



ASCLEPIUS TIMES

SMSV Newsletter Issue number 3, July 2016

By SMSV Publicity

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UPCOMING ACTIVITIES:

1. SMSV MISSIONS NDP FUNDRAISING(09/08/16)

2. SMSV OUTDOOR ASCLEPIUS CUP (13/08/16)

2. SMSV MEDDIES LUNCH (20/08/16)

SMSV PUBLICITY COMMITTEE



PUBLICITY UPDATE

Welcome back to the new semester Pre-Clinicals! For Clinical years, continue to press on! SMSV has many exciting activities planned ahead in the upcoming weeks for you! In this 3rd issue, read about the many fundraising activities that the Mission's Committee has organised and the AWWA Respite Day Camp! Look out for more information about the Outdoor Asclepius Cup, as well as the Meddies Lunch! Also, find out more about SMSV's Education committee and the upcoming psychiatry guest lecture! There are also some pearls of wisdom about 5th year elective shared by our seniors! More information about the upcoming Leadership Seminar can also be found in this issue. Last but not least, remember to check out the recommended eatery and featured recipe by fellow SMSV members!

-Melissa Chew, Y4, Publicity Head

KEEN ON JOINING US?

PUBLICITY SUBCOMMITTEE

Ever wanted to be the most up-to-date meddie? Having trouble keep tracking with the upcoming events, education lectures and mission trips? Have you ever wondered what goes behind the scenes of the SMSV website and Instagram posts? Well, if you have keen interest in the above, consider joining the SMSV publicity team!

The SMSV publicity team is an integral part of the SMSV society, we form the bridge between different sub-committees and you, our members! We take pride in updating the SMSV Facebook groups, website and Instagram accounts to ensure that you receive the latest information regarding the upcoming events, mission trips and education events.

That's not all! Ever wanted to publish something like this very newsletter you are reading? Well, if you are keen on writing and publishing articles, this sub-committee is definitely the place to be! You will be presented with ample opportunities to elaborate on the weekend brunch expeditions that you have enjoyed, and the latest on-goings around Melbourne that you would want others to experience.

So, what will you need to join us? All we need from you is commitment and a little creativity! For you future applicants, we are not expecting you to be professionals, but the basic knowledge on the runnings of Wordpress and Photoshop would definitely be a bonus!

MONASH MEDICINE SINGAPOREANS FACEBOOK GROUP 2017

The Facebook group for the incoming batch of 2017 Monash Medicine Singaporeans has been created! If you know any Singaporean freshies that will be joining us next year, please help to add them to the group!

<https://www.facebook.com/groups/mmedsg2021/>

SMSV MISSIONS COMMITTEE



SMSV MISSIONS SIGN-UPS 2016

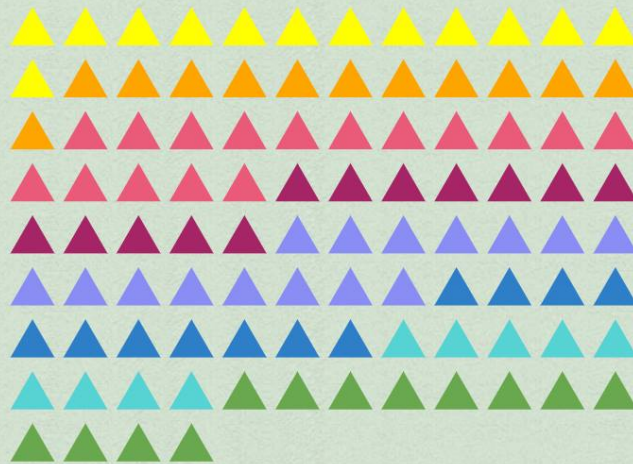




100 SIGN-UPS



TRIP ALLOCATIONS



China (12.50%)
Local (12.50%)
HCA (16.07%)
KKH (11.61%)
Cambodia (15.18%)
Thailand (10.71%)
Myanmar (9.82%)
Nepal (11.61%)

Thank You for Your Support!

SMSV MISSIONS FUNDRAISER DINNER



HAPPY BIRTHDAY SINGAPORE!

What better way to celebrate Singapore's birthday then to have have HOTPOT and SG SNACKS with your fellow countrymen, watch the NDP on the BIG SCREEN, and have a go at SO YOU THINK YOU KNOW SG trivia?



SINGAPORE NATIONAL DAY

NDP SCREENING, HOTPOT, BAKE SALE,
GAMES & LOTS OF FUN



THE SINGAPORE
MEDICAL SOCIETY
OF VICTORIA

\$10 INCLUSIVE OF HOTPOT, DRINKS & GAMES
SIGN UP HERE: <https://trybooking.com/MHDD>
(Payment will be collected at the event)

ALL ARE WELCOME FOR THE NDP SCREENING
& BAKE SALE
ALL PROCEEDS GOES TO SMSV'S MISSION TRIPS
TO CHINA, MYANMAR AND SINGAPORE

UPLOAD A PHOTO ON
INSTAGRAM OR FACEBOOK
WITH A SHORT DESCRIPTION.
HASHTAG #SMSVSG2U &
TAG @SMSVCONNECT TO
ENTER THE DRAW!

WHAT IS SG TO YOU?

#SMSVSG2U

STAND A CHANCE TO WIN A FREE TICKET TO
SMSV'S NDP FUNDRAISER DINNER!

CLICK HERE TO SIGN UP FOR THE NDP FUNDRAISING
DINNER

UPCOMING FUNDRAISERS

SMSV MISSIONS

CAMBODIA

DONATE &
MAKE A
DIFFERENCE

[gofundme.com/smsvcamby2016](https://www.gofundme.com/smsvcamby2016)



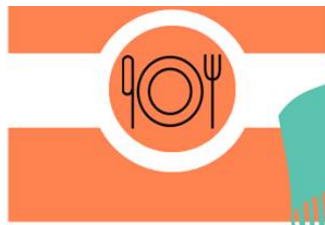
HOMEMADE
JAMS, COOKIE
JARS &
DUMPLINGS

BAKE SALE

MYANMAR

DINNER
RUNS
AT REVISION
LECTURES





THAILAND



SUPPER RUNS @ HALLS

SEPTEMBER-OCTOBER

CAMBODIA FUNDRAISING

As part of the fundraising efforts for the SMSV Cambodia Mission Trip 2016, the mission team started the ball rolling through the sale of milo and ice cream during the SMSV Indoor Asclepius Cup 2016. Homemade milo, milo dinosaurs and milo godzilla was sold to audience and spectators, who generously supported our efforts. The team will be extending to fundraising efforts to future events such as bake sales, sale of a wide array of food items such as homemade jams, dumplings and cookie jars. Don't forget to check out gofundme.com/smsvcamby2016 for more information on our project and how you can donate to make a difference in the lives of the people of Cambodia. Do continue to support all our fundraising efforts! Thank you!

MYANMAR FUNDRAISING

Dinner Runs

Hungry during revision lectures and angry because they don't supply snacks anymore? Or just feeling lazy to cook on the day?

The Myanmar Missions Team would be preparing some warm home-made delicious local Singaporean food prior to selected revision lectures. Food would include Chicken Rice and they are available at only \$7. Why bother going through the trouble of preparing your own food during these stressful periods when you can buy affordable local food? Prefer some other food instead? Select a food you're craving for from food shops in Glen Waverley and we'll bring it to you personally! All only for delivery charge of \$2!

Stay tuned for the list of revision lectures in which we are offering the service! Now, you'll never go hungry during revision lectures!

Scrub Sale: Own Your Own Scrubs!

Were you ever envious of those doctors in scrubs looking extra cool? Or are you looking for a hospital attire that has many handy pockets? Even though some of us have a few more years until we get to wear scrubs like real doctors, it's never too early to have them ready in your closet! And if you are like me, you would definitely want them to wear as pajamas!

The profits of this Scrubs Sale will be used to buy equipments for children with disability in Myanmar.

How is it going to work?

Fill an order form so that you can customize your scrubs (i.e choose colour, embroider your name). We will get it made for you and will deliver it to you either at Halls/ at revision lectures!

Link to order form: <http://goo.gl/forms/aiKjd6VmbvJibkaV2>

We are not taking orders just as yet but will keep you guys informed so stay tune!

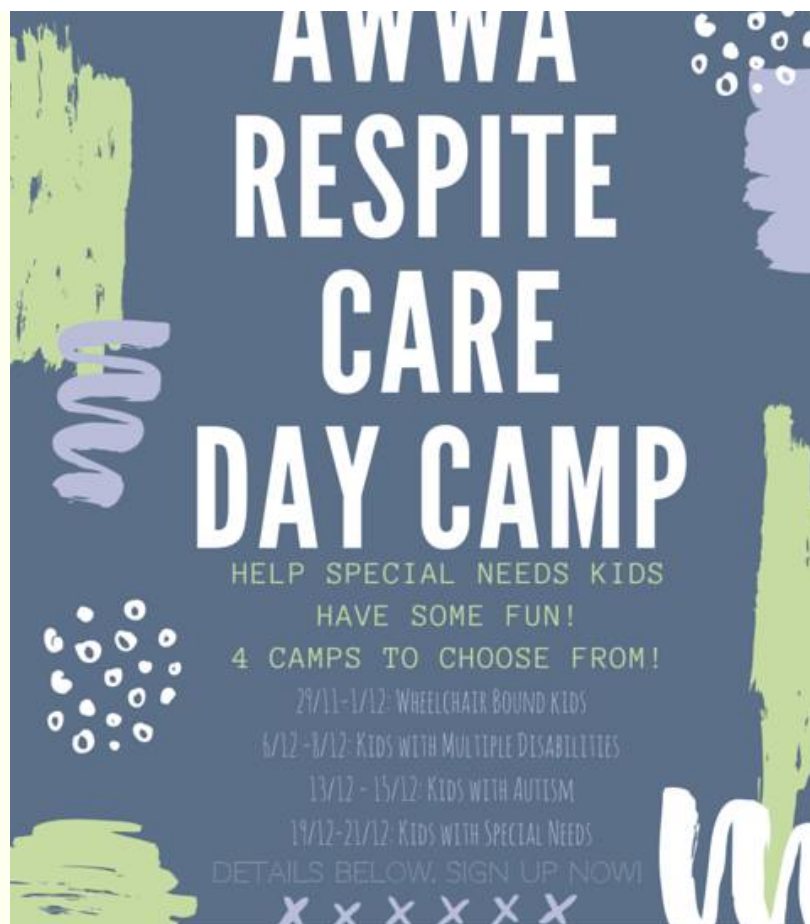
THAILAND FUNRAISING

Hello fellow Meddies! We have come a long a way and now it's halfway through the year! While gearing up for the upcoming exams (especially finals), do not forget to take good care of yourself, and of course go for a treat once in awhile.

And Thailand Mission Trip team will be around to support you! We will be selling yummalicious sweet treats (Thai milk tea!!) and doing supper runs! All proceeds will be donated to the poor Thai villagers that need healthcare treatment. So please jot down the following dates and exploit our services!

- 13th August 2016 –Snack/Drink sale at Outdoor Asclepius Cup
- 20th August 2016 –Snack/Drink sale at Meddies Lunch
- September-October –Supper Run & Motivational Snack Pack (you can purchase one of these for your friends!)





This activity is organised by AWWA but SMSV members are invited to help to facilitate and participate. Signups will be based on a first come first serve basis is open to everyone (other trip attendees included). Sign up [here](#).

Programme	Day-Camp : School Holidays (Respite Programme)			
Dates	29 Nov - 1 Dec '16 (Tue - Thu)	19 – 21 Dec '16 (Mon-Wed)	6 - 8 Dec '16 (Tue - Thu)	13 - 15 Dec '16 (Tue - Thu)
Time	9-12pm / 2-5pm / 9-5pm	9-12pm / 2-5pm	9-12pm / 2-5pm / 9-5pm	9-12pm / 2-5pm / 9-5pm
Programme Frequency	1-3 consecutive days			
Volunteer's Commitment	Ad-hoc			
Volunteer's role	Facilitator			
No. of Volunteers	<10	<10	<10	<10
No. Of Clients	10 students	10 children per group (caregivers allowed to accompany)	10 students	10 students
Clients from respective services	AWWA Community Integration Service	AWWA Early Intervention Centre (EIPIC, FC)	AWWA School (Spec Group)	AWWA School (ASD)
Who do you want to help?	Students with Duchene muscular dystrophy / Students who are wheelchair users in mainstream	4 – 6 year-old, 10 children with moderate to severe special needs	Students between 7 -18years old with multiple disabilities	Students between 7 -18years old with autism

	SCHOOLS			
Ratio	1 Volunteer : 1 Student	1 Volunteer : 1-2 Student (indoors) 1 Volunteer : 1 Student (outdoors)	1 Volunteer : 1-2 Student (indoors) 1 Volunteer : 1 Student (outdoors)	1-2 Volunteers: 1 Student
Volunteer's Requirements	Tertiary level and above. Mandatory pre-event training provided (Disability awareness, behavioral management)			
Suggested Activities	Sponsor / assist in outings. Suggested activities and venues: Indoor PE, Indoor playground, Aqua-Play or Hydrotherapy session, Bakery / sandwich making session, Arts & Craft, Music & movement, Horticulture, Modified Sports, Christmas Party, Fine Dining Adequate class			
Location	Indoors (AWWA 9 Lorong Napiri 547531) / Outdoors			

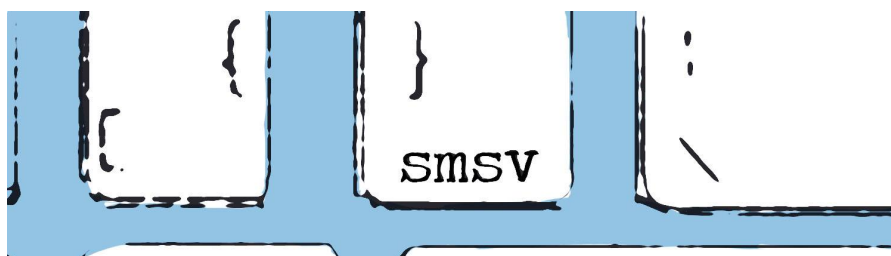
CLICK HERE TO SIGN UP FOR AWWA RESPITE CARE!

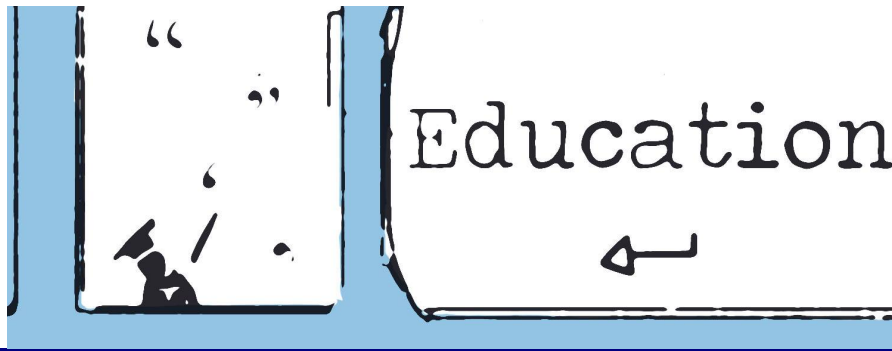
Join the SMSV Missions Subcomm!

Missions will once again be recruiting subcommittee members for the 2017/2018 year! The scope of the missions subcomm is extensive and there's always something for everyone. Join us to plan trips & fundraisers as a team! If anyone has any queries feel free to approach any of our friendly subcomm members or our mission officers Jaime & Vanessa.



SMSV EDUCATION COMMITTEE





YOU MED OREDI?

As we draw closer to a packed August, where many things are happening all at once, we invite you to take a breather and take stock of life with a psychiatry lecture given by our very own SMSV alumnus Dr Leonora Chiam, a psychiatric registrar currently at Alfred Health, some time in September.

This lecture aims to give an overview of a general psychiatric condition, and also aims to answer any questions you might have about a career in Australia, particularly psychiatry.

Undeniably, pursuing psychiatry requires a calling from Freud himself but having patients with psychiatric issues, whether you choose to pursue a career as a physician or surgeon, would be commonplace.

Hope to see you guys there for another exciting installment of our guest lecture series!

-By Samuel Koh, Y4, SMSV Education Head

WE COOL, JOIN US?

Well, this is the time of the year when the invitation has been extended. The invitation doesn't come all that often but when it does, we attract huge droves and, yes, you don't wanna miss out on all the fun fun fun, oh it was fun (cue happy music from noah and the whale).

What is it, you may ask. Well I'm glad you did! It is around this time of the year that SMSV holds our interviews and elections again for the next committee to lead us forward. And a crucial (very crucial, actually) part of SMSV is the education committee. As the cornerstone of the society, it also forms the bulk of it with a representation of 21 members.

So what do we do?

We give lectures. Lots of it. But fret not, you don't have to give all of it; clearly with 21 of us (and we hope more for next year), the workload is spread thin. And the beauty of it all is that you don't have to work through this alone; instead, we help each other out. If it's your first time, we do more than we can to equip you so that you can give a very good lecture.

So why should I give a lecture, you may ask. Well I'm glad you did! For the rest of your life as a medical professional, you will have to, inevitably, teach others. Teaching is how medicine is 'paid forward'. And it is expected of interns to teach medical students, registrars to teach interns and consultants to teach everyone. Lecturing also does not come easy and the skills do not come when you need them. Honing them is as important as studying. Hence, we can say that by joining the education committee, you have put yourself in very good stead for the future.

We prepare OSCEs. Lots of it. But fret not, you don't have to plan it all by yourself. We brainstorm the stems together for the juniors and by doing so, we promise that you will inherently get better and better at it yourself.

So why should I prepare an OSCE, you may ask. Well I'm glad you did! For the rest of your life as a medical professional, the importance of good clinical skills will be emphasized and re-emphasized over and over again. To say that you will rely on an investigation will invite rude stares from your colleagues and your bosses because the art of medicine, as the old wise sage usually says, is by taking a good history and performing a good examination. Furthermore, organizing the OSCEs also gives you a glimpse on how to allocate marks to where you think the important things are, and in so doing, you will become proficient and confident in identifying the important bits of history or examination you think you should be focusing on. Lastly, and perhaps most

prudent in identifying the important bits of history or examination you think you should be focusing. Lastly, and perhaps most importantly for some of you, you get to decide what pizzas get ordered for the event so if you want 30 meatlovers next time (and 2 vegetarian), you get to decide it.

We invite guest lecturers, or at least you can help invite them! Lots of them. But fret not, consultants are, erm, friendly people. So why should I invite them, you may ask. Well I'm glad you did! For the most part of medical lives, we have been studying in Australia. Yet, for the most parts of our lives, we have grown up being taught by a Singaporean. I think it always brings a warm and charming feel to lectures when you can say beta blockers lah, instead of just beta blockers. And it is our hope that the guest lecturer segment expands even further. Having a local flavour of medicine definitely is a bonus, given that a good proportion of us would be signing our lives away to fly back to motherland.

We have fun. Lots of fun fun fun, oh it was fun. But fret not, we all share the fun together. We cohesed. Eat. Pray. Love. Yes, that's what we do when we're not giving lectures, preparing OSCEs and inviting guest lecturers. We live a zen and balanced life.

So, look no further, if you want to find a committee that you could call home and develop your interests/passions/nothing-to-something for teaching, we invite you (with open arms) to come join us. We are always looking for more and more willing hearts. Grades are NOT a pre-requisite because you don't have to be a genius to teach, you just need to want to teach to teach (and of course, we will equip you with other tricks up our sleeves).

Thank you for reading this massive chunk of text but I hope this convinces you to seriously consider joining the education committee next year :)

-By Samuel Koh, Y4, SMSV Education Head

SMSV EVENTS



SMSV MEDDIES LUNCH





Meddies lunch is an annual event held for SMSV members for members to network with alumni members and Singaporean doctors whilst enjoying yummy Singaporean food. This year, it will be held at Monash University on the 20th August with Happy Wok catering some delicious Singaporean home cooked food for everyone. A sneak peak into the menu includes the famous Happy Wok Hokkein mee, beef rendang with several other familiar dishes and bobo hitam for dessert! Activities will include trivia, games and networking opportunities with Singaporean doctors working in Melbourne. Come on down for an afternoon with friends and good food!

-Written by Novia Tan, Y4, SMSV Events Deputy Head

SMSV EVENTS UPDATE

Hi everybody! Have events got something installed for you during the month of August!

Semester 1 of 2016 has been packed filled with activities. It is my pleasure to thank each and every one of you who have made the time and effort in supporting the activities organized for you by the events committee. At the same time, I would like to thank the sub-committee members for all their hard work. The committee will strive to serve you better in semester 2, so watch out for the events that are going to pop out!

Upcoming on the 13/08/2016, we have the ultimate showdown of strength, tactics and teamwork in the final event of the Asclepius cup, the Outdoor Asclepius cup. This year, we have heeded your calls for more games. Hence in order to accommodate for everyone in our community, the events community have included Quidditch and Basketball just for you, along with Soccer and Ultimate Frisbee! So what are you waiting for, get a dedicated team for each sport to ensure that you have the highest chances of winning. The Asclepius cup is still out there for the taking. Now is your time to shine!

For applicants interested in joining the SMSV events committee for 2017, the SMSV events committee is a tight-knit group who has the welfare of our members as the main priority in our minds. We endeavor to ensure that all members feel welcome and safe in SMSV. Hence, we continually expand the list of activities that we organize. Aside from activities, we will also take the time and effort to meet-up for our own personal welfare. In order to work hard, we have to play hard as well ;) So please do show SMSV your support by signing up to be a SMSV events member! I hope to see you soon.

-Written by Amos Liew, Y4, SMSV Events Head

5TH YEAR ELECTIVE EXPERIENCES ★

ELECTIVE SUMMARY @ SGH

Location of placement: Department of Gastroenterology & Hepatology, SGH

The department The Gastroenterology and Hepatology department is split into different teams—General Gastroenterology team, the Liver team, the Liver Transplant team, and the Inflammatory Bowel Disease (IBD) team. I spent three weeks on the General team, two on the Liver team, and one on the IBD team. The general gastro teams see the greatest variety because cases normally go to them first, then they refer out to the other teams (unless it's an obvious sub-spec case e.g. hepatic encephalopathy/ascites in someone with known liver cirrhosis then they go directly to the liver team). How much you get to do really depends on your team. I got to do a few procedures (blood cultures, IDCs). Sometimes you can see new patients in the morning during pre-round. & practise writing in the notes. But I found things were generally quite busy & I didn't do as much

during my elective as I am doing now in my other rotations in Melbourne (also partly because my elective was in rotation 1). Nonetheless it was good exposure.

Clinics/endoscopies/teaching:

There are a few sub-specialty clinics (e.g. Cirrhosis clinic, Irritable Bowel Syndrome clinic, IBD clinic, Pancreas clinic) that happen on different days. Check the schedule & go to a few if you can (you don't need to go every week; just enough to get some exposure). I didn't spend fixed periods of time in endoscopy but what I did was follow inpatients from my team down who were getting an endoscopy done (something I quite enjoyed because you know the case/history & it's interesting to actually be there for the endoscopy). There's gastro MO teaching once a week (on Mondays from memory) & there's HO Internal Medicine teaching once or twice a week too that you can go for.

General points:

SGH is a really big hospital & how busy the team is depends on how many new patients there are each day, but the day usually starts 7-ish to 7.30 (pre-round) up until 5+/6 depending on how many patients/how late you want to stay. You do see quite a variety of clinical cases [e.g. GI bleeds (upper & lower), cholelithiasis, cholangitis, malignancies (stomach, oesophageal, bowel), drug-induced liver injury (DILI), new diagnoses of hepatitis, cirrhosis & its complications (hepatic encephalopathy, ascites, variceal bleeds, HCC), IBD flares/new diagnoses etc.]. If you would like more info, feel free to contact me (PM me on FB or send me an email). All the best in organising your elective!

-Written by Elizabeth Chen, Y5

MEDICAL ELECTIVE AT IMPERIAL COLLEGE

Accurate as of July-Aug 2016

Brief Introduction

- There are many healthcare trusts that Imperial College medical students get assigned to. Each has its own contact person-in-charge and you can look it up here: <https://www.imperial.ac.uk/medicine/study/undergraduate/electives-and-clinical-attachments/>
- Thus, it is recommended that you figure out the specialty you want to go for and then proceed from there.
- For me, I did my elective (Vascular surgery at St Mary's Hospital) at Imperial College Healthcare. Hence, the focus of this guide will be geared more towards this particular trust.

How to apply to Imperial College Healthcare Trust

- Imperial College Healthcare Trust comprises St Mary's, Charing Cross, Hammersmith and Western Eye Hospitals. These are located in Western London.
- Try to look up these individual hospital: what they specialise in, where they are located, which consultants work there.
- The website for this trust is: <https://www.imperial.nhs.uk/education/medicine/clinical-electives>. All the contact information can be found there.
- Most of the steps in the above link are self-explainable. Just note a few things during your application:
 - Unlike electives elsewhere, you have to **find your own consultant FIRST**. That is, you find the email of the consultant and you ask him to be your supervisor for your elective duration.
 - Once he gives the green light, you forward the email approval from your supervisor over to the electives team, before they start to process your elective application.
 - And no, the administrative team **WILL NOT** give you the consultants' email (thus happy Googling). Do allow time for the consultants to reply. Sometimes, they may not even reply and you have to seek alternative doctors.
 - The application fee has recently been **increased to 250 pounds** from 185 pounds.
 - You'll pay this amount in London with cash.
 - If it's too expensive, find an alternative elective to do in UK or pray hard for more Brexit drama.
 - **Have your immunisation record ready**. Once your elective has been approved, their Occupational Health Service will email you asking for this.
 - Depending on the nature of your elective, you will be asked to book an appointment at their clinic in London to get a blood test for Hep B & C + HIV.
 - **You will need a Tier 4 Visa for this elective**. This annoying process will come much later after your elective has been approved. The Imperial College Undergraduate team will send you a CAS number **around 2 months prior** to your elective start date. You will need to quote this number in the UK visa application website.

(<https://www.visa4uk.tco.gov.uk/home/welcome>)

- You need to make an appointment at a visa application centre after submitting your application at the aforementioned website. This can be in Singapore or Melbourne.
- Tier 4 Visa costs a **whopping ~AUD680**. (not sure about the SG equivalent).
- You need to settle this ASAP, as you won't have much time before the start of your elective. It takes **up to 15 working days** (i.e. 3 weeks) for the UK embassy to generate your visa. So, apply for your visa online and book an appointment at the application centre once you get your CAS number.
- You'll need to bring with you the following documents for your appointment
 - Passport (you need to surrender your passport to them. So don't go on overseas travel during this time)
 - Letter of enrolment
 - Copy of the email from Imperial College that has the CAS number on it
 - Visa application documents (the visa application website will send them in an email for you to print)
- Don't bother rushing the electives/ undergraduate team for your CAS number. They take very long to reply and will usually tell you it's yet to be generated.
- Once you get your Tier 4 Visa back, scan it and email it to the Imperial College Undergraduate team **AND** Electives Team.

-Written by Jason Lim, Y5

SMSVLS



SMSVLS

We are proud to announce the continuation of the SMSV Leadership Seminar for the year 2016. Further information about sign-ups and our distinguished speakers will be released by the SMSVLS committee in the near future, so keep a watchful eye out.

This will be an indispensable event for the leader in all of us.

Date: 27th August 2016, 9 am

Location: Monash University



FEATURED RECIPE - BY NINA CHUA

HEALTHY ORANGE POPPYSEED CAKE

Also gluten free and dairy free



Ingredients

2 whole oranges
1 banana
60g coconut oil (or mild olive)
70g honey (add more if desired)
4 large eggs
70g almond flour
30g coconut flour
2-3tbs poppy seeds
1tsp baking powder

Instructions

1. Boil the oranges for 10 minutes then chuck whole into a blender or food processor
2. Chuck the banana in, and blend till fairly smooth
3. In a medium bowl, whisk eggs, then add the oil and honey
4. Slowly mix in the blended oranges (careful if hot)

5. Mix in the flours, baking powder and poppy seeds and mix till just combined.
6. In a lined baking pan, bake at 175C for 40-50 minutes, depending on your oven/baking tin


Optional frosting: 100g cream cheese, 3 tbs greek yogurt, some vanilla and some honey, to taste.



Get more @marksteronthwall

By Nina Chua, Y2



smsv publicity
makansutra 

HUNKY DORY
-A review by Mark Ong





Fish and chips. The quintessential 'Australian' food.
Oh wait, it's not even Australian.
It's British.

Here in Melbourne it's hard to put a finger on who does the best fish and chips. There's Tommy Ruff, Tank, Sea Salt, Cerberus Beach House, etcetera, etcetera, yet IMO none of them really hit the mark. Tommy Ruff is pricey, overwhelming on the chips, and really just so-so; Tank has great tartare, but the fish doesn't look, smell, nor taste as fresh as you'd expect; Sea Salt is pretty good actually, but I don't fancy squeezing around tiny tables; Cerberus, which is a 3-hour bicycle ride from the CBD, and 4 hours from Clayton, just never seems to be open whenever I visit. But all hope is not lost.

There is, Hunky Dory.

A worthy fish and chipper has to deliver on *both* the fish and the chips, with a reasonably-sized piece of moist fish encased in a crispy batter that never goes soggy too quickly, accompanied by a modest mountain of crispy and well-seasoned chips. Hunky Dory delivers precisely this. They do a great job with the basic flake (\$10, with chips, lemon and tartare), but I usually opt to upgrade my fish to a fillet of barramundi because shark meat is high in mercury (*read: very toxic, bad for you*), and tastes so much better too! Not feeling like chips? Grab a salad! They've got a good range of salads available, loaded with ingredients and packed full of flavour. I particularly find their quinoa salad hard to pass up. So good!

Fried food is always good. Bad for your health, but still good. That said, to me the real standout here at Hunky Dory is surprisingly not the fish and chips, but the chargrilled calamari. You're thinking, "oh gawd, I hate those tough chewy rubber bands." Believe it or not, the calamari without fail has always been well-seasoned and cooked perfectly on every occasion I've had it in the past two and a half years, deliciously moreish and never rubbery. Skip the chips on this one though, and order a side serving of seasoned rice or one of their salads, which would set you back about \$16 but set you up for an experience of calamari heaven.

My standard order nowadays is to order The Port (\$13) pack of fish and chips and grab a full serving of calamari to share, which gets me plenty of variety on the seafood front, fulfils my persistent craving for chips, and yet gets me my essential serving of irresistible calamari. All this for anywhere between \$12-20 a head, it's definitely more bang for your buck than you would normally get elsewhere.

It's easy for people to declare a certain fish and chipper as the best, simply because it's too easy to have it done bad. Stale fish, dry fish, soggy chips, tasteless chips? Been there, tried that. Even with Hunky Dory, maybe you'd love it or maybe you'll stay loyal to your perceived 'best', but it certainly is a *very* strong contender for the title. They can get really packed at mealtimes though, so be prepared to queue!

Overall rating: 9/10

Price range: \$-\$\$, depending on *how much* you eat

By Mark Ong, Y2

UPDATING YOUR EMAIL ADDRESS

Please email Publicity at info@smsv.sg if you changed your email address recently or haven't been receiving emails from SMSV.



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Our mailing address is:

info@smsv.sg