

THE GRADUATE

THE MAGAZINE OF THE NATIONAL UNIVERSITY OF SINGAPORE SOCIETY SINCE 196





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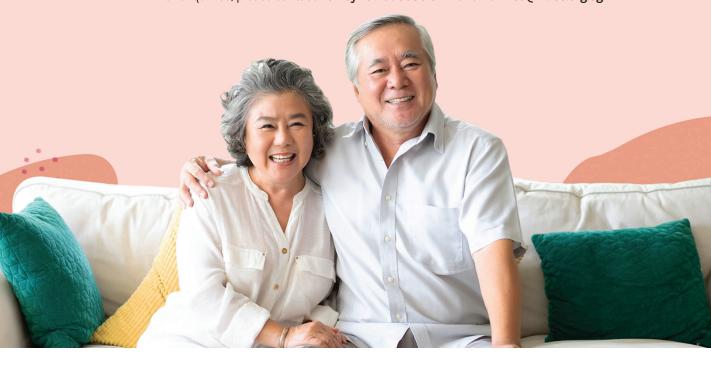
HOW TO REGISTER

- 1 Go to www.nuss.org.sg.
- 2 Click on 'Lifelong Learning Courses' tab.
- 3 For course outline and details, click on the course titles.
- 4 At the bottom of the page, click on 'Participants may click here to apply'.
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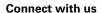
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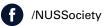
For enquiries, please contact Ashley Lau at 6586 3741 or email nsa@nuss.org.sg.















PRESIDENT'S MESSAGE

Dear fellow members

appy 2020! It's that time of year once again to look forward to new beginnings and the changes they bring. I hope that everyone had a wonderful time celebrating the season in the company of family and friends and that NUSS was an integral part of your merrymaking and in creating special memories with your loved ones.

Completing just in time to ring in the new year are the recently refurbished tennis and squash courts at Kent Ridge Guild House, which received a facelift with freshly resurfaced floors. We are also pleased to offer members an enhanced dining experience at our popular Chinese restaurant, The Scholar. Its two original private rooms were fully refurbished, while an additional room was added, bringing its total to three private dining rooms.

This issue is brimming with inspiring stories. First, we speak to Dr Gerard Ee, Chairman of the Charity Council and fellow NUSS member, who received the Distinguished Service Order at the 2019 National Day Awards. Read about his passion and contributions to Singapore's social services sector through the years in our Profile section.

We also took the time to get to know Mr Chua Joon Eng, one of the individuals who played an important role in establishing NUSS' partnership with the National Silver Academy to launch a range of useful short courses for senior members and the public. These courses aim to encourage a culture of active ageing and lifelong learning and, since their launch in 2017, have been immensely popular among both our members and the public. I hope these inspiring stories will encourage some of you who have specific skills and competencies to step forward to help develop and deliver new and interesting courses.

Also in this issue is a recap of our eventful last quarter. In September, we held a Jubilee Celebration to recognise the support of our long-standing members who reached their 20th and 25th anniversary milestones with us. Members who recently became Life Members were also honoured. Later in November, we held the Members' Anniversary Bash, a joyous occasion celebrating members who have completed their first, fifth, 10th and 15th anniversaries.

As we enter a new decade, *The Graduate* will undergo a new age of its own as it transitions to digital. In doing so, NUSS will take another step in contributing to an environmentally sustainable future.

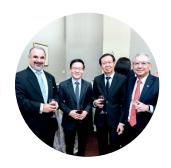
I would like to wish all members and their families a happy and healthy 2020 and a prosperous Lunar New Year! I look forward to meeting and interacting with you at our events. ■

Yours sincerely

Eddie Lee President







Go around the world with NUSS in 3 simple steps

1 Write to mship@nuss.org.sg

2

Indicate your choice of reciprocal club(s)

Request for a Letter of Introduction by stating: Name, Membership ID, Mailing address*, Email, Intended Period of Visit

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Reciprocal Clubs

Members of NUSS can enjoy reciprocity with other graduate associations around the world. Most of these establishments offer overnight accommodation and dining facilities at rates significantly lower than those offered in hotels and restaurants within the same area. Almost all of these clubs are restricted to members or members of reciprocal establishments.

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- www.uclubdenver.org
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Mailing address: M800, 35 Stirling Highway

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THE GRADUATE IS THE OF SINGAPORE SOCIETY (NUSS)











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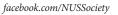
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In line with Singapore's digitalisation and environmental sustainability goals, NUSS' quarterly magazine, The Graduate, will cease print production and transit to a digital platform. The next issue, Apr-Jun 2020, will be the last print issue. Members can continue to enjoy the e-Graduate on nuss.org.sg. Stay tuned for more information.







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MARKING MEMBERS' MILESTONES

Members commemorate their 20th and 25th years with NUSS

USS invited long-term members to Kent Ridge Guild House on 25 September to commemorate their 20th- and 25th-year anniversaries, as well as conversion to Life Member status. Members had a wonderful time catching up and exchanging stories with friends over food and drink.

In his opening address, NUSS President Eddie Lee expressed gratitude for the support the Society had received, and pride at NUSS being an "inclusive and respectable society". The Jubilee celebration, he said, served the dual purpose of "giving recognition to loyal members and rousing not-so-active members to come back".

Mr Lee acknowledged the ways members had contributed to the community, such as by taking part in the NUSS-NUS Mentorship Programme, which has benefited about 1,000 students to date. He touched upon programmes and initiatives for sustaining future growth, which included extending the lease for Suntec City Guild House for another six years, expanding the seating capacity at The Scholar, and upgrading the tennis courts and the Della & Seng Gee Guild Hall.

Warm applause filled the hall as members took turns receiving their collar pins from the Management Committee. In his toast to the 20th-anniversary members, Mr Nakoorsha bin Abdul Kadir, Deputy Chairperson of Membership Experience, affirmed that "camaraderie and friendship are the core of the journey at NUSS". He reiterated that the Society was grateful for the support it had received and would always strive to ensure members felt like they belong.

Ms Joanne Hong, who joined NUSS 25 years ago, revealed her love and pride for her alma mater NUS and how excited she was to become an NUSS member back then. She added that she hoped to give back to the Society. "I'm interested in things like the NUSS-NUS Mentorship Programme. Youngsters can benefit from having someone to mentor them," she said.

Meanwhile, other members cherished NUSS as a platform for bringing people together. Mr Andrew Seet, who is also celebrating his 25th year, said he had joined to network with other professionals in his industry, as well as out of loyalty to NUS. "I visit Suntec City Guild House regularly; it's good for social functions with clients, (and) it has a lounge that's good to just sit and relax in"

Life Member Mr Yip Yoon Jee and his partner Ms Jasmin Wong voiced appreciation for the ministerial dialogues that NUSS organises regularly, the food and facilities, as well as the way the Society has been run. "I've made a lot of friends here," he said. "I think the NUSS Management Committee is doing a very good job, (and the club) caters to all age groups."

Other members spoke fondly of how NUSS made them feel comfortable and at home. Mr Gary Cheo, who is marking his 20th anniversary, said he had remained a member for so long because of its family-oriented culture. "My youngest daughter is in the swimming class, (and we can have) good family dinners here almost every weekend."

"When I first joined, Kent Ridge Guild House hadn't been built yet. It has been very satisfying, contributing to the club's growth," shared Mr Wong Peng Meng, a Life Member

who had served in the

Finance Sub-committee and the Management Committee.

He believed, however, that more headway could be made in reaching out to the younger generation, perhaps through activities that are aligned with their interests, like tech talks and hackathons. He offered his perspective as the head of the alumni office at the Singapore University of Technology and Design, that NUSS might want to "warm their hearts while they are students", so they would be excited to join the Society after they graduate.



MEMBERS ENJOYED THEIR DINNER WHILE EXCHANGING LIVELY CONVERSATION AS THEY MARKED THEIR ANNIVERSARIES

PICKING UP GOOD VIBRATIONS

Vibrational therapies may in future help cure bone diseases like osteoporosis

diseases such as osteoporosis may think exercise exposes them to risk of bone fracture, but this can't be further from the truth.

According to Professor Ralph Müller, Deputy Head of the Institute for Biomechanics at ETH Zurich, vibrational forces from weight-bearing exercises can actually help strengthen bone and rebuild bone mass.

What most people tend to forget about bone is that it is a living organism, said the professor during the final NUSS Professorship Lecture of the year, held on 21 October at Kent Ridge Guild House. It thus has the ability to "adapt its internal microarchitecture" in order to heal itself when it suffers fractures and damage. "The bone-forming cells and bone-resorbing cells work together to mend damages, and these cells are sensitive to mechanics," he explained.

Because of our bones' susceptibility to mechanical loading, the professor posits that vibrations from this action can be developed into possible therapies to fix fractures and bone damage in the near future. His research builds on Wolff's law, developed by German anatomist Julius Wolff in 1892, which states that bone adapts to the loads under



PROF RALPH MÜLLER (SECOND FROM LEFT) WITH NUSS PRESIDENT MR EDDIE LEE, ASSOCIATE PROF WILSON WANG, WHO MODERATED THE Q&A SESSION, AND NUSS INTELLECTUAL PURSUIT SUB-COMMITTEE CHAIRPERSON MR NG TECK WEE

which it is placed; when bone is loaded, it forms and gets stronger. "If a bone is not sufficiently loaded, the body interprets it as not needed, and so it becomes weaker," explained Prof Müller.

His team at ETH is currently studying the different mechanical functions that bone cells have at the molecular level, with the aim of discovering suitable vibrational therapies for commercial use. Some advancements have been made here — he pointed to research that demonstrated that mechanical vibrations have been able to reverse bone loss in mice.

These findings are especially significant for a rapidly ageing Singapore. According to estimates by the United Nations, 47 per cent of the Republic's total population will be aged

above 65 by 2050. This means that the country has just 30 years to fortify its healthcare systems and structures to handle a larger pool of elderly suffering from age-related

diseases like osteoporosis.

For now, given the research, we can all benefit from keeping ourselves active to prevent bone deterioration and osteoporosis, said Prof Müller. This means regularly taking part in weight-bearing activities like brisk-walking, step aerobics or racquet sports like tennis.

Audience members at the lecture felt it illuminated current developments into curing bone diseases, and they came away with a better understanding of bone health. Ms Nasrin Adil, who has a background in biochemistry, said, "Our bones become more liable to fracture as we age, so it's important to understand what's happening and the available treatments that are out there."

Meanwhile, Mr SH Tan, a GP with an interest in geriatrics, said, "(Vibrational therapy) is becoming one of the big talking points in geriatrics. I'm glad this lecture provided insight into new modalities of management for bone fractures, and as a doctor myself, my hope is that new treatments will be discovered in a few years' time."

CELEBRATING MORE GOOD YEARS

The Members' Anniversary Bash was a fun event for members celebrating their first, fifth, 10th and 15th years at NUSS

or many members, the chance to mark a milestone in their membership over good fun and food is something not to be missed. For this reason, 160 members descended on Kent Ridge Guild House on 26 November for the Members' Anniversary Bash to celebrate their first, fifth, 10th and 15th years with the Society.

Many arrived early to kick-start the event, some with their kids in tow. They took the time to mingle and chat with friends while enjoying the cocktail spread, with some long-time members sharing laughs over the fun times they've had over the years.

Addressing his audience in his opening address, NUSS President Mr Eddie Lee shared that it had been more than 30 years since he joined the Society. His time spent at NUSS, he said, "has been filled with fond memories".

He added, "The people I have met through regular networking events and dinners have since gone on to become lifelong friends, and have formed a part of my family at NUSS."

Mr Lee's speech was followed by a short video clip showcasing the rich history of NUSS. Members sat glued to their seats in rapt attention as they learnt about the Society's early days.

Fifth-year member Ms Shen





Chen, who has been a member since graduation, said she joined NUSS to meet friends her age and to participate in the Society's sports activities.

Like her, Ms Catherine Too is also a sports enthusiast, as is her spouse, Mr Chia Tee Hien. The couple, both of whom are 10-year members, are part of the running group and regularly use the gym at the club. They shared that they enjoyed NUSS' programmes and were looking forward to checking out the tours and hotel collaborations. When asked if they enjoyed the night's event, Mr Chia was quick to add that he found the video showcase of NUSS' history meaningful. "It's good to know our history," he said.

First-year member Mr Ponarul AP said he had been encouraging his fellow alumni to join the NUSS family, as he found he has benefited from many of its events. He said, "I've attended the science and business lectures as well as taken



part in outdoor activities like the forest trek and wetland walks at Sungei Buloh."

As members enjoyed the sumptuous Asian dinner that included Singapore spoon laksa, fried lemongrass chicken, and beef *rendang* and stir-fried Thai *kailan* with salted fish, they were entertained with a ballet performance by Wildfire Entertainment, entitled "Graceful Snow Globe Dance". As the lights dimmed, a ballerina ensconced in an inflatable sphere reminiscent of a snow globe slowly pirouetted her way along the dance floor, leaving her audience enthralled.

Meanwhile, several members entertained themselves at the photo booth in the hall, donning fancy feather boas, party hats and other silly party props for a fun shot of themselves with their friends.

The night's festivities ended with two members taking home a hamper each for having won a social media photo challenge. ■



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A HEART For Charity

Dr Gerard Ee, 2019 National Day Awards Distinguished Service Order awardee and NUSS Advisory Panel member, discusses what motivates him to contribute actively to the social service, his memorable experiences in social work and the challenges he faced on his journey.

DR GERARD EE HOCK KIM

Awarded the Distinguished Service Order at the 2019 National Day Awards

President of the National Council of Social Service, 2002 – 2006

Chairman of the National Kidney Foundation, 2005 – 2012

Fellow at the Institute of Certified Public Accountants of Singapore, 2005 – present

Credentials

Honorary Doctor of Letters, National University of Singapore

YOUR CONTRIBUTIONS TO SINGAPORE'S SOCIAL SERVICE SECTOR HAVE BEEN WIDELY RECOGNISED — YOU WERE CONFERRED THE HONORARY DOCTOR OF LETTERS BY NUS IN 2017 AND HAVE RECEIVED THREE NATIONAL DAY AWARDS. WHAT SPARKED YOUR PASSION FOR HELPING OTHERS?

Dr Gerard Ee: I believe we are all blessed in different ways and should use our gifts to do more. As a Catholic, I am mindful that God's vital instruction is for us to love our neighbours. I show my gratitude for the blessings I have received by using them for the Lord's work.

My dad also exposed me to the joy of helping others. This grows with every interaction I have with someone whose life has been touched by a service provided. It does not take much to touch another person's life positively — sometimes, all it requires is a listening ear and the drive to help. These beliefs keep me going.

WHAT WERE SOME CHALLENGES YOU FACED WHILE RAISING AWARENESS OF AND CHAMPIONING SINGAPORE'S SOCIAL ISSUES?

Dr Ee: Many charitable organisations today serve the better-known needs faced by

Singaporeans. This means there are other needs that are overlooked, either because they aren't as well-known or are considered controversial. When I was helping to establish Action for Aids back in 1988, my friends thought I was foolish to get involved. You have to have strong personal conviction for what you are doing in order to overcome existing societal biases.

Many Singaporeans also believe the government should solve all social issues. But we need to learn that all of us have a part to play in working with the government on these concerns. As advocates, we can encourage our leaders to consider policy changes and help policies be better implemented.

WHAT ARE SOME MEMORABLE EXPERIENCES YOU'VE HAD IN YOUR VOLUNTEERISM JOURNEY?

Dr Ee: It would have to be when I was tasked with helping to restore public confidence in the National Kidney Foundation in 2005. In addition to pulling together decades of professional accounting experience that I'd had, it required me to get up to speed in various other areas, including understanding

medical treatments like dialysis, human resource practices and corporate communications.

Learning and applying new knowledge boosted my confidence to tackle subsequent projects. Volunteerism benefits the volunteer in so many ways, especially in the area of personal growth.

HOW DID YOU JUGGLE YOUR TIME BETWEEN CHARITY WORK, FAMILY AND WORK COMMITMENTS? DO YOU INVOLVE YOUR FAMILY IN YOUR CHARITY WORK?

Dr Ee: I have been blessed with bosses who believed in doing good and were happy to allow me to pursue such interests. It has meant cutting down on activities like golfing and putting the freedup hours into social work instead.

I talk to my children about the work I do and the satisfaction I get from it. It is my hope that they, too, will at some point find the motivation to contribute to others. Charity must come from the heart.

HOW HAS SOCIAL AID IN SINGAPORE SHIFTED OR EVOLVED IN RECENT YEARS? IN YOUR OPINION, WHAT ARE SOME WAYS NUSS CAN HELP THE LESS FORTUNATE?

Dr Ee: There are now a myriad of schemes available to help the disadvantaged, most of which are geared towards encouraging and empowering the needy to be better able to help themselves.

NUSS has plenty of gifted and smart individuals, and it is my hope that members use their intellectual gifts to help change lives for the better. For instance,

members who are architects. "It does not can contribute by designing a take much to refurbishment of the apartments touch another of low-income families, so their person's life children have a chance to grow up in a better environment. positively sometimes, all it requires is a listening ear and the drive to help."

LIFELONG LEARNER

hua Joon Eng is really someone who practises what he preaches. The former chairman of the NUS **Executive Development** Programme and vice-dean of the university's Faculty of Business Administration talks about how he and former NUSS President Lai Kim Seng spearheaded the Society's collaboration with the Council for Third Age (C3A) and the National Silver Academy (NSA) to bring a range of lifelong learning courses to members. By APRIL CHUA



HE WITNESSED THE SHIFT IN ADULT EDUCATION IN SINGAPORE.

"In the past, education for adults in Singapore was largely vocational in nature. But around 2015, as the C3A and NSA collaborated to fund adult education in a big way, it took on a new meaning. Adult education became lifelong and non-vocational, with the main aim of promoting and enriching the lives of seniors."

HE WAS INSTRUMENTAL IN BRINGING ADULT EDUCATION

"In 2016, the NUSS Active-Ageing & Lifelong Learning (ALL) Sub-Committee, under the leadership of former NUSS President Lai Kim Seng, was tasked with collaborating with the NSA and C3A to make these courses available to NUSS members. Mr Lai and I set out to find trainers for courses we thought would meet the needs and interests of seniors. The idea was to get NUSS seniors to teach other seniors, so we put up an advertisement in The Graduate, calling for trainers and suggestions for courses suitable for seniors. We were flooded with applications."

IT WAS NOT ALWAYS SMOOTH SAILING FOR THEM AT THE BEGINNING.

"The most challenging part was when we had to rewrite the course outlines and the curriculum vitae of the trainers. Most of the trainers were not skilled in writing course outlines that fit the NSA's requirements, and this took us nearly two weeks or so. Twelve courses were shortlisted and submitted to the NSA for approval — all of which were approved and supported."

TWO YEARS ON, THE COURSES HAVE GROWN FROM 12 TO OVER 30.

"In early 2017, we advertised and promoted the courses to NUSS members and the general public. It was very fulfilling to see many of the courses fully subscribed, and the feedback was very encouraging. We decided to continue offering the same slate of courses, while adding new ones as we went along. From here, NUSS took over the running of the courses."

HE BELIEVES IN SENIORS HELPING SENIORS.

"I believe more senior members of NUSS should conduct the courses, as this will give them an opportunity to be more involved in the Society's activities. It will also help keep them mentally and physically active and allow them to bond with other senior members.

"I find that this, in turn, will attract more seniors to attend the courses, as many prefer others in their age group, rather than younger trainers, to teach them."

HE IS STILL AN ACTIVE COMMITTEE MEMBER WHO CONTRIBUTES HIS TIME AND SKILLS TO TEACH OTHER SENIORS.

"I serve as a committee member of ALL and lead a book club meeting once a month. I have also attended courses on creative writing and taught seniors to write short stories. I even managed to get the participants in my creative writing course to compile and publish a book of short stories. entitled Golden Nuggets. With the help of one participant, Mr Lim Soon Hock, we managed to raise more than \$200,000 for Halogen Foundation Singapore, a youth development charity."

"I am retired now and I live my life in chapters, like focusing on learning new subjects one at a time. For example, I began learning to play the piano and the violin, but stopped when I took up Japanese, Thai and Mandarin courses."

HE IS A WALKING EXAMPLE OF ACTIVE AGEING AND LIFELONG LEARNING, LIVING HIS LIFE TO THE FULLEST.

"I am retired now and I live my life in chapters, like focusing on learning new things one at a time. For example, I began learning to play the piano and the violin, but stopped when I took up Japanese, Thai and Mandarin courses. At 78 years old, I even went as far as attending a short Mandarin course at Xiamen University.

"I keep myself active by doing *qi gong* exercises two to three times a week and working in my garden once or twice a week. I also participate in a weekly meditation group meeting. For mental stimulation, I read novels, short stories and non-fiction.

"I also find time for my family by visiting my siblings in Malaysia a few times a year, having meals with my wife and children a few times a week and going on vacations with them during the school holidays. I used to travel with friends to nearby countries at least twice a year. Now, I meet with them weekly. I feel that I have lived my retirement years to their fullest."

Visit nuss.org.sg to find out more about NUSS' lifelong learning courses

NUSS REMEMBERS

MRS ANN ELIZABETH WEE

was with profound sadness that the Society grieved the loss of Mrs Ann Elizabeth Wee on 11 December 2019.

Mrs Wee, who passed at the age of 93, was an NUSS Distinguished Member — a recognition she received in 2012 — and an inspiration to many.

Widely recognised as the "founding mother" of social work in Singapore, Mrs Wee was one of the country's pioneer social work educators and tirelessly championed serving the less fortunate. She was the longest-serving head of the Social Work Department at the National University of Singapore. During her headship, she pushed for the introduction

of a full-fledged honours degree programme in social work. To honour her contributions and her tremendous devotion in the field, NUS in 2014 established the Ann Wee NUS Social Work Alumni Award, and in 2012, NUSS presented her with the Distinguished Lifetime Volunteer Achievement Award. The Ann Wee NUS Social Work Alumni Award was also established in 2014 by NUS in her honour.

Outside academia, Mrs Wee served nearly four decades on the advisory panel to the former Juvenile Court and as an adviser on women's issues with the then Ministry of Social Affairs. Today, she is recognised by the Singapore Women's Hall of Fame as an "inspiration to social workers and women everywhere".

"Ann has been a stalwart of NUSS," said Mr Lai Kim Seng, the Society's former president. "I remember how she would listen very intently to everyone's viewpoints during Annual General Meetings, and would invariably stand up at the right time to offer her own take on the discussion, often peppered with witty remarks to lend colour to the meeting."

"Our community has lost a great supporter and friend," member Lim Bee Lum shared. "Ann was always very generous with her time and money. She was also gracious and kind, ever ready to lend a listening ear."

Mr Lai added, "We will definitely miss her presence."



NEW YEAR, NEW FACILITIES

Newly improved sports and dining facilities offer a better club experience

ouphold our commitment to bring the best to members, NUSS continues to make enhancements to our existing facilities. As we begin a new year, members can look forward to newly revamped sports and dining facilities at Kent Ridge Guild House.

Those who love the thrill of racquet sports will be excited to know the tennis and squash courts, which underwent

resurfacing and minor renovations last quarter, are ready and open for use. Members can now book the courts for their friendly matches and tournaments.

Meanwhile, the two private dining rooms at The Scholar Chinese Restaurant — Mencius and Confucius — were refurbished to provide members an enhanced dining experience. We've also added a new private room, bringing the total number of private dining rooms at The Scholar to three, with seating capacities between 20 and 50 persons. Now, more families can get the chance to enjoy and share special memories together at this very popular restaurant. ■



Both the rooftop tennis courts and the squash courts are open from 7am to 10pm daily. The Scholar Chinese Restaurant is located on Level 1 at Kent Ridge Guild House. Specific operating hours on weekdays and weekends can be found at nuss.org.sg.











14 MARCH NUSS ALL Day

Come down for a day of fun activities and workshops on how to age gracefully in a smart world.

31 MARCH

Dance Sport Dinner & Dance Night Put on your best

Put on your best dancing shoes and join DanceSport for some lighthearted dancing, good food and even better company.









Children's Day treat

Back for its third year is NUSS' annual Children's Day Weekend. This time, the event drew a bigger crowd of about 230 children and adults. Funfair attractions included a mega bouncy castle, which provided loads of fun and was a hit with the young ones. There were also exciting game stalls, with some featuring fun robotic activities, where kids learnt how to build, code and race, as well as airbrush tattoos for the young ones. It was a fun-filled day for everyone, with some even walking away with prizes from the lucky draw.

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



Song and dance of the yesteryears

It was a nostalgic afternoon for 80 members and guests as they gathered to share their common love for classic tunes and the good old days. NUSS' resident band Silver Jam delighted the audience with their rendition of crowd favourites such as "Sealed With a Kiss" and "You've Got a Friend", which saw many members reminiscing about the yesteryears as they sang along and danced to the beat. It was a great afternoon of celebrating memories and music from the good old days.



SENTIMENTAL JOURNEY THRU SONG 9 OCTOBER, ACTIVITY ROOM, KENT RIDGE GUILD HOUSE

Marking 21 years of musical achievements

The NUSS Choir marked their 21st year of founding and achievements at their annual concert, held at the Concert Hall at the School of the Arts Singapore. Titled "A New Chapter Begins", the event was a musical journey of diverse pieces ranging from an animal lullaby to a Japanese ode to flowers. Close to 400 NUSS members and guests were in attendance as the choir presented this fresh repertoire of contemporary and evergreen musical pieces, which showcased their impressive vocal range.



NUSS CHOIR ANNUAL CONCERT: A NEW CHAPTER BEGINS 13 OCTOBER, CONCERT HALL, SCHOOL OF THE ARTS SINGAPORE



Welcoming our new mentors and mentees

What started out as a smallscale programme has grown and flourished into the successful NUSS-NUS Mentorship Programme. Now in its seventh year and open to all NUS undergraduates, the programme is a platform to help students in their holistic growth. Students can network with, share and learn from their NUSS mentors. who are there to provide professional and industry guidance to help prepare them for their transition from university to work. NUS President, Professor Tan Eng Chye, graced the welcome dinner, which was attended by 159 mentors and 250 mentees.

NUSS-NUS MENTORSHIP PROGRAMME CAMPUS-WIDE LAUNCH WELCOME DINNER 16 OCTOBER, DELLA & SENG GEE GUILD HALL, KENT RIDGE GUILD HOUSE





Discovering North Korea

Ever wondered what sights lie north of the Korean Demilitarized Zone? Twelve adventurous trippers had the opportunity to get a glimpse of the attractions that the mysterious North Korea had to offer. In their eight-day guided tour, they visited historical and monumental sites such as the Tomb of the Emperor Dongmyeong and the War Museum, hiked up to Mount Kumgang and Mount Myohyang, visited the Ryongmun Caves and explored attractions such as the Mansudae Fountain Park, Tower of Juche Idea and Kim Il Sung Square. They also visited a number of museums and schools and had a dinner cruise on the Taedong River at Pyongyang. NUSS member Mr Sin Kok Wee enjoyed not only the sights, but also the chance to savour authentic local food. "We had the usual staples like bean pancakes, rice cakes, dumplings and, of course, kimchi. We also had bibimbap, Korean BBQ, Korean steamboat and ginseng chicken. I liked the ginseng chicken best," he shared.

8 DAYS OF MYSTERIOUS NORTH KOREA 16 TO 23 OCTOBER



Behind the art

The Chill-Lab held two art exhibitions: "The Little Things" in August and September, and "Ongoing" in November and December. To commemorate them, NUSS hosted dialogue sessions with the artists, Ms Denise Tan, Mr Leslie Low and Mr Liao Junhui for "The Little Things", and Ms Nyein Su for "Ongoing", to get a deeper understanding of their inspiration and processes.

ART DIALOGUES 17 OCTOBER AND 3 DECEMBER, THE CHILL-LAB, KENT RIDGE GUILD HALL



Cooking up a storm

The latest instalments of NUSS' lifelong learning courses included beginner's cooking classes in Western cuisine and artisan bread. Participants were taught preparation and food presentation methods in "Introduction to Western Cuisine", and learnt to knead bread and prepare baguettes, dinner rolls and pizzas in "Artisan Bread Elementary Workshop".

COOKING WORKSHOPS 23 OCTOBER, 2 AND 9 NOVEMBER, KITCHEN STUDIO, MANDALAY GUILD HOUSE

Understanding Asian influence

NUSS members had an insightful evening when they attended the networking night organised by the Latin American Chamber of Commerce. Dr Parag Khana, managing partner of FutureMap and former senior research fellow at the Lee Kuan Yew School of Public Policy at NUS, presented on the topic "Why is The Future Asian?". The presentation was followed by a panel discussion on "The Future is Asian and The World Impact". The panel featured ambassadors from Argentina, South Korea, Indonesia, Sri Lanka and Peru, and was moderated by Dr Pablo Lizana, Honorary President of the Latin American Chamber of Commerce. The night came to a close with cocktails and networking.



NUSS BUSINESS CONNECT LATAMCHAM NETWORKING EVENING 21 OCTOBER, FUNCTION ROOMS, SUNTEC CITY GUILD HOUSE





Recognising outstanding achievements

The Society held its annual celebratory dinner to honour the achievements of 16 members who were recognised at the National Day Awards for their merit and service to Singapore. This year, our members received the Distinguished Service Order, the Public Service Star, the Public Administration Medals in Gold, Silver and Bronze, the Commendation Medal, the Public Service Medal and the Long Service Award. Addressing the audience in his speech, Distinguished Service Order recipient and NUSS Advisory Panel member, Dr Gerard Ee, touched on the importance of giving, saying, "If you touch five people's lives, and these five people touch another five, (and) in our own little way, (with) all of us working together, we can succeed in building a beautiful community that is uniquely Singapore."

NUSS CELEBRATORY DINNER 2019 24 OCTOBER, INNER CHAMBER, KENT RIDGE GUILD HOUSE





Appreciating marine habitats and biodiversity

It was a fun day of history and marine biology for 40 participants who went on a guided tour of St John's Island. Led by two marine scientists, the nature enthusiasts walked on sandy shores and through mangroves to discover and learn about the different types of biodiversity and marine organisms living on the island. The educational day also included a visit to the St John's Island National Marine Laboratory, Singapore's only offshore marine laboratory, to learn about its role in nature science research.

ST JOHN'S ISLAND NATURE WALK 26 OCTOBER, ST JOHN'S ISLAND AND ACTIVITY ROOM, KENT RIDGE GUILD HOUSE



Book lovers unite

The club first kicked off its inaugural meeting in September, discussing the plot and themes of the classic novel, *The Great Gatsby* by American author F. Scott Fitzgerald. They gathered two more times before the year ended to discuss Graham Allison's *Destined for War* and Malaysian novelist Tan Twan Eng's *The Gift of Rain*. The book club meetings, held every last Thursday of the month, have been well-received by members who love to read and to have meaningful and interesting discussions about popular and thought-provoking novels.

BOOK CLUB MEETINGS 31 OCTOBER AND 28 NOVEMBER, SEMINAR ROOM, KENT RIDGE GUILD HOUSE









Recognising service excellence

A total of 31 NUSS staff members were recognised at the annual Excellent Service Award (EXSA) for delivering exceptional service and creating memorable experiences for customers. This year, 10 staff members were bestowed the Star award, while 11 received Gold and 10 Silver. Ms Ho Sau Kum, Captain at The Ridge Bar at Kent Ridge Guild House (KRGH) and recipient of the Gold award, shared that she was happy to be recognised for her service. "Good service, to me, means members and their guests leaving KRGH happy and coming back for more," she said. Ms Ho has been with NUSS for six years and values the camaraderie between her colleagues and their good teamwork over the years. Likewise, Silver award recipient Ms Ong Wei Li, who is Assistant Banquet Sales Manager at KRGH Banquet, said she was honoured to be one of the awardees. When asked what she found memorable in her work, she said, "I find it truly satisfying when we see smiles and receive gratitude from newlywed couples and their parents when they have their weddings here. It's very rewarding when everything goes well and all the guests are happy." The awards, which were given out by the Restaurant Association of Singapore, were launched in 1994 and have continually commended service staff who have gone beyond their call of duty.

EXCELLENT SERVICE AWARD 2019 5 NOVEMBER, DELLA & SENG GEE GUILD HALL, KENT RIDGE GUILD HOUSE

SCENE &



Learning how to age healthily

Close to 50 guests and members attended this talk to learn about acute and chronic conditions relating to muscles, bones, ligaments, tendons and nerves. It was conducted by Dr Chiam Tut Fu, who specialises in musculoskeletal pain management caused by sports injuries or age-related conditions. The two-hour session included pointers on how early diagnosis and treatment can help prevent deterioration and improve the odds of recovery, as well as the latest non-surgical treatment options.

HEALTH TALK: MANAGEMENT OF MUSCULOSKELETAL CONDITIONS 7 NOVEMBER, CLUNY AND DALVEY FUNCTION ROOMS, KENT RIDGE GUILD HOUSE



Playing for that winning hand

Following a successful first run, the Annual Mahjong Competition, jointly organised by NUSS' Social Mahjong Section and SPGG's Mahjong group, was back for its second year. Forty participants put their mahjong skills to the test as they battled it out round after round to vie for the coveted Mahjong King or Queen title. At the end of the day, Mr Vincent Rasa Benedict, Sports & Recreation Sub-Committee 2019/20 Chairperson, had the honour of awarding SPGG player Mr Bernard Lim champion.

ANNUAL MAHJONG COMPETITION 9 NOVEMBER, ACTIVITY ROOM, KENT RIDGE GUILD HOUSE



A Portuguese golfing adventure

Over 100 members and guests had an incredible time soaking in the cool weather and playing golf in Portugal. They enjoyed four days on the green — at the breathtaking seaside course at Estela Golf Course in Porto, the natural and beautifully landscaped West Cliffs Golf Course and Oitavos Dunes, and at Penha Longa Golf Course in Lisbon. The 10-day trip was not without its sightseeing, as the golfers were also taken around to explore the cities of Porto and Lisbon. "We enjoyed our evening sojourns in Lisbon exploring, eating at homely Portuguese restaurants and savouring delicious seafood and fine Portuguese wines. But it was the people who made this trip memorable. We had a wonderful and fun time rekindling old friendships and making new ones," shared Ms Chen Nah Nah. "Looking forward to the next trip!"

OVERSEAS GOLF TRIP TO PORTUGAL 9 TO 18 NOVEMBER

SCENE 8



Make franchising work for you

It was an enriching evening as members and guests gathered for a talk on franchising and external business opportunities. The talk welcomed speakers Mr John Ong, from FT Consulting and EXCO member of the Franchising and Licensing Association Singapore, and Mr Glen Tan, Group Managing Director of FT Consulting. Together, they shared their knowledge on the full potential and hidden pitfalls of franchising. Members also learnt how to make franchising work for them and important business matters to consider when expanding overseas.

FRANCHISING AND EXTERNAL BUSINESS OPPORTUNITIES WORKSHOP 14 NOVEMBER, KENT RIDGE GUILD HOUSE



Aiming for the bullseye

Dart section members and guests had an enjoyable afternoon putting their precision skills to the test at the Steel Tip Darts
Annual. The competition intensified as the day progressed, with our members battling it out for the top spot. By the end of the night, Mr Amerjeet Singh emerged victorious, while Mr Patrick Leow was recognised for hitting 2 x 180s during the tournament. Good work to all participants!

STEEL TIP DARTS ANNUAL 2019 16 NOVEMBER, ACTIVITY ROOM, KENT RIDGE GUILD HOUSE



Forging friendship through song

It was a harmonious day at the Singathon 2019 as around 260 participants from eight choirs gathered for a day of singing. First launched in 2011, the NUSS Choir's outreach programme gives choirs and choristers of all ages the chance to learn from one another. This year, choirs who participated were from Admiralty Primary School, Hai Sing Catholic School, Juying Primary School, Montfort Secondary School, Fuchun Primary School, Nanyang Polytechnic, West Coast CC (West Coast Voices) and Vox Camerata. Sing on!

SINGATHON 2019 16 NOVEMBER, DELLA & SENG GEE GUILD HALL, KENT RIDGE GUILD HOUSE



Christmas baking for little tots

Christmas came early for many kiddos and their friends who attended the November instalment of the Little Bakers workshop. This time, the little ones learnt to bake red velvet cupcakes shaped like Santa Claus. The interactive class was led by Jocelyn Tay, founder of Cookie Monzter mobile cooking school. Under her fun and educational guidance, our little bakers learnt basic baking techniques and pastry preparation — with a dash of festive cheer.

NUSS LITTLE BAKERS WORKSHOP 17 NOVEMBER, CLUNY AND DALVEY FUNCTION ROOMS, KENT RIDGE GUILD HOUSE





NUSS' very own master chef

It was a night to remember as NUSS' Chef James Aw was awarded Singapore Top Iconic MasterChef Award at the 15th International Business Federation (IBF) Heritage Gourmet & Chef Awards 2019. Chef Aw would like to thank members for their support over the past 22 years that he has been with NUSS. He first joined as Chinese Executive Chef at the former Orchard Guild House, and had a hand in establishing Kent Ridge Guild House's Chinese restaurant, The Scholar. Over the years, he has won several awards, including Best Culinary, Creativity and Design from the Singapore Chinese Chamber Institute of Business, and a Gold Medal for Best Appetiser from Gourmet Master Chefs in Hong Kong. This is Chef Aw's first award from the IBF. Congratulations, Chef!

15TH INTERNATIONAL BUSINESS FEDERATION HERITAGE GOURMET & CHEF AWARDS 2019 21 NOVEMBER, ORCHARD HOTEL



Learning to act

Ever wanted to learn acting? "From Moment to Moment, Beat to Beat" is a basic acting workshop designed to teach participants the basics of character-driven and body movement scenes. DramaWorks members and guests learnt the tricks of the trade on how to achieve believable and dramatic performances using character cues and body language from Mr Jeffrey Tan, theatre director and part-time drama lecturer at LASALLE College of the Arts.

FROM MOMENT TO MOMENT, BEAT TO BEAT: BASIC ACTING WORKSHOP 21 AND 28 NOVEMBER, SEMINAR ROOM AND DALVEY FUNCTION ROOM. KENT RIDGE GUILD HOUSE



School's out, fun's in

The Society organised an afternoon of fun and educational workshops just for the kids this school holiday. The first was the DIY Drone Workshop, where the young participants learnt how to construct and pilot their own drones. The next workshop was Fun with 3D Drawing, where participants learnt how to create beautiful works of art using an easy-to-use 3D pen. It was certainly an exciting and educational day spent!

SCHOOL HOLIDAY WORKSHOPS 22 NOVEMBER, DELLA & SENG GEE GUILD HALL, KENT RIDGE GUILD HOUSE SCENE &



Playing for the top spot

The annual interport balut competition was back for its 39th edition. This time, it was hosted by The Kinabalu Club in Kota Kinabalu, Malaysia. The NUSS Balut Section sent three teams to participate. After eight games, the tournament concluded with the Singapore Indian Association emerging winners. Our NUSS players performed well, securing a number of wins, including first runner-up in the Individual Overall, Champions in the Pairs Highest Single Game, and Champions in the Team Highest Single Game. Well done to our balut teams!

39TH CHIVAS REGAL INTERPORT BALUT COMPETITION 22 TO 23 NOVEMBER, KOTA KINABALU, SABAH, MALAYSIA



For the love of music

The 2019 Band Showcase kicked off without a hitch, as 85 attendees from NUSS participated in the annual event co-organised by the music sections at NUSS and at Keppel Club. It was an evening of entertaining melodies and great company as everyone gathered in appreciation of live music. They enjoyed a hearty dinner before taking the stage and to the dance floor to jam and dance the night away.

BAND SHOWCASE 2019 28 NOVEMBER. KEPPEL HALL. KEPPEL CLUB



A weekend of festive shopping

Members and guests got into the festive mood with some early Christmas shopping during Epicurean Discovery Weekend at Kent Ridge Guild House. The Christmas market featured stalls offering tantalising selections perfect for the holidays, ranging from delectable cheese selections and savoury cold cuts to premium wines and crystal glassware. Guests also had the opportunity to pick up new skills at the various workshops hosted by Cellarmaster Wines and Euraco Finefood, which included introduction classes to wine appreciation, cold cuts and cheeses.

EPICUREAN DISCOVERY WEEKEND 29 NOVEMBER TO 1 DECEMBER, LOBBY, KENT RIDGE GUILD HOUSE







Officially Christmas at NUSS

In keeping with yearly tradition, the 2019 Christmas Light-up at Kent Ridge Guild House signalled the start of the festivities at NUSS. The lobby was packed with members and guests, who were there to take in the beautiful festive decorations and the official lighting of the Christmas tree. It was a fun evening for the whole family that included Christmas performances as well as goodie bags and fringe activities for the little ones. There was also a best-dressed contest for kids, following the theme of rainbow colours, which saw young participants walking away with prizes. The event was topped off with a visit from Santa Claus, which delighted and provided many fun photo moments for all.

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



Visiting Singapore's first ASEAN Heritage Park

It was a morning well-spent for 49 members who attended NUSS' popular Nature Appreciation series, held this time at Sungei Buloh Wetland Reserve. The nature enthusiasts were led by three guides who took them around the 202-hectare reserve to observe the varieties of migratory and resident birds in the hides that can be found along the trail. The reserve was awarded ASEAN Heritage Park status for its international importance for migratory birds in 2003. Members also had the opportunity to appreciate the flora and fauna found in the reserve's coastal mangroves, mudflats, ponds and forests.



NATURE APPRECIATION: SUNGEI BULOH WETLAND RESERVE 7 DECEMBER, SUNGEI BULOH WETLAND RESERVE

SCENE 8



Sharing the joy of Christmas

This year, 160 children and parents from Daughters of Tomorrow, Ramakrishna Mission, Boys' Home, Pertapis Home, Rotary Family Service Centre and Nee Soon South Community Centre were invited to this annual Christmas party. The day was filled with good food, fun carnival games, exciting fringe activities and a performance by Sweetheart the Christmas Elf. No Christmas event is complete without a visit from Santa Claus — whom everyone had the chance to meet and snap pictures with.

NUSS COMMUNITY CARE AND ROTARY: CHILDREN'S CHRISTMAS BASH 7 DECEMBER, DELLA & SENG GEE GUILD HALL, KENT RIDGE GUILD HOUSE



Planning for 2020

The NUSS Tennis Section held its annual AGM at Kent Ridge Guild House with over 120 members in attendance. During the meeting, Mr Sundaresan Srinivasan Iyer was re-elected as convenor for the coming year, while section members took the time to review its finances over the past year and discuss new activities and events for 2020. It was a fruitful meeting, which ended with a spread of good food and a lucky draw.

TENNIS SECTION AGM 8 DECEMBER,
DELLA & SENG GEE GUILD HALL, KENT RIDGE GUILD HOUSE



An insight into Laos' business environment

This business mission to Vientiane, Laos, is the sixth, following successful trips to Bangkok, Phnom Penh, Ho Chi Minh, Manila and Myanmar. The delegation, made up of 12 members, travelled to Vientiane to find out more about the country's business landscape. There, they had the opportunity to meet and network with the Singapore Business Association in Laos, the Lao National Chamber of Commerce and Industry and local businesses such as the Lao Securities Exchange, TohLao and the Phongsavanh Group. They also had the chance to meet local political leaders such as Mr Vannaxay Soukaseum from the Ministry of Industry & Commerce and Ms Daravone Kittiphan from the Ministry of Education. It was an insightful mission for the delegates as they got to not only experience Laos, but also gain a deeper understanding and appreciation of the country's business landscape and build stronger regional connections.

6TH NUSS OVERSEAS BUSINESS MISSION TO VIENTIANE. LAOS 9 TO 12 DECEMBER

A festive day in good company

Over 100 members and quests got together for the annual ALL-Together Christmas Party, organised by the Active-Ageing & Lifelong Learning (ALL) Sub-Committee. The afternoon was filled with holiday cheer as everyone tucked into a hearty buffet spread and played fun table games. NUSS' resident band, Silver Jam, provided the day's entertainment as they delighted the audience with beloved Christmas carols. The day ended with participants taking home prizes from the lucky draw.



ALL-TOGETHER CHRISTMAS PARTY 10 DECEMBER, DELLA & SENG GEE GUILD HALL, KENT RIDGE GUILD HOUSE





Dancing under the mistletoe

The year-end festivities at NUSS continued with the annual NUSS DanceSport Christmas Dinner. Over 40 members and guests filled the dance floor as they moved and grooved to festive tunes and cherished classics. Following this year's theme of "An Enchanting Christmas", the dinner had beautiful and charming decorations befitting of a magical Yuletide evening. It was indeed a magical night of dance, good food and great company.

DANCESPORT CHRISTMAS DINNER AND DANCE 2019 14 DECEMBER, DELLA & SENG GEE GUILD HALL, KENT RIDGE GUILD HOUSE







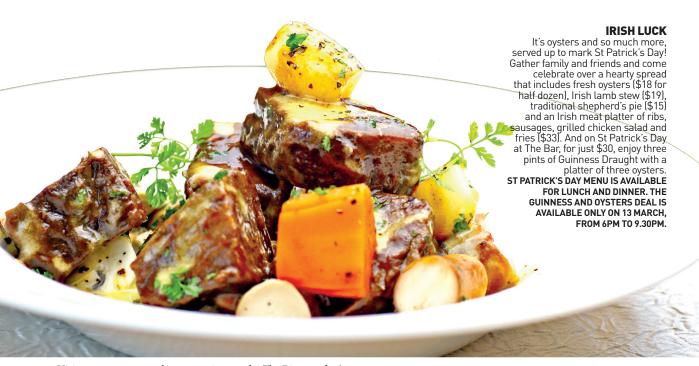


A Broadway-inspired countdown

The annual NUSS countdown party certainly welcomed 2020 with a bang. Over 250 members and guests came dressed to the nines, following the theme of "Broadway", to ring in the new year. There was upbeat music, bright lights and dancing, with emcee Moe Alkaff keeping everyone in high spirits throughout the evening. Plus, live performances by crowd favourite Jerry and the Neu Faces had everyone up on their feet dancing the night away. Guests were treated to a sumptuous seven-course dinner and homely Teochew porridge supper. There was also an instant glamour photo booth that allowed guests to take home photo keepsakes from their evening of glitz and glamour. The night ended with a lucky draw and best-dressed contest. "Team NUSS has done it again with another great countdown party! We were entertained by our emcee Moe Alkaff, while the oldies played by the band brought nostalgia to many, who took to the dance floor to groove to the tunes. This was truly another memorable countdown party. Kudos to the organisers!" said member Yeo Keng Joon.

COUNTDOWN TO 2020 31 DECEMBER, DELLA & SENG GEE GUILD HALL, KENT RIDGE GUILD HOUSE





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

STRESSED OUT IN SINGAPORE



A recent survey
has revealed that
Singaporeans are
among the most
stressed in the world.
Rebecca Rachel Wong
investigates why stress
levels are on the rise
and how we can better
manage our stress

TO DO:

ON THE RED DOT



tress is no stranger to most people, especially in fast-paced countries where work, family and financial demands converge to create a pressure-filled living environment. That being said, it is more prevalent in some countries than others — Singapore being one of them.

In a recent survey by health service company Cigna, almost 92 per cent of Singaporeans reported feeling stressed at work, higher than the global average of 84 per cent. Additionally, 13 per cent noted that the stress was unmanageable.

It has also been observed that more school-going children are seeking psychiatric help to cope with mounting academic stress. According to the Institute of Mental Health, stress-related disorders are common at its Child Guidance Clinics. These clinics saw an average of 2,400 new cases per year from 2012 to 2017.

The nation's high stress levels are reflected in health expenditure as well. Another report published by Cigna showed that an estimated \$3.18 billion is spent on stress-related conditions annually, equating to 18 per cent of Singapore's health expenditure.

LIVING IN A PRESSURE-COOKER SOCIETY

Psychology and mental wellness experts agree that the rise in global



"Singapore's 'always on' corporate culture, where the boundaries of work and personal time often become hazy, has also affected the mental well-being of workers."

competition — leading to job security concerns — is a leading cause. For many Singaporeans, the perception of not having a stable job is a key stressor.

"Despite being a small island, Singapore is one of the most rapidly growing financial hubs within Southeast Asia, notorious for its risk-taking appetite. With rapid growth comes tight deadlines, constant changes and restructuring, which create job security concerns," observed Ms Vyda S. Chai, a clinical psychologist at Think Psychological Services.

Mr Yen-Lu Chow, executive chairman of mental wellness initiative Over-The-Rainbow. added that a fast-changing environment has resulted in companies laying off many employees. "Computer automation is replacing people in an increasing number of job categories," he said. "Because of this downsizing trend, many organisations are forced to do more with less, causing even more stress in the workplace. The fear of being laid off is something that hangs over many people's heads, and it's very real."

Aside from fears of losing one's job, the demanding nature of work itself has led to increased stress. In a 2017 research study by recruiter Robert Half, Singaporean CFOs cited increased workloads, business expectations and shorter deadlines as top causes of stress. Singapore's "always on" corporate culture, where the boundaries of work and personal time often become hazy, has also affected the mental wellbeing of workers.



This is certainly true for 28-year-old public servant Alice Lee. "Trying to combat stress with more me- or family time just doesn't work when tasks are always piling up and need to be finished," she said. "There isn't always someone to cover you when work gets too overwhelming, so you have no choice but to grind on after working hours and on weekends."

And it's not just working adults who are feeling overwhelmed. Think Psychological Services' Ms Chai observed that her centre has seen a rise in stress-related anxiety and depression in children, some of whom are as young as four years old. She has also seen more students from top schools seeking help for school-related stress, with up to half of such students reporting thoughts of suicide. According to her, contributing factors include study pressures and parental expectations.

"Trying to combat stress with more me- or family time just doesn't work when tasks are always piling up and need to be finished."

Ms Alice Lee

"I do think that students experience constant stress, especially immense pressure from high-stakes national exams," noted Dr Oliver Suendermann, clinical psychologist and manager of the NUS Clinical and Health Psychology Centre. "Singapore's education system heavily rewards good grades, so you have to excel to get into desired schools. That's the biggest reason that kids are under so much stress."

The notion of "good" versus less desirable schools, especially with regard to secondary schools and junior colleges, was a surprise to Dr Suendermann. The German native observed that there is rarely a comparison between schools in his home country. In Singapore, however, self-esteem is often heavily tied with whether one is studying in a "good" educational institution. "From what we see at our clinic, some children experience parental love as conditional — based on good grades — and this affects self-esteem and triggers stress, too," he added.

NO OUTLET

Dr Suendermann emphasised that chronic stress is also a by-product of inadequate coping skills and a lack of avenues to express anxieties. This is particularly apparent in the workplace, where ignorance when it comes to mental health has resulted in a lack of workplace wellness programmes.

In fact, a mere 33 per cent of Singaporean respondents in Cigna's survey mentioned a formal workplace wellness programme at their company, with only half of these respondents indicating they had participated in such initiatives. What's more, 44 per cent felt that these programmes do not focus enough on mental well-being.

"More companies are implementing wellness programmes, but the reality is that many still have insufficient

ON THE **RED** DOT

structures in place to help people cope with stress," said Dr Suendermann. "If one's bosses or human resources department don't know much about mental health, employees won't get workplace adjustments like flexible working arrangements and access to a counsellor."

To address this,
Dr Suendermann posited that
workplaces need to go beyond oneoff stress management workshops,
after which employers simply tick
a box and say they've helped their
workers. Workplace wellness needs
to be an integral part of the work
culture. As he notes, employers
should check in regularly with
workers on how they are coping,
whether through appraisals or
informal chats. Subsequently,

provisions should be made to help them deal with stress.

WINNING THE BATTLE AGAINST STRESS

Whilst stress can't always be deflected, there are ways to manage it before it has damaging effects on mental health. Over-The-Rainbow's Mr Chow advises that the first step to managing stress is caring for oneself holistically. This involves physical self-care: listening to one's body, getting sufficient sleep, ample exercise and good nutrition.

"Good sleep habits are extremely essential, as quality sleep can help one deal better with stress," said Dr Suendermann.
"Go to bed at regular times each night and be mindful of not taking digital screens to the bedroom.



Seek professional help for chronic sleep problems as well — cognitive behavioural therapy has been found to be effective."

Both experts also advised looking after one's social wellbeing. You can do this by making time for family and friends, giving support and accepting it from others or volunteering for a cause you believe in. Having a few confidants that one can trust and divulge worries to is important as well. "For me, nothing beats having an understanding spouse, friends or a group of comrades at work or school whom you can commiserate with," agreed public servant Ms Lee.

"People who are stressed out need to develop self-compassion, too," said Dr Suendermann.
"A lot of patients I see are very self-critical, and this triggers a threat system that sets you up for chronic stress. Learn to be kinder to yourself and work towards not basing your self-worth on performance, grades and money." ■







Antibiotic resistance is rising to dangerously high levels in all parts of the world. Brought about by the misuse of antibiotics, it has become one of the biggest threats to global health, food security and development today. By Jeffrey Oon



inety-two years have passed since one of modern medicine's greatest discoveries — the antibiotic, which has since saved countless millions of lives.

Sir Alexander Fleming, a
British scientist working in his lab
at St Mary's Hospital in London,
discovered, almost by accident, how
colonies of *staphylococcus aureus* (a
bacteria that causes skin infections)
had been worn down or killed by
a mould that had been growing on
the same Petri dish. He determined
this mould produced a certain type
of antimicrobial substance, which
he called penicillin (named after the
penicillium mould that made it). The
year was 1928.

Two decades of tests later, penicillin began to be widely used to treat battlefield wound infections and pneumonia during World War II. By the late 1940s, it was hailed as a miracle drug which, when paired with the human body's own disease-fighting immune system,

significantly lowered mortality rates from once fatal diseases such as bacterial meningitis, pneumonia and tuberculosis.

GOLDEN AGE OF ANTIBIOTICS

The discovery of penicillin sparked the "golden age" of antibiotics and triggered a race among drug companies to produce more antibiotics that could combat other harmful microscopic bacteria present all around us.

It's been estimated that antibiotics add an average of 20 years to a person's life. Today, they are one of the most frequently prescribed medications, helping the body combat a range of bacterial infections and making transplant and appendix operations possible.

But if we're not careful, this might all come to an end. Over the past few decades, thanks to an indiscriminate use of antibiotics, many strains of bacteria have learnt to fight against the drug.

In the United States, one person

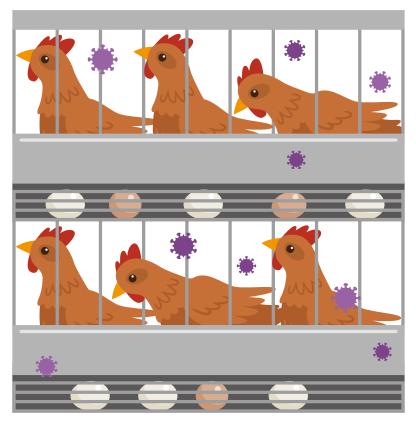
dies every 15 minutes from a "superbug" infection, data from the Centers for Disease Control and Prevention (CDC) have shown.

Left unchecked, antibiotic-resistant bacteria pose one of the most serious health challenges for modern medicine, leading to longer hospital stays, higher medical costs and increased mortality.

POOR FARMING PRACTICES A CAUSE

A leading cause behind this crisis is the rampant overuse of antibiotics in the global livestock food chain. Farmers who rear livestock in crowded, stressful and often unsanitary breeding conditions dose millions of healthy pigs, cows and chicken with antibiotics to prevent them from falling sick before slaughter.

In 2015, drug-resistant bacteria were detected on 79 per cent of ground turkey, 71 per cent of pork chops, 62 per cent of ground beef and 36 per cent of chicken



"As Singapore imports over 90 per cent of our food, it's important to have a robust drug residue monitoring system to ensure the safety of imported meat products."

Singapore Food Agency spokesperson

breasts, wings and thighs sampled in US supermarkets tested by the National Antimicrobial Resistance Monitoring System.

When drug-resistant infections in animals are passed on to humans through ingestion or contact, the results can be devastating. In 2015, it was reported that 200 people in the US state of Washington fell severely ill and nearly died after eating pork that was tainted with a rare form of salmonella variant, which had grown resistant to antibiotics. This particular strain of

salmonella had grown resistant to four major antibiotics — ampicillin, streptomycin, sulfisoxazole and tetracycline — and is among a growing number of drug-resistant bacteria that put humans at risk.

According to the CDC, there have been another 30 salmonella outbreaks involving contaminated turkey, beef and poultry in the US since 2018.

In Singapore, the Singapore Food Agency (SFA) bans the use of certain antibiotics in food-producing animals and places strict limits on antibiotic residues in food products.

"As Singapore imports over 90 per cent of our food, it's important to have a robust drug residue monitoring system to ensure the safety of imported meat products," said an SFA spokesperson.

In its multipronged fight against antimicrobial resistance and to ensure food safety, the agency also works with local farmers to conduct accreditation and certification programmes to emphasise quality management, good hygiene and farm management practices, and monitoring of veterinary drug use in farms.

USING ANTIBIOTICS AS A PANACEA

But poor livestock practices are just one part of the problem. General practitioners (GPs) also play a key frontline role, as there is still very low public awareness on the proper use of antibiotics. Many patients are unaware that antibiotics are useless against viruses and can only be used to fight bacterial infections.

A 2016 study published by the National University of Singapore found that one-third of patients expect antibiotics to be prescribed by their GPs for common ailments like cough, sore throat, runny nose and blocked nose. Most of the time, these are caused by viruses, not bacteria.

Patients tend to hold the misconception that recovery from these ailments is dependent on antibiotics, when in fact, it's because the immune system is fighting off the virus. Bishan resident Sylvia, 43, who declined to reveal her last name, admits she sometimes visits her neighbourhood GP and requests certain antibiotics that she knows are strong and effective, saving them for future use when someone in her family falls ill.

Meanwhile, Dr Gregory Leong,

TALKING POINT

a 48-year-old GP practising here in Singapore, reported that out of 10 patients he sees every day for common colds, sore throats and flu, "two to three would request antibiotics".

"We often need to explain to them the concept of antibiotic resistance," he said. "It's better now compared to 10 years ago. Patients are more educated and better read, so they understand better. I tell them that if the infection gets worse, we can always start on antibiotics. And because antibiotics are expensive, patients can also save money."

CUTTING BACK ON ANTIBIOTIC PRESCRIPTIONS WORLDWIDE

Left unchecked, drug-resistant diseases could lead to 10 million deaths each year by 2050, reported the United Nations' Interagency Coordination Group on Antimicrobial Resistance.

Once easily treatable diseases such as respiratory tract infections, sexually transmitted infections and urinary tract infections would become untreatable and common lifesaving medical procedures much riskier. This crisis could also wreak havoc on global food systems and cause considerable damage to the global economy.

As a result, the World Health Organization has increasingly raised the alarm, urging governments and pharmaceutical firms to create a new generation of drugs to fight ultra-resistant super bacteria, or "superbugs".

In Britain, GPs are paid by the National Health System to reduce antibiotic prescriptions. One suggestion to further cut the use of antibiotics has been to separate the pharmacy dispensing the drugs from the GP clinic itself.

And Europe celebrated European Antibiotic Awareness Day last

November, where members of the public pledged to be an "Antibiotic Guardian", to use antibiotics as they are prescribed and not share them with others.

Closer to home, all 11 ASEAN member states have since 2018 pledged to develop national antimicrobial resistance action plans that consist of public education campaigns, research and surveillance, improved sanitation and hygiene measures and increased investment in new medicines, diagnostic tools and vaccines.

of the world, also marked World Antibiotic Awareness Week in November.

"The growing problem of bacterial resistance to antibiotics is one of the most urgent threats to global public health," said a spokesperson from the National Centre for Infectious Diseases.

"With increased global connectivity through trade and travel, and Singapore being a densely populated city, we are not spared from the dangers of antimicrobial resistance."



- Only use antibiotics when prescribed by a certified health professional.
- Never demand antibiotics if your doctor says you don't need them.
- Never share or use leftover antibiotics.
- Prevent infections by regularly washing hands, preparing food hygienically, avoiding close contact with sick people, practising safer sex and keeping your vaccinations up to date.
- Prepare food hygienically by separating raw and cooked food, cook thoroughly, keep food at safe temperatures and use water and raw materials from reliable sources. Choose foods that have been produced without the use of antibiotics for growth promotion or disease prevention in healthy animals.

DRESS YOUR BEST FOR WORK

These days, traditional and business casual can be interpreted in many ways that it can sometimes get confusing. April Chua provides some tips on how you can always dress right for work

one are the days where business attire meant putting on a power suit.

Modern interpretations of the business dress code have expanded

and blurred the lines of what counts as formal and casual. Yet, the importance of dressing right in the workplace still matters as it helps create a good impression and conveys professionalism.

Here are some basic rules on how you can dress your best for work.

KEEP THE BASICS OF BUSINESS ATTIRE IN MIND

Before you can add your own flair to the dress code, you must first know the basics. There are several degrees of formality in business wear, such as:

Traditional business attire

Traditional business wear requires the full works: formal suit, tie, business shirt and dress shoes for men; skirt suits or pantsuits, professional tops with appropriate necklines, tights and closed-toe heels for women. Jewellery and accessories should be kept at a minimal.

Smart casual business attire

This is just a step down from traditional business wear. In smart casual business attire, you can do away with the formal suits, pantsuits and tights (for women), and wear things like turtlenecks and dressy sweaters. Ladies can also wear bigger and more fashionable jewellery and accessories.

Business casual attire

There's more room for colours and variety in business casual. The key here is to look polished while maintaining a degree of formality, so you can get away with wearing khakis, collared tops and vests for men; and presentable dresses and tops for women. Relaxed shoes and open-toed shoes for women are also acceptable.

Casual attire

In general, most companies find short-sleeved shirts, t-shirts, jeans and high heels or athletic footwear acceptable as casual attire — as long as you appear neat and professional. Clothes with offensive logos, cut-off tops and ripped clothing are usually no-nos.



DOING BUSINESS RIGHT

KNOW YOUR INDUSTRY AND KNOW YOUR CLIENT

The finance, law, banking and accounting industries still follow traditional business attire.

Conversely, creative industries like advertising, marketing, architecture and entertainment have more flexible dress codes that can range from business casual to smart casual.

It's also important to dress appropriately when meeting clients, and knowing their industry and the purpose of the meeting can clue you in on what is acceptable. If you're still unsure, opt for a more traditional and conservative attire, especially if you are meeting them for the first time or with a member of the board.

CHECK YOUR COMPANY'S DRESS CODE POLICY

Every company is different and, depending on its work culture, each will have its own definitions of the dress code. For example, business casual will definitely look different for lawyers and for Silicon Valley tech entrepreneurs.

Look into your company policy to find out what is appropriate and what is not. This includes attire for casual Fridays, too.

If you're new to the company, it pays to be a bit more observant. What your boss, higher management and successful employees wear to work can give you an insight to the proper and expected dress code at your workplace.

INVEST IN TIMELESS PIECES

Regardless of the industry you're in, it's always best to have high quality, timeless pieces in your wardrobe. Opt for classic cuts in basic colours that will never go out of style. Tailored pieces can always help you look sharp, polished and professional, and these can serve as your go-to attire when you need to dress for success and seal that deal.

TRUST YOUR GUT

At the end of the day, it's still up to you to decide what works best for you and your company culture. When you know your personal style, you can be comfortable when incorporating it in your work attire.

When in doubt, it helps to keep in mind what not to wear. Avoid looking like you're going to a party, the beach or to a club. While your competence at work is not defined by what you wear, looking smart and professional still goes a long way in making sure you leave good, lasting impressions on your boss, colleagues and clients.

THE GRADUATE NETWORK

Brought to you by NUSS, The Graduate Network is a unique digital platform that brings together budding entrepreneurs who are graduates from various universities to share their innovative business ideas. Whether you are looking to launch your own start-up, build authentic relationships and network, or be inspired by the latest developments from your connections, this is the place for you.

Our aim is to give entrepreneurs and consumers a chance to engage one another, and in so doing, build a dynamic, intellectual community where exchange of ideas can take place. We welcome you to be part of our open-beta release when the app launches on 2 February. By taking part, you'll also receive exclusive deals, which include limited redemptions at our provider partners. To download on

your Android device, head to the Google Play store or scan this QR code.





EXPLORING THE SILK ROUTE IN XINJIANG

This autonomous territory in China, with its breathtaking landscapes, soaring mountains and unique culture, is one for the bucket list. NUSS member Tong Suit Chee shows why

injiang, an autonomous territory in northwest China, owes its fame to being part of the ancient Silk Road trade route linking China and the Middle East. It may be better known these days for the tensions between its Uyghur and immigrant Han population, but this doesn't mean the vast region, which spans an area of over 1,600 square kilometres, is not an interesting destination to visit.

This is not to say that travelling in Xinjiang was easy. We had to avoid the restive southern region, where we were told there was heavy military presence to help maintain order.

After landing in the capital Urumqi and spending a few days there, we flew to Altay in the northeast and took a coach westward, stopping at various attractions along the way. It is a fascinating region with varied landscapes, such as alpine-like scenery, snow-capped mountains, deserts, vast grasslands and lakes.

MUST-SEE ATTRACTIONS

HEAVENLY LAKE OF TIANSHAN

The road from Urumqi to the half-moon-shaped Heavenly Lake and back may be long — we travelled a total of 9,220 kilometres — but it was worth it as this small alpine lake, which lies in Tianshan

Tianchi National Park, took our breath away with its pristine waters and surrounding snow-capped peaks. The best way to soak in its beauty is by taking a cruise on the lake, where you can enjoy the surrounding rugged mountains and forested valleys.

THE INTERNATIONAL GRAND BAZAAR

The International Grand
Bazaar in Urumqi is a magnificent
commercial Islam-inspired
architectural complex, comprising
a banquet hall, gourmet square,
sightseeing tower, an open-air stage
and mosque. The 100,000-squaremetre bazaar offers different kinds
of goods made in Xinjiang, ethnic
food and souvenirs. Shoppers can
also enjoy the occasional cultural

TRAVEL





performance put on by street singers and dancers.

XINJIANG MUSEUM

The Xinjiang Museum in Urumqi holds over 40,000 cultural relics. We spent most of our time in the Ethnic Minorities Exhibit, a fascinating display that details the lifestyles, clothing, instruments and customs of each of Xinjiang's 12 ethnic minorities, including the Kazakh, Hui, Tuva and Xibe. The Uyghur minority is the most prominent here, with replicas of a courtyard home, displays of hats, multiple instruments and traditional Uyghur clothing.

KANAS LAKE

Kanas Lake in Altay Prefecture is nestled in a valley in the snow-capped Altai Mountains in the north. Here, we took a cruise in the crescentmoon-shaped lake and visited a nearby home belonging to people of the minority tribes San Dao Wan and Tuva, where we drank butter tea and wine and enjoyed an impromptu musical performance by our hosts.

DEMON CITY

We journeyed over 390 kilometres to reach these majestic landforms, which appeared to us abruptly — travelling at the edge of the endless Gobi Desert, we suddenly caught sight of countless earth mounds in different shapes and sizes, scattered haphazardly in a sandy landscape. These landforms are formed by wind erosion, thanks to the dry climate and strong winds. We rode on buggies to various stations to admire the unusual features, which included a dinosaur's footprint.

GRASSLANDS

Travelling over 380 kilometres over five hours, we arrived at Bayanbulak Grasslands, located in the Tianshan Mountains. The second-largest grassland in China, with an area of about 23,000 square kilometres, Bayanbulak is surrounded by snowcapped peaks, winding rivers and meadows. On arrival, we took a bus to the peak, where we saw horsemen shepherding their sheep on the rolling landscape.

Meanwhile, the Nalati Grassland in Xinyuan County boasts breathtaking mountain peaks and dense forests that are sure to light up your Instagram. The Kazakhs live and raise their herds in this subalpine pastureland, so you'll find cattle, horses and yurts sporadically scattered all across the area.

Xinjiang is a fascinating destination, with its enchanting scenery, unique cultures and riveting history. If exploring the Ancient Silk Road happens to be your bucket-list item, it is definitely a place you won't want to miss.





PODCASTS FOR EVERYORE

These free audio programmes are fast gaining popularity—and with good reason, given the wide range of channels that cover everything from current affairs to entertainment. Spice up your commute with these informative, thought-provoking and entertaining podcasts. By April Chua

Health & Wellness



TRAINED by Nike

Hosted by Ryan Flaherty, Nike's Senior Director of Performance, this podcast

delves deep into holistic fitness and focuses on five facets: movement. recovery, nutrition, mindset and sleep. Listen in as industry experts weigh in on the latest innovations, insights and trends to help you become a better athlete.



Motherhood Sessions by **Gimlet**

Motherhood is no walk in the park, and renowned

reproductive psychiatrist Dr Alexandra Sacks gets real about the challenges that mums face today. Each episode focuses on motherhood struggles like co-parenting with your ex and being a single mum.

Educational



Revisionist History by Malcolm Gladwell

Hosted by bestselling author Malcolm Gladwell.

Revisionist History revisits past events to discover what we have overlooked or misunderstood. Whether it's an event, a person or an idea, the podcast aims to correct what's been placed on record.



Eat Sleep Work Repeat by **Bruce Daisley**

Listen in as Bruce Daisly chats with scientists and

experts to discuss ways to make work better. With around 80 existing episodes in the series, the podcast covers a wide range of topics, such as teamwork, culture and conditions, mental health and emotions, gender in the workplace and workplace culture.

Entertainment



The Ron Burgundy Podcast by iHeart Radio and Ron **Burgundy**

Actor, comedian and producer

Will Ferrell reprises his role as anchorman Ron Burgundy, from the Ron Burgundy film series, in this hilarious podcast that has a tendency to go off the rails. Episodes are centred on different themes, and past guests include New Age guru Deepak Chopra and actor Peter Dinklage.



My Favorite Murder with Karen Kilgariff and Georgia Hardstark

Constantly on the top of true

crime charts is this comedy podcast that follows hosts Karen Kilgariff and Georgia Hardstark as they talk about their favourite tales of murder and hometown crime stories. The series first aired in January 2016 and has since earned itself a large loyal fanbase, thanks to its daring and unusual mix of tragedy and comedy.

Technology



The Secret History of the **Future by Slate Podcasts**

This podcast, hosted by Tom Standage from The

Economist in London and Seth Stevenson from Slate in New York, tells the story of technologies from the past and the technologies of tomorrow. In each 30-minute episode, the hosts dig deep into historical precedents to get a better understanding of modern technology and predict how it might evolve in the future.



Accidental Tech Podcast by Marco Arment, Casey Liss and John Siracusa

Tune in as three hardcore

techies have in-depth conversations on everything tech-related, from the latest product reviews and technology news to programming. The hosts are developers by day and well-versed in their field, so their podcasts, which first aired in 2013, have become a fan favourite in the industry.

Playing tennis can help you become a better problemsolver as you analyse and adapt different strategies to score a win. By Audrina Gan GAMEOF

ormer top tennis player
Andre Agassi has once said
this: "In tennis, there's no
coaching, no passing the
ball. It's problem-solving
at its purest." As it is, the
sport is one that requires multiple
skills and strategies to negotiate a
successful win.

Apart from superb athletic skills, the player will also need to deploy tactical skills such as changing the pace of play or engaging in long rallies. He also needs to adapt his tactics to suit the different types of playing surfaces and vary his playing style to match his opponent.

According to Mr Sundaresan Srinivasan Iyer, convenor of NUSS' Tennis Section, each player will use skills and strategies that are unique to himself, and no two players will have exactly the same approach. At the start of a game, a player

would need to recognise and size up his opponent's weaknesses and come up with a strategy on how to maximise his own strengths against his opponent's weaknesses.

"The player's problem-solving skills are honed as he analyses the problem, mentally evaluating the possible solutions and quickly deciding on the most optimum solution," said Mr Srinivasan, who has played tennis for the past 30 years.

"By evaluating different options point after point, you stay mentally and physically alert, which is very essential for problem-solving," he added.

Another problem-solving scenario could also involve how to counter or respond to a particular style of play. What seemed to be a good strategy at the beginning of a match may not work in the later part of the game, said

Mr Srinivasan. "That is when each player needs to be able to analyse what is going on and what needs to be adjusted in his strategy to win the last point of the match."

STRICT ROUTINE AND SELF-DISCIPLINE

These scenarios can be easily translated to everyday life. Having a simple plan for any task is not always the right plan. "Sometimes, we need to adjust our approach in order to finish a task successfully," said Mr Srinivasan.

At work, this could mean changing a marketing strategy if it appears it is not working, or trying a different approach to relate to a new colleague.

To prepare for a lengthy tournament, tennis players often keep to a strict pre-match routine, which can include stretching,

BE INSPIRED

"The player's problem-solving skills is honed as he analyses the problem, mentally evaluating the possible solutions and quickly deciding the most optimum solution."

Mr Sundaresan Srinivasan Iyer

staying hydrated to prevent cramping and having a good night's rest, as well as a post-match routine, such as eating a banana to replenish their energy, doing cool down exercises and going for a massage to aid muscle recovery.

"These activities help players reduce uncertainty at the physical level and enable them to focus on their strategy and game plan," said Mr Srinivasan. "The top-five players perform their best at the most important and most stressful points during a match, because their routine is so deeply ingrained that for them, it is body and mind combined into one."

Such strict self-discipline can be found outside of the tennis world. Many successful people have various routines, ranging from a morning exercise, reading a newspaper while they have a morning coffee to more spiritual routines such as practising meditation or yoga.

According to Mr Srinivasan, playing tennis on a regular basis

can help us cultivate a passionate and open attitude towards learning, which is essential in helping us become better thinkers. "Playing tennis regularly will mean a higher stamina to work longer hours where needed. Tactical skills will help us to constantly explore new ideas and ways to implement solutions to problems in a faster and more effective manner, while technical skills will help us to develop newer skills to augment existing ones and take on more complex problems," he explained.

The sport also helps in developing mental strength to remain calm under pressure and patient and resilient in the face of adversity, all of which are hallmarks needed to become better thinkers and problem-solvers.

To enquire about the Tennis Section, contact Khen Kee Wei at 6586 3739 or keewei@nuss.org.sg

Visit nuss.org.sg to find out more about activities at NUSS that help keep you mentally and physically fit.





BE INSPIRED

"Golf is a game where people can play from a very young age all the way into their twilight years."

helps build great friendship and companionship, something which Mr Ng can attest to, having networked and forged friendships over 25 years of hitting the fairway. The best part of the game, he added, is companionship: "You laugh about it, put a little bit of wager, make the game exciting." The money from the wager, he explained, goes to their "makan fund" after the game.

Mr Ng encourages everyone to take up the sport, stating that unlike contact sport, whose physicality means you have to stop playing at about age 40, golf is a game where people can play from a very young age all the way into their twilight years. His own sons, now 25 and 28, started playing when they were very young, almost



as long as he himself has been at it.

For those older, the game helps keep them active and fit. The Golf Section has many seniors, including those in their 70s and 80s — and there's even a 92-yearold! Even better, playing the sport is a great way for the family to bond and spend time together. For Mr Ng, Sunday golf was a family routine for his sons when growing up, and even now, his wife, who is also a golfer, accompanies him to all his games.

For those who want to start

playing the game, learning from experts is key. Mr Ng, who plays about twice a week, advises beginners to find a proper coach, saying, "Don't learn from friends, they are likely to be unprofessional golfers who will teach you all the wrong things!" ■

To enquire about the Golf Section, contact Jaz Chua at 6586 3736 or jazchua@nuss.org.sg

Visit nuss.org.sg to find out more about activities at NUSS that help keep you mentally and physically fit.

GOLF



The Golf Section has more than 800 members, making it the largest interest group at NUSS. Games are held every month, and to encourage more people to pick up the game, NUSS members pay only \$4 a month, while overseas golf trips are subsidised for up to 30 per cent. Last year, the section went to Kunming and Lijiang in China, as well as to Portugal in November. That trip saw a turnout of 80 golfers and 25 nongolfers. While the golfers went putting, the non-golfers had their fair share of fun exploring the city of Lisbon on tours that were specially organised for them. This year, a trip to Hainan is in the works. Email Jaz Chua at jazchua@nuss.org.sg for more information.



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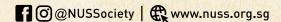
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The Ridge Bar Sun to Thu & PH - 11am to 12am

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

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

The Right Note

Mon to Thu – 1pm to 12am Fri & eve of PH – 1pm to 2am Sat – 12pm to 2am Karaoke Lounge

Sun & PH – 12pm to 12am

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

Swimming Pool Daily - 7am to 10pm

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

Fitness Centre/ Aerobics Room

Daily - 7am to 10pm

Mon to Fri & eve of PH – 9am to 9pm Sat, Sun & PH – 9am to 10pm Ridge Reading Room

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Children's Playroom Daily - 9am to 10pm

SUNTEC CITY GUILD HOUSE

TEL: 6779 1811

Sun to Thu (including PH) – 8am to 12am Fri, Sat & eve of PH – 8am to 2am Operating Hours

Mon to Sun & PH: Lunch - 11.30am to 3pm The Bistro

Dinner - 6pm to 10pm

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

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

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

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

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

MANDALAY GUILD HOUSE

TEL: 6586 3290

Operating Hours Sun to Thu (including PH) - 9am to 12am

Fri, Sat & eve of PH - 9am to 12am

Mon to Sun & PH: Lunch - 11.30am to 3pm The Restaurant

@ Mandalay Dinner - 6pm to 10pm

The Bar @ Mandalay Mon to Sun & PH - 11am to 12 midnight

Daily (including eve of PH & PH) - 1pm to 9pm Jackpot Room

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

Stay connected with NUSS

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

CONTACT US

SECRETARIAT secretariat@nuss.org.sq

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

FINANCE finance@nuss.org.sg INFORMATION SYSTEMS is@nuss.org.sg MEMBERSHIP mship@nuss.org.sg

SERVICES & SPORTS DEVELOPMENT ssd@nuss.org.sg

EVENTS events@nuss.org.sg

BANQUET SERVICES agnesphualdnuss.org.sq

REGULAR HAPPENINGS AT NUSS

BADMINTON

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

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

BILLIARDS

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

Monthly competitions at Superbowl SAFRA Mount Faber Contact Natalie at nataliesim@nuss.org.sg

BRIDGE Wednesdays at KRGH: 7pm – 10pm Contact Jaz at jazchua@nuss.org.sg

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

Thursdays at KRGH: 7.30pm – 10pm Contact Natalie at nataliesim@nuss.org.sg CHOIR

CYCLING Contact Kee Wei at keewei@nuss.org.sq

DANCESPORT Tuesdays and Thursdays at KRGH: various timings Contact Natalie at nataliesim@nuss.org.sg

Section Activities at KRGH Contact Natalie at nataliesim@nuss.org.sg DARTS

DRAMAWORKS Contact Natalie at nataliesim@nuss.org.sg

GOLF

Monthly Medals at various venues Contact Jaz at jazchua@nuss.org.sg KIDS' CLUB

Regular activities at various venues Contact Ashley at ashleylau@nuss.org.sg

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

MUSIC Regular activities at KRGH Contact Natalie at nataliesim@nuss.org.sg

RUNNING

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

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

SOCCER Contact Matthew at matthewchim@nuss.org.sg SOCIAL MAHJONG

Wednesdays, Thursdays and Sundays at KRGH Contact Natalie at nataliesim@nuss.org.sg

Mondays and Thursdays at KRGH: 5pm – 9pm Saturdays at KRGH: 3pm – 6pm Contact Matthew at matthewchim@nuss.org.sg SQUASH

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

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

TOASTMASTERS CLUB Every fourth Thursday at KRGH: 7pm – 10pm Contact Jocelyn at jocelyntan@nuss.org.sg

TUESDAY CONNECTIONS Tuesdays at KRGH: 10.30am – 6pm Contact Jocelyn at jocelyntan@nuss.org.sg

Mondays at various venues: 5.15pm onwards Contact Jocelyn at jocelyntan@nuss.org.sq WALKING

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

OVERSEAS CONNECTIONS

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

Chulalongkorn University Alumni Association – Bangkok, Thailand Hong Kong University Alumni Association – Hong Kong Persatuan Alumni Universiti Malaya – Kuala Lumpur, Malaysia The Graduate Union of the University of Melbourne – Melbourne, Australia The Royal Northern and University Club – Aberdeen, United Kingdom The University Club of Western Australia – Perth, Australia The University Women's Club – London, United Kingdom The Yale Club of New York City – New York, United States of America University Club of Bonver – 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

It's Valentine's Day and we want to share this season of love with you. Let us know what is your favourite thing about your significant other and you may win \$50 worth of F&B vouchers to be used at any NUSS Guild House.

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

- Tell us your favourite thing about your significant other
- Leave your answers in the comments, and we will pick one winning entry

This contest runs from 1 to 9 February, 11.59pm, and is open only to NUSS members. One winner will be chosen and notified via Facebook. Terms and conditions apply.



instagram.com/nussociety



facebook.com/NUSSociety

LAST ISSUE'S WINNER

In the Oct-Dec issue of *The Graduate*, we asked members to nominate their loved one for a Christmas treat at NUSS. One lucky winner received \$50 worth of dining vouchers for use at NUSS Guild Houses.

"My husband, James, donated his left kidney to his sister in July so she would not have to depend on dialysis. The operation thankfully went well for the both of them. James was hospitalised for a week and confined at home for another eight to recuperate. I believe that for his ultimate act of giving, he deserves a dining treat at NUSS this Christmas." Helena Goh



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





Public Speaking "The Classical Approach"

Tan Boon Kok, founder of Elitan Advanced English Centre For Public Speaking, Debating, Word Building and Writing, shares the secrets and methods of Demosthenes. Aristotle and Cicero.













Contact Elitan English at 82233903. Website: elitanenglish.com.sg

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