



ASCLEPIUS TIMES

SMSV Newsletter Issue number 1, March 2016

By SMSV Publicity

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UPCOMING ACTIVITIES:

1. SMSV AGM (19/03/16)
2. Y3 Clinical Skills Night (24/03/16)
3. PreClinical Suturing Workshop(08/04/16)
4. Clinical Suturing Workshop(16/04/16)
5. Asclepius Cup Indoors (07/05/16)
6. IPPT Challenge (14/05/16)

SMSV PUBLICITY COMMITTEE



PUBLICITY UPDATE

An exciting year ahead awaits as our publicity team has designed many new ideas that we will be executing over the year to improve our communication and promotion of SMSV related activities!

FACEBOOK

At the beginning of the year, we introduced the addition of our Facebook SMSV organization page. This official organization page will enable us to enhance our communication between members. This single social platform channel will allow us to have more efficient inter-level, intra-level and inter-varsity communication. It is also a more professional avenue for other organizations to contact us or for public relations. Even though it is a new page, our precious snapshots of past activities have been brought over so you can still browse through those beautiful memories.

<https://www.facebook.com/singaporemedicalsocietyofvictoria/>

WEBSITE

Another platform where you can find those photos will be on our website! We have been striving to keep our website well-updated with reflections shared by fellow SMSV members about our organization's activities and photo galleries for those events! You can also find out more about our organization and read the messages from the various subcommittee heads about their subcommittee there! Please visit our website regularly to check out past and upcoming activities our organization has in store for you, and while you are at that, you might notice our monthly colour theme change of our website that we attempt to match with the mood of that month!

<http://smsv.sg/>

INSTAGRAM

We also introduced the SMSV Instagram account this year, called SMSVconnect. Please follow

our account as we attempt to CONNECT you guys through media content! We will also be promoting activities and keeping you updated with upcoming activities on this social media platform.

<https://www.instagram.com/smsvconnect/>

FB INTEREST PAGE

In addition, in collaboration and spearheaded by the Events committee, we created an interest group page for members to share their interests or suggestions for group activities! Please feel free to use this channel to find like-minded friends to take part in activities together!

<https://www.facebook.com/Monash-Medicine-Singaporeans-Interest-Group-1533468013631368/>

NEWSLETTER

Lastly, we have revamped our newsletter! This newly designed newsletter will be the first of the quarterly issues to come. Our newsletters will keep you up to date with SMSV activities from the various subcommittees and will also be featuring some lighthearted reads contributed from fellow SMSV members! May the recipes and recommended brunch places provide suggestions that can help you with your meal plans! We welcome all members to email us (info@smsv.sg) if you would like to contribute an article to the next newsletter!

With these implementations this year, the publicity team hopes to deliver improved communication of SMSV activities that will help to strengthen our sense of belonging and friendships as a Singapore medical community!

ANNUAL GENERAL MEETING (AGM) 19TH MARCH 2016

This is a gentle reminder that our first AGM will be happening soon! At this AGM, we will be sharing with you about SMSV's roles, upcoming activities for the year and our finances. Come and join us on 19th of March 2016 to hear about all the updates!

Also, another aim of this AGM is to provide you, our members, a platform to voice out your opinions on issues regarding the running of SMSV. This meeting will facilitate open discussions between members and the EXCO, allowing for transparency within the organisation.

If you would like a particular issue to be discussed, please fill in the form on the following link: <https://www.surveymonkey.com/r/RF6G5KD>. Please be assured that this will be kept strictly confidential!

We hope to see you there at South One Lecture Theatre (Monash Clayton Campus) on the 19th of March 2016!

SMSV LEADERSHIP SEMINAR (SMSVLS) 2016

Yes! Our very own leadership seminar, which was a huge success last year when it was first introduced, will be happening again this year! Keep an eye out for the sign ups that will be opening soon to get involved in organising this event!

SMSV Publicity works to keep members informed about the updates in the Singapore-Victorian medical world. But before all of that, why don't we start off a few light reads?



FEATURED RECIPE - BY CALVIN CHIK

PLUM CAKE



As the last of the autumn fruits start to dwindle in March, and before winter comes around and all that's left to eat are oranges and apples, I frequently find myself down in Dandenong Market on Fridays riffling through the many plums, nectarines and strawberries that are on sale. After all, one does not move to another continent just to eat fruits commonly found back home. Even after 3 years, it's still a novelty to find seasonal fruits at a fraction of the price back in Singapore.

When I read a recipe, I want to be entranced by its back-story. A little bit of its history, where the recipe came from, and how it originated. I want to envision generations and generations of bakers rolling out dough, of grandmothers in households serving festive desserts, of children running out of yellow school-buses into a home smelling of freshly-baked cookies.

One hallmark of a great recipe is one that uses ingredients that bakers commonly have on hand, without calling for exotic ingredients in minuscule quantities (like a drop of orange blossom water). I've heard nothing but good things about this plum torte recipe, which prompted me to give it a go last weekend. This recipe was deceptively simple, and made a dessert that rivaled any tortes I had outside. This recipe appeared in The New York Times every autumn from 1982 until 1989, and was so well-received that when it failed to appear in the 1990 edition, the paper was flooded with angry letters demanding the recipe.

With sweet, oozing plums embedded in every slice and the scent of cinnamon and the hint of Christmas waffling through the air, sharing this delightfully simple cake with close friends late in the cold autumn night is a joy in itself.

A classic dessert, and perfect for the incoming autumn.

Plum Torte Recipe

Recipe by Marian Burros, published in the NYT

Ingredients

115g (1/2 cup) unsalted butter, softened.

150g (3/4 cup) sugar, plus 2 tablespoon more for topping.

140g (1 cup) unbleached flour, sifted

1 teaspoon baking powder

Pinch of salt

2 eggs

1/2 tsp vanilla extract (optional)

9 purple plums, pitted and halved (*The original recipe calls for 12 plums, but my pan was overcrowded. Use plums that are squishy and ripe for a sweeter taste*)

2 tablespoon (or more as needed) sugar, for topping (as mentioned above)

1-2 cinnamon for topping

lemon juice (optional) for topping

Steps

Preheat oven to 175C (350F).

Cream the **sugar** and **butter** in a bowl. Add the **flour**, **baking powder**, **salt**, **eggs** and **vanilla extract** and beat well.

Spoon the batter into an unbuttered spring-form pan of 8, 9 or 10 inches. (*The batter may seem too little, but it expands as it bakes.*) Place the plum halves skin side up on top of the batter. Sprinkle lightly with **sugar** and **lemon juice**, depending on the sweetness of the fruit. Sprinkle with (about) 1-2 teaspoon of **cinnamon**, depending on how much you like cinnamon.

Bake one hour, approximately, until top is nicely browned.

Cool: refrigerate or freeze if desired. Or cool to lukewarm and serve plain or with whipped cream or ice cream.

Notes:

To serve a torte that was frozen, defrost and reheat it for above 5 minutes at 300 degrees.

To freeze, double-wrap the tortes in foil, place in a plastic bag and seal.

If plums are not in season, you can substitute for other fruits like pears. If using pears, it can be on the sweet side, and I recommend reducing the sugar from 150g to 125g.



smsv publicity
makansutra 

OPERATOR 25

-A review by Calvin Chik

I used to laugh at people who eat brunch. I tried my best to enjoy the food. I really did. But a piece of toasted white bread, served with a hot dog, a side of scrambled eggs and some tossed greens, going for \$20++ dollars? I invariably left the restaurants disgruntled, and think it's pretty much the worst deal in the world. But now that I'm living in Melbourne, I realised how delicious brunch can should be.

Operator 25 is a brunch place I've been wanting to write about for a while. We had some family coming over to Melbourne during the December break and after we brought them there. After the meal, my visiting sister exclaimed that "Singapore brunch have some catching up to do!"



Operator 25 is found along Wills Street, just a short drive away from Queen Vic Market. As the reigning 2014 number 4 Most Popular restaurant in the entire Melbourne, it can get crowded even off-peak hours. I've been there a couple of times, and on both occasions, we had to cool our heels for a bit outside on the pavement. The restaurant interior has brick walls, whimsical art and communal tables, and I feel instantly at ease.

I started with an **Iced Coffee**, which in their words...



Okay, well not exactly. But it was delightful. The rest of the dishes took a while to arrive, so I was glad to have something to sip on.

The star of the meal was the **Balinese Pulled Pork Burger with Sweet Potato Wedges** (\$20). It was one of, if not the, most flavourful pulled pork burger that ever crossed my lips. The sweet potato wedges served alongside were hot and crispy. I was so impressed by it that we ordered a side of **Bowl of Sweet Potato Wedges** (\$7) mid-meal.



Another great dish was **Smoked Chicken and Vegetable Hash with Poached Egg** (\$15). My visiting sister went all quiet and hogged the plate for herself when it arrived, which clued me in that I need to try it pronto. My mother ain't raised no fool. Still, she raised no Sherlock Holmes either, and I only wound up with a bite. Such is the dynamics in my family, and this makes meal-time an always-fun affair.



Because I'm a sucka for soft shell crabs, we also had **Beer Battered Soft Shell Crab, Thai Style Salad, Toasted Peanuts, Tamarind Dressing and Sesame Rice Crackers** (\$17). The crab was not crispy enough, and the crackers alongside was a little tasteless.



My sister also assured me that the **Baked Eggs with Great Northern Beans, Chorizito, Goats Curd and House-Made Corn Bread** (\$18) was delicious, though I never liked baked eggs, and passed on it.



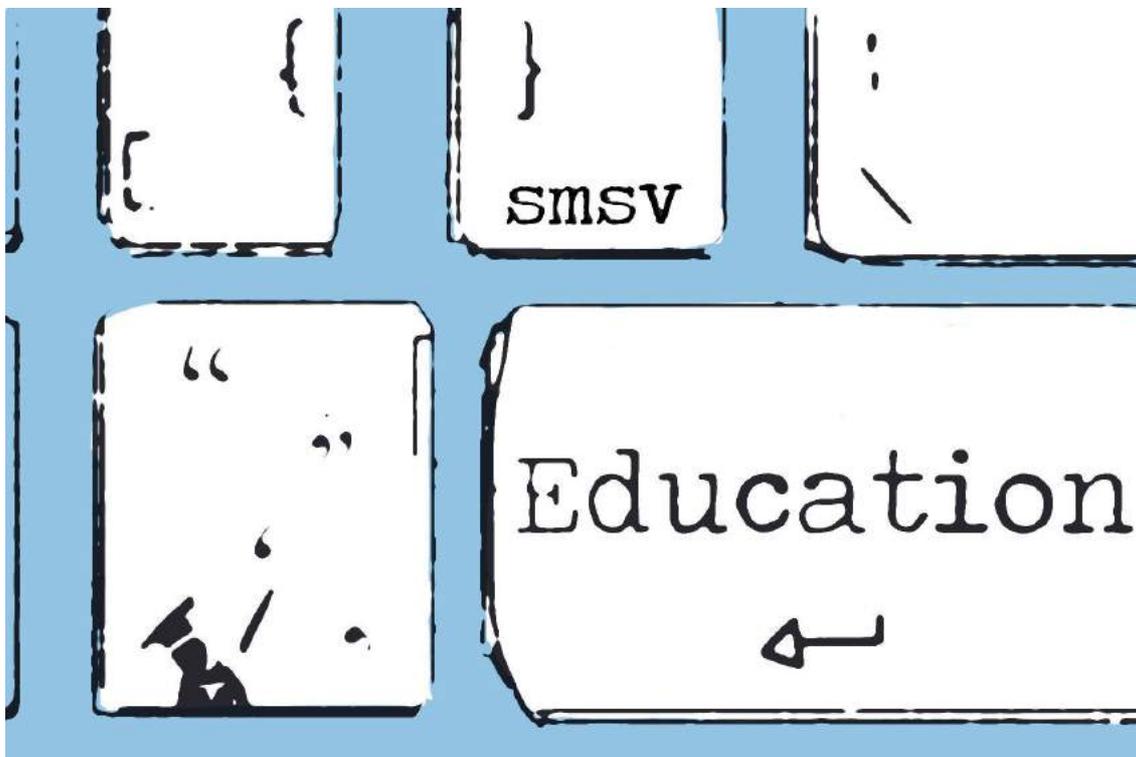
The **Open Lamb Kibbeh with Barley Tabbouleh and Pomegranate Dressing** (\$18) was a popular dish recommended by our waiter. It tastes like a Shepherd's pie, but with minced lamb. It was a slight disappointment, and it kicked-off the time-honoured family tradition of piling another's plate with food.



Must-Try:

Balinese Pulled Pork Burger with Sweet Potato Wedges

SMSV EDUCATION COMMITTEE



CARDIO GUEST LECTURE



For the first of, hopefully, many guest lectures for the year, SMSV's Education Committee invited Dr. Loh Seet Yoong, a consultant cardiologist at Tan Tock Seng Hospital (TTSH) currently on a working attachment at the Alfred Hospital, to give us a lecture on Heart Failure.

The event was well-received, following Dr. Chia Yew Woon's lecture series on Ischaemic Heart Disease and Cardiac Investigations last year. Shifting to one of the biggest disease burdens in Singapore and Australia, heart failure was naturally a good follow-up topic. As the Director of Heart Failure in TTSH, we had the privilege of hearing from the best in the field and we were definitely not disappointed. From the classification and prognostication of heart failure, to the myriad of pharmacological and non-pharmacological treatment for this syndrome, the depth of the

lecture was well appreciated by the audience; LCZ696, the Leicester City of the heart failure drugs, was also introduced to us and we were pleasantly surprised by both the efficacy and novelty of this drug.

For the disoriented, trials remain the backbone for evidence based treatment of heart failure and we were exposed to a wide variety of them proving or disproving the current standard of care for patients. We were also given a few tips by the master himself, on discerning the methodology of trials before pouncing and being an early adopter of new treatment methods.

Many people even stayed behind after the lecture to ask a few more questions, especially regarding the standard of care in Australia as compared to Singapore. Not surprisingly, the principles were the same but the methods and approaches were quite different.

With the popularity of these lectures, which are useful for both Monash and Melbourne University graduates, we are hoping to have more of such lectures so as to value-add to the lectures that we currently have, and also offer Singapore's perspective towards patient care; undoubtedly, these lectures would prove useful once we return home to do our training!

This is also a shout-out to all medical students: if you manage to come across doctors who may be willing to give us lectures, feel free to PM me and I'll try to arrange something!

- Written by Samuel Koh, Year 4, Education Head

SMSV MISSIONS COMMITTEE



MISSIONS 2016

SMSV aims to provide opportunities for our members to give back to the community at home and abroad. We have organized trips to China, Cambodia, Nepal and Thailand. Last year, we have also pioneered a local missions programme to help the less fortunate in Singapore.

On our trips, we aspire to provide medical care and health education to the communities with poor access to healthcare. We also liaise with the locals to empower them with the skills to sustain our efforts to set up a local healthcare service.

These trips also provide our members and with an eye-opening experience to the culture and healthcare system of the less developed countries. Our members are also able to apply their medical knowledge and clinical skills in the real world, enhancing their learning experience.

As part of the variety of programs, our members also help in non-medical ways such as raising funds and improving our beneficiaries' living circumstances.

Missions also gives members the opportunity to lead their peers on trips, work as a team and deal with the administrative issues that are involved in overseas and local aid work.

As a committee, SMSV mission hopes to be able reach out and effect lasting help to the communities that we serve, while also providing a fruitful and memorable experience for our members.

-Written by Vanessa Tan, Year 4, Missions Deputy Head

CHINA TRIP REFLECTIONS



In brief, our return visit to Yunnan last December can be divided into 3 components, namely going to the Miao Village, helping out at The Happy Ark, and visiting an NGO, Bless China International (BCI). The following paragraphs puts forth their genuine experiences.

Miao Village – *Michelle Ng*

The trip to the village was certainly eye-opening, and I really appreciated the opportunity to have stayed a couple of nights in the village. Having to live (albeit for an extremely short time) in the village allowed us to better grasp the living conditions of the villagers, and genuinely understand how in the process of trying to make a living in the village, management of their chronic health

conditions might be a less pressing issue compared to the other more immediate priorities of daily living. Other issues which arose like the trepidation of some villagers to interact with us because of they felt that the language barriers were too much to be breached (we were unable to speak the local language of the villagers) highlighted the importance of being able to build a rapport with the patient in order to obtain important health information, a problem not that acutely encountered in healthcare in Australia or Singapore as an interpreter is more readily found compared to the village conditions.

Happy Ark – *Joyce Xiao*

I find our main program at Happy Ark really fulfilling. Interacting with kids who came from either a broken or poverty-stricken family in the slums, they were unexpectedly optimistic, naive and full of energy. They do not complain over issues such as grades and transport, as they may not even get their every meal covered or afford to go to school. In the face of adversity, they were still able to smile, to work hard for a future that is not guaranteed and to encourage us “teachers” with paper hearts we taught them to make. The smiles on their faces were precious, and I could never forget how little they need to just be happy. Even though some of them stay in slums with shattered windows or electricity cut off, they are still resilient and positive. It was this experience to make me realise once again to not take things for granted, for even a basic facility such as a toilet can be a luxury in less fortunate countries.

BCI – *Ryan Teo*

Bless China International (BCI) is a US-based NGO which conducts medical and missionary work in Kunming province. It had a very different operational model from the other places we visited, choosing to be financially self-sufficient by providing medical services to both the wealthy and the less privileged. During our visit, we were able to see the workings of a private hospital in China. However, the highlight of the visit to BCI was definitely the powerful and thought-provoking talks given by the BCI staff. Having uprooted themselves from the US to come all the way to China to serve, they shared with us inspiring stories about their choice to do so and the things that they had experienced along the way. It was incredible to see how driven and passionate the doctors were. Their message about the meaning of service was definitely not one to be missed, and we wished that we had had the talk earlier in the trip.

Life – *Theodore Lam*

Apart from learning more about the healthcare and humanitarian scene in Yunnan, we also managed to partake in the usual touristy activities— in other words, we ate a lot and we shopped a lot. From freshly prepared ‘mala la mian’ to meatballs larger than the size of my fist, Yunnan is filled with a plethora of culinary delights willing to cater to your every dietary wimp, be they the most conservative or the most liberal of sorts. Let’s just say experience was not the only thing I gained from this trip. Besides the food, I particularly enjoyed hiking the scenic mountainous regions in Yunnan and our daily supermarket raids.

-Written by Michelle Ng, Joyce Xiao, Ryan Teo, Theodore Lam

CAMBODIA TRIP REFLECTIONS



“It was a very insightful trip where we got to experience different parts of how a normal mission trip to run. Apart from just doing education to students in schools and middle aged women, we were aiding doctors by their side at pop up clinics that we ran. Learning clinic mannerisms from the doctors really helped me prepare for clinical years. Furthermore, I think the whole trip went smoothly with how Minkai planned and liased with ACTS. It really allowed us to enjoy the trip without much worries”. – *Yumin Lim*

“Holding a role on the mission trip allowed me to better understand certain aspects of how mission trip teachings were meant to be. It was much simpler and due to the language barrier we had, a lot of our posters that we created included a lot of pictures, to allow us to convey the messages easier. Furthermore, every night we had a short sharing session which gave us different perspectives of how everyone else on the trip contributed – including chefs, packers and childcare educators. It really allowed me to gain so much more from the trip.” – *Ayushi Chauhan*

“The Cambodia Mission trip was indeed an eye opening experience for me. It was my first time embarking on a mission trip, and I gained so much in terms of experience, knowledge and most importantly, emotions. Being part of the clinics and pharmacy allowed me to understand the medical needs of people there. Doing health education for people of different age groups was fun. Working with doctors and nurses also let me acquire medical knowledge and skills. Above all, it was a heartwarming experience to see the people so happy with our service. I would definitely want to go on this mission trip again this year.” – *Valerie Tan*

-Written by *Yumin Lim, Ayushi Chauhan, Valerie Tan*

SINGAPORE FORGOTTEN COMMUNITIES PROGRAM REFLECTIONS



It was a refreshing way to kickstart the new year with SMSV Forgotten Communities Programme held from 2 Jan 2016 to 9 Jan 2016. A group of nineteen of us embarked on this week-long programme held in Singapore, with the objective of interacting with different population groups such as migrant workers, the elderly and those with physical and intellectual disabilities. Although the itinerary was provided and we had a brief idea of what the programme consisted of, I was filled with a mixture of both uncertainty and anticipation initially. However, having been through the programme, I feel that it was certainly an enriching journey, one filled with experiential learning from different walks of life. It also allowed me to see another side of Singapore which we are not usually exposed to.

The week was filled with a variety of activities such as (1) helping out at Willing Hearts (Soup Kitchen) - cutting vegetables and packing meals to be delivered to low income families; (2) travelling to Johor Bahru Home and spending time with children and adults with disabilities; (3) door to door outreach with AWWA and conducting health screens for low income families in Boon Keng; (4) educating caregivers as well as (5) visiting Healthserve clinics for migrant workers at Little India, Geylang and Mandai. These activities gave us opportunities to interact with diverse communities as we extended our little help and learn from them. For instance I learnt to appreciate the selflessness of those taking care of children and adults in the Johor Bahru Home, given the challenges in managing them. Even though not all residents are receptive towards the healthscreening outreach efforts, I have learnt that every effort trying counts as we managed to extend our service to more residents through door-to-door outreach. In addition, I recognised the importance of teamwork as we undertook various roles during the healthscreening itself. Out of these, the visit to Healthserve clinics and the interaction with the migrant workers left the deepest impression on me.

During our visit to the Healthserve (non-profit organisation providing support to migrant workers) clinic located in Mandai dormitory, we were tasked to take blood pressure, height and weight of the workers there. As we approached one, more came naturally. It was surprising how eager they were to get checked, how receptive they were towards our volunteering efforts and also, how they were so willing to share their life stories with us - where they come from, how they missed their families back home and yet spending long and odd hours working here etc. I began to appreciate

their presence and view them as valued members of society more. They are simply foreigners coming with hopes and expectations of providing for their families, working hard in the jobs they are allocated and basically, trying to make a living. It also reminded me of how important it is to create an inclusive society for all and be thankful for their contributions to our developments.

Another event that was significant for me would be the session whereby we made popiah and dumplings as we interacted with the Chinese migrant workers in Geylang Healthserve. How the Chinese migrant workers welcomed us, taught us the art of folding dumplings while we introduced the making of popiah to them. Although a simple form of exchange and activity, it showed how even though we come from different backgrounds or even generation, there are always things we could learn from one another. The Chinese migrant workers were also open to sharing about the circumstances they face and I was reminded of the value of lending a listening ear.

Singapore may be an affluent city, but there are indeed communities that may be less fortunate, remembered or recognised. Yet it is a humbling experience to be able to interact with these communities we otherwise have little contact with. This learning journey has enhanced my understanding of them and increased my interest in engaging them as well.

-Written by Carissa Lim, Year 2, Participant of '16 Local Missions

NEPAL TRIP REFLECTIONS

The SMSV Nepal trip in January 2015 was an eye-opening experience for me. It was my first medical service trip, and I am grateful to have been given this opportunity. It was a wonderful learning experience and I gained insights into the practice of medicine in rural settings, the culture and socioeconomic conditions of the Nepalese villagers, and various public health issues.

A group of 12 SMSV members joined a team of doctors, nurses and volunteers on the trip, led by Dr Fong Poh Him. Dr Fong is a leading plastic surgeon who champions numerous medical missions throughout the year to provide medical care to those in need. As a team, we set up a medical clinic for 5 days at a primary school in a rural village in Bhakatapur, Nepal. This allowed us to provide basic medical care to the villagers, but many patients had to be referred to the local hospitals due to our limited resources.

In a rural setting with limited resources, we had to be innovative and creative to make the best out of what we have. For example, we used disinfectant solutions to clean the medical equipment due to a lack of sterilizing tools. It was amazing to see how everybody came together and transformed the primary school to a clinic, with tables as beds and makeshift curtains to maintain privacy. The lack of resources was quite frustrating at times, such as intermittent power failures, the inability to carry out investigations, and the inability to carry out more complex surgical procedures. This made it difficult for us to provide adequate medical care for some of the villagers who would have to travel a fair distance to the nearest hospital. Despite our limited resources, it was heart warming to note that the villagers were very thankful and happy with the services and supplies (medicines, vitamins, toothbrushes) we provided.

The team also worked with the local monks and local doctors in the area. They were integral in

helping us set up and run the clinic. At the same time, the doctors on our team have inspired them and supplemented their medical skills and knowledge. This allows the local monks and doctors to use what they have learnt to continue to provide medical services to the villagers and thus maintain the team's efforts in the long run.

This trip has allowed me to interact with the Nepalese villagers, the monks and school students who helped out as translators. This has allowed me to have a glimpse of their culture and way of life. It was also heightened my cultural awareness and sensitivity, especially as some of the locals may be uncomfortable when we carry out examinations or procedures. I have also gained exposure to the Nepalese culture through the consumption of their local foods. Some dishes like their momo dumplings appear to be a blend of both Chinese and Indian cuisines, which is very intriguing. The R & R days have also allowed me to see the sights and scenery around Kathmandu, where I learnt more about the history of the country as well. The trip also created lasting bonds amongst the members of the team.

-Written by Vanessa Tan, Year 4, Missions Deputy Head

SIGN-UPS FOR 2016 MISSION TRIPS WILL OPEN IN MAY! STAY TUNED!

SMSV EVENTS



SMSV YEAR 1 ORIENTATION 2016



Following the tradition of organising an Orientation Camp for incoming Singaporean Monash Medical Students every year, SMSV held the annual *SMSV Freshies' Orientation Camp* on the 16th and 17th of January 2016. It was a fun-filled event with many different games and challenges meant to foster a sense of belonging amongst incumbent 1st years, and also to build a sense of camaraderie between the various year levels.

On day 1, camp participants navigated their way through the mazy lands of the East surrounding Pasir Ris Holiday Camp. They were eagerly welcomed by seniors who were at the location from as early as 8.15am to set up the area. The camp was kicked off with OGs working on their OG flags as a symbol of their OG spirit. OGLs came up with very unique names, from 'Bochap' to 'Abuden?!' which not surprisingly, lead to some pretty funny flag designs. The OGs also played some ice-breakers, and had some incredibly awkward (but creative) forfeits for whomever slipped up during the games. It should be known that not even the *Camp Convenor* was spared!

At 11.30am, after a short welcome speech by Mayank, the OGs officially began their quest to be the champion OG of the camp, with a foray into an inter-OG Captain's Ball tournament. Despite there having been a 90% chance of rain from 10am – 3pm, the sun was relentless, and it was telling that the camp participants gave it their all while playing in the 34 degree afternoon heat. With most participants (and OGLs) taking pride in their competitive nature, there were a few heated moments between OGs, which only made the matches even more exciting to observe and referee! After 15 arduous matches, OG *Chicken Rice* was crowned Champion, with 5 wins and 1 draw in 6 games.

The hard work put in by everyone made an average lunch taste heavenly. The twist in the plot however, was having to fill up as many *kopitiam bags* with water as possible, for the event that would follow later...

Afterwards, participants took part in 'wet games' which was meant to soften them up to the game

that would follow. Much to the organisers' surprise, everyone was more than willing to get down and dirty, and this allowed us to smoothly transit into the main event of day 1 that everyone was waiting for – CAPTURE THE FLAG.

The 6 OGs were grouped into 2 factions, *Red and Blue*. Finally, all the effort put in by the participants, filling up over 2,000 water bombs, had come to this. All 6 OGs surrendered their flags to the center of the expansive field we used as our '*Area of Operations*.' The aim of the game was to capture as many flags as possible. Easier said than done, however. Every time you got hit by a water bomb, you had to return to your own base before making your way to the center to capture the flag.

This game lasted only 40 minutes, but at the end of it, we were all equally exhausted (and soaked to the bone!). Clearly from the photos uploaded by our Photographers Shaun and Esther, this game brought out the child-like desire to make a royal mess in each and every one of us! Despite the flags having been captured rather early, and both factions subjecting each other to negative tactics to preserve their captured flags, the game was a cauldron of tremendous fun and light-hearted antics.

After cleaning up the field, the participants changed out into a dry set of clothing, while the seniors kick-started the barbeque, which went on all the way till about 10pm, interjected with talks and mingling by recently crowned Doctors *Trishpal and Yiliang*. Several other seniors also made their way down to this remote location to mingle with juniors and to ease their anxiety over what awaits them in this foreign land we call Melbourne.

While some participants knocked off at about 11.30pm, clearly exhausted from the day's proceedings, a large number of them decided to embark on a night walk to the nearby playground. Some seniors also tagged along with them, playing numerous games and letting their inner-child out whilst navigating the numerous stations in what was quite a large playground. Alas, the last man standing shut his eyes at the ungodly time of 3.30am!

Nevertheless, the next morning, everyone was up by about 7.30 am for a hearty yet simple breakfast of bread, drinks, and various spreads such as Nutella and Peanut Butter. By 8.30 am, we left virtually no trace of our presence, embarking on day 2's Amazing Race, that was to culminate at 5pm.

Interspersed over the entire Eastern area of Singapore, the Amazing Race was supplemented with numerous other challenges, such as a photo hunt where participants had to take photos with the likes of an Interracial couple, or with a Lamborghini, to earn points for their OG. They were also given a list of items for which they had to find prices in supermarkets like Fairprice and Popular. Coupling these challenges with stations such as *Quidditch & Tic-Tac-Toe*, the various OGs had their hands full.

With time passing very quickly, the OGs made their way to the finale location – Waterbank @ Dakota, where the camp organisers had been setting up shop since 3pm. After a tiring day of traversing almost a quarter of Singapore, the participants, seniors, and SMSV's exco members were treated to a sumptuous North Indian dinner, which left them full re-charged for the games and presentations that would follow during Finale.

After talks by Dr Kenneth, an SMSV alumni, Sathis, the SMSV president, and various

subcommittee members, the games were kicked off by Hazel and Yanning, the finale Emcees. Clearly capturing the crowd's attention with their hilarious antics and bubbly personalities, they enthralled everybody with games such as *Chubby Bunny and Trivia*.

To round it all off, the seniors prepared a song for the juniors which they sang, after a beautifully crafted finale video, finely created by Shaun. Without a doubt, everyone who attended the camp felt that it ended on a high, but also felt a bittersweet emotion sweep through them, as the camp had come to an end. After all, all good things come to an end. But it must be noted that this isn't the end, but merely the beginning of what is going to be a life-changing journey into a whole new world.

Get ready guys!

-Written by Mayank Vasudeva, Year 2, Events Subcommittee

FRESHIES POT LUCK 2016

Having recently concluded the SMSV Freshman Orientation Camp in Singapore at the end of January this year, SMSV decided to organise a get-together Potluck for first years to link up with their seniors, this time 6000km away from home. With juniors cooking in their individual VESPA groups, it was definitely an opportunity from them to get to know their group members better, especially if they didn't get as much interaction during MedCamp itself.

Not surprisingly, the food was aesthetically pleasing, but even more riveting to everyone's tastebuds! With a wide variety of vegetarian and halal dishes, complemented by several meat dishes, that too from multiple cuisines, everybody had a field day digging in!

With *Spotify's Top 50* playing gently in the background, the mood was set for some socialising, and it seems like the first years have taken very well to Melbourne, settling in rather quickly to the different environment and culture here.

Pairings of VESPA seniors & juniors were also revealed once everyone had consumed their meal. Following this, VESPA groups sat down together to draw themselves a plan for the coming year with regards to how they wanted to maximise their learning and at the same time, have fun as a collective bunch.

The Potluck was definitely a success, with some awesome food, and even better VESPA groupings that will certainly make 2016 an exciting year both academically and socially.

-Written by Mayank Vasudeva, Year 2, Events Subcommittee

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