mandalay Guild House*

**M**andalay Guild House (MGH) officially opened its doors on 6 August to much excitement and joy from members young and old.

The event was graced by President Halimah Jacob, Patron of NUSS, who unveiled the

commemorative plaque and was given a tour of the premises.

Addressing members in his welcome speech, NUSS President Mr Eddie Lee spoke about the importance of maintaining a close relationship with the Society's alma mater, the National University of

Singapore (NUS). One way that NUSS has continued to show its support to the university is in its yearly contribution to the NUS Alumni Bursary Fund (ABF). To mark MGH's opening, Mr Lee announced that NUSS will pledge beyond its usual annual gift of \$250,000 towards the NUS ABF next year.

"We hope that our efforts will benefit more NUS students from disadvantaged backgrounds, by helping them complete their studies without financial burden," he said.

Mr Lee also thanked the members of the MGH Project Task Force, which oversaw the refurbishment works on the new guild house, as well as contractor Sunray Woodcraft Construction for working within a tight schedule. While the project team had faced a number of unexpected delays in the run-up to the launch, it was nevertheless able to keep to the projected timeline, said the task force's chairperson, Mr Johnny Tan.



MGH, conceptualised as a haven in the heart of town, has a different vibe from NUSS' two other guild houses at Kent Ridge and Suntec City. As a colonial building within a garden setting, it has a more homely environment than its counterparts, which are located on campus and in a commercial, retail office area, said Mr Tan.

Apart from an elegant bar and restaurant for members to wine and dine, MGH has an outdoor children's playground and fitness corner, as well as a fitness studio and seminar rooms for conducting learning and wellness programmes — giving members added opportunities to pursue their varied interests.

On weekday evenings, the guild house sometimes attracts members looking to wind down after work, noted Mr Steven Cheong, who serves on the Sports & Recreation and Membership Marketing Sub-Committees. The football enthusiast shared that he has on occasion taken his "football *kakis*" there to enjoy live screenings of matches.

Dinner entertainment for the night was provided by the Yong Siew Toh Conservatory alumni jazz ensemble, whose opening piece, the 2001 National Day theme song "Where I Belong", seemed to celebrate not just the nation's then-upcoming birthday on 9 August, but also expressed hope that members feel a sense of belonging to NUSS.

Members chatted over food and drink and regaled one another with stories of their time spent with the Society over the years. Life member Lim Bee Lum shared that she had been part of NUSS for decades and now thinks of it as her home away from home. "It's fabulous. (Being with the club) brings back memories of yesteryears."

The Active-Ageing & Lifelong Learning Sub-Committee member



TOP: MANAGEMENT COMMITTEE MEMBERS AND ESTEEMED GUESTS ENJOYED A SCRUMPTIOUS DINNER TOGETHER  
ABOVE: NUS CEO ROY HIGGS WITH FELLOW MEMBERS

FACING PAGE, TOP: PRESIDENT HALIMAH WITH NUSS PRESIDENT MR EDDIE LEE AND THE MANAGEMENT COMMITTEE  
FACING PAGE, BOTTOM: MEMBERS TOASTED THE OFFICIAL OPENING OF MGH

also spends four weekdays a week taking part in various club activities, ranging from walking and Pickleball to Rummikub and Social Mahjong.

Another member, Mr Brent Seah, revealed he decided to get involved with club activities as part of the Membership Experience Sub-Committee. The recent graduate joined the Society last year as he felt it could help him stay in touch with his alma mater. "I used to be a part of the NUS Student Union, and NUSS extended membership to us," he explained. "People here have been very welcoming, and they make an effort to engage new members."

MGH's opening marks another milestone in the history of Singapore's largest alumni association. In the coming year, members can also look forward to the improvement of some existing facilities at the flagship Kent Ridge clubhouse, as part of an ongoing asset enhancement effort, shared Mr Tan.

He added, "We have to stay relevant and continuously renew ourselves as a Society. Facilities enhancement forms part of our ongoing effort to meet the growing expectations of our members and stakeholders." ■

# NAVIGATING NEW ECONOMIC CHALLENGES

*Trade and Industry Minister Chan Chun Sing shares what Singapore needs in order to survive an uncertain global environment*

The rise of Industry 4.0 and the increasing prevalence of technology in our lives spell changes that would disrupt the economy, industries and societies on a global scale, requiring adaptability and flexibility on our part, shared NUSS President Eddie Lee in his welcome address.

“Today, the world is back to (how it was in) the 1920s,” said Trade and Industry Minister Chan Chun Sing. “We face exactly the same choice as before. Will we become more integrated, uplifting millions from poverty, or will we become fragmented like at the time of the Great Depression?”

Mr Chan was speaking at the NUSS Ministerial Dialogue on 14 August at Kent Ridge Guild House, which was attended by 350 members and their guests.

The minister highlighted three Cs that he believed to pose the biggest challenges and opportunities for Singapore’s economy: Connectivity, Coherence and Climate.

He outlined the harsh reality that for city states without a hinterland to rely on, their connectivity to the world at large is their lifeline. But for Singapore, having overcome its geographical, size and resource limitations, the Republic is now deepening connectivity in five more non-physical dimensions — data,

finance, technology, talent and regulations. Our challenge lies in making domestic adjustments and mustering these resources.

Mr Chan asserted the importance of maintaining stability in turbulent times.

“It is harder for people to come together in spite of differences, because there are messages to pull people in different directions,” he said. Coherent and confident governance would be needed to allow us to seize opportunities and distinguish ourselves from the chaos of the world.

The minister stressed, however, that “coherence” should not be mistaken for unanimity or a stifling of adversarial sentiment. “It is not the adoption of one strategy, regardless of the circumstances. It is the pursuit of multiple strategies at any point in time,” he clarified. “Coherence is dynamic. As you fight the battle, (your strategy) must adjust based on the people.”

Lastly, Mr Chan pointed to climate concerns, which greatly influence Singapore’s economic strategy. Having the world’s fifth-largest petroleum industry and seventh-largest petrochemical industry, as well as a lack of renewable energy sources, the Republic faces a big constraint from carbon quotas, he explained. The industries Singapore can

attract are dependent on its overall carbon budget; for instance, Facebook’s upcoming data centre in Singapore — the first to be built in Asia — had to be a third more efficient to make it less energy intensive.

“Energy will be the story for the next 50 years, just as water has been for the past 50. If we can crack the energy equation, we won’t have to worry about food and water,” said Mr Chan, who envisions a future where





CLOCKWISE FROM LEFT: MR CHAN ADDRESSING HIS CAPTIVE AUDIENCE; THE MINISTER RECEIVING A TOKEN OF APPRECIATION FROM NUSS PRESIDENT MR EDDIE LEE AND MANAGEMENT COMMITTEE MEMBERS; ATTENDEES PARTICIPATING IN THE LIVELY Q&A SESSION



two-thirds of Singapore's land surface could be transformed into energy catchments.

Mr Chan repeatedly emphasised that the nation's future is not guaranteed. He shared how his personal encounters with leaders from other countries had strengthened his belief that Singapore needs to remain relevant to her neighbours. "Never take for granted that we'll reach SG100 effortlessly. We have defied the odds of history to survive," he said.

This comment resonated with Mr Tan Sim Seng, who appreciated the dialogue's broad focus on Singapore's potential. When asked what he felt Singapore could do to ensure her continued relevance to the world, he suggested, "(We can) think ahead and invent ways to do things that other countries didn't."

Mr Chen Nan You, a fellow attendee, added, "What we have is human capital, good governance and proper execution. (This forms) our competitive advantage." ■



## PAVING THE WAY FORWARD

*Nakoorsha bin  
Abdul Kadir*

*Newly elected MC  
2019/2020 member*

*Deputy  
Chairperson,  
Membership  
Experience  
Sub-Committee*

*Deputy  
Chairperson,  
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Recreation  
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### ***Credentials:***

Bachelor of Laws,  
National University  
of Singapore

Served on the  
Sports & Recreation  
Sub-Committee  
from 2014 to 2019;  
and the Food &  
Beverage Sub-  
Committee from  
2015 to 2016.



### **HIS DECISION TO STAND FOR ELECTION WAS AN EASY ONE.**

I have been a member of the Society for quite a few years now. I've served in two Sub-Committees at various points, been the Darts Section convenor for a few years and section member of the Balut and Golf sections. When I was approached by some senior members to consider standing for election, I welcomed the challenge as it seemed a natural progression, given my level of involvement in the Society.

### **HE HAS A SPECIAL AFFINITY FOR THE POSITIONS HE HAS BEEN ELECTED TO.**

Both Membership Experience and Sports & Recreation Sub-Committees are integral components of the Society and very close to my heart. I believe the true value of a club/society is determined by the experience it offers its members. As for Sports & Recreation, while NUSS has never been known as a sports club, I have observed that members who take part in our sports activities form the backbone of the Society, contributing by actively participating in the sports and games organised and helping to bring about a convivial and friendly atmosphere in the Society.

### **HIS UNDERGRADUATE EXPERIENCES HELPED SHAPE WHO HE IS AS A MEMBER.**

I participated actively in hall, faculty and union activities as an NUS undergraduate, and this played a significant part in my decision to become an NUSS member and to be actively involved in the Society. Participating in my immediate community has always been a big part of my life and being an NUSS member is just an extension of that.

### **HE HOPES TO BRING MEMBERSHIP RENEWAL TO THE SOCIETY.**

My aim is to contribute my own perspectives as a relatively younger member and hopefully bring about some positive changes. There are ways that we can make ourselves attractive to undergraduates and younger members, including reviewing the image we put across, by relooking the types of activities and programmes we currently offer so we are more relevant to the younger demographic.

### **HE BELIEVES STAYING RELEVANT IS KEY IN MOVING THE SOCIETY FORWARD.**

In a country where people don't even want to go out shopping at department stores anymore and prefer to connect with one another electronically, we need to think about how we can keep up with the times. This includes staying up to date with the changing world and what Singaporeans want in their clubs and societies. Keeping the Society relevant is more important now than it has ever been. ■



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CHINESE RESTAURANT

Image used is for illustration purpose only.

For reservations, please call **6586 3710**, email [scholar@nuss.org.sg](mailto:scholar@nuss.org.sg) or visit [www.nuss.org.sg](http://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.

**NUSS**  
The Graduate Club

**10**  
**EVENTS**

**O**

**C**

**T**



**13 OCTOBER**  
*Choir Concert*

Be in for a musical treat as the NUSS Choir presents a diverse repertoire of songs at their annual concert, "A New Chapter Begins".



**21 OCTOBER**  
*Professorship  
Lecture with  
Professor Ralph  
Müller*

Mechanical loading of the bone provides an essential stimulus for skeletal growth and maintenance of bone mass. Learn how individual bone cells can sense vibrational forces from exercise and how this helps strengthen bones to combat disease and ageing.



**21 OCTOBER**

*NUSS Business  
Connect LatAmCham  
Networking Evening*

Come learn about how Asia is impacting Latin America and the geopolitical relations between the two regions in this networking session with the Latin American Chamber of Commerce.

**27 OCTOBER**

*NUSS Little Bakers:  
Cranberry Scones*

Have fun making unicorn-themed cranberry scones with your kids in this workshop that'll teach you basic baking techniques and pastry preparation.



**29 OCTOBER**

*ALL  
Fellowship  
Lunch: Seven  
Ways to  
Strengthen  
Your Immune  
System*

Learn more about our immune system and why it becomes more susceptible to infections as we age — and find out what we can do to improve it.

**NUSS**  
The Graduate Club

# 11 EVENTS

N

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V

## NOVEMBER NSA Courses

Upgrade your skill set or pick up a new hobby through our wide range of lifelong learning courses, held in collaboration with the National Silver Academy. There's something for everyone here — from learning the secrets to magic to indirect real estate.



## 5 NOVEMBER *The Future of Singapore Real Estate: Commentary & Dialogue*

With changing family demographics and fast-evolving economic dynamics, how is Singapore's real estate market shaping up? Our panel of experienced speakers provide valuable insight into current and future trends.



## 6 NOVEMBER *Search Engine Marketing Formula for Businesses*

Unsure how to market your business online and maximise its exposure on Google? Discover all the tools you need in this workshop.





**9 NOVEMBER**

### *Machine Learning for Busy Executives*

Learn how to use Python programming to improve work productivity and build fun projects in this workshop.



**16 NOVEMBER**

### *VegeSushi Making Workshop*

Find out how to create aesthetically pleasing snacks with delicious wholesome ingredients!



**28 NOVEMBER**

### *Wine-of-the-month tasting*

Indulge in some of the best wines from Penfolds, as its ambassador Sam Stephens takes you through six labels in this wine-pairing dinner.



**NUSS**  
The Graduate Club

# 12 EVENTS

D

E

C



## 1 DECEMBER *Christmas Light-Up*

Celebrate the most magical time of the year with us as we light up our Christmas tree, sing everyone's favourite carols and enjoy fun festive activities!

## EARLY DECEMBER *6th Business Mission to Vientiane, Laos*

Join us on this trip and learn more about the business environment in Vientiane as we engage with local industry leaders.





**7 DECEMBER**

*Nature Appreciation  
Series: Sungei Buloh*

Immerse yourself in rich biodiversity as we explore the wetlands and mangroves of Sungei Buloh in this fourth installment of our Nature Appreciation series.



**7 DECEMBER**

*Learn how to get the  
most out of your iPhone*

You can do more with your iPhone than you think. Discover nifty tips and tricks to maximise its use in this workshop!



**31 DECEMBER**

*Countdown to 2020*

Ring in the new year with us in our yearly countdown event! Expect plenty of good food, dancing and live performances!



# NATIONAL DAY AWARDS 2019

Congratulations to our NUSS members who were conferred the National Day Awards 2019. We share your pride and salute you for the contributions made towards a better Singapore.

## Congratulations

NUSS Member	Award
Gerard Ee Hock Kim (Dr)	The Distinguished Service Order
Chook Kum Kay (Dr)	The Public Service Star
Allan Fong Chee Yang (Dr)	The Public Service Star
Ang Kiam Wee (Dr)	The Public Administration Medal (Silver)
Dan Yock Hau	The Public Administration Medal (Silver)
Lim Tock Han (Prof)	The Public Administration Medal (Silver)
Ang Johnny	The Public Administration Medal (Bronze)
Khoo Hock Khee	The Public Administration Medal (Bronze)
Sunil Kumar Sethi (Assoc Prof)	The Public Administration Medal (Bronze)
Toh Boon Ngee	The Public Administration Medal (Bronze)
Wong Wai Keong (Prof)	The Public Administration Medal (Bronze)
Chi Su-Yin Zarel	The Commendation Medal
Goh Mei Ling	The Commendation Medal
Leong Kin Chuen	The Commendation Medal
Lim Peck Lin Shirlene	The Commendation Medal
Lim Yuen Tuck	The Commendation Medal
Ong Chi Howe	The Commendation Medal
Peck Wee Hian	The Commendation Medal
Yeo Kok San	The Commendation Medal
Ng Peng Wah	The Public Service Medal
Seng Boon Kheng (Dr)	The Public Service Medal
Tan Chong Tee	The Public Service Medal
Tay Chee Hian	The Public Service Medal
Teoh Chin Sim (Dr)	The Public Service Medal
Cheah Sin Moh	The Long Service Medal
Chew Leong Ho	The Long Service Medal
Chin Wee Shong (Assoc Prof)	The Long Service Medal
Foo Say Peng	The Long Service Medal
Goh Hui Hua	The Long Service Medal
Ho Geok Lan	The Long Service Medal
Lai Get Luan	The Long Service Medal
Lee Ngai Meng	The Long Service Medal
Lim Chwee Teck (Prof)	The Long Service Medal
Lim Sock Har	The Long Service Medal
Long Alice	The Long Service Medal
Low Boon Ann	The Long Service Medal
Low Lay Leng	The Long Service Medal
Neo Kheng Leong Jeffrey	The Long Service Medal
Ng Siew Bee	The Long Service Medal
Ong Say How (Adj Assoc Prof)	The Long Service Medal
Su Kim Whatt Steven (Dr)	The Long Service Medal
Tan Bee Suan Sylvia (Dr)	The Long Service Medal
Thang Leng Leng (Assoc Prof)	The Long Service Medal
Thng Choon Hua (Dr)	The Long Service Medal
Wee Teck Chew (Dr)	The Long Service Medal
Wong Wai Mun	The Long Service Medal
Yeo Kee Meng	The Long Service Medal
Lim Chun Kiat Vincent	The Long Service Medal (Military)



### Learning to strum

Over 10 weeks, guitar enthusiasts gathered to learn the basics of guitar-playing from Mr Mark Wong. Attendees were taught the different essential techniques, from fretting to holding the pick, to playing notes and sliding. This series of entertaining music classes saw attendees learning to play both modern hits like “Havana” and classic songs like “You Are My Sunshine” on the guitar.

**GUITAR MUSIC TECHNIQUES** 12, 19 AND 26 JUNE; 3, 10, 17, 24 AND 31 JULY; 7 AND 14 AUGUST, CONFERENCE ROOM, KENT RIDGE GUILD HOUSE



### Savouring the best Scottish whisky

Members and guests gathered to explore the intrinsic characteristics of the Glendronach with brand ambassador Tim Clark. Participants learnt about the history and flavour profile of each Highland single malt whisky as they uncovered its complex depths and enjoyed a delectable tasting menu of canapés and roast.

**GLENDRONACH WHISKY TASTING EVENING** 19 JUNE, SEMINAR ROOMS, MANDALAY GUILD HOUSE



### Building stronger regional ties

Following successful business missions to Bangkok, Phnom Penh, Ho Chi Minh and Manila, this year's delegation of 15 members travelled to Yangon, Myanmar to gain new insights into the country's emerging markets. Members were introduced to local businesses and associations and had the opportunity to meet with local government dignitaries, alumni and startup entrepreneurs. These included Mr Phyo Min Thein, Chief Minister of Yangon and Mr Maung Maung Soe, Mayor of Yangon; Ms Vanessa Chan, Singapore's Ambassador to the Republic of the Union of Myanmar; Mr Kenneth Tan, executive director of The Keier Group; the Myanmar Chinese Chamber of Commerce; and members of the SMU Alumni Chapter. It was a fruitful business mission that allowed delegates to experience the city, share ideas with local businessmen, identify business opportunities, and foster stronger connections.

**5TH NUSS OVERSEAS BUSINESS MISSION TO YANGON, MYANMAR** 26 TO 29 JUNE





### *Winning serve*

It was a month of intense competition as the NUSS Tennis Section held their annual tennis doubles tournament at Kent Ridge Guild House. Fifty members of the Tennis Section took up the challenge as they paired up to play and win the coveted winning titles. Ms Tamsyn Tong and Mr Dave Ng defended their title in the mixed doubles while Mr Lam York Wuan and Mr Kenneth Ng emerged victorious in the men's doubles category. Good news to all, the Tennis Section is extending the invitation to other NUSS members in next year's championships.

**NUSS TENNIS DOUBLES CHAMPIONSHIPS 2019 29 JULY TO 30 AUGUST, TENNIS COURTS, KENT RIDGE GUILD HOUSE**



### *Successful day on the green*

This year's annual NUSS golf tournament was another success that saw 130 golfers vying for the top spots in their respective divisions. The tournament teed off with a shotgun start as the competing golfers worked their way around the course, and ended at Suntec City Guild House with a celebratory dinner, photo-taking, lucky draw and prize presentation. In all, there were 50 lucky draw winners and 16 tournament winners across five divisions. Mr Edmund Tan and Mr Melvin Chan bagged Overall Best Nett and Overall Best Gross, respectively. Congratulations to all winners!



**33RD NUSS GOLF ANNUAL TOURNAMENT 5 JULY, TANAH MERAH GARDEN COURSE AND SUNTEC CITY GUILD HOUSE**

### Mastering Nonya dishes

Peranakan chef and author of *Daily Nonya Dishes*, Mr Lloyd Matthew Tan, continued his series of Laok Hari Hari cooking workshops as he guided members and guests through the preparation of everyday Nonya dishes. Participants learned how to use daily ingredients to make spice pastes, soup stocks, and fermented bean paste and soya sauce. These bases are key components of traditional Peranakan dishes like *babi tang chai/babi bok jee*, *ayam goreng tauyu ladah* and *ikan masak kuah nenas*, which attendees can now whip up with their new culinary skills.



**LAOK HARI HARI 26 MAY; 7 AND 21 JULY; 4 AUGUST, KITCHEN STUDIO, MANDALAY GUILD HOUSE**



### A night of fun and games

It was a fun-filled day of games as over 200 members and guests faced off in bowling, darts, badminton, balut, tennis and social mahjong. Festivities culminated in a scrumptious buffet dinner and awards presentation presided by Mr Vincent Rasa, Sports & Recreation Sub-Committee chairperson. The Bridge Section received the Section of 2018 Award for their participation in numerous inter-club and international competitions, while the Billiard Section received the Encouragement Award for their milestone achievements at the Annual 2017/2018 National Snooker League.

**INTER-SECTION GAMES AND SPORTS & RECREATION NIGHT 13 JULY, DELLA & SENG GEE GUILD HALL, KENT RIDGE GUILD HOUSE**



### *Champagne o'clock*

Love a good champagne to go with your seafood? Members and guests were treated to a delightful three-course seafood dinner hosted by Mr Rajan Menon from Pernod Ricard Singapore. The menu featured assorted canapés, mouthwatering wok-fried half Boston lobster with chilli crab sauce and seared Spanish bacalao cod served with honey sesame shoyu glazed and candied yam. Rounding off the meal was a dessert of Earl Grey panna cotta with orange sauce topped with mixed berries. Of course, Perrier-Jouët champagne was served through each course, elevating the dining experience.

**A BUBBLY SEAFOOD EVENING WITH PERRIER-JOUËT CHAMPAGNE 25 JULY, SEMINAR ROOMS, MANDALAY GUILD HOUSE**



### *Rise and shine*

"The Only Constant is Change — From a Corporate Career to Entrepreneurship" is the sixth instalment of the Breakfast Dialogues series. The insightful morning session, co-organised by the NUS Office of Alumni Relations, welcomed Mrs Bernadette Giam, director of Corporate Affairs and Human Resources at Creative Eateries. As the 18 attendees sipped their morning coffee, Mrs Giam shared her personal experience adjusting from a corporate government position to a family business, the challenges she faced, and her personal growth journey.

**BREAKFAST DIALOGUES 26 JULY, FUNCTION ROOMS, SUNTEC CITY GUILD HOUSE**



### Chinese cuisine 101

This was just the culinary class for members looking to recreate delicious Chinese dishes at home. Mr James Aw, award-winning Executive Chef at NUSS, taught basic techniques and methods used in Chinese cuisine as participants learnt to prepare traditional dishes like fish head and yam soup and braised mustard greens with rice. It was an enjoyable and interactive learning experience that gave participants more than just a taste of homestyle Chinese food.

**INTRODUCTION TO CHINESE CUISINE**  
29 JULY, KITCHEN STUDIO, MANDALAY GUILD HOUSE



### Hanyu pinyin made easy

Learning Chinese is easier with *hanyu pinyin*. In this workshop held over six sessions, Ms Hung Lin Lin, former MOE education and conversational Mandarin trainer, guided participants through various methods such as the use of vowels and consonant sounds, front and back nasal sounds and the four tones to polish up their Chinese phonetics. Participants also learnt common pronunciation mistakes, tips on how to avoid them and gained newfound confidence in their pronunciation.

**HANYU PINYIN WORKSHOP** 31 JULY; 7, 14, 21 AND 28 AUGUST;  
4 SEPTEMBER, CONFERENCE AND SEMINAR ROOMS,  
KENT RIDGE GUILD HOUSE



### Learning to make sound investments

You're never too old to start investing! This financial workshop specially structured for seniors, gave members and guests easy, practical methods to read, interpret and analyse financial statements such as balance sheets, profit and loss statements and cash flow statements. Course trainer Mr Kelvin Tan, Adjunct Associate Professor, NUS Business School, guided participants through case studies, techniques and concepts like ratio analysis and how to analyse funds flow statements and company accounts.

**READING, UNDERSTANDING AND ANALYSING FINANCIAL STATEMENTS FOR SENIORS** 5 AND 6 AUGUST,  
SEMINAR ROOM, KENT RIDGE GUILD HOUSE

### *All that jazz @ Mandalay Guild House*

What better way to continue the celebrations of the Mandalay Guild House opening than with the seventh edition of Beyond the Score, set amidst the lush greenery of the Mandalay Guild House lawn. The latest instalment of the music series was jointly organised by NUSS and NUS Yong Siew Toh Conservatory of Music and brought a jazz quartet comprising students from the conservatory for an evening of soulful jazz and a hearty buffet dinner. Students Dahlia Nazir Neniël on bass, Mark Yeo on flute, Gabriel Hoe on keyboard and Benjamin Thia on drums, serenaded members and guests through three delightful sets.



**NUSS-YST BEYOND THE SCORE: JAZZ CONCERT AT MANDALAY 7 AUGUST, THE LAWN, MANDALAY GUILD HOUSE**



### *Red, white and golf*

This year's annual National Day Golf Tournament went off without a hitch with members enthusiastically putting their golfing chops to the test as they competed to be tournament champions. After an eventful day, the 70 members adjourned to the Kent Ridge Guild House for dinner and awards presentation to celebrate their successes on the green, and to toast to Singapore's 54th National Day. The biggest prize was a golf lesson package worth \$450 sponsored by NexTee Golf, and throughout the night, The Silverstones had everyone singing along as they belted out favourite National Day tunes. Mr Choong Shee Sai and Ms Cheong Yoke Keng clinched the Champion title in the Men's and Ladies' divisions, respectively.

**NATIONAL DAY GOLF TOURNAMENT 2019 16 AUGUST, WARREN GOLF AND COUNTRY CLUB AND KENT RIDGE GUILD HOUSE**



### Game on

A total of 76 participants from six clubs — Singapore Indian Association, Singapore Cricket Club, Eurasian Association of Singapore, Singapore Recreation Club, The Tanglin Club and NUSS — competed in the 35th Chivas Regal Inter-Club Balut Competition. It was an evening that saw 19 participating teams playing on a six-round format. The NUSS teams came in at commendable 13th, 14th and 18th standings, with outstanding plays by Mr KC Lau who tied first place for Highest Individual Game with a score of 153 points, Ms Maria Ng for spot price for 4x4s in One Throw, and Mr Mohan Balagopal for clinching spot price for First Balut in One Throw.

**35TH CHIVAS REGAL INTER-CLUB BALUT COMPETITION** 21 AUGUST, FUNCTION ROOMS, SUNTEC CITY GUILD HOUSE



### Smashing good time

Five teams comprising Badminton Section players and members geared up for a smashing competition at the annual NUSS Badminton Closed Team Tournament. This year, the tournament focused on doubles, giving players a chance to strengthen their teamwork and camaraderie on and off the court. After a day of intense action and court footwork, Team Minions were crowned court champions. Mr Vincent Rasa Benedict, Sports & Recreation Chairperson presented the first place trophy and medals to the winners. Kudos to all participants!



**NUSS BADMINTON CLOSED TEAM TOURNAMENT 2019** 24 AUGUST, MULTI-PURPOSE HALL, KENT RIDGE GUILD HOUSE



### *An evening of gratitude*

The AY2018/2019 Mentorship Programme ended with celebratory dinner for the NUSS mentors and NUS mentees. The occasion served as a thank you to the mentors for their time and guidance through the year. Keeping celebrations on a high was the NUS Amplified band who entertained attendants with a rousing acoustic performance, while a roaming photographer captured snaps of the evening as keepsakes for all attendees.

**NUSS-NUS MENTORSHIP APPRECIATION DINNER 27 AUGUST, FUNCTION ROOMS, KENT RIDGE GUILD HOUSE**



### *A social night for the guilds*

It was an enjoyable evening for all as mini guild members and leaders gathered for an evening of socialising and bonding. Membership Experience Sub-Committee chairperson Soh Yi Da gave the opening remarks, and dinner was the perfect opportunity for guild members to catch up and build rapport with fellow members and guild leaders. Meanwhile, the NUSS Trivia Quiz gave attendees a chance to team up for some fun, friendly competition.

**MINI GUILD GATHERING 30 AUGUST, CLUNY AND DALVEY FUNCTION ROOMS, KENT RIDGE GUILD HOUSE**

### *iPhone photography tips and tricks*

Members and guests got a chance to improve their mobile photography skills and pick up new ones in this iPhone photography workshop. Over three sessions, they learnt how to maximise the functions on their iPhone camera to capture beautiful, lasting memories. They were led by trainer Mr Goh Soon Huat, avid photographer and licensed visual thinker trainer with Infiniskills, who demonstrated ways to capture, edit and prepare their snapshots.



**CAPTURING GOLDEN MOMENTS WITH IPHONE PHOTOGRAPHY**  
2, 9 AND 16 SEPTEMBER, ADAM AND BUKIT SUITE ROOMS, MANDALAY GUILD HOUSE



### *Sporting ties*

NUSS was proud to host the 8th ASEAN Universities Alumni (AUA) Friendship Golf Classic this year. The three founding alumni associations — Chulalongkorn University Alumni Association, Persatuan Alumni Universiti Malaya and NUSS — were joined by the Ikaran Alumni Universitas Indonesia this year, represented by members of the Persatuan Golf Alumni Universitas Indonesia. The golfers had a friendly social game at Orchid Country Club, followed by the tournament at Keppel Club the following day. The annual get-together concluded with a dinner and awards presentation at Kent Ridge Guild House. K-Spin, one of NUSS' bands provided entertainment as the golfers mingled, forging new friendships and strengthening old ones. The alumni also took this opportunity to hold the signing of a reciprocal agreement between NUSS President Mr Eddie Lee and CUAA Vice President Dr Twarath Sutabute. Congratulations to the NUSS golfers who finished first this year!

**8TH ASEAN UNIVERSITIES ALUMNI (AUA) FRIENDSHIP GOLF TOURNAMENT**  
2 AND 3 SEPTEMBER, ORCHID COUNTRY CLUB, KEPPEL CLUB AND KENT RIDGE GUILD HOUSE



### *Under the sea*

It was an exciting family day as 40 adults and children visited the S.E.A Aquarium in the sixth instalment of the Learning Journey series. Feeding Frenzy brought participants up close with marine animals through an exclusive behind-the-scenes look at how their food is prepared and thrilling live feeding sessions. There was also an opportunity to view tiny marine organisms through microscopes. It was certainly an eye-opening and educational day for both young and old to learn about the colourful and diverse marine life.

**LEARNING JOURNEY: FEEDING FRENZY 7 SEPTEMBER, S.E.A AQUARIUM**



### *Supporting the community*

It was a fulfilling day for volunteers comprising NUSS members and staff and NUS students and staff as they brought 40 beneficiaries from the MacPherson Constituency out to shop for groceries. Jointly organised by NUS and the NUSS Community Care Sub-Committee, the NUS Day of Service is the annual community care drive that encourages volunteerism and nation-building. Each beneficiary was given up to \$60 for their groceries with volunteers assisting them in their shopping.

**NUS DAY OF SERVICE - GROCERY SHOPPING 7 SEPTEMBER, GIANT HYPERMARKET, SUNTEC CITY MALL**

# CHILL OUT AND EAT!

*Liven up your weekends and afternoons with these tasty offerings at Mandalay Guild House*

## MONTHLY FAMILY LUNCH

What better way to spend Sunday afternoons with your family than by tucking into a delicious buffet spread and joining in some fun activities! On the menu is the newly launched sumptuous Family Buffet Lunch, which takes place every first Sunday of the month. Start with the salad bar serving up a generous assortment of greens, cold pasta and chicken salads, before making your way to the mains. Pick from delicious favourites like beef goulash, spaghetti alfredo, mini chicken burgers and more! For something spicy, try the homemade chicken curry with baguette. Finish off with sweet treats like mini chocolate éclairs and mini ice cream cups. But that's not all. There's an outdoor playground for young ones to run around in and activities like balloon sculpting and colouring to keep them occupied.

**AVAILABLE ON THE FIRST SUNDAY OF EVERY MONTH\*, FROM 12 NOON TO 2.30PM, AT \$22 FOR ADULTS AND \$14 FOR CHILDREN 5 TO 12 YEARS OLD.**

\*Menu items may be subject to change

## AFTERNOON TEA MANDALAY

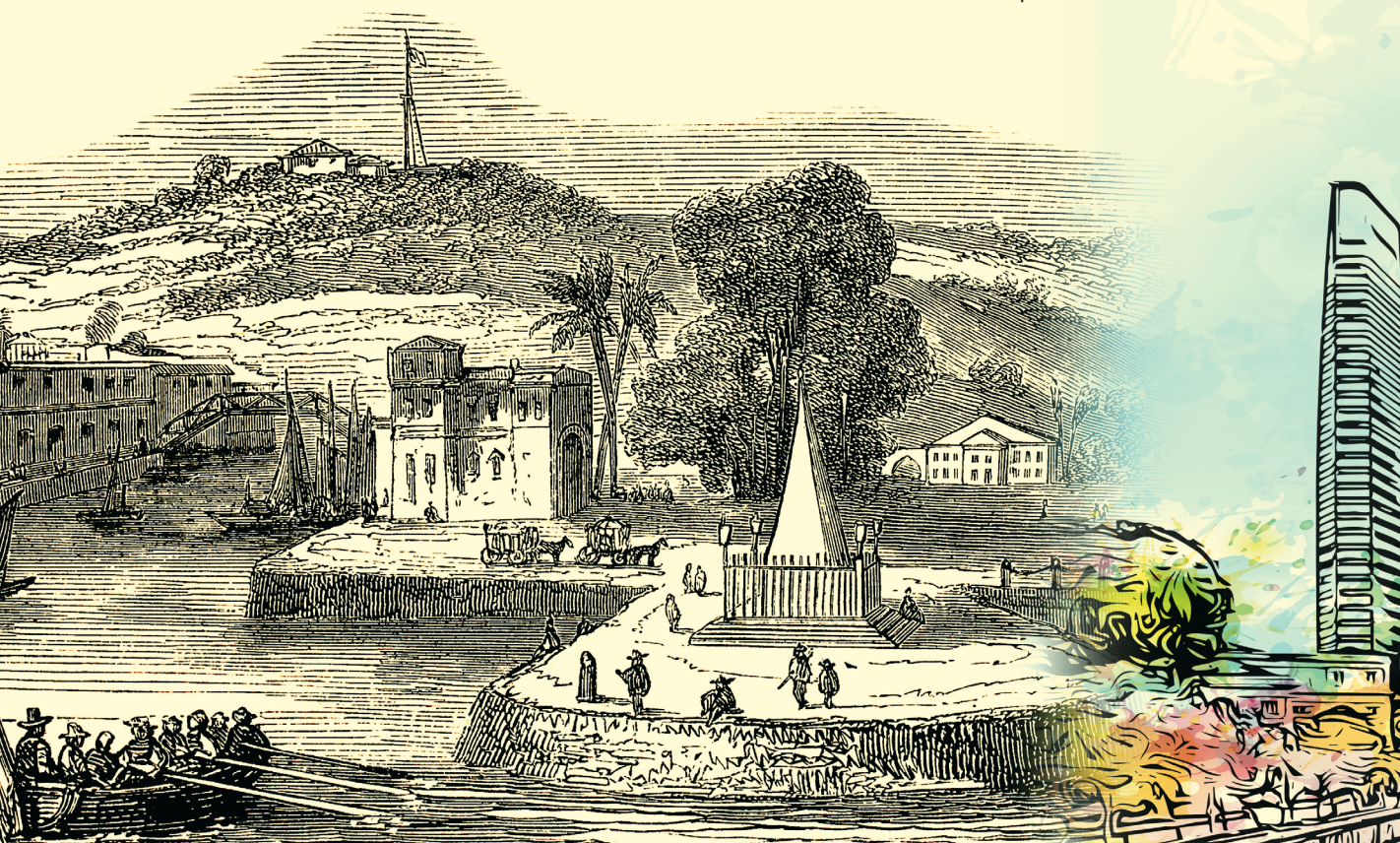
Enjoying leisurely afternoon tea while catching up with friends is a real treat. Especially when it's served in a pretty tiered tea stand at the Mandalay Guild House. Savour assorted sandwiches and freshly baked scones with a selection of butter, homemade strawberry preserve and fresh cream, and nibble on bite-sized carrot cake and chocolate fudge cake. Wash it all down with sips of your choice of tea, coffee, cappuccino or latte. **AVAILABLE DAILY FROM 3PM TO 5PM, AT \$10 PER PERSON OR \$18 FOR TWO.**



*Call 6586 3290 to make reservations at the Mandalay Guild House today!*

# A CRITICAL LOOK BACK INTO THE PAST

Singapore celebrates 200 years since its modern founding this year. But how far have we come and what's on the horizon for us? Audrey Ng speaks to three local historians for their views and opinions



**T**his year marks 200 years since Sir Thomas Stamford Raffles set foot on Singapore's shores and established a trading post for the British East India Company. The historic moment has been taught in our history lessons as the founding of modern Singapore, a watershed event that led to the nation's transformation from a small port into an important colonial outpost.

1819 marks a turning point in our history, but this does not mean that what came before that was any less important.

We speak to three historians, Associate Professor Peter Borschberg, Department of History, National University of Singapore; Dr Ngoei Wen-Qing, Associate Professor of History, Nanyang Technological

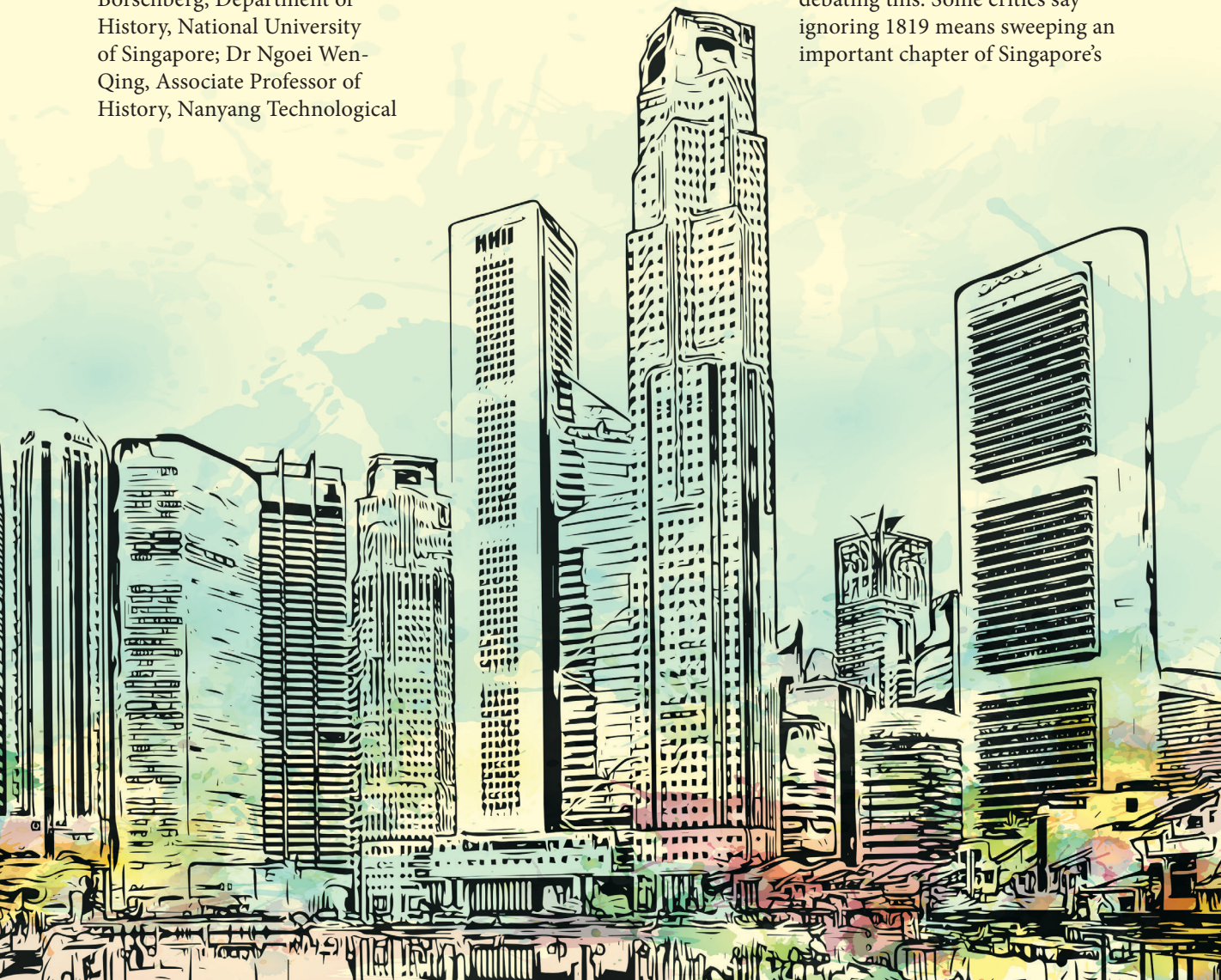
University; and Dr Ho Chi Tim, curatorial researcher at the Malay Heritage Centre, to find out what valuable lessons our history can offer us as we look to the future.

**SOME SEE THE BICENTENNIAL AS A CELEBRATION OF COLONIAL ENTERPRISE. DO YOU THINK THIS IS A FAIR ASSESSMENT?**

**DR NGOEI:** It is easy to skim over the pre-colonial period and conclude that 1819 was the crucial turning point that set us on the trajectory to where we are today. That's why there were several debates last year about how exactly to characterise the

bicentennial. Was it a marking, reflection or commemoration of these 200 years? The problem is in simply taking an uncritical and positive attitude towards British colonialism. This positive attitude exists due to a skewed approach to history. If we seek to commemorate instead of reflect, we give up the chance to be more open to nuances and critical in our analysis. When we want to commemorate something, we often scour the past for suitable evidence to prove a point we already wanted to make.

**PROF BORSCHBERG:** It is a good thing that Singapore is publicly debating this. Some critics say ignoring 1819 means sweeping an important chapter of Singapore's



history under the carpet, while others believe commemorating the bicentennial is a celebration of colonialism. Different parties will want to remember 1819 differently. To me, a foreigner who has lived here for more than 26 years, the most important thing is to work towards being as inclusive and open-minded as possible and to welcome a public discussion about these topics.

**DR HO:** I think it's a point of view that's based on certain assumptions, which are, firstly, that any event to mark an anniversary is a celebration and, secondly, that colonial enterprise was something negative that should not be celebrated, or that colonial enterprise brought progress and modernity to Singapore, and hence should be celebrated, or negative observations should be countered.

That's a rather narrow and binary way of seeing things. Anniversaries are useful reference points to ask questions about the past. I think there should be room for discussion and to study the various aspects of the colonial enterprise and colonialism as it evolved in Singapore, and how these still influence the way contemporary Singapore society and economy function. Studying colonialism expands the range of

*“Anniversaries are useful reference points to ask questions about the past. There should be room to study the various aspects of colonialism and how it still influences Singapore today.”*

— Dr Ho Chi Tim

**AND MERGER AND SEPARATION. WHAT ARE SOME OTHER IMPORTANT LESSONS THAT WE CAN LEARN FROM?**

**DR NGOEI:** We should be cautious about trying to glean lessons from the past and scrutinise some lessons more critically. For instance, a lot has been said about how Singapore exited Malaysia into economic uncertainty. But at the same time, Britain's massive military bases in Singapore contributed about 20 per cent of Singapore's national economy well into the late 1960s, estimated at almost US\$200 million. And when Britain announced its pull-out from its Singapore bases in 1967, Singapore was facilitating military procurements for the Vietnam War which, according to the US State Department, came to about 15 per cent of Singapore's national income.

It's important to remember that while Singapore's economic difficulties after exiting Malaysia were real, other factors were also at play, which helped the nation

Singapore history, as we can then compare with societies that were similarly colonised.

**THE POPULAR NARRATIVE SUGGESTS THAT THE GREATEST LESSONS SINGAPORE LEARNT FROM HER PAST WERE FROM EVENTS SUCH AS THE JAPANESE OCCUPATION**

absorb the economic shock of the separation. My guess is that we probably overlook that historical context because we are busy mining the past for very specific lessons.

**WHAT IS ONE STORY FROM SINGAPORE'S HISTORY THAT IS FAIRLY UNKNOWN THAT YOU WISH MORE PEOPLE KNEW MORE ABOUT?**

**DR NGOEI:** The British placed nuclear weapons at Tengah Airbase in the early 1960s as they wanted the US to include them in joint nuclear policymaking. They even designed a nuclear strike plan that involved British bombers flying out of Singapore to hit targets in the southern parts of communist China.

**PROF BORSCHBERG:** Apart from the familiar big names, I think the bicentennial offers the occasion and space to talk about ordinary people as well. It was convicts who built some of Singapore's most iconic public buildings in the 19th century, while dock workers, rickshaw pullers, coolies, pushcart vendors, laundry women and rubber tappers contributed to Singapore's development, too. It is good to remind ourselves, not just this year, but routinely, that without these unsung heroes, we would not be where we are today.

**DR HO:** There are plenty of stories to be inspired by, especially of individuals and organisations that made a lasting impact on Singapore. Daisy Vaithilingam was one of the earliest local medical social workers. She was involved in, if not responsible

for, setting up the child fostering scheme and programmes for persons with disabilities and special needs. Another is Tan Beng Neo, one of the first local Salvation Army officers in the late 1930s and after World War II, a pioneer staff member of the Social Welfare Department and also Lady Superintendent of the early versions of the Singapore Girls' Home.

I hope there will be more support for in-depth studies of 19th century Singapore so we can learn more, especially about important local traders and merchants, like Hajjah Fatimah, who purportedly owned a large business and much of the lands in the eastern part of Singapore.

## AS THE NATION MARKS ITS 54TH YEAR OF INDEPENDENCE, WHAT CAN WE EXPECT AS WE MOVE INTO THE NEXT DECADE?

**PROF BORSCHBERG:** Seen in a long-term perspective of history, Singapore features a distinct constant — its location has been highly contested by large regional powers and European colonial powers, at least from the 13th to the 20th centuries. The relative peace and stability we have been enjoying in the waters around us is the exception rather than the norm. The straits remain a contested space as before. The new order that will emerge hereafter is likely to be multipolar, much like in earlier times when Siam and the Majapahit empire projected their power into this region in the 14th century, or when the contest was between Aceh and the early European colonial powers in the 17th century.

Singapore also has a history of rise and decline. It went through several full cycles of resurgence and destruction from the late 1300s, when the Siamese destroyed Singapore, in the early 1500s and again in 1613 when it was destroyed by the Portuguese, and later the Acehnese during their attacks on Johor. Each time, the settlement was reconstructed, and each time, the destruction occurred during an upcycle of comparative prosperity. Who says that this cycle of destruction and reconstruction has been broken?

**DR HO:** I hope that there is a more organised approach and investment in the study of Singapore history in the form of scholarships, fellowships and acquiring sources, partly because Singapore society is maturing and there will be a corresponding increase in public interest in the past. ■

**Dr Ngoei Wen-Qing is Assistant Professor of History at Nanyang Technological University. His first book, Arc of Containment: Britain, the United States, and Anti-communism in Southeast Asia, was published in April 2019.**

**Dr Peter Borschberg is Associate Professor in the Department of History at the National University of Singapore. He teaches and researches the history of global interaction, with a focus on maritime history and cartography.**

**Dr Ho Chi Tim is a curatorial researcher at the Malay Heritage Centre. His area of research is social welfare.**



# LIGHTING UP SINGAPORE'S ENERGY MARKET

The Open Energy Market aims to bring more energy options and lowered costs to consumers. How successful has it been so far? Tong Suit Chee finds out

**S**ince last year, Singapore has been gradually liberalising its energy market by introducing the Open Electricity Market (OEM), a move that aims to spark competitive pricing and bring a wider range of electricity retailers to consumers.

The OEM was rolled out on a zonal basis over a period of six months from 1 November 2018. Pick-up from consumers has been encouraging — as of end-June 2019, about 34 per cent of household consumers have made the switch, said a spokesperson for the Energy Market Authority (EMA). Surveys commissioned by the authority showed that 98 per cent of OEM consumers who have changed retailers found the switching process easy. Moreover, the switch rates for the soft launch in Jurong, Zone 1 and Zone 2 as of end-January 2019 were higher than the single-digit first-year switch rates seen in other countries that



have also made similar moves to deregulate its energy market, such as Japan, the United Kingdom, Australia and New Zealand.

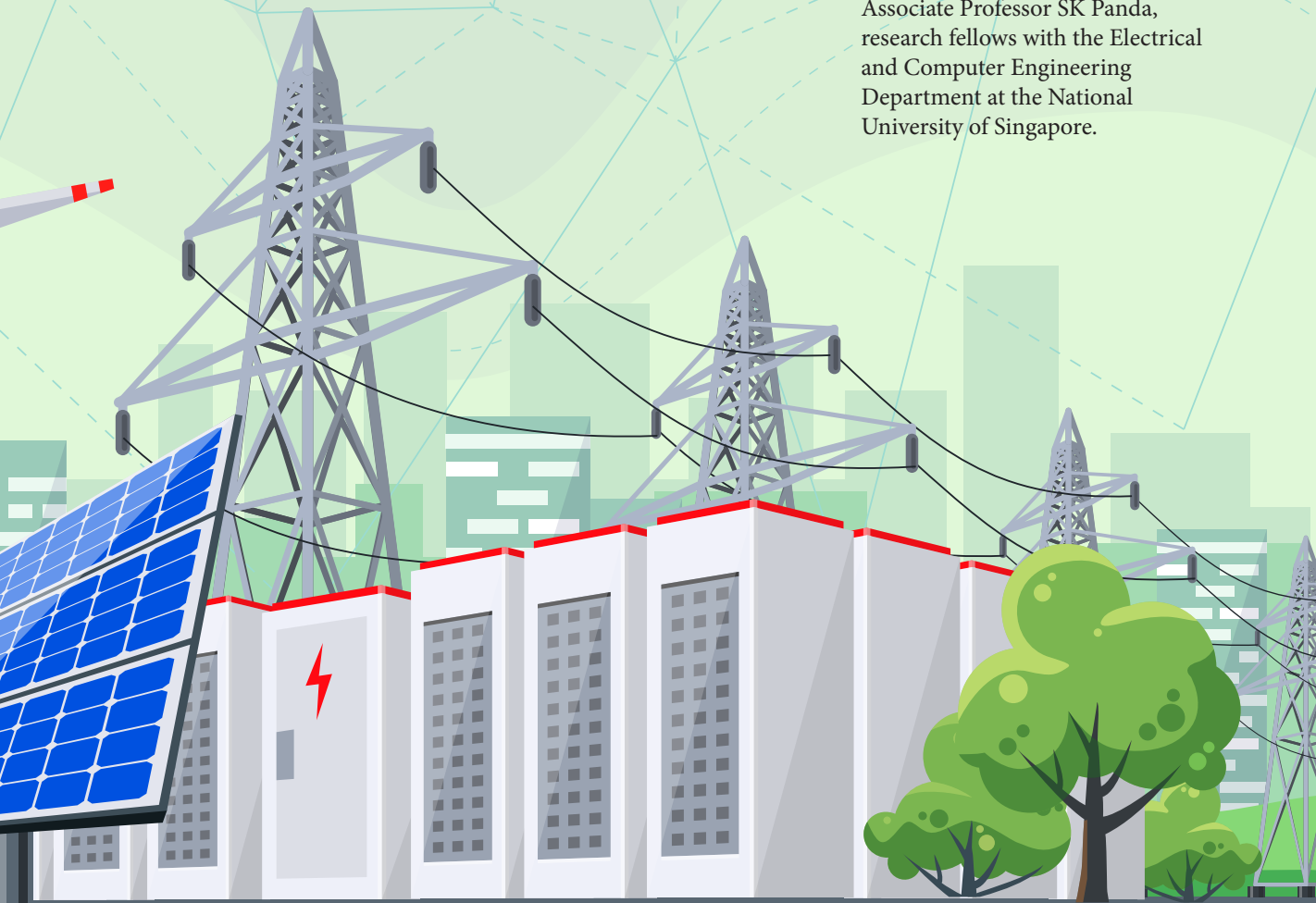
### FLIPPING THE SWITCH ON THE MARKET

There are currently 22 electricity retailers in Singapore, of which 13 are participating in the OEM's nationwide initiative.

Competition among this wider selection of retailers is expected to not only bring about more energy plan options, but also lower the retail price of electricity and help consumers save on their electricity bills. Retailers face the challenge of designing clever energy plans that

differentiate their offers in the retail market, while consumers gain from being able to choose plans that best fit their consumption needs. Government-owned SP Group, which as the default provider previously had monopoly of the market, now has to compete with the new retailers and also branch out to new ventures.

"Deregulation is targeted at long-term positive impact, even if there could be short-term inconveniences. End-users now are becoming gradually aware that they can save money, which was not an option previously," said Dr K R Krishnanand, Dr Joimala Mrangthem and Associate Professor SK Panda, research fellows with the Electrical and Computer Engineering Department at the National University of Singapore.



This has certainly been true for NUSS member Nancy Cheong, who has made the switch to Senoko Energy. “The process (to change retailers) was easy,” she reported. “We were at a road show and selected a supplier we thought offered us the best rate. We probably saved money though I have to confess that we did not keep track of the amount saved!”

A wider selection of options has meant that retailers now need to differentiate themselves by providing better service. A housewife residing in Yishun who wanted to be known only as Ms Lin shared that she moved to PacificLight as it “provided excellent and professional customer service” at a road show she visited.

#### BATTLE FOR POWER

But there are signs the market is getting a little crowded as competing retailers jostle for market share. Earlier in January, Red Dot Power, which was one of the first independent retailers to obtain a licence from the EMA, pulled out of the market, citing

financial challenges for its exit. The electricity accounts of its roughly 3,000 customers, including 120 households, have been transferred back to SP Group.

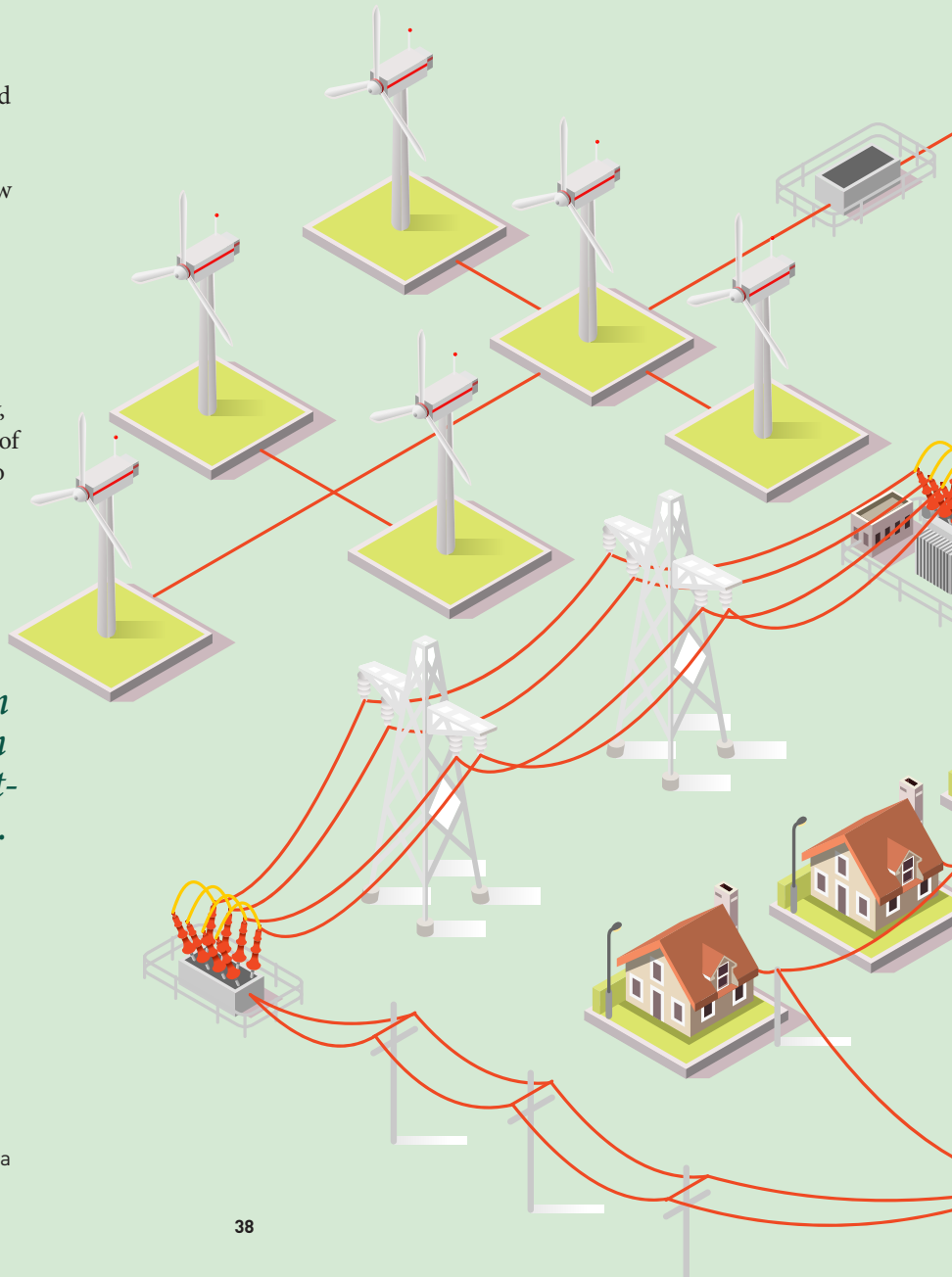
Ms Geraldine Tan, General Manager of Retail at PacificLight, agreed that the OEM is competitive, as the market is relatively small in size for the number of retailers in it. Operating since 2013, PacificLight is a “gentailer”, as it both generates and sells power. Its power plant on

Jurong Island generates close to 10 per cent of Singapore’s annual electricity needs. According to the company, it has a modest pool of industrial, commercial and residential customers.

“PacificLight’s high efficiency and cost competitiveness enable us to offer our customers competitive pricing that provides customers with significant cost savings below the prevailing SP Group’s tariff rate,” said Ms Tan.

*“Deregulation is targeted at long-term positive impact, even if there could be short-term inconveniences. End-users now are becoming gradually aware that they can save money, which was not an option previously.”*

— Dr K R Krishnanand, Dr Joimala Mrangthem and Assoc Prof SK Panda



But lower rates hasn't necessarily meant more people are switching retailers. While businesses benefit from lowered energy costs just by signing a new contract, residential consumers face the challenge of having to now educate themselves on the different retailers so they can choose the best energy plan.

"Initially, some households were keen to switch retailers, but did not know how to go about doing so or were unsure of the plan that would work best for them," said Ms Tan.



*"In such a competitive electricity market, we are heartened to see our clean energy plans gain traction among consumers, as more people want to become more environmentally friendly."*

— Mr Laurence Kwan

"We had to provide customers ways to understand the market and the plans available, which included face-to-face engagements, informational videos and more."

## PUTTING THE HEAT ON THE COMPETITION

With so many retailers in the competitive market, how do the companies differentiate themselves other than through pricing and yet have a sustainable business?

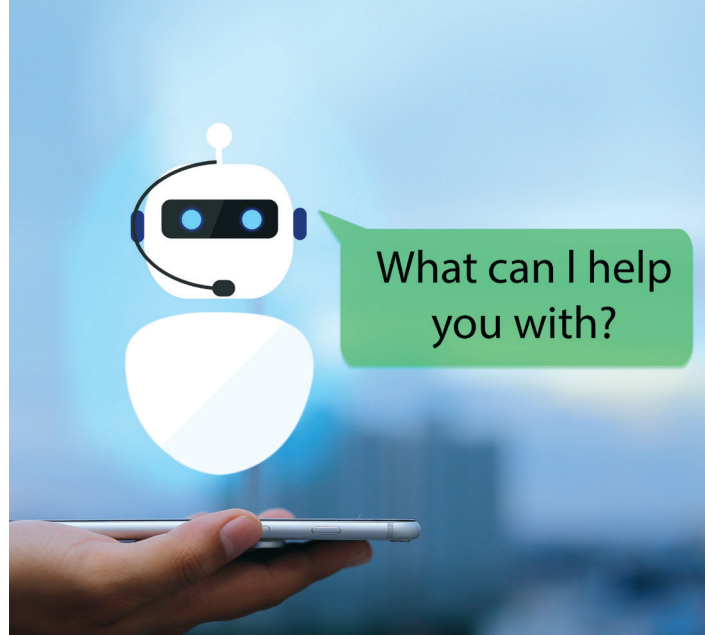
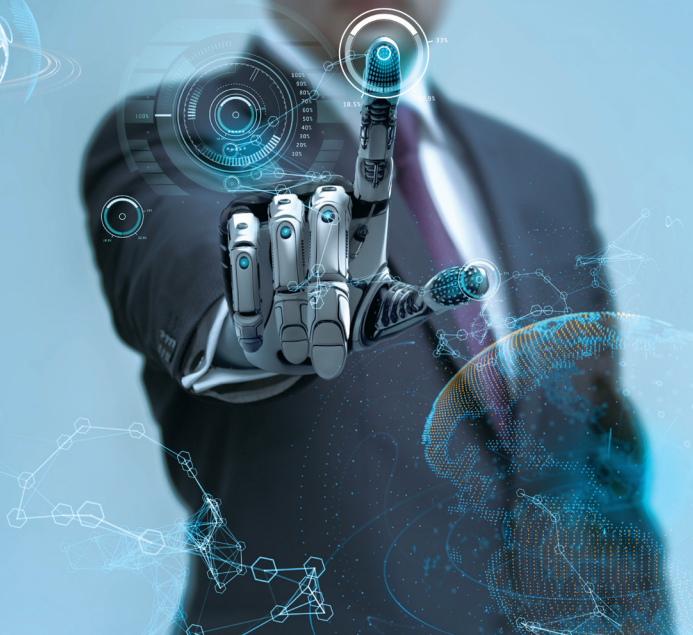
For Sunseap Energy, it is by offering consumers a greener option. "(With) our network of solar systems installed across more than 1,000 buildings, including public housing and commercial buildings, we are the only retailer to include solar energy in our plans, to encourage

customers to go green while enjoying competitive electricity tariffs," said the retailer's director, Mr Laurence Kwan.

He acknowledged that many consumers still hold the misconceptions that solar energy is unreliable and more expensive than conventional energy. The company has had to educate them on the benefits of solar energy during events and road shows. Its efforts have thus far paid off, and the company has seen steady interest and sign-ups to its clean energy bundles for households, and have recently reported a higher uptake of energy plans with a higher component of solar energy. Such keen interest has led to Sunseap fast achieving 1 per cent of the entire market, serving commercial businesses, heavy industrial consumers and households.

Mr Kwan believes that most of his company's customers choose Sunseap because they want to do good for the environment, and at the same time, its competitive price further compels them to make the switch. "In such a competitive electricity market, we are heartened to see our clean energy plans gain traction among consumers, as more people want to become more environmentally friendly," he said. ■





# ARE ETHICAL SAFEGUARDS FOR AI ADEQUATE?

As the development of AI gains momentum and countries the world over vie to lead in the technology, what can we do to ensure it is used responsibly? By Tong Suit Chee

**T**he push to advance artificial intelligence (AI) has in recent years gained significant momentum, as research and development on the technology broadens exponentially. Around the world, more companies are beginning to harness its capabilities, while several countries, from the United States to China, launch their respective initiatives to support its growth and prepare themselves for a

world that will be markedly changed by the technology.

## SINGAPORE'S PUSH FOR AI

Singapore is no different — it is gearing up to be a global leader in AI as part of its Smart Nation push. This initiative, which was launched in 2014, focuses on the digital transformation of transport, home and environment, business productivity, health and enabled ageing and public-sector services. In 2017, four frontier technologies to

enhance the Republic's goals for its digital economy were announced, among which AI was named as one. AI Singapore was created soon after to build deep capabilities in AI nationally, grow the local talent, build an AI ecosystem, and put Singapore on the world map.

Professor Goh Yihan, director of the Centre for AI and Data Governance and dean of the Singapore Management University's (SMU) School of Law, believes AI has advanced significantly in



Singapore in recent years, and people are already benefiting from services such as voice assistants, language translations, GPS optimisation and credit card fraud alerts. He said, “On the government’s end, AI has been used for detecting drowning incidents, fraudulent activities and local speech recognition.”

He also mentioned that the Land Transport Authority and the Agency for Science, Technology and Research had launched a joint partnership to oversee and manage autonomous vehicle research, test-bedding and development of

applications by industry partners and stakeholders. Since 2015, the authority has been facilitating autonomous vehicle trials by various technology developers in designated locations, with the target of serving residents in three neighbourhoods by 2022.

Elsewhere, the Info-communications Media Development Authority (IMDA) is preparing Singapore’s workforce for the digital economy through initiatives like the TechSkills Accelerator to drive the development of AI talents.

### **MANAGING AI ETHICAL ISSUES**

Given the fast adoption of AI everywhere, questions have been raised about the issues surrounding the use of the technology. For instance, who is responsible when a driverless car hits someone? Or what happens when machine goes rogue or makes an irresponsible decision?

Regulatory bodies have taken steps to lower the odds of mishaps taking place. The IMDA has launched three interlinked AI governance initiatives aimed at engaging key stakeholders,

including the government, industry, consumers and academia. These are:

1) **The Advisory Council on the Ethical Use of AI and Data.** This is an industry-led initiative that brings together international and local leaders in AI, advocates of social and consumer interests and academia to examine the legal, ethical, regulatory and governance issues arising from commercial deployment of the technology, and advise the government on areas requiring regulatory or policy attention.

2) **The Model AI Governance Framework,** which translates ethical principles into implementable practices for voluntary adoption by organisations. It embodies two sets of principles — decisions made by or with the assistance of AI should be explainable, transparent and fair; and AI systems and decisions made using the technology should be human-centric and safe.

3) **The Centre for AI and Data Governance,** a research programme that aims to develop and advance international thought leadership, scholarship and discourse in legal, regulatory, ethical and policy issues arising from the use of AI and data. Issues relating to the legal liabilities associated with AI, intellectual property rights and societal impacts of AI, equal access to AI products and services by different segments of society and more are explored here.

Meanwhile, other regulators have put forth their own set of rules with regard to the use of AI in other industries. For instance, the Monetary Authority of Singapore last year issued a set of principles to guide firms offering financial products and services on the responsible and ethical use of AI and data analytics. Among other things, the authority states

that AI-driven decisions should be held to the same ethical standards as human-driven decisions.

While these moves are a step in the right direction, SMU's Prof Goh highlighted that AI technology is too new and nascent to have firm rules yet. He pointed out, "The government is tackling AI governance challenges adequately by not setting a prescriptive rule and working with industry

participants and academia. This collaborative approach will help regulators when shaping the principles that will govern AI and position Singapore as a leading digital economy and smart nation."

He added that approaches such as the Model Framework may not provide all the answers, but it offers an opportunity for all to grapple with fundamental ideas and practices that may prove to be key in determining the development of AI.

#### STAKEHOLDERS PLAY A ROLE, TOO

It's not just regulatory bodies that have a part to play in ensuring AI technology is used responsibly. Stakeholders like research institutes and companies leveraging on this technology have a duty to see that proper safeguards are in place.

At the N.I Institute for Health at the National University of Singapore (NUS), researchers have successfully

*"The government is tackling AI governance challenges by not setting a prescriptive rule and working with industry participants. This approach will help them when shaping the principles that will govern AI and position Singapore as a leading digital economy."*

— Prof Goh Yihan, director of the Centre for AI and Data Governance

developed and validated CURATE.AI, a powerful AI platform that optimises clinical efficacy and safety for several combination therapy indications. Before any clinical study commences, a rigorous and detailed review process is taken, where the clinical study protocol is reviewed by the medical and ethics review boards at NUS and the National University Hospital. In addition, the Health

Sciences Authority is an expert resource that is consulted when needed during the review process.

"We have clearly outlined procedures in place to properly implement our clinical trials," said Prof Dean Ho, the institute's director. "Our number one priority is the patient's welfare. Also, the patient's doctors have the final approval on the combination of drugs and the dosages given."

He added that patients must give their informed consent before the treatment starts. In addition, national guidelines and the university's data protection office help ensure that patient data is properly safeguarded and de-identified.

With all these ethical safeguards in place, Singapore is in a fairly strong position to minimise the abuse of AI technology and ensure that most AI initiatives are ethically on the right track. ■



Creating art brings you many mental and emotional benefits, whether it's scrapbooking or photography. Here's how you can discover your artistic talent. By Janice Lin

# UNLEASH THE ARTIST IN YOU



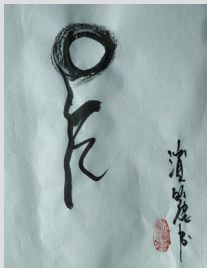
**F**or most of us, painting or drawing is something we've not done since art classes in school. And while most of us will never need to pick up a paint brush, there is a case to be made for taking on art as a hobby.

Psychologists have long studied the benefits of creating art and art therapy — studies suggest it helps lower stress and anxiety levels and improve concentration. The process of creating art puts you in a state of mind that psychologists refer to as “flow”. When we are in flow, our minds are wholly absorbed in the activity we're carrying out, so much that we “lose ourselves” in the activity and stop thinking about everything else — the stresses at

## TWO NSA INSTRUCTORS, **MS CHI PIN LAY** AND **MS AUDREY NG**, PROVIDE SOME TIPS ON THE ART THEY TEACH.



**Chi Pin Lay,**  
**Journey in Ink**  
Journey in Ink is more than just your typical Chinese calligraphy class — it encourages the practice of mindfulness in participants, through the use of specific brush strokes and techniques such as ink dilution.



**TIP 1:** Chinese ink brush painting requires patience, so rushing the whole process to get a finished product is not helpful. Get to know your brush and rice papers. Does your brush hold enough water? What happens if I tilt it, or push it against the grain of the rice paper? These are the actions that require full concentration, and our instructors will be on hand to guide you through each class.

**TIP 2:** Set up a painting corner in your room. You'll only need a table, two brushes, a piece of cloth, some rice papers and black ink. By setting up your own corner, you'll be more motivated to pick up your brush when you have free time.

**TIP 3:** Paint to express yourself and enjoy the process of dipping your brush in ink, pigment and water.

**TIP 4:** Inspire yourself by looking at beautiful calligraphy. Try various social media platforms, such as Pinterest or Instagram.

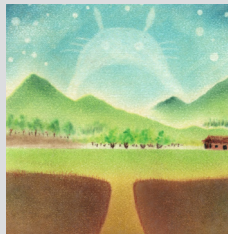


**Audrey Ng,**  
**Japanese Pastel Nagomi Art**  
Nagomi art is a form of art therapy that is done using gentle strokes of one's fingers and soft, pastel powder. The process of creating this promotes inner calmness and focus in the artist.

**TIP 1:** Identify which objects or themes you will paint first — and be adventurous! Explore what's on your mind and don't be afraid to put it on paper.

**TIP 2:** When painting, learn to empty your mind, relax and listen to the images, sensations and draw with joy. You'll begin to feel self-fulfilment, self-satisfaction, self-affirmation and self-love. Pride and confidence will be enhanced, along with a sense of bliss.

**TIP 3:** The process is more important than the final product, so don't rush it. This is your "me" time, so use it to fully enjoy the process of what you're creating.



work, family obligations and even the physical exhaustion we may feel. Flow has an effect that is similar to meditation, as it helps clear your mind and counter the body's natural stress responses.

Beyond reducing stress, art also helps you build confidence and feel happier. The process of creating something new on your own releases dopamine in the brain, which contributes to feelings of pleasure and satisfaction. Dopamine also keeps us motivated — increases in the chemical fuel our anticipation of reward and causes us to become more driven in finishing our tasks.

This, in turn, leads to the sense of accomplishment we get when we finally complete our artwork.

Over a longer period of time, this helps us build confidence in ourselves — as well as our artistic abilities. Knowing that you can not only pick up a new skill, but also work towards mastering it boosts your sense of self-efficacy — the belief in your ability to set goals and achieve them.

### GETTING STARTED

Any form of art can be your outlet. Try picking up a pencil and sketching for a start, or if you are

feeling more ambitious, go for a cake decorating or pottery class. The best way to begin to identify your area of interest and how you prefer to express yourself.

But if you are still unsure where to start, try looking at courses offered by NUSS, in partnership with the National Silver Academy (NSA), which has, since 2017, offered members and guests a range of courses ranging from the humanities to information technology, science, finance and business, as well as arts and design. ■

*Additional reporting by Susan Dickie*



## SOAK IN NATURE AND WILDLIFE IN SAN DIEGO, CALIFORNIA

America's Finest City has plenty to offer its visitors, from theme parks to museums, miles of white sandy beach and a world-class zoo. But with its mild winter weather, families will want to stay outdoors as much as possible — and this city doesn't disappoint when it comes to nature activities. Kids will love the thrill of watching majestic Pacific grey whales from the shores and cliffs of Point Loma, as they migrate south to the warm waters off the Baja California coast. Or bike ride through La Jolla, the "crown jewel" of San Diego, and immerse yourself in its beautiful golden beaches and steep cliffs. Those with older kids will definitely want to go on a hike through Torrey Pines State Natural Reserve, where you'll be met by magnificent sandstone formations and awe-inspiring views of the Pacific Ocean.

**Website:** [sandiego.org](http://sandiego.org)



## EXPERIENCE THE MAGIC OF CHRISTMAS IN SANTA CLAUS VILLAGE IN ROVANIEMI, FINLAND

All your winter wonderland fantasies come to life at Santa Claus Village in Rovaniemi. Your little ones will love hanging out with elves in the underground Santa's Park, where they can earn their very own diploma at the Elf School, visiting Santa's Post Office, where they can send letters bearing the special Arctic Circle postmark back home, and going on reindeer sleigh rides. Meanwhile, grown-ups will enjoy the novelty of crossing the Arctic Circle, which cuts right through Santa Claus Village and is marked by a white line, riding snowmobiles and husky sledding. And of course, if you are lucky enough, you may even catch the resplendent northern lights in its full, spectacular glory.

**Website:** [santaclausvillage.info](http://santaclausvillage.info)



## VISIT THEMED CAFES AND MUSEUMS IN TOKYO, JAPAN

From amusement parks to shopping malls, there's plenty for kids to love in Tokyo. But no trip is complete without a visit to one of the many cute character cafes that the city is famous for. Be enchanted by the storybook world of Beatrix Potter at the Peter Rabbit Garden Café, where you can sip tea and dine with Peter Rabbit and his friends in a quaint English garden filled with flowers, shrubs and lush greenery. Or head to Pokémon Café to gush over and savour *kawaii* food like Pikachu omelettes and Eevee lattes. Fans of *Totoro* and *Spirited Away* will love the Ghibli Museum, which brings to life everyone's favourite Miyazaki characters. Kids will love jumping and romping around on Catbus and exploring the winding staircases, tiny rooms and many other twists and turns within the museum, which has been designed to mirror the mood and atmosphere of films.

**Website:** [japan-guide.com](http://japan-guide.com)

# HOLIDAYS WITH KIDS

Planning a trip with your children this December? Here are some fun vacations the whole family will be talking about long after it's over. By Janice Lin



## STAY ON A FARM IN PERTH, AUSTRALIA

A farm stay is a good way to break away from the hectic urban lifestyle and enjoy the country atmosphere and fresh air. Depending on what you're looking for, choose from the wide range of child-friendly farms in and around Perth, such as Margaret River Hideaway & Farmstay, Settler's Rest Farmstay, Springhills Farm, Ferguson Farmstay and many more. Kids will love the different activities available, including feeding goats and kangaroos, as well as pony and tractor rides. Meanwhile, the adults can unwind in peaceful nature and take in the clean, country air.

**Website:** [experienceperth.com](http://experienceperth.com)



## GO ON A DESERT SAFARI IN DUBAI

Dubai may be well-known for its luxury shopping malls and skyscrapers, but for a more unique family adventure, head into the Arabian desert. Your family will enjoy the novelty of riding camels, or the excitement of rolling down towering red sand dunes inside a 4x4 vehicle. But if thrills and spills isn't your thing, opt for exploring the vast desert in a buggy instead. Come sunset, be enthralled by the breathtaking landscape as the fading sunlight bathes everything in searing hues of copper and gold. Finally, dine with the Bedouin on traditional Arabian delicacies before falling asleep under a night sky filled with glittering stars.

**Website:** [visitdubai.com](http://visitdubai.com)

*“Your family will enjoy the novelty of riding camels, or the excitement of rolling down towering red sand dunes inside a 4x4 vehicle.”*



An illustration of a scuba diver in a blue suit with yellow accents and two yellow oxygen tanks, swimming upwards towards a large, dark blue manta ray. Bubbles are rising from the diver. The background is a gradient of blue.

# A WHOLE NEW WORLD

Dive into the unknown and discover the wonders of an entirely different realm with scuba diving. By Samantha David

**T**hey say if you've always dreamt of visiting the moon, try scuba diving. Think about it: Underwater, you're weightless, and the deep is like a whole other planet. It really is the next best thing if you're an aspiring space explorer.

But all that aside, why else should one consider taking up scuba diving?

For one, studies show that being near or in the water puts us in a meditative state, making us calmer, healthier and happier. "We are beginning to learn that

our brains are hardwired to react positively to water and that being near it can calm and connect us, increase innovation and insight, and even heal what's broken," marine biologist Wallace J Nichols writes in his book, *Blue Mind: The Surprising Science That Shows How Being Near, In, On, or Under Water Can Make You Happier, Healthier, More Connected, and Better at What You Do*.

There's also the social aspect of diving; if you're not already diving with a partner or a group, you're paired up with a buddy, whom you should look out for underwater —

Studies show that being in the water puts us in a meditative state, making us calmer, healthier and happier.

and vice versa. This makes it easy to meet new people who share a common interest, and on dive trips, chances are, these new friends will be from the world over.

Scuba divers are also known to be a lot more in touch with marine conservation issues, as there's no better way to see why our oceans are worth saving than to dive in and admire rich coral reefs full of marine life with your own eyes.

## SAFETY FIRST

There is one question, though, that keeps coming up: Is diving a dangerous sport?

"Yes, diving can be dangerous. But so can driving or flying," said Mr Ryan Phoa, leader of NUSS' Scuba Diving Interest Group and instructor with local dive shop Gill Divers. "The point of taking a diving course is to learn the risks of diving and how to handle it."

Dive training involves three components: Theory, practice and application. The difference between practice and application is that the former is carried out in a swimming pool, while the latter takes place in the ocean. The purpose of dive training is to get you familiarised with your dive gear, including equipment like the regulator — an apparatus that helps you breathe underwater.

Dive training is also aimed at boosting your confidence in the water so you can stay safe while under it, and there are several

### DIVING SAFETY TIPS



**1 Plan your dive, dive your plan**  
Always plan your dive before going underwater. You and your dive buddy should decide how deep you want to go, how long the dive will be, what to do should either of you get separated during the dive, and the safety stops you'll be doing on your ascent. Take time to also understand the tides, currents and visibility in the area you are diving.

**2 Buddy checks**  
Your dive buddy is your support system underwater, as they are there to help you avoid or survive accidents that may occur. Before you even get in the water, take time to check each other's equipment to ensure it is functioning properly, and familiarise yourselves with each other's kit so you know where each other's alternative air sources are located. While underwater, practise being aware and look out for your buddy and others in your dive group.

**3 Never hold your breath**  
This is the number one rule when it comes to diving — and for good reason. Holding your breath is dangerous and can result in serious injury, like a burst lung, or even death.

**4 Know your limits**  
Never be afraid to cut short or abort a dive. You alone must decide whether or not you're physically and mentally capable of going underwater. Remember, diving should be fun and if you feel uncomfortable in anyway or if something doesn't quite feel right, alert your dive guide immediately and call it off.

**5 Ascend safely**  
It's important to ascend from your dive slowly. Failing to do so can result in decompression sickness. Always perform a safety stop at five metres for about three minutes to off-gas excess nitrogen that's accumulated in your bloodstream from the dive.



skills you'll need to get the hang of before you get your certification, including how to perform a pre-dive safety check and how to clear a flooded mask.

Once you get certified as an Open Water Diver, it's all about going out there and diving as much as you can to gain more experience. That's truly the only way you'll get better at things like controlling your buoyancy, which is what enables you to hover and fin through the water without using your hands at all.

## READY, SET, DIVE!

Interested to learn how to scuba dive? Join the newly established Scuba Diving Interest Group and be part of NUSS' diving community. The group currently has about 60 members, with a good mix of experienced divers and newbies. ■

To enquire about the Scuba Diving Interest Group, contact Matthew Chim at 6586 7049 or [matthewchim@nuss.org.sg](mailto:matthewchim@nuss.org.sg)

Visit [nuss.org.sg](http://nuss.org.sg) to find out more about activities at NUSS that help keep you mentally and physically fit.



# PEDAL

# YOUR

# WAY

# TO

# BETTER

# HEALTH

For most of us, one of our most memorable childhood experiences is probably of mastering the bicycle and the sense of achievement we get from it. But beyond being a fun family activity, cycling also brings a number of health benefits.

When it comes to cardiovascular workouts, few activities are as effective as cycling. It stimulates and strengthens your heart and lungs as they work harder to pump more oxygen in your body. The result is that people who cycle frequently are less prone to cardiovascular diseases such as stroke, high blood pressure and heart attack. A study published in United States journal *Circulation* found that those who regularly cycled suffered about 15 per cent fewer heart attacks than those who do not cycle.

And it's not just heart diseases. Research in Finland has revealed that people who cycled for more than 30 minutes each day had a 40 per cent lower risk of developing lifestyle diseases like type 2 diabetes.

## **BUILD STRENGTH, SAVE THE PLANET**

Cycling is also great if you're looking to lose weight and build muscle. The resistance from pedalling not only burns fat, but also works out your glutes, quads, hamstrings and calves. As you pedal over longer distances over time, you'll also build your stamina and strength.

And it's not just physical benefits you get. As you push the pedals, your body releases endorphins and dopamine, which helps relieve stress and pain and creates feelings of satisfaction.

Cycling brings to us more than just health benefits — it boosts your brain power and helps lower our carbon footprint, too. Here's why you should take up this activity



The activity also ensures a good night's rest, by reducing levels of cortisol in the blood, a stress hormone that blocks deep sleep.

Additionally, it aids in building new brain cells in the hippocampus, the region of the brain associated with memory. Scientists have compared the brains of senior citizens and found that those belonging to people who participated regularly in physical activities like cycling actually appeared younger than those who did not.

"As we age, it is difficult to retain a sharp memory. Cycling aids in memory retention by engaging all our senses and keeping our minds active," said Mr Francis Chan, leader of the NUSS Cycling Interest Group.

Beyond the personal health benefits, cycling is one way you can contribute to saving the environment. Choosing to ride from home to work regularly is one

**"As we age, it often becomes difficult to maintain a sharp memory. Cycling helps keep minds active."**

Francis Chan

of the simplest ways you can lower your carbon footprint, as bikes do not release any emissions. And according to a study by the European Cyclists Federation, the amount of carbon dioxide released in manufacturing a bicycle is just

16 grams, compared to 313 grams for a car.

## GET YOUR MILES IN

If these benefits appeal to you and you'd like to pick up cycling, NUSS' Cycling Interest Group is the one for you. This group brings together cyclists of all stripes, from seasoned riders to newbies looking to take on this hobby.

Rides are organised on the second and fourth Saturdays of each month. The group rides for about two hours each session, covering an average 30 to 40 kilometres. There are different routes, from simple, straight roads to uphill climbs and narrow paths, to give everyone a good enough challenge.

To help everyone keep up, those new to cycling can count on the experienced ones to guide them in tackling the different types of terrain.

Members also take part in externally organised events, such as the GetActive! Singapore Round Island Bike Adventure and the 160-kilometre Bike Rally organised by Nanyang Technological University.

Besides regular rides, the group also holds talks and sharing sessions on basic bike maintenance, exercises cyclists should do at the gym and more.

And it's not just cycling that brings this group together. Members often meet over a meal or a drink, to catch up and chat about their week. They also organise informal rides in smaller groups, such as night rides that include plenty of feasting at Singapore's favourite supper spots. ■

To enquire about the Cycling Interest Group, contact Khen Kee Wei at 6586 3739 or [keeweid@nuss.org.sg](mailto:keeweid@nuss.org.sg)

Visit [nuss.org.sg](http://nuss.org.sg) to find out more about activities at NUSS that help keep you mentally and physically fit.

## TIPS FOR NEW CYCLISTS



**1**

### Ditch the headphones

Cycling with headphones on is extremely dangerous — not being able to hear other vehicles around you puts not only yourself but also others on the road at risk.



**2**

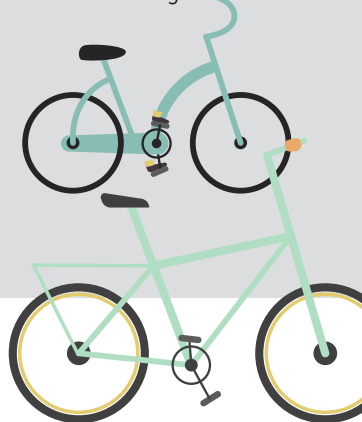
### Wear a helmet

Always wear protective headgear — it lowers your risk of fatal head injuries.

**3**

### Check your fit

Having your bike set up to fit your body will make cycling easier and result in less pain and soreness from riding.



# GLENMORANGIE

## HIGHLAND SINGLE MALT WHISKY

October to December 2019

### ■ Glenmorangie Original Gift Set

\$108 per set | \$199 two sets

Limited sets available!

### ■ Glenmorangie Lasanta 12 Years

\$128 per bottle | \$235 twin bottles

### ■ Glenmorangie Quinta Ruban 14 Years

\$138 per bottle | \$255 twin bottles

### ■ Glenmorangie 18 Years

\$228 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.

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

**NUSS**  
The Graduate Club



**New Release • 1 Bed Apartments from A\$530,000\***  
**A Freehold Development in Melbourne's Prime District**



- 📍 Designed by World-Renowned Architect Fender Katsalidis
- 📍 Short Walk to Chapel Street, Toorak Road & Woolworth Supermarket

- 📍 Only 10% Deposit, Balance 90% Payable Upon Completion in Q3 2020
- 📍 Financing Up to 70% Available\*

**EcoWorld Singapore Gallery**  
**Asia Square Tower 1, #15-07B**  
(Entrance via South Lobby)

**Register Your Interest**

📞/📠 +65 9325 2255

📘 EcoWorld Singapore

**ECOWORLD**  
INTERNATIONAL  
CREATING TOMORROW & BEYOND

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# THE ART OF COMMUNICATION IS THE LANGUAGE OF LEADERSHIP

Photo credit: Bruce Mars  
& KatinkavomWolfenmond

Joining Toastmasters isn't just about speaking better, it is about honing your leadership skills too. NUSS Toastmasters Club has a series of leadership-related events just for you.

## **7pm to 10pm, Kent Ridge Guild House**

24 October 2019, Thursday

Enable Others to Act

28 November 2019, Thursday

Encourage The Heart

Open to all NUSS members. Don't miss this opportunity to learn together with us, in a fun-filled environment.

For registration and more information, please contact [tmcnuss@gmail.com](mailto:tmcnuss@gmail.com).

**NUSS**  
The Graduate Club



# DIRECTORY

## KENT RIDGE GUILD HOUSE

TEL: 6779 1811

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

## SUNTEC CITY GUILD HOUSE

TEL: 6779 1811

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

## MANDALAY GUILD HOUSE

TEL: 6586 3290

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

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

## Stay connected with NUSS

Update your contact details via email ([mship@nuss.org.sg](mailto:mship@nuss.org.sg)) or through the members portal on [nuss.org.sg](http://nuss.org.sg)

## CONTACT US

**SECRETARIAT** [secretariat@nuss.org.sg](mailto:secretariat@nuss.org.sg)  
**THE GRADUATE MAGAZINE** [thegraduate@nuss.org.sg](mailto:thegraduate@nuss.org.sg)  
**CORPORATE COMMUNICATIONS** [comms@nuss.org.sg](mailto:comms@nuss.org.sg)  
**FINANCE** [finance@nuss.org.sg](mailto:finance@nuss.org.sg)  
**INFORMATION SYSTEMS** [is@nuss.org.sg](mailto:is@nuss.org.sg)  
**MEMBERSHIP** [mship@nuss.org.sg](mailto:mship@nuss.org.sg)  
**SERVICES & SPORTS DEVELOPMENT** [ssd@nuss.org.sg](mailto:ssd@nuss.org.sg)  
**EVENTS** [events@nuss.org.sg](mailto:events@nuss.org.sg)  
**BANQUET SERVICES** [agnesphua@nuss.org.sg](mailto:agnesphua@nuss.org.sg)

## REGULAR HAPPENINGS AT NUSS

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

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

## OVERSEAS CONNECTIONS

NUSS members enjoy reciprocity with graduate associations around the world. For more information, please email [mship@nuss.org.sg](mailto:mship@nuss.org.sg)

**Chulalongkorn University Alumni Association** – Bangkok, Thailand  
**Hong Kong University Alumni Association** – Hong Kong  
**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

**Know anyone who deserves a little festive sparkle? This Christmas, gift a treat to a special friend or family member** who has worked hard this year or who may need a special pick-me-up.

Simply visit our Facebook page, look for our contest post and complete these steps:

**Tag your friend or family member\* in the comment box and tell us why he or she deserves a treat this Christmas**

*We will pick one entry to win \$50 worth of dining vouchers to be used at NUSS' Guild Houses.\*\**

*This contest runs from 1 to 15 November, 11.59pm, and is open only to NUSS members. One winner will be chosen and notified via Facebook.*

*\* Nominee must be an NUSS member to qualify.*

*\*\* 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 Jul-Sep 2019 issue of *The Graduate*, we asked members to share their fondest memory growing up in Singapore. One lucky winner received \$50 worth of dining vouchers for use at NUSS Guild Houses.

*“One fond memory I have is of my time in National Service. Though it was tough initially, this was also when I got the chance to step out of my comfort zone to be a leader — and when some of my longest-lasting friendships were made. We were trained to be lighting technicians for a National Day parade. Seeing how our team worked together to illuminate the sky at night and being in sync with the rousing songs is one golden memory I wouldn't trade for anything. It never fails to remind me about what being a Singaporean is — how we've achieved what we have, thanks to us working together with our hearts united as one.”*

**He Bingye Gregory**



**WE WELCOME  
YOUR FEEDBACK**

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

# Public Speaking At The Work Place “The Classical Approach”



Founder  
Tan Boon Kok

## **Advanced Public Speaking Booster course**

For those with some experience in public speaking  
-Suitable for middle and senior management

### **Date**

25 October 2019 (Full Day)  
15 November 2019 (Full Day)

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## **Basic Public Speaking Booster Course**

For those with less experience in public speaking  
-Suitable for junior and mid-level executives

### **Date**

18 October 2019 (Full Day)  
8 November 2019 (Full Day)

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## **Individual (One-on-One) Public Speaking Booster Course**

For those who prefer private coaching or need assistance to prepare for a speaking event  
-Suitable for all levels (including C-Suites)

### **Date**

Mondays to Thursdays (Half Day - Morning)

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We also conduct in-house training and team bonding events  
Call us at 82233903 or book a course at [www.elitanenglish.com.sg](http://www.elitanenglish.com.sg)  
Elitan Advanced English Centre

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Celebrate  
*Christmas & New Year*  
with our delightful festive menus  
and goodies takeaways!

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For reservations and enquiries, please call 6779 1811.

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