

# SPAN

## News

I S S U E 2 5 M A Y 2 0 0 6



SINGAPORE  
POLYTECHNIC  
ALUMNI  
NETWORK NEWS

### Have Fun Will Travel

Vincent Ling

### Sin Hong Wee is an Architect in Risk Control

### Valerie Chai's eBay Experience

Edward Choo

### Builder Entrepreneur

Dr Chua Sze Way

### our Metrology Expert

Yvonne Lim's

### Search for Stardom

Charles Ng:

### Passion for Nutrition Passion for People



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# Salutations ..... and Goodbye.....



Connie Ng  
Khoon Hwee

Anna Neo

Ong Tiong Hui

Not in the Picture :  
Cheong-Yeo Eng  
Luan

Ng Kwee Chek

Liew Beng  
Keong

Pearly Gan

Changes confront even us at the Student & Alumni Affairs Department. Change is always about people moving here and there. It's nice when overseas alumni write back to inform us of their whereabouts.

We had a change of Director in December 2004. With Mr Liew Beng Keong's vision of restructuring, more people moved. In July 2005, Joey Chew left us and in came Ng Kwee Chek. Our Corporate Support Officers – Latifah and Chin Soon – moved to other sections and joining us were Cheong-Yeo Eng Luan and Connie Ng Khoon Hwee. Vimala left SP to join SMU.

The latest change concerns me, the Alumni Manager. I am following my husband in his overseas assignment to Ho Chi Minh City. I will be away for at least a year. Taking my place is Mr Ong Tiong Hui, currently the Section Head of Retail Management in the School of Business.

What will I do in HCMC besides learning Vietnamese cuisine and taking care of my daughter who is enrolled in the British International School? I want to learn

the language so that I can interact with the locals and see what makes them tick after 20 years of *doi moi*. I want to meet up with alumni who are stationed in HCMC. I want to have a serious stab at a very early dream – creative writing – and revise that drama script that Kuo Pao Kun was waiting for. I also want to learn how to launch a business in a city of eight million that has thousands of motor-cycles, no traffic lights and only young people in the business district.

After five years on this job (and 22 in SP), I must say that the prospect of relocation in HCMC, although exciting, is also a bit sad. Granted, we have moved on to a credit card for SP alumni, a scholarship award by and for alumni, more fundraising projects concerning alumni, and the upcoming launch of our highly-interactive Alumni Portal. However I will not be around for future initiatives, like, reaching out to young alumni through special interest groups and to those in the local universities. I will not be around to finish the production of the First SP Musical at the University Cultural Centre on 6 and 7 October. I will not be around for the ultimate dream – a cooperative company

to be set up by alumni entrepreneurs and investors.

Convincing 103,000 alumni (with intact addresses) of the benefits of networking with each other, and of helping the alma mater and the student population in various ways, is not easy. Our harried lifestyles, family commitments and diverse distractions all vie for our precious time; but surely the innate spirit of SP alumni - the can-do and risk-taking attitude – should make alumni realise how much they can achieve together.

So I appeal to you. Keep in constant touch with us, come join our registered alumni bodies (SPGG, SPIMA and SPEC), participate in our activities, and respond to our various appeals. Write to the new manager at HuiOng@sp.edu.sg. When you are coming to HCMC or if you know of fellow alumni in HCMC, contact me at Pearly.Gan@gmail.com .

Cheers!  
**Pearly Gan**

# Graduate Employment Surveys 2005

## SP Graduates remain upbeat in 2005 with 9 in 10 graduates employed.

The employment outlook for SP graduates continues to be in great demand.

Of the 1,872 SP fresh graduates who took part in the survey, 90.9 per cent of the respondents who were economically active<sup>1</sup> were snapped up by employers within six months of graduating. Almost 70 per cent of the SP fresh graduates were employed in full-time permanent<sup>2</sup> jobs. Overall, SP fresh graduates holding full-time permanent jobs received an average gross monthly salary<sup>3</sup> of \$1,663 in 2005. Looking more closely at further education reveals that almost 59 per cent of the SP respondents intended to obtain a degree locally or overseas in the next five years.

Post-National Service SP graduates were also surveyed. Of the 1,001 SP respondents, 90.8 per cent of those who were economically active were employed at the time of the survey. Almost 80 per cent of Post-National Service SP graduates were employed in full-time permanent jobs. The average gross monthly salary of SP graduates in full-time permanent

employment after National Service is \$1983 in 2005. All SP graduates were asked whether they intended to pursue further studies in the next five years. A total of 52 per cent Post-National Service SP graduates intended to obtain a degree locally or overseas.

### Background Facts about the Survey

- The annual Graduate Employment and Post-NS Employment surveys were jointly conducted by Nanyang, Ngee Ann, Singapore and Temasek polytechnics between November 2005 and January 2006.
- The surveys, which were conducted to ascertain the employment status of those who graduated in 2005 and post-National Service graduates, attracted a total of 2,873 SP graduates respondents.
- A total of 1872 SP graduates responded to the 2005 Graduate Employment Survey, while 1,001 responded to the Post-NS Employment Survey. They were asked to respond

based on their employment status on 1 Nov 2005.

- The respondents for the 2005 Graduate Employment Survey comprised polytechnic graduates who had completed their studies in 2005 and were not liable for National Service after graduation.
- Respondents for the Post-NS Employment Survey were polytechnic graduates who had completed their full-time National Service between 1 June 2004 and 31 May 2005.

<sup>1</sup> Economically active graduates refers to those who were working or looking for employment.

<sup>2</sup> Refers to employment of at least 30 hours a week and where the employment is not temporary. It includes those on contracts of one year or more.

<sup>3</sup> Gross monthly salary includes fixed allowances, overtime pay and commission, and is the average monthly salary of graduates who had full-time permanent jobs as at 1 Nov 2005. Bonuses were not included.

**Table 1: \*Gross Monthly Salary of SP Graduates in Full-time Permanent Employment by Course Category**

Course category	Fresh Graduates	Post-NS Graduates
Accountancy, Business, Finance & Law	\$1,588	\$1,952
Built Environment	\$1,571	\$1,938
Chemical & Life Sciences & Other Sciences	\$1,745	\$1,978
Engineering (Electrical & Electronic)	\$1,673	\$1,978
Engineering (Mechanical & Manufacturing)	\$1,809	\$2,085
Information Technology	\$1,556	\$1,799
Maritime	\$1,858	\$2,157
Media & Design	\$1,666	~
All Courses	\$1,663	\$1,983

\* This refers to the average basic salary plus overtime pay and commission of graduates who were working in full-time permanent jobs as at 1 Nov 2005. Bonuses were excluded.

~ There were no Post-NS SP graduates to be surveyed for 2005.

### Graduate Employment Surveys 2005: Lucky Draw Winners

We would like to thank all respondents to the GES. As promised, we held a lucky draw. Here are the winners:

Name	Year of Graduation	Course	Prize
Khng Xin Yu Kalyn	2005	DIP BLDG & PROP MGT	1st Prize - Sony Ericsson W800i
Tay Cheow Siong	2002	DIP MECHATRONICS	2nd Prize - HP iPAQ Pocket PC
Chua Xiu Mei	2005	DIP ACCOUNT	3rd Prize - Creative Zen Neeon MP3
Choo Eng Kiat	2002	DIP BLDG & PROP MGT	Ashtone 40GB External Storage Drive
Mohamad Rasheed Bin Syed Mubarak	2002	DIP MECH ENG	Creative WebCam
Soon Pei Chen	2005	DIP BLDG & PROP MGT	Canon Bubblejet Printer
Soh Hwee San	2005	DIP BUSINESS ADMIN	512MB SanDisk Thumb Drive
Toh Pei Chen	2005	DIP BUSINESS ADMIN	Logitech Cordless Desktop Set



## Seeing Starz@SP

On 3 Feb 2006, they all came together in a showcase of the performing talents that have come through the doors of Singapore Polytechnic – and those who are still studying in the polytechnic – and put up a splendid show at SP Convention Centre for some 300 secondary school and SP students. ----- adapted from eSPIN, SP's staff portal

How do you put up a concert that brings together three Project Superstar finalists, one MediaCorp artiste and many other budding performing talents from Singapore Polytechnic?

Not easy, considering the tight schedule that these stars have to adhere to. After all, from Kelly Poon to Yvonne Lim; Silver Ang to Alex Wang, SP can boast a slew of celebrity alumni, not forgetting Khairul Annuar, the Anugerah champion.

## A Double Cause for Celebration

SP found a double cause for celebration on 29 Mar 2006 when Dr Wilfred Scott Tang, Head of Optometry Centre picked up the Outstanding Young Person Award for 2006 and his former student, Ms Joi Chua picked up the merit award under the cultural achievement category.

### Dr Wilfred Scott Tang

Dr Tang, who was one of five recipients who took home the coveted Outstanding Young Person Award for 2006, received his award from Dr Vivian Balakrishnan, Minister for Community Development, Trade and Industry at a gala dinner at the Raffles Town Club. He was honoured for his distinctive and outstanding contributions to Singapore through two leading roles in Optometry Education and Quality Eye Care Services.

Dr Tang is dedicated to advancing the profession of optometry for blindness prevention and preservation of vision. He is also the recipient of the inaugural 'Visionary Award' in 2004 as recognition of his leadership and contributions to the optometry and eye care industries.

### Ms Joi Chua

Joi Chua, SP alumnus, optometry graduate and former student of

Dr Tang, picked up the merit award under the cultural achievement category of The Outstanding Young Person Award for 2006.

In addition to being a singing superstar, Joi was the ambassador for the Singapore Speak Mandarin Campaign 2005 and was involved in concerts over 12 different primary and secondary schools to promote the campaign. She is the ambassador for Singapore Tourism Board's theme song 'Uniquely You' (Chinese version) and has the accompanying music video that is used by the Singapore Tourism Board to promote Singapore to both locals and foreigners.

Joi has performed nationwide, for the National Day parade 2005, and also to sold-out large scale music Craze Concert in 2005. Her name is synonymous with homegrown and gutsy talent. Why gutsy? She never gives up and is continuously building her singing career and has been accepted and recognized as one of the young talented youths of Singapore. She was the best selling local female singer of the year in 2005 as well as having one of her albums in the number four overall best selling album of the year in 2005.

SP congratulates Dr Tang and Joi Chua

on winning the award. ----- adapted from eSPIN, SP's staff portal



Master and Padawan: Dr Wilfred Scott Tang, Head of Singapore Polytechnic's Optometry Centre with his former student Joi Chua at The Outstanding Young Persons Award 2006. Dr Wilfred Tang was the Honouree for The Outstanding Young Persons Award while Joi picked the merit award.

# Singapore River Raft Race 2006

Despite the dampening rainy weather that plagued Singapore during the week before the annual Singapore River Raft Race (SRRR), it was all bright and sunny at Clarke Quay on 14 & 15 Jan 2006.

Over the two days, a total of 100 rafts took part in the annual race. Like always, participants had to build rafts with recycled materials such as plastic bottles, tyres, brooms, bicycles, cans and even rickety furniture that can endure the rigours of the waves of the Singapore River.

For the first time in the history of SRRR, eight children from the Down Syndrome Association Singapore took part in a special race, "Mariners Extraordinaire". The rafts were designed and built by youth members from the Movement of the Intellectually Disabled of Singapore (MINDS) with the help of SP students.

Another first was the "Aqua Knocks" wherestudent "gladiators" pitted themselves



*Jubilation from a member from MINDS who was first time lucky at the Singapore River Regatta 06*

against each other. With protective helmets and long joust poles, student "gladiators" faced off against one another, balancing only on self-designed "pedestals" that float on the surface of the river. Final year DE student Ang Hock Loong was the last man standing as he took the top honours for this new race.

A sum of almost \$80,000 was raised and presented to five beneficiaries, MINDS Yio Chu Kang Gardens, Down Syndrome Association (Singapore), The Haven, Clementi Student Service Centre and SP Overseas Community Service programme.



*Aqua Knocks, a new 'gladiator' game on water which pits individuals trying to knock each other off their skis. This is the first time the event has been introduced at the Singapore River Raft Race*

Assoc Prof Koo Tsai Kee, Senior Parliamentary Secretary, Ministry of Defence and Ministry of the Environment and Water Resources, was the Guest-of-Honour.

The SRRR was first mooted in 1989 in response to the government's call for river activities along Singapore River following the clean river campaign that saw an overhaul of the cleanliness of the Singapore River. ----- adapted from eSPIN, SP's staff portal

## SMIT SPAN Event

### Talk on Advanced Patent Analysis and Mapping System

A network-sharing session was organised for SMIT SPAN alumni on Sat, 17 Dec 2005 in Tulip Room, Staff Centre. About 30 alumni and staff were present for the speech by our distinguished speaker Mr Tralvex Yeap on his path as an entrepreneur. Tralvex is the founder of 3i Analytics and Patentmaps.com. He has over 14 years of experience, with deep knowledge in information and communications technology industries. Among his numerous open source inventions are 3 pending software patents. Besides being the inventor of "Patent Intelligence Expert System" and "Advanced Patent Analysis and Mapping System", Tralvex



*Tralvex (second from left), with SMIT Director Song Nay Hay on his right, and young alumni on his left*

is also a part-time university lecturer on computing and business courses for both graduate and postgraduate degrees.

One of our lecturers, Mr Arthur Poh was also invited to speak on technology

trends as projected by IDA, as well as on legal and IP issues. It was an informative and eventful day for all, with alumni enjoying the delicious food while getting IT technology updates.

# Post SMA Nite Thank-You Dinner

The SMA-SPAN Maritime Networking Nite 2005 held at Amara Hotel on 8th July 2005 brought in a net surplus of \$17,465.62 which was channelled to the SMA Needy Students' Fund. To thank the organising committee for their hard work, a cosy dinner was organised by Mr Yeow Kok Kean, adviser to the SMA-SPAN.



*Capt. Yeow, peeping through from the second row second from right*

Members of the organising committee were Timothy Ho, Leomy Anastasia, Alex Cheong, Nurhuda, Hong Chun Mun, Foo Nan Cho, Kuan Yeh Ching, Ben Ang, Joyce Teng, Sharon Tan and Andreas Sutarman.

Leomy Anastasia was elected to be the new chairperson of SMA SPAN for 2006/2007. New members are Syn Keong Kong, Lyn Tan & Karen Lau. SMA graduates who are interested to serve

SMA-SPAN are requested to write to Mr Yeow, at his email: [capttykk@sp.edu.sg](mailto:capttykk@sp.edu.sg). The new committee will organise the next event: SMA DAY 2006.

# SB Graduation cum 20th Anniversary Gala Dinner 2006

Yes, the School of Business is twenty years old! On 9 March 2006, the School commemorated its 20th Anniversary with a gala dinner held in conjunction with the Graduation Ball. The event at Sheraton Towers was attended by Principal, Deputy Principal, members of the Board of Governors, industry guests, alumni, staff and graduating students.

The highlight of the night was the cake cutting and popping of party poppers and champagne. Everyone was provided with party poppers and a glass of sparkling juice. With a loud bang and pop, it was cheers all round. Guests were also entertained by talents of SB past and present. Current students, students from the graduating class and alumni were roped in to provide entertainment.



There were also two song items from lecturers of SB. It was certainly a memorable

night for the more than 430 guests who graced the event.



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# ●● SPEC, SPIMA & SPGG Lo-Hei to the Lunar New Year

Chinese New Year may have passed but the three registered SP alumni groups – SPEC, SPIMA & SPGG will not forget the renewed ties and friendship forged during their lo-hei event.

## *SP Industrial and Management Alumni (SPIMA)*

On 3 Feb, some 20 SPIMA members came together to make a toast to the New Year at Kippo Chinese Restaurant, Keppel Club. Into its 22nd year now, SPIMA provides an excellent platform to facilitate entrepreneurial, professional and social interaction among graduates of the Diploma in Industrial Management and Certificates of Industrial Management.

SPIMA Chairman, George Wong also encouraged members to get together for networking and support. SPIMA is now looking actively into entrepreneurial development for its members. Check out their website at [www.spima.org.sg](http://www.spima.org.sg) or email them at [membership@spima.org.sg](mailto:membership@spima.org.sg).

## *SP Entrepreneurs' Club (SPEC)*

SPEC held their annual lo-hei at the Ah Yat Seafood Restaurant on 6 Feb 2006. Attended by some 40 alumni and staff, the event provided an opportunity for everyone to catch up with one another and share their new year goals.

President Kelvin Tan led the group in the lo-hei by saying auspicious verses and asking everyone to repeat after him. Everyone had a great time mingling joyfully together. Calling aspiring SP

entrepreneurs, join SPEC now. For more information, email [annaneo@sp.edu.sg](mailto:annaneo@sp.edu.sg) or call Luan at 6879 0408.

## *SP Graduates' Guild (SPGG)*

SPGG had their lo-hei on 12 Feb 2006 with their Patron, Mr Chan Soo Sen as the Guest-of-Honour. This year was a different lo-hei as it

was held in the morning with dim sum. Mr Chan gave a light-hearted but meaningful speech, advising members and guests to keep 'old' friendships intact, and that SPGG provided an excellent avenue for SP alumni to keep connected to their 'old' friends.

To find out more about SPGG's membership drive, log on to [www.spgg.org.sg](http://www.spgg.org.sg) or call them at 6796 9988.



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# SP Rovers Dinner & Dance 2006

After a year of almost “missing in action”, SP Rovers was finally back on track on 21st January 2006. To kick start a brand new year, we ushered the year in with a loud bang by holding the highly-anticipated SP Rovers Dinner and Dance.

This year’s Dinner and Dance signifies a very important step in SP Rovers’ history as we are entering our 25th year. About 70 alumni attended this year, with many of them coming from different batches. Even alumni from the 9th Exco Council were present to witness this joyous occasion. Some of the alumni have turned out to be successful entrepreneurs and bosses of their own companies. Some others were either furthering their studies or still fulfilling their military service. Their presence added more

meaning as they took time out from their busy schedules to grace the event. I couldn’t help but feel so proud to be part of the family.

I guess the most memorable moments were the games session and video-viewing. The alumni had a lot of fun playing and watching their fellow mates being ‘sabotaged’. During the video presentation of past rovers in action, a slight technical error occurred which caused some delay. However, the audience waited patiently. It was a very pleasant and touching sight to see some of the alumni standing up to help “rescue” the situation.

The event ended on a beautiful note with a good photo-taking session. The event was filled with great food, great



company and entertainment. Everyone enjoyed themselves immensely throughout, especially the alumni, who were ever so enthusiastic and spontaneous. The success of the event was contributed by each and everyone, who made all this happen. Go Rovers!  
*– by Wong Toong Yeng, DCP’06*

## Comperes comparing notes at BBQ reunion

The SP Student Comperes had a trip back in time. At a little BBQ cum reunion held on Saturday, 15th April 2006, they had fun and laughter listening to the stories and advice from

the alumni comperes. The alumni in turn, lapped up the attention and respect accorded to them. The party was held at Eka’s condominium BBQ pit. Eka is a graduating member.



*Current and ex-members of the club having a round of introductions*

## A Gathering of Community Minded People

The Community Service & Cultural Club (CSCC) Day held on 4 March 2006 was a nostalgic event for the 70 plus alumni who were there. They were treated to a presentation of the events the club had carried out over the years. Although it was organised by the present CSCC members, it was aimed at allowing alumni who had served in its committee over the past five years an opportunity to re-establish ties with each other and share their experiences.



*Club stalwarts from the 2001/2002 batch*

much more enjoyable and memorable” says Nix Wong Wai Leong (DDPM ’02), who was both President of CSCC and the SPSU Council in 2001. “I think this event is a very good idea as it gives us a chance to meet our old buddies, officer-in-charge and the new committee members. It is good to know that the club is in good hands.”

In fact, CSCC was also celebrating the news that it has just secured the Excellence in Service Award for a third time within the last five years.

“I had such a wonderful time serving in the club and really cherish my time there.

It has provided me with lots of learning opportunities and made my stay in SP



# SPGG Membership Recruitment Drive: Exciting Fee Structure!



The recent EOGM held on 17 Feb 2006 approved the proposal of lower entrance fees for Ordinary and Associate members substantially. The new fees are more competitive and aim to boost membership from the current 3,000 to the targeted critical mass of 8,000. The Guild also aims to recruit up to 450 Associate members. To be eligible for Associate membership, prospective applicants can be graduates of other local Polytechnics or Tertiary Institutions.

## *Member-Gets-Member Scheme*

Another new marketing initiative launched is the Member-Gets-Member scheme. All members are eligible and are encouraged to participate. Any member who successfully introduces a new Ordinary or Associate member to the Guild will be rewarded with a voucher. For more details on the new schemes, contact SPGG at 6796 9988 or email [marketing@spgg.org.sg](mailto:marketing@spgg.org.sg).



## Rugby Binds

They came to meet their former coach and their ex-team-mates. Most had not met each other for decades. Looking at them happily catching up and comparing notes, you can imagine the team spirit that saw them through all those aggressive rugby matches more than 30 years ago. Just like all those years ago, some of the rugby wives also came to this special reunion.

The idea for the reunion on 15 March germinated last year when Sunny Ewe, now residing in Penang, got wind that coach Tony Howe and his wife Hilarie would be flying all the way here from UK for another reunion of sorts, of the Rubber & Plastics lecturers. The Alumni Office then located Lim Eng Chuan and his brother Eng Seng to help to round up the others.

Twenty came. After a courtesy call on the Principal and meeting the current student rugby team, they had a whirlwind stop to view the Maritime Simulator Complex and the Dover MRT station. Then it was off to dinner at the SP Graduates' Guild.

The twenty were: Tony Howe, Hilarie, Sunny Ewe, Chua Bee Lay (Lim Eng Chuan's wife), Lim Eng Seng, Tan Beng Eng



*Tony, Hilarie, Selva and Willy looking at Eng Seng's yellowed album*



(Eng Seng's wife), Harry Leo, K Selvarajah and wife, Hoong Khai Soon, Fong Foo Wai and wife, James Ho, Andrew Cheong Kwok Onn, Patrick Gomez and wife,

Michael Lim and wife, Gopalakrishna and Willy Yew. Joining them was SP staff Lawrence Hoo, who helped to take care of their needs all those years ago.

# Passion for Nutrition Passion for People

- Charles Ng



*"Dare to dream and be true to yourself."*

Meeting with Charles Ng (DME, 1997) is like meeting a nutrition guru. As Director of Arcadia Health Consultancy, he breathes and talks nutrition. Arcadia is the first and only wellness establishment of its kind in Singapore that uses clinical Nutrition Therapy to approach healthcare, lifestyle and skincare ailments, and chronic discomfort.

Charles is also an Iridologist – a professional who studies the iris of the eyes to determine the general health and well being of a person. After completing his diploma and National Service, Charles furthered his studies in NUS and obtained his Degree in Mechanical Engineering in 2003. We asked Charles the fundamental question – why the jump into nutrition?

His sincere reply: "I love to care for people and understand what they are going through. Although certain things are beyond my limits, I thought healthcare would be a very good avenue for me to do something for people."

Hence, Charles took up the certification in iridology while still studying in NUS. He finished the course half a year earlier than the stipulated time frame. With his innate nature of care and concern for people, his parents' support and his ambition of starting an enterprise, Charles set up the Arcadia Health Consultancy in 2004. Within a year, he won the Spirit of Enterprise Award.

What sets Arcadia aside from the rest of the health or spa pack? Charles explains that everything used in Arcadia is all-natural, not drug-based, and has no medication or chemicals. He says, "It's a proven, safer way of achieving effective results pertaining to healthcare and lifestyle problems for all our clients."

Indeed, many of Charles' clients come because someone has benefited from the treatment. There is very strong word-of-mouth effect. This is exactly what he wanted for his business – for clients to have implicit trust in him. So no glossy big-budget advertising and marketing for him.

It was not an easy feat to go into business for this 29 year old who describes himself as an introvert and whose childhood dream was to be a doctor. Now, being an Iridologist and Nutritional Therapist is something close to his dream.

Charles' engineering training has helped him to break big problems into more manageable portions, an approach which is crucial in managing his business. He also stresses that one needs credibility in today's fierce competition. Credibility can only come with two principles that he holds very dearly - honesty and being ethical. He explains further, "There is a difference between feeling treated and actually being treated. In Arcadia, we seek to treat the root of the problems and focus on the total well being of the client which gives us the credibility."

Charles also gives talks on various health and nutritional topics to companies and interested groups. He has also written many articles for beauty and lifestyle magazines. We asked Charles what motivates him and he simply replies, "Dare to dream and be true to yourself." Indeed, Charles has proven that pursuing a dream with self-honesty is a sure-fire way to success.

Somehow we know Charles will succeed in his next venture to launch a new service - The Natural Skin Clinic. It will offer a whole basket of natural skincare expertise comprising consultation, treatment and products using Nutrition Therapy. For more information, log on to [www.thenaturalskinclinic.com](http://www.thenaturalskinclinic.com) - AN

# Have Fun Will Travel

– Vincent Ling



The world is Vincent Ling's playground. It is not just the travelling that he has to do as the Head of Business Development for International Bank Partnerships, for American Express International Inc. It is his inherent sense of fun and spirit of adventure.

In 1991 and fresh in SP after he could not get a place in the local universities, Vincent was in his element. Poly life was very different from JC life in St Andrews' and he saw limitless possibilities like raising a fast buck. Soon he hit upon the idea of selling Valentine's Day roses with the help of his girlfriend, her florist sister, and the heavy first generation Motorola handphone handed down from his parents. In a car, he delivered some 500 roses. He made a cool \$2,000 but failed to give his girlfriend - now his wife - a rose as he believed accomplices should not taste the spoils.

No wonder he scored a Distinction for his Entrepreneurship module. He did not stop there. After National Service, while waiting to go to Manchester for his degree, he ran a tuition agency "for the fun of it".

At the University of Manchester, he kept the pace as Vice President of the Singapore Students' Society and as editor of their newsletter The Society. Before graduation, he secured a job in Singapore in the Rolling Stock Department of the Mass Rapid Transit Corporation. Tasked to ensure that all trains were fit for service, Vincent realised that his true vocation was not in Electrical Engineering. He then joined Esso in the Retail Department, maintaining the Point-of-Sale system in the service stations, and developing the card business. That fascinated him. A new adventure opened up.

"The payments industry is the point where technology and marketing merge seamlessly. Most payment transactions are captured and approved by computers distributed across the world and completed in under an average of 15 seconds to 20 seconds, no matter where you are."

He soon made the complete switch from engineering to banking in 1998 when he secured the post of Merchant Sales Manager. He went through a steep

**“Step out of your comfort zone and it's easier to do that when you are younger; work hard and play hard; don't lose faith in yourself; and you can be down but not out.”**

learning curve so much so that after two years, he was headhunted to join Amex.

He takes care of 25 markets that stretch across Asia-Pacific, Europe and Latin America. His job basically, is to develop and utilize retail and private banks as channels to acquire high spending card members. He enjoys interacting with different nationalities. He is also happy with the ethos in Amex, one important aspect of which is respect and opportunity for employees.

He has adjusted so well that he has even won the Ambassador's award which honours top performers internationally who have demonstrated exceptional will to win, personal accountability, and whose work has advanced American Express strategy and vision. Soon he is starting on a two-week Executive Development Program conducted by The University of Chicago Graduate School of Business conducted in London and sponsored by American Express.

Vincent's long-time and forbearing girlfriend Tina is now his wife. As the Executive Director of Marketing and Communications for Forbes Asia, Tina does a lot of travelling herself. She and Vincent make sure that one of them would be in Singapore with their two children, Ryan and Megan. To relax, when he is not playing with his children, he might be teeing off a round of golf with his wife or just listening to music as well as playing the piano.

In retrospect, Vincent does not regret joining SP after his 'A' levels. He says, "The Diploma in Electrical Engineering course has a very strong emphasis in Mathematics. While most of us might not realise it back then and did not enjoy it, I realise now that this strong foundation does actually shape and develop our numerical and analytical ability which is one of the key skills required in an executive position."

His advice to SP students reflect his take on life: Step out of your comfort zone and it's easier to do that when you are younger; work hard and play hard; don't lose faith in yourself; and you can be down but not out." - PG

# Builder Entrepreneur

– Edward Choo

It was 2002 in Seoul and Edward Choo Wei Fern was one twenty six year old young man on tenterhooks. His invention, a special climbing scaffolding system for construction sites was on trial at a building project. It was hanging from the building at 30 metres from the ground and as the inventor, he had to step on it to inspect if it was built properly and safe to use. It did occur to him that if it dropped down, that would be the end of him and his invention. Luckily, no such thing happened and the project was completed successfully. As it was the first such innovation in South Korea, many interested parties came to see it.



*Edward (centre), waiting to address students and flanked by Dy Director Yoong Yuen Soo (left) and lecturer Tan Poh Seng (right)*

Edward's rail-climbing solution is a new concept in access scaffold & formwork solutions. It is an ingenious, modular system which needs only a one-time assembly that effectively encloses the constructing & lower levels during construction.

Why did he launch his product in South Korea? The Singapore construction scene then was rather muted without many plans for high-rise buildings. He continued securing projects in Korea, followed by Singapore and then Dubai. In the meantime, he received a favourable examination report by the PCT examiner and widened his application for patent registration in various countries worldwide. He finally received the Patent Grant from Intellectual Property of Singapore in mid 2005.

Looking at his childhood, it is not a big surprise that he would be in the building industry. As a child, Edward followed his father on site visits. It was only natural for him to enroll in Singapore Polytechnic's Civil & Structural Engineering course. In between studies, he worked part-time at a German company which sparked in him, a deep interest in temporary scaffolding structures; and he learned the importance of detailed and meticulous engineering to make builders' work more efficient and safe.

Edward did taste failure. After his National Service, and fired by the dot.com boom, he tried starting his own business in IT solutions. It soon failed due to what Edward admitted was "poor execution and adverse market environment". Never one to sit still, at the age of 26, he started Ehub Pte Ltd all by himself to develop a new form of rail-climbing solution for high-rise structures. He saw an opportunity in a 'product gap' and decided to develop a one-stop service for developers, from design to manufacturing and commissioning of scaffolding for high rise structures. Ehub's technology uses less labour, and results in less messy sites, while providing a safe environment for workers.

With the help of one hired structural engineer, Edward quickly invented an innovative system to provide rail-climbing solutions. Concurrently, he made a PCT (Patent Cooperation Treaty) application worldwide in 2002 using his invented technology. No such known technology existed then.

His main market remains in South Korea where his company has completed more than ten high rise projects today since the full launch in mid 2003 and through partnerships. Major clients are multi-nationals such as Daewoo & Daelim. Currently in Singapore, there are five

ongoing projects with three secured forthcoming projects. Major projects secured are FusionPolis and HDB's 50-storey Pinnacle. He has also completed one project in Dubai.

When quizzed on his good business practices, this unassuming young man said: "Hire good people and secure their trust and respect; make good products that create value for the market; be positive and look at glasses half full, not empty, as there are many ways to find directions; do not deceive yourself with false hope; and cut your losses fast when you realize them.

Not one to rest on his laurels, Edward is pursuing other projects in Australia and Japan before taking on the West. He is also an obliging speaker whenever his ex-lecturer Mr Tan Poh Seng invites him to address students. After all, he really enjoyed his Poly days, playing soccer and basketball (his class were champions of Year 3 and runner up in soccer as well) and wishes to contribute. – PG, Tan Poh Seng







Yvonne Lim's

# Search for Stardom



She feels that Polytechnic education offers the chance for an individual to be independent and also provides the "necessary space for growth".

SP was naturally her first choice. She explained, "SP was renowned for their engineering courses and the syllabus offered in DECC was really attractive and exactly what I wanted."

Apart from the pageant, Yvonne had fond memories of the food in the canteens, saying that "it was really good and cheap." She added that for students with limited resources, the food was value for money, especially the McDonalds at Foodcourt Two.

Yvonne was back in SP recently on 3 Feb to host the Starz@SP Concert where fellow alumni like Alex Wang, Kelly Poon, Silver Ang and Chanel Pang came together to perform. "It is really nice to be back in my alma mater, especially with my fellow alumni and colleagues in the industry. I think SP can start a Diploma in Entertainment." quipped Yvonne.

Knowing that many young people are aiming for overnight stardom, Yvonne has this to offer, "Enjoy and complete your studies in SP first! But always be ready and prepared so that when the opportunity comes, grab the most out of it. And all the best!"

Mr Chua Low Boon who taught Yvonne in one of her subjects recalls her as a lively and intelligent girl. "She is quite a brave girl and would sometimes provide 'entertainment' for her classmates like practising her catwalk that she learnt from the Ms SP pageant." He also describes her as a spontaneous and chatty girl. Mr Chua added, "It was fun teaching her and her classmates. I am glad that she is doing well in her career and I wish her all the best. - AN

*"SP was naturally her first choice."*

Singapore Polytechnic's name has been appearing in the entertainment industry in the last two years when young stars like Kelly Poon, Taufik and Khairul emerged as winners of Project SuperStar, Singapore Idol and Anugerah respectively. Did you know that many years ago, one young alumna from SP was already in the Star Search? She is Yvonne Lim Xiang Ping (DECC'1996).

The Best Supporting Actress in the Star Award 2005 confessed that she was a shy girl who did not join any CCA during

**"It was a memorable experience for me as it really helped a lot in building my confidence then"**

her Polytechnic days. Acting was something that Yvonne did not even think of till she was in SP. Still learning to open up then, Yvonne needed her friends' encouragement and support to sign up for the Ms Singapore Polytechnic Pageant. However, taking part in the pageant was the turning point for Yvonne.

"It was a memorable experience for me as it really helped a lot in building my confidence then," Yvonne shared with us when asked how SP has helped her during the Star Search Competition. Yvonne did not forget her lecturers and friends too whom she said have helped her to grow into what she is today.

From taking part in the pageant to doing a bit of part time modeling then, to taking part in the Star Search, everything just fell into place naturally for Yvonne.

After completing her 'O' level at CHIJ St Theresa's Convent, Yvonne wanted to try something really different to quicken the pace of her tertiary education.

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Sex
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Highest Educational Qualification
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Marital Status

Local Home Address
Tel
Hp
No. of Dependents:
E-Mail Address
Residential Status: Owned, Mortgaged, Parent's Rental, per month
Residential Type: HDB-3Rm/4Rm, HDB-5Rm/Executive Apartment, Executive Condo/HUDC

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Bill To: Home, Office, Employment Pass Expiry Date
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Name of Company/School\*
Office/Hotel Address\*

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Sin Hong Wee -  
**Architect  
 in Risk  
 Control**



Is there any affinity between architecture and banking? Meet Sin Hong Wee who studied Architecture in SP but is now the Associate Director of Risk Control at Bayerische Hypo-und Vereinsbank AG, a German bank in Singapore. He was previously Vice President, Head of Regional Controls & Investigations, Regional Treasury & Markets Operations, DBS Bank, Singapore.

Taking charge of treasury product position reconciliation as well as treasury profit and loss reconciliation for Hong Kong, Singapore and Japan, Hong Wee's team checks and balances the nominal amounts of transactions each day, ensuring that the trades and profit-and-loss tally with the bank's official books. He is also responsible for the monitoring and coordinating of the resolution of limit overdrafts, controlling counterparty and issuer risks.

Hong Wee sees a connection: "The Architecture course that I took at Singapore Polytechnic shapes the way I think through problems. Architects believe in solving problems at the drawing board, even before they occur. That's exactly what I do in my current job. It has also given me a well-rounded education, helping me to be somewhat a jack of all trades capable of dealing with a myriad of situations."

That ability to deal with different challenges was evident even in his Poly days. He and his debating team wanted to drum up interest in the debate "Are Singaporean guys gentlemanly enough?" They came up with a dramatic solution that garnered a high turnout for the debate: they carried placards announcing the debate title and walked through three canteens in Singapore Polytechnic.

Hong Wee has other fond memories of his polytechnic life as a member of

the softball team too. He remembers with nostalgia the rigorous training sessions, and the great fun he and his team mates had, sweating it out. On a trip to Kuala Lumpur for a friendly softball match with Tunku Abdul Rahman College, he found himself pitted against several of his former high school friends who were playing for the home team.

Hong Wee credits his Polytechnic training for molding him into a well-rounded individual. "My course taught me that there is no one solution to a problem but several. This has helped to cultivate an open mind to other people's ideas and has enabled me to see issues in a broader perspective. The friendships and bonds forged through the many co-curricular activities I've participated in have lasted even until today."

**“The Architecture course that I took at Singapore Polytechnic shapes the way I think through problems...”**

Hong Wee made the switch from architecture to banking in 1989 after a short stint in the construction industry. Although he thought the job to be interesting and rewarding, he felt that a career in banking would probably be more suited to his personality. He then decided to pursue his further education at the Singapore Institute of Management, taking the University of London's Diploma in Economics. This was followed by four other courses from the University of London – the Bachelor of Science (Economics) in Management Studies, a post-graduate Diploma in Econometrics, a Master of Science in Financial Management, and a Diploma for Graduates in Finance.

These external programmes from the University of London have allowed him to expand his horizons, helping him to remain competitive. He admits that the banking industry is one that is ever changing and it is necessary to be constantly learning to stay ahead of the game.

This constant yearning to learn was something he picked up from his SP days. The external programmes from the University of London helped to fan the flame of learning as they offered flexibility and a wide range of courses to help in his area of work, and have proven to be an effective means of enhancing his career.



**“Sometimes I worked late to get the work done, but I never complained like, you don’t complain when you play till very late, do you?”**

## ●● My eBay Attachment

**- Valerie Chai**

*Industrial attachment is an important part of polytechnic education to give students a feel for life in the working world and also an opportunity to utilize some of the skills learnt in the course. Valerie Chai Hui Yee, soon to graduate from the Dip in Business Information Technology (DBIT) at the School of Business, had an exciting attachment at eBay’s Singapore office. We asked Valerie to share what it was like to work at such a dynamic and successful online company.*

“I was attached to the Category Management (CM) department. eBay is the World’s Online Marketplace, offering a global trading platform where practically anyone can trade anything. At any given time, there are approximately 60 million listings on eBay worldwide, and approximately 5 million listings are added per day. eBay users trade in more than 55,000 categories. The CM team in Singapore takes care of the SE Asia region and provides strategic direction and information to manage the suppliers.

“My job had to do a lot with marketing, from Web design to interacting with clients and their customers. Helping

new eBay sellers to list their items on eBay, I had to apply HTML and other tools. There was also brainstorming with colleagues. One exciting project was the launch of the Automotive Category. We worked closely with Stamford Tyres (Singapore’s largest car accessories retail store) as well as General Electric.

“To reward our eBay Singapore Community of users I worked on a contest where we gave out free movie tickets to people who registered during a specified period of time. Another project was the ‘10K Sweepstake’ with all the tertiary institutions in Singapore. One exciting key project was to execute the Singapore Polytechnic’s ‘Top Guru Contest.’ For this project, I was involved from conceptualization till completion. I had a blast with this project! It was a very busy but exciting 13 weeks at eBay. The trust that my colleagues placed in me, helped make my attachment an extremely fulfilling and enriching experience.

“I am really glad I picked DBIT as my poly course. After working in eBay, I realize that what my lecturer said was true, that business revolves around two things: Business and IT.

“Things change very fast in an extremely dynamic environment like eBay. We have to keep ourselves constantly updated. The eBay Singapore office is like a small and cozy family. Our directors and managers would sit together with us in the office and treat us as partners. Everybody practises eBay corporate values like, recognizing and respecting everyone as a unique individual, and believing that everyone has something to contribute. Sometimes I worked late to get the work done, but I never complained like, you don’t complain when you play till very late, do you?”

“After my internship with eBay, I am now very sure where my interest lies and what I want to work as in the future. I got to work with people from practically all over the world and apply what I learned from different cultures. I learned how to communicate properly in the business world. This is valuable learning for me as miscommunication often leads to the downfall of an initiative. The attachment has better prepared me for the working world and now I know what to expect and will be able to adapt quickly when I go out to work after I graduate from university.” – interviewed by Mark Johnson, Sch. of Business

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# Metrology? Ask our expert in the field – Dr. Chua Sze Way

**W**hat is metrology? Something to do with weather forecast? With meteoroids? Well, we asked our EEE alumnus, Dr. Chua Sze Way, Head of Electromagnetic Metrology, National Metrology Centre, SPRING Singapore.

According to Dr. Chua, metrology is the science of measurement and it is as old as the history of the technology of mankind. Rather than being dry and unexciting, it actually plays a pivotal role in modern life – in industry as well as in trade and society. The Electromagnetic Metrology Department presently headed by Dr. Chua is involved in the development, maintenance, and dissemination of electrical measurement standards in the DC and AC low frequency area. Dr. Chua's research interests are in the field of DC and low frequency metrology. He is currently involved in the establishment of primary standards of voltage and resistance based on the Josephson and Quantum Hall effects, and measurement systems for low current and power quality.

Dr. Chua graduated from Singapore Polytechnic in 1982 with a Diploma in Electrical Engineering. It may seem decades ago, but Dr. Chua can still vividly recall some of his fond memories on those days back in Poly. One such memory is the lesson on wiring motor coils in the workshop, which he proudly claims gave him added advantage in his university days and even in his working life.

Armed with a diploma, he had a short working stint in an electric machinery manufacturing company. There he realised that it would be better to be equipped with a degree and hence decided to pursue it at the University of Arkansas, USA. Without losing momentum, he went on to do his Masters Degree, and graduated from Ohio State University, USA in 1989. Upon his return to Singapore,

he joined the former Singapore Institute of Standards and Industrial Research, (SISIR) in 1990.

It was here that Dr. Chua was very much intrigued by the field of metrology. From 1995 to 1998, under the sponsorship of SPRING Singapore (the successor of SISIR), he undertook his PhD research at Brunel University, UK. He was fortunate



to have had the opportunity to work in the National Physical Laboratory, UK on a project to develop the AC resistance standard based on the Quantum Hall effect.

Dr. Chua has since risen through the ranks from a metrologist to his current portfolio as Head of Electromagnetic Metrology Department. He is a member of the Institute of Electrical and Electronic Engineers (IEEE), a technical assessor for the Singapore Accreditation Council – Singapore Laboratory Accreditation Scheme (SAC-SINGLAS) and chairs many national and international technical committees in his field.

When asked why he chose the Poly route, he claims that it was a natural choice for him as he was from the technical stream in school, and the fact that he is very much a hands-on person. He strongly feels that polytechnics provide

a very different learning environment as compared to schools. It gives students the freedom to explore and is very much interest-driven. Dr. Chua fondly recalls a time when a lecturer gave him a technical paper to read. He could not really understand the depth of the content until his university days when he could appreciate the value and knowledge steeped in the paper. Another eye-opening event was his industrial attachment to a marine construction company. He had to mingle and deal with all sorts of people. The knowledge gained was certainly beyond the textbooks.

Dr. Chua has this advice for any school leaver: "Polytechnic education is less rigid and more exciting. It gives the advantage to obtain skills upon graduation, as compared with attaining a certificate". He also highlighted that Poly had indeed prepared him well with excellent training and that put him in good stead during his university days overseas.

Even at work, Dr. Chua has many opportunities to work with Polytechnic graduates and having come from a similar polytechnic background, he feels that he is able to appreciate more of their capabilities as well as recognise their weaknesses.

Dr. Chua has gone far in his pursuit for education and in his career. As he steps back into the grounds of his alma mater, he is always filled with fond memories of his happy days in Singapore Polytechnic. As an SP alumnus who wants to contribute to his alma mater, he has proposed ideas for project collaboration and industry visits to the national laboratory where he is working. Dr. Chua advocates establishing close ties between graduates and SP. He highly encourages graduates to stay in touch with its alma mater.

- Dr Ang Teck Sing, EEE



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# A Defining Moment for Special Education Teacher Jasmine Hoe

It was meant just to be a visit to a community home to chalk up the necessary hours for the Character Education module. Instead, the visit to the Bishan Home for the Intellectually Disabled was to become a defining moment for Jasmine Hoe Li Bin (DMT '01)

"I did not know anything about intellectual disabilities and was initially apprehensive about going to the Bishan Home as I didn't know what to expect or how to relate to them" recalls Jasmine. "But after spending some time with the residents there, I had this urge to know more about intellectual disabilities. I wanted to do something to raise awareness about intellectual disabilities and what we can do to help them."

The visit sparked an interest that culminated in her taking up a position as a special education teacher with a special school run by a voluntary welfare organisation shortly after her graduation from SP. Today, Jasmine also holds a Diploma in Special Education from the National Institute of Education.

"Even though the salary of a special education teacher is lower than a mainstream teacher, I have no regrets

as I get immense satisfaction from seeing my students put into practice what I have been teaching them. Simple things like greeting people, minding their manners, getting dressed on their own...things that are so often taken for granted but which are a real challenge for them. It is also a constant challenge for me to come up with creative ways to sustain their attention."

Not that meeting challenges is anything new to Jasmine whose CCA in SP includes being a member of the Dragon Boat team, the Lifesavers and the Adventure Club. She has also participated in the gruelling Poly 50 runs, being part of the winning teams both as a student and as an alumnus.

Jasmine's dedication to her work is evident in the way she volunteers her time for extra coaching sessions for students who needed more attention. She also engages in constant

dialogue with parents to gather feedback on the children outside the classroom environment as well as to gather family support to reinforce what has been taught.

"I am very happy to have Jasmine as my daughter's teacher. She keeps us well-informed of how our daughter is progressing and what we need to do to reinforce her learning process" says Mrs Lee C L. "She exemplifies professionalism and dedication and is a credit to her employers." - David Lee, SAA





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# ACNE – Taking off that Spot, Naturally

No zits and definitely no acne problems? Hey, most of us are not as lucky. In fact, about four out of five people from their early teens till mid-twenties and some in their 30s and 40s are still experiencing acne. Most of us suffer from some form of acne problems – whiteheads, blackheads, pimples and even cysts. Acne definitely causes emotional distress and scarring of the skin.

Those who are ACNE-prone are teenagers; females, two to seven days before their periods; people using certain drugs and steroids; pregnant women; those with a family history of acne and those facing exposure of skin to oily substances and cosmetics.

The body produces hormones called androgens that cause the over stimulation of the sebaceous glands in people with acne. Sensitivity to these androgens also causes acne to appear during the menstrual cycle and sometimes in pregnancy. Infecting the skin either by unnecessarily touching it or by bursting the pimples or by using harsh face washes causes scarring of delicate tissue leading to more acne. Air pollution and high humidity also increase chances of bacteria buildup and inflammation. Even friction caused by rubbing the skin, by helmets, by synthetic clothing, and by tight collars can lead to dehydration, increase in oil production and acne breakouts.

Acne treatment ranges from topical applications (creams and lotions), oral antibiotics and contraceptives and cosmetic surgeries (laser resurfacing, collagen implantations and dermabrasions). Less known to many is that acne problems can be managed by a safe and natural way – nutrition therapy.



**NUTRITION THERAPY** is based on the principle that every illness has a nutritional cause. When the body records a particularly low level of one or more nutrients, it shows up in the form of symptoms. When these deficiencies are taken care of by appropriate changes in the diet, treatment and prescription, the symptoms and root cause are managed without drugs, medications and side effects. It makes use of wholesome natural, botanical and herbal ingredients for both treatment and prevention.

A good and balanced nutrition is not only important for the normal internal functioning of the body but also essential for achieving the healthy physical look. Diet has an impact on the complexion and radiance of the skin. When we speak in context of “skin”, foods can be categorized as SKIN SAVERS and SKIN HARMERS.

**SKIN SAVERS** include green leafy vegetable, fruits, beans, legumes, low fat milk, lean parts of meat, nuts and oil seeds (in limited amounts), whole grains and whole cereals and of course plenty of water. A sluggish digestive system is a major cause for acne. Drinking plenty of water and having fruits reduce acne by keeping your kidneys, bowel and liver functioning effectively for detoxification and speed up the process of skin healing and blemish reduction. Organic fruits and vegetables

provide maximum benefits.

**SKIN HARMERS** include refined carbohydrates, organ parts of meat, fried foods, red meat, coffee, soft drinks and aerated beverages etc. Intake of fat rich foods and refined carbohydrates affects skin health and cause acne in those who are already acne-prone because it increases oil production in the body and disturbs the pH balance of our stomach leading to further outbreaks. Coffee especially, has a dehydrating effect on the skin. To compensate for the loss in moisture, the body starts producing more oil. Sweet foods can trigger an increase in insulin production, accumulating more calories and a surge in testosterone secretion which researches have associated with acne lesions.

**TREATMENTS** in the form of natural oral and prescriptions are available to combat the acne problem. Depending on the cause and severity of the acne problem, oral prescriptions can vary from natural formulas which are of an enzyme, herbal, botanical or food nutrition base. Treatments are capable of targeting specific conditions and are non-invasive. They come mainly in the form of topical treatments with ingredients from organic food and enzyme sources and should not contain chemicals or synthetic preservatives and produce side effects.

## SKINCARE PRODUCTS

Similar to the basic theory of both oral and treatment prescriptions, natural skincare products are mostly formulated with a foundation in nutrition therapy. They are usually made of ingredients which consist of organic and enzyme sources which should only contain a minute amount of natural preservatives for a sustainable shelf-life. These products contain ingredients which are usually gentle on the skin and can provide good effects such as detoxification, cleansing, nourishing, and target specific skin conditions without side-effects.

## SELF-HELP ACNE SKINCARE

- Avoid using strong soaps and facial washes, and excessive scrubbing. Go for natural cleansers.
- The entire face should be gently cleansed from under the jaw, all the way up to the hairline and the side-burns. The cleansed area must be thoroughly rinsed and patted dry.
- Cleanse only two to three times a day at the very most with a skincare product made for your skin type. Washing too often will only strip the skin of oil which simply stimulates the oil glands to replace it.
- A natural astringent can be used throughout the day to help control the excess oil that appears.
- Avoid the urge to touch, pinch, or pick the acne as this may introduce more bacteria and might very likely result in scars or dark blotches which may take a long time to subside.
- Men who shave and have acne can test both electric and safety razors to see which is more comfortable. It is advisable to soften the shaving area with a suitable shaving cream and to use a sharp blade for minimum irritation.
- Select oil-free and preferably natural cosmetics as your choice for makeup (foundation, blusher, eye shadow, and moisturizers etc) to reduce the chances of acne breakouts. Go easy (and light) on the amount of makeup used each time and try to reduce frequency of wearing them (e.g. on special occasions). Thorough removal of makeup and cleansing of the face is necessary.
- Tip your head backwards and rinse off your shampoo as most ingredients used for shampoos are strong.
- Change your wash cloth every day, as bacteria can grow on damp cloth.

*The above article is contributed by Mr Charles Ng, Director of Arcadia Health Consultancy Pte Ltd. Arcadia Health Consultancy Pte Ltd is a lifestyle clinic that offers expertise in nutrition therapy. For more information on your skin, visit [www.thenaturalskinclinic.com](http://www.thenaturalskinclinic.com)*

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# Hands-On Skincare and Make Up Workshop with Helena Rubinstein (Code : SN2501)

Come and learn the correct techniques of applying make up from the professionals at Helena Rubinstein, a luxury brand of L'Oreal. You get to try the techniques and advice on the spot. What's more, door

gifts worth \$30 will be given to every participant.

**Date** : 24 June 2006 (Sat)  
**Time** : 10.00 am to 12 noon (Session 1), 1.00 pm to 3.00 pm (Session 2)

**Venue** : Tulip Room, SP Staff Centre

**Cost** : \$15.00 for alumni, \$20 for guests

**Max. class size** : 20 pax

**Closing date** : 15 June 2006

# Your Skin: Inside-Out (Code: SN 2502)

Join us for a close encounter with your skin. Understand how your skin functions and manage common skin problems such as acne, eczema and pigmentation naturally. Mr Charles Ng, Director of Arcadia Health Consultancy and The Natural Skin

Clinic will also share his youthful secrets and insights into selecting skincare products. Details at <http://www.arcadia.com.sg/sp-alumni.htm>

**Date** : 8 July 2006 (Sat)  
**Time** : 10.00 am – 12 noon (Light refreshments)

and registration start at 9.30 am)

**Venue** : Tulip Room, SP Staff Centre

**Fees** : \$10 for alumni, \$15 for guests

**Closing date** : 1 July 2006

# Stress: what it's all about and how to deal with it (Code: SN2503)

This fun and enlightening talk will focus on understanding stress and recognising its symptoms. Participants will learn how their work, family, social life and personality play an important part in contributing to or alleviating stress levels. The speaker will also introduce innovative techniques for managing stress including:

1. Music therapy
2. Aromatherapy

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4. Laughter therapy
5. Pet therapy and more

The speaker, James Suresh is an author, trainer and consultant. He is a co-creator of local comic icons including Mr Kiasu. James was engaged by Mediacorp to train the finalists of Singapore Idol on stress management.

**Date** : 1 July 2006 (Sat)  
**Time** : 10.00 am – 12 noon (Light refreshments and registration start at 9.30 am)

**Venue** : Tulip Room, SP Staff Centre

**Fees** : \$10 for alumni, \$15 for guests

**Closing date** : 23 June 2006

## Registration Form

Activity Code: SN \_\_\_\_\_ (Session 1/2)      Name of Alumnus: \_\_\_\_\_ I/C No: \_\_\_\_\_  
 Course/Yr Graduated: \_\_\_\_\_ No. of guests attending : \_\_\_\_\_ Contact No: \_\_\_\_\_ (Off) \_\_\_\_\_ (Hp) \_\_\_\_\_  
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For more information on the above events, please contact Eng Luan at Tel: 6879 0408 or email: [EngLuan@sp.edu.sg](mailto:EngLuan@sp.edu.sg)



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**Fee** : \$ 493.50 (inclusive of GST)

### COURSE 2:

#### Basic Electricity and Electronics (34<sup>th</sup> Intake)

--- Featuring Virtual Experiments

*Broad-based Skills Training Course  
(SDF Assistance)*

**Date** : 3 July to 7 August 2006  
**Duration** : 11 sessions (Total: 33 hrs)  
 Mon & Wed; 6.30 pm – 9.30 pm  
**Fee** : \$ 624.75 (inclusive of GST)

### COURSE 3:

#### Certificate for Employment Agencies (CEA) Course (20<sup>th</sup> Intake)

**Date** : 25 September to 13 November 2006  
**Duration** : 22 sessions (Total: 66 hrs),  
 Mon, Wed & Fri; 6.30 pm – 9.30 pm  
**Fee** : \$ 840.00 (inclusive of GST)

### COURSE 4:

#### Import / Export Business and International Trade (16<sup>th</sup> Intake)

*Broad-based Skills Training Course  
(SDF Assistance)*

**Date** : 5 & 6 June 2006  
**Duration** : 2 days (Total: 14 hrs)  
 Mon & Tue, 9.00 am – 5.00 pm  
**Fee** : \$ 367.50 (inclusive of GST, notes, lunch and refreshment)

### COURSE 5:

#### Safe Practices in Food Manufacturing

**Date** : 6 & 7 June 2006  
**Duration** : 2 days (Total: 12 hrs)  
 Tue & Wed, 9.00 am – 5.00 pm  
**Fee** : \$ 341.25 (inclusive of GST)

### COURSE 6:

#### Understanding cGMP (2-day course)

*Certification Skills Training Course  
(SDF Assistance)*

**Date** : 28 & 29 June 2006  
**Duration** : 2 days (Total: 15 hrs)  
 Thu & Fri, 9.00 am – 5.00 pm  
**Fee** : \$ 315.00 (inclusive of GST)

### COURSE 6:

#### Understanding cGMP (3-day course)

*Certification Skills Training Course  
(SDF Assistance)*

**Date** : 29 to 31 August 2006  
**Duration** : 3 days (Total: 21 hrs)  
 Thu & Fri, 9.00 am – 5.00 pm  
**Fee** : \$ 404.25 (inclusive of GST)

### COURSE 7:

#### User Implementation of Foundation Fieldbus (2<sup>nd</sup> Intake)

**Date** : 5<sup>th</sup> intake - 6 & 7 June 2006  
 6<sup>th</sup> intake - 15 & 16 November 2006  
**Duration** : 1½ days (Total: 10 hrs),  
 Day 1: 9.00 am – 5.00 pm &  
 Day 2: 9.00 am – 12.00 noon for Group 1  
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**Fee** : \$ 840.00 (inclusive of GST)

### COURSE 8:

#### Workplace Safety and Health Officers Training Course (formally known as Certificate in Occupational Safety and Health - COSH)

**Date** : 3 July 2006 to 29 June 2007  
**Duration** : 60 sessions (Total: 180 hrs)  
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**Fee** : \$2,961.00 (inclusive of GST)

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- [4] Click on the Register button and fill up the electronic form
- [5] Once completed, Click on the Submit button
- [6] You would receive an online acknowledgement page that you have submitted the registration successfully
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