

THE VOICE

Monthly Newsletter for our Australian Alumni Community

ISSUE 19 | SEPTEMBER 2022

A MESSAGE FROM THE PRESIDENT

Dear Members & Partners,

In June 2022 we shared with you that AAS Council of Advisor Mr. Philip Forrest was appointed as Member of Order of Australia for his outstanding contributions to Australia-Singapore business relations. We had the opportunity to commemorate Mr. Forrest's appointment at a ceremony hosted by His Excellency Hon. Will Hodgman, Australia's High Commissioner to Singapore at his residence which was attended by leaders from the Australian business community in Singapore, Australian High Commission, AAS, ANZA, AustCham, as well as Mr. Forrest's friends and family. AAS is grateful for Mr. Forrest's support and guidance over the years which has helped us transform into the dynamic organization we are today.



Our vibrant community continues to grow and I am excited to announce that Charles Sturt University has joined AAS as Partner University - Silver. I welcome all Charles Sturt University alumni and students to claim your complimentary membership and gain access to exclusive benefits like access to Career Mentorship Program and Internship opportunities.

With the addition of Charles Sturt University, we have hit a new milestone of 8 partner universities, the highest number of partner universities AAS has ever onboarded since the launch of the Partner University Program 7 years back. AAS Management Committee is hopeful to bring the benefits of our vibrant community to more members through newer partnerships in the coming months.

Recently, I was invited by Curtin Singapore's Pro Vice-Chancellor and President Professor Linley Lord to visit the new Curtin University Campus located at Alpha Building within the Science Park 2 precinct. Curtin Singapore was opened in 2008 and is one of Curtin's 4 international campuses. The new campus is positioned to be a research hub and will play a very important role in industry collaboration and research.

AAS 67th Anniversary Gala Dinner is 43 days away and we are excited about welcoming you back after the 2-year break. Since we released the tickets for the Gala Dinner earlier this month, we have seen an overwhelming response from our members, partners as well as friends from Australia and Singapore. We are bringing together some exciting performances, surprises and not to forget many exciting prizes to be won.

We have the last 10 tables available for purchase and if you would love to be part of the Night at the Oscars, please sign up today to avoid disappointment.

Yours Sincerely,

Raj

Rajaneesh R Kurup
#forwardtogether

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AUSTRALIAN HIGH COMMISSION

UPDATE - SEPTEMBER 2022



On 8 September the Australian Parliament oversaw the historic passing of new Climate Change Legislation. Australia has made a commitment to listen: to our regional partners and to learn from the experiences of others. We recognise that climate change is not an abstract threat, but an existential one.

The Climate Change Legislation is the foundation upon which Australia's climate policies rest. It will enshrine in law the nation's commitment to reduce greenhouse gas emissions by 43 per cent below 2005 levels by 2030, and net zero by 2050. It provides a framework to accelerate investment in renewable energy, transmission, and storage.

Passing this legislation is a step forward towards achieving our shared aspirations. We will work together with the region to build a resilient, clean energy sector and unlock green trade and investment opportunities—because our partners recognise that climate change is not only a challenge we need to address together, but presents opportunities for us to embrace.

Australian business is doing its part. For example, Australian company Sun Cable is progressing a project to construct a 4,200 kilometre undersea cable from Darwin to Singapore, to provide renewable electricity generated from what could be the world's largest solar farm in Australia's Northern Territory. This is the kind of ambition we will need to face up to the challenge of climate change and set the region up for a more prosperous future – powered by cleaner and cheaper energy.

Our Climate Change Legislation delivers a simple yet powerful message, at home and abroad. Australia is back.

Are you following us on social media?

Instagram: @australiainsg #GreatMatesAUSG

Twitter: @AusHCSG

LinkedIn: Australian High Commission Singapore

Facebook: @AustraliaInSingapore

AAS MEMBER SPOTLIGHT

LEE HAOMING, MANAGING DIRECTOR, HUGGS
ALUMNUS OF ROYAL MELBOURNE INSTITUTE OF TECHNOLOGY (RMIT)



As the Managing Director of Huggs, Haoming maps out the company's vision and spearheads its strategy and growth. He is responsible for levelling up the brand value exponentially and building a brand culture that focuses on Flavour, People and Doing Good.

Haoming joined Huggs at the start of COVID-19, in June 2020. Since then, he restructured the company's business model and direction, completed a full rebranding transformation, and secured over 5 million SGD in various capital investments and 12 new outlets across Singapore. Huggs has since grown to become Singapore's largest homegrown specialty coffee cafe chain to date, with close to 30 outlets (including the upcoming new outlets) found across the island, serving up to 400,000 cups per month.

As a proud local brand, Huggs is the only cafe chain that serves "East meets West" beverages, i.e. local Kopi to western Latte and even fusions like Latte Gula Melaka, making Huggs uniquely Singaporean. Haoming's introduction to Huggs has fuelled its rapid growth as he looks to launch Huggs Roastery, Bakery and Training Academy at its new headquarters in Jan 2022 to expand its B2B business arm. This is part of his expansion plan into regional markets and beyond. Before joining Huggs, Haoming co-founded the wildly popular Artbox Singapore which garnered over 700,000 visitors during the 6-day event. As the Regional Head of Strategy for Invade, he brought Artbox to Kuala Lumpur and brought Taiwan's Shilin Night Market to Singapore.

Due to the success of Artbox Singapore, Haoming was a recipient of Prestige 40 Under 40 in 2017. Besides his current role as the MD of Huggs, Haoming has a keen passion for youth development. This passion drives him to pledge as a mentor for youths with the Mentoring Alliance of Singapore. He is also the Strategic Advisor for Event Midas which is the organizer of this Esports event - Nexus Your Playground. Haoming is also a partner of a tuition centre. He hopes to create a positive impact for youths and students in what little ways he can. Academically, Haoming has a Bachelor's degree with triple majors in Banking and Finance, Accounting and Business Management from Royal Melbourne Institute of Technology (RMIT) Australia. Upon graduation, he was invited to be a member of the Golden Key International Honour Society.

PARTNER UPDATES

Come join Invest Victoria panel and networking
on 25 Oct 2022



Singapore Week of Innovation & Technology

25-28 Oct 2022 | Resorts World Convention Centre, Singapore

GET TICKETS

EVENTS & INITIATIVES

Year-long Innovation Journey

SWITCH BEYOND

Innovation & Technology Trends

SWITCH GLOBAL

Gateway to global markets

SLINGSHOT

Premier startup pitching event

INVEST
VICTORIA

SWITCH
SINGAPORE WEEK OF
INNOVATION & TECHNOLOGY

25-28
OCT
2022

Invest Victoria will be participating at the ***Singapore Week of Innovation and Technology (SWITCH) 2022***, taking place at Resorts World Sentosa Convention Centre from 25-28 October.

AAS members attending the conference are invited to join Invest Victoria's activities:

- *Why Melbourne for Health and Biotech Panel* featuring BioMelbourne, CSIRO, Swinburne University and Oncoshot on **25 October, 1.30pm**
- Victoria Networking Session, **3.00pm-5.00pm**

Drop by Invest Victoria's booth at **GP-41** for a cup of Fine Press Coffee and a chat about how you can expand your company's presence in Melbourne.

For more information, please contact Sharifah Khairunnisa, Senior Investment Manager, sharifah.khairunnisa@global.vic.gov.au

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THE VICTORIAN CONNECTION

A guide to procrastination and how to overcome it



Dr Alla Demutka shares a deep dive into procrastination, including how to identify and change the habit.

Imagine this: Your homework or assignments are piling up. You tell yourself that you'll get to them soon, when you're feeling more motivated, or you convince yourself that you perform better under pressure. Meanwhile, you find yourself putting off tasks and finding other things to do — from scrolling through TikTok to binge-watching yet another Netflix series.

If this sounds familiar, you're not alone. Procrastination (the act of delaying or postponing an action) is something many of us have been guilty of. According to some studies, approximately 75 per cent of students identify themselves as procrastinators, and 50 per cent of students identify themselves as chronic procrastinators (i.e., it happens a lot and causes significant problems for them).

Procrastination was shown to be related to:

- Poor academic performance
- Insomnia
- Deterioration on emotional well-being
- Lower quality of life
- Relationship issues
- Compromised immune system

Procrastination as a habit

The truth is, you are not born as a procrastinator. [Dr Alla Demutka](#), Lecturer of Clinical Psychology at James Cook University in Singapore, shares, "Your family and life history play a role in the development of procrastination. For example, a harsh controlling family environment is often linked to the development of procrastination. Procrastination is a learned response, which means you can unlearn it. First, you need to understand why and how you use procrastination, and then learn how to change this habit."

She adds, "Procrastination is often linked to the unhelpful ways of regulating difficult emotions and states such as fear, anxiety, boredom or sadness. We distract ourselves by focusing on something else, for example, checking emails or cleaning the apartment. This momentary relief reinforces the procrastination cycle. While long-term we still have to face our emotions and also the consequences of our procrastination."

"When we feel anxious or insecure, our amygdala, 'the threat detector' part of our brain, perceives the task we are facing as a threat. The amygdala starts to hijack the brain and triggers a fight-or-flight response. This causes problems in our logical and analytical thinking and we have even greater difficulty prioritising things and organising our thoughts," Dr Demutska explains.

Change your procrastinating habit with mindfulness

Changing old habits can be hard, but not impossible. Dr Demutska offers some tips for identifying and changing the habit of procrastination:

1. Cultivate **curiosity**. Bring awareness to sensations in your body when you noticed the desire to procrastinate. What are you feeling right now? Where do you feel sensations in your body? Can you stay with your sensations and just observe them for some time without trying to distract yourself?
2. Have you noticed any **thoughts** that get in the way of you actually doing work? What happens when you identify with them — Does this increase or decrease stress? Does it make it easier or harder to focus on the task in front of you? Practice **letting go** of these thoughts and returning your focus to the task at hand. Gently. Compassionately. **Without judgment**. Notice when your mind goes into 'auto-pilot' and gently bring your attention back. Keep practising patience and persistence!
3. Motivation comes after action. Just **get started**, do not wait for motivation. Commit to doing something, and once you have some momentum it will be much easier to keep going. Just **5 minutes** in front of your work with the intention to get started, noticing what gets in the way, will let you start to learn more about the habit of procrastination and be able to change it.
4. You can use a **weekly** and **yearly planner** so that you can see at a glance when things are due and anticipate busy periods while planning out your time in advance.
5. **Do not multitask**. Multitasking may lead to increased stress and reduced performance.
6. **Rewards** are important. When you completed some part of your work or spend sufficient time at the task at hand, do something pleasurable for yourself. Do it afterwards, not before you started the task. Allow yourself to enjoy the feeling of completing the task and the feeling you get from the reward.

While procrastination can have substantial negative impacts on a person's life, there are ways to address it and there is hope for those caught in a pattern of chronic procrastination. By effectively prioritising tasks, being mindful, and practicing self-compassion, we can start to overcome the problem and be one step closer to fulfilling our dreams and goals.

In addition, students at James Cook University in Singapore have the opportunity to attend a Mindfulness for Academic Success workshops. This six-week course aims to enhance students' well-being, reduce stress and improve study habits to foster a more productive and welcome academic experience. Students can follow James Cook University in Singapore on its social media channels to stay updated on when the latest Mindfulness for Academic Success workshops become available (as of this writing, the next round of workshops begin in November 2022).

Follow James Cook University in Singapore on [Facebook](#), [Instagram](#), [Twitter](#), or [LinkedIn](#).

Find out more about our Psychology courses.

Find out more about the JCU Singapore Psychology Clinic.

Check out [Dr Alla Demutska's staff and research profiles](#).

Discover further information on [areas of research and research strength at James Cook University in Singapore](#).

Contacts

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Media: Mr Edwin Teo edwin.teo@jcu.edu.au

Singapore campus of James Cook University receives significant art donation



A significant work of art is being donated to the Singapore campus of James Cook University to raise awareness on migration, identity and mental health.

The Singapore campus of James Cook University (JCU) has received the donation of an artwork — titled *Rose Garden* — created by Australia-based interdisciplinary artist [Hiromi Tango](#). An event unveiling the donation took place on 31 August 2022 at the Singapore campus. The donation of artwork comes from Guy and Henny Scott, the parents of JCU, Singapore Psychology alumnus Maddy Scott who is now practicing in Melbourne. Guy Scott is also former President of [AustCham](#).



The aim of the donation, which will be installed in the [Psychology Clinic](#) of the Singapore campus, is to spark a meaningful dialogue on migration, identity and mental health amongst viewers.

In a statement, the artist Hiromi Tango says, “*Rose Garden* recalls a period in my life when I was trying very hard to be the perfect Australian wife and mother, caught between two worlds of my traditional upbringing in regional Japan, and things that seemed to signify a good woman in Australia.”

“My hope is that women and girls from all backgrounds and cultures can feel free to realise their potential, unencumbered by the confines and expectations placed on women.”

The renowned artist collaborated with Dr Emma Burrow of the Florey Institute for the launch of Hiromi Tango’s

installations in the [ArtScience Museum](#) at Marina Bay, entitled ‘*MENTAL: Colours of Wellbeing*’. The installation represents a ‘living lab’ that engages the public on mental health issues through art. This living lab artwork explores how fun, laughter and play can encourage the levels of physical activity needed to boost our mood and protect our mental health. Dr Emma Burrow was also present at the unveiling event at the Singapore campus of JCU.

JCU is committed to promoting and championing positive mental health, and the Psychology Clinic and the Clinical Psychology Team play an important role in supporting these efforts.

[Dr Natasha Riard](#), Psychology Clinic Manager at JCU in Singapore, says, “The Psychology Clinic is a training facility for students completing the postgraduate professional course in clinical psychology at James Cook University, Singapore. The clinic provides services to JCU, Singapore students and the community for a variety of presenting concerns across the lifespan. We have active collaborations with hospitals such as KK Women’s and Children’s Hospital, as well as community providers such as MINDS and Bishan Home to help them with psychological services. Our fees are lower than most comparable clinical psychology services in Singapore and further reduced for those on minimal income.”

[Professor Chris Rudd OBE](#), Deputy Vice Chancellor and Head of Campus, Singapore at JCU, says, “The University is grateful for this valuable donation, and I look forward to the ways that this rich and beautiful artwork will add depth and perspective for visitors.”

Find out more about the [JCU Singapore Psychology Clinic](#).

Find out more about the [Singapore campus of James Cook University](#).

Contacts

Media: Ms Pinky Sibal pinky.sibal@jcu.edu.au

Lendlease first in Singapore to achieve three coveted WELL Certifications for its commercial office towers at PLQ

lendlease



On 24 Aug 2022, Lendlease announced that it has been awarded the prestigious International WELL Building Institute's (IWBI) WELL Core & Shell Certification at Gold level across its three office towers at its mixed-use development, Paya Lebar Quarter (PLQ). This is a first for commercial office development in Singapore.

PLQ as the first group of projects in Singapore to register for WELL Certification in 2017 has incorporated many key sustainability features into the development. The development was designed with access to nature in mind and has superior indoor air quality, access to outdoor views and daylighting for office tenants, easy access to healthy amenities and a wide array of healthy food options. The three office towers - PLQ 1, 2 and 3 - are characterised by large, efficient floor plates to meet the regional needs of global organisations seeking to establish progressive workplaces to attract and retain talent.

This certification is a recognition of Lendlease's leadership and longstanding commitment in creating well-designed developments that focus on the well-being of people and communities. Lendlease is the world's first commercial owner to earn a WELL portfolio score for its office portfolio from IWBI. Lendlease's International Towers Sydney in Australia was the first to be awarded WELL Core & Shell Certification at the Platinum level, the highest certification available from IWBI.

SHOPPING MALL PROMOS

Parkway Parade
FaBöolous Treats To Unearth
3 – 31 Oct 2022

Treats Only. No Tricking
3 – 31 Oct 2022

[Lendlease Plus Members Exclusive]

Be rewarded with 10,000 PlusS with a min. nett spend of \$120*. Simply upload your receipts on Lendlease Plus mobile app to qualify!

*Max. 3 same-day combined receipts. Limited to first 5,000 redemptions and 1 redemption per member per day.

Hidden Among Us
3 – 31 Oct 2022

[Lendlease Plus Members Exclusive]

Be one of 10 lucky winners to walk away with \$30 Lendlease E-Vouchers*! Snap a picture with our Halloween standee in-front of L2 Concierge and post it under the comments section of our Facebook giveaway post.

*Participant must like @ParkwayParade Facebook page to qualify.

A Spooktacular Win

21 – 30 Oct 2022, 11am – 8pm

In-front of L2 Concierge

Spend a min. \$30* nett to redeem a chance* to play the Spider Stompin or Pumpkin Harvest game and stand a chance to win PlusS*!

*Single same-day receipt. Limited to 1 game play per time. PlusS will only be awarded to Lendlease Plus Members.

FaBöolous Treats To Unearth @ Parkway Parade



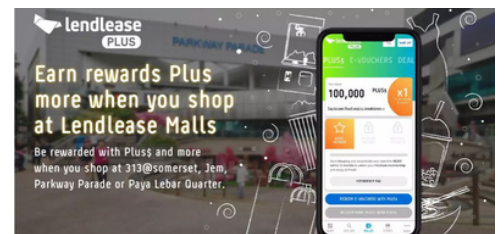
GAMEBOX @ Paya Lebar Quarter



Paya Lebar Quarter
GAMEBOX
21 Oct – 6 Nov 2022

Spend a min. of \$80 (\$60 for Lendlease Plus Members) and redeem a game-pass at PLQ Mall L4 Concierge*. Each game-pass entitles up to 5 game-plays at 5 different arenas across PLQ Plaza and PLQ Parkside. Smash the leader board and earn up to 6,000 PlusS daily!

*Limited to first 8,000 redemptions and Max. 1 redemption per day. Other Terms and Conditions apply. Stay tuned to @PayalebarQuarter Facebook and Instagram for more details.



Not a Lendlease Plus member yet? Download the [Lendlease Plus mobile app](#) and sign up as a member with promo code 'LLP22' to receive 5,000 PlusS!



Sustainability, Economics, Innovation, Globalisation and Organisational Psychology (SEIGOP) 2023

Following the successful International Conference on Business, Economics, Management, and Sustainability (BEMAS) 2021 and 2022 editions, the Centre for International Trade and Business in Asia (CITBA) at James Cook University, Singapore, is pleased to announce the **Sustainability, Economics, Innovation, Globalisation and Organisational Psychology (SEIGOP)** Conference to be held on 1 – 3 March 2023 in Singapore, face to face! Ranked #1 on economic freedom (Heritage Foundation, 2021) and world competitiveness (IMD World Competitiveness Center, 2021), and #2 on ease of doing business (World Bank, 2021), tropical Singapore is a world-class transportation hub, digital frontrunner and global leader in economic development and entrepreneurial spirit. Against this backdrop, CITBA at James Cook University, Singapore aims to create a platform for academics, researchers, industry practitioners and students to disseminate their research findings with other global experts.

For further information click [here](#)

OCTOBER BEACH CLEAN UP

by OCEAN PURPOSE PROJECT



For more information & to Register, please scan the Whatsapp QR Code and join AAS Sustainability Social Interest Group



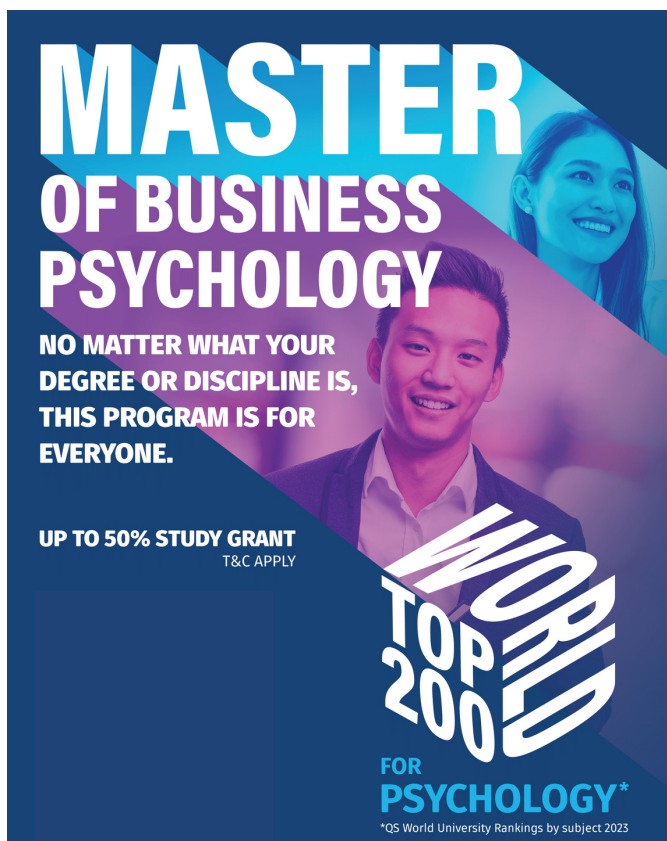
AAS CYCLING INTEREST GROUP MONTHLY MEETUP

SATURDAY, 8 OCTOBER 2022 | 6.30AM SGT

For more information and to Register, please scan the Whatsapp QR Code and join the AAS Cycling Social Interest Group below.



[LINK](#)



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Up to 50% study grants available until 31 Oct 2022.

Thursday, 22 September 2022

Healthcare Systems Transformation - International Experiences & Implications for Singapore Seminar

conducted by Professor Francesco Paolucci had a fantastic turnout. We had the honour of hosting this occasion at our campus, centrally located at National Library Building.

The attendees' time was effectively spent learning more about the transformative reform waves in the OECD, the potential role of regulated competition and the case studies of the Australian and Singapore healthcare systems.

We look forward to welcoming back everyone soon when we launch our series of Health Economics, Management and Policy series of courses soon!



AAS 67th Anniversary Gala Dinner

THE MUCH AWAITED
AAS GALA DINNER IS
BACK IN 2022

Date: Saturday, 12 Nov 2022

Venue: Stamford Ballroom @ Fairmont Singapore



Australian Alumni in Numbers

- 200,000 Australian Alumni in Singapore
- 43 Australian Universities
- 23 Australian Alumni Chapters in Singapore
- 23,000 Singaporeans Studying In Australian Universities Annually

Join us for the much-awaited Australian alumni mega celebration of the AAS 67th Anniversary Gala Dinner. Put on your fancy & glamorous attire and party like a STAR!

Reconnect with old friends or make new ones during the event. The Australian alumni community offers much much more than education alone. Share in the excitement, with the winners of "AAS Got Talent", "Outstanding Australian Alumni Association 2022", "Best Dressed Star" and other recognition awards.

Guest-of-Honor will be Minister S. Iswaran, Minister for Transport & Minister in charge of Trade Relations, and Australia High Commissioner to Singapore, HE Will Hodgman, diplomats and alongside many prominent and successful Australian alumni. This is one of the largest alumni gala dinner In Singapore with close to 500 guests.



450 esteemed guests

- Australian alumni
- Australian businesses
- Singapore businesses
- Networking opportunities
- Business connections
- Recognition Awards
- AAS Got Talent
- Door Gifts
- Instant Photos
- Lucky Draw



Australian Alumni Singapore
since 1955

67 Anniversary
TH Gala Dinner

A NIGHT AT THE OSCARS

12 NOV 7pm to 11.30pm



Stamford Ballroom
Fairmont Singapore
80 Bras Basah Rd
Singapore 189560

EARLY BIRD DISCOUNT

\$220/pax R.P. \$250

\$2,200/table R.P. \$2,500

GRAB NOW!

~~offer ends 30 Sep 22~~

OFFER EXTENDED TILL 15 OCT 22!

Guest of Honour:

**Minister
S. Iswaran**

Minister for Transport &
Minister-in-charge of Trade Relations

Look out for our next announcement
on some remarkable awards we are
giving away at the Oscars!





Australian Alumni Singapore
since 1955

67th Anniversary
TH Gala Dinner

A NIGHT AT THE OSCARS

12 November 2022,
Fairmont Hotel, Singapore



10

TABLES LEFT!

Have you reserved your seat?

Reconnect with old friends or make new ones. Put on your glamorous attire and party like a STAR and you might just walk away with the:

Best Dressed Star prize!

Join us in one of the largest alumni gala dinner in Singapore with close to 500 guests.

Table booking is available at \$2,200 per table at early bird rate and individual ticker at \$220.

RSVP : secretariat@aaas.org.sg
Contact: 9295 7977

BUY NOW

**Do you have what it
takes to beat them?**



Marco Marcus
Murdoch University



Raymond Lau
University of Tasmania

AAS

GOT TALENT

Prizes:

1st: \$1,000,

2nd: \$500

3rd: \$300

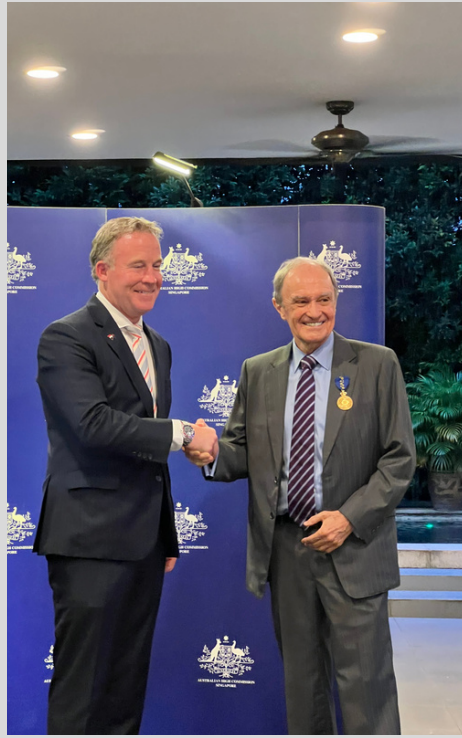
**Send in your videos
before 12 Oct!**

JOIN NOW

PAST EVENTS

Reception to celebrate Philip Forrest's Order of Australia

Thursday, 8 Sep 2022, Australian High Commissioner's Residence



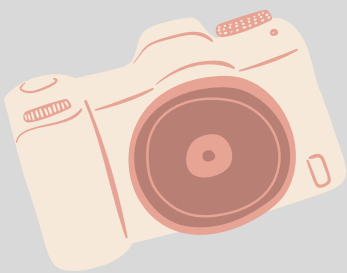
Leadership and Transformation Series- The Power of Category Design

The Changing Venture Capital Environment - MUAAS and AAS

Wednesday, 28 Sep 2022, CSuites



Networking
before and
after the talk



Leadership and Transformation Series- The Power of Category Design
The Changing Venture Capital Environment - MUAAS and AAS
Wednesday, 28 Sep 2022, CSuites



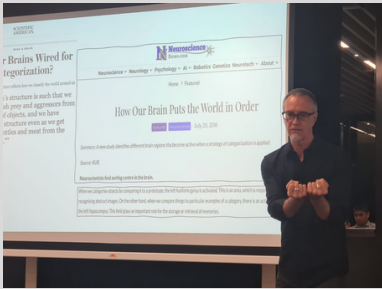
Speaker 1
Darryl Dickens
Category Designer
Founder & CEO of OUT-POSITION



Speaker 2
Ian Gan
Founder and CEO of Seed Ventures



MUAAS President Linda Lee



Announcing Lendlease Plus promo



AAS President Raj Kurup

Both talks were extremely refreshing. Giving us a NEW perspective on what we thought we knew. .
- Attendee's Feedback

Venue Sponsor:



Wednesday, 7th Sep 2022

Advance Global Australian Awards recognize global Australians and Australian alumni living and working overseas for their achievements.

About this event

The Global Australian Awards, presented by Advance.org, recognize global Australians – including Australians living and working overseas; Australians who have built their career overseas in the past; and international alumni of Australian universities. The Global Australian Awards showcase the achievements of these inspiring global Australians who are innovating in their field and shaping the world.

To share the excitement of the Global Australian Awards, a satellite in-person event took place around the globe. We are happy to share the satellite event on Wed, 7th Sep, at 5pm in University Of New Castle Singapore campus located at 100 Victoria Street, #13-01/02 National Library Building, Singapore 188064 where attendees got to meet other global Australians and Advance GameChangers. Registration started at 5.00pm and live screening of the Global Australian Awards presentation happening in Sydney started at 5.30pm (7.30pm AEST) followed by wine tasting and networking after that.

For more details of the 2022 Advance Global Australian Awards, please go to <https://advance.org/2022-global-australian-awards>



KINDLY SUPPORTED BY:



Congratulations to Lynn Wong, President of Murdoch University Alumni, Singapore Chapter being crowned as Mrs Elegance in the Mrs Singapore World 2022 Pageant Final on 16 Sep 2022.



It started with a casual conversation when an ex-beauty queen friend was asking her, "Is there anything on your bucket list that is not 'ticked'?"

Lynn has the thought of joining a pageant competition at least once in her lifetime. It is because she loves how the women on stage appear so beautiful and confident. Performing while walking with poise and elegance even through photoshoots.

Lynn has been very involved in voluntary work and she believes that by giving and sharing her blessings with others, it can help reduce their suffering or put a smile on their faces; it is totally worth it for her. She had personally experienced it from her family and friends and she wants to be able to do that for those who are less fortunate.

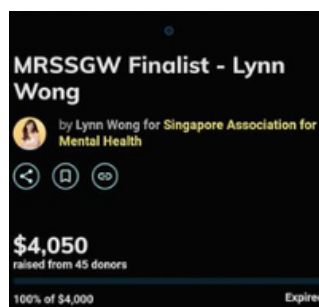
Courage to take the first step

Still she lacks the courage and constantly worry about: "What will people think?" Yes, she had been told by many, that she is an overthinker. Especially so, as her work in the corporate sector is performing at C-suite level. She must be careful on how she carries herself after joining a Pageant, as the publicity is generated and multiplied through social media. Furthermore, she wonder how her colleagues and associates might view her after she did the catwalk in a swimsuit....

But with the right timing and strong encouragement from her friends and loved ones, she got the support to kick-start her pageant journey. As there is a cut-off age for the Mrs Singapore World Pageant, the choice became a now or never decision. Clearly, she told herself "So, why not?!"

Shaping 2.0 version

Thus far, it has been a wonderful learning experience for her. In the past, she did not care much about the way she looked but now she expends more effort and care to becoming her best 2.0 version. It is indeed a refreshing transformation. What deeply resonates deeply within her are the charitable causes the pageant advocate for and contribute to. Along the way, she also managed to raise about SGD 4000 for the Singapore Association of Mental Health (SAMH).



Never too young or too old

Lynn, now wants to share with women, that they are never too young or too old to be beautiful.

No matter what age you are, you can gain confidence with the right attitude to conquer challenges and live life more boldly and meaningfully.



SOCIAL INTEREST GROUPS

Scan or click the link to join & connect with like minded AAS members



AAS-Tennis Group

WhatsApp group



[LINK](#)



AAS| Wine & Spirits Group

WhatsApp group



[LINK](#)



AAS-Cycling Group

WhatsApp group



[LINK](#)



AAS -Sustainability Group

WhatsApp group



[LINK](#)



AAS - Volunteer

WhatsApp group



[LINK](#)



AAS - Leverage SEO Group



[LINK](#)

If you would like to form lead an interest group, please feel free to contact secretariat@aas.org.sg





[Ordinary](#) / Associate

Platinum



Gold

[Ordinary](#) / Associate



A WHOLLY OWNED ENTITY OF
THE UNIVERSITY OF NEWCASTLE

[Ordinary](#) / Associate

Gold



Silver

[Ordinary](#) / Associate



[Ordinary](#) / Associate

Silver



Silver

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Silver



Silver

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FLASH YOUR AAS MEMBERSHIP CARD VIA GLUEUP APP & ENJOY ALL THE EXCLUSIVE DISCOUNTS

- If you are a new user, **register** you Glue Up account directly on the app. Otherwise, simply log in to your existing account.
- Start exploring My Glue app!
- Check the following 3 slides to understand how you should proceed based on your user status.

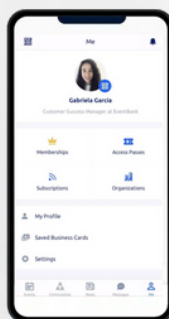
How to get the mobile app?

Download it on

iOS [App Store]



Android [Google Play]



Click [HERE](#) to learn more about GlueUp.

AAS MEMBERSHIP BENEFITS

EXCLUSIVE OFFERS & DISCOUNTS FROM AAS' VALUED
PARTNERS & MEMBER ENTREPRENEURS

**TASTES LIKE
AUSTRALIA'S
#1 SHIRAZ.
BECAUSE IT IS.**

When character counts

PEPPERJACK

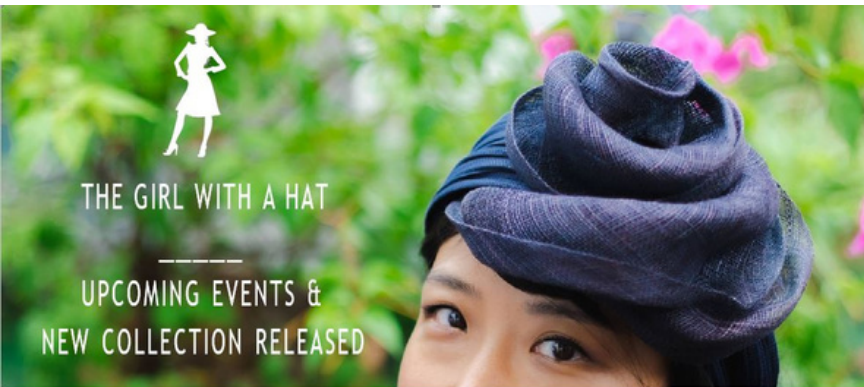
**GET
15% OFF***
USE PROMO CODE
PJAAS



Pepperjack Shiraz #1 by value, source: IRI MAT to 30/08/20.

June 30th
Enjoy 15% off from 2022 March 1st to March 31st with a minimum spend of \$150 for any Pepperjack items on The Cellar.
Please enter promo code PJAAS code in the promo code field then click apply when checking out.

* Exclusive to AAS member discount ONLY.



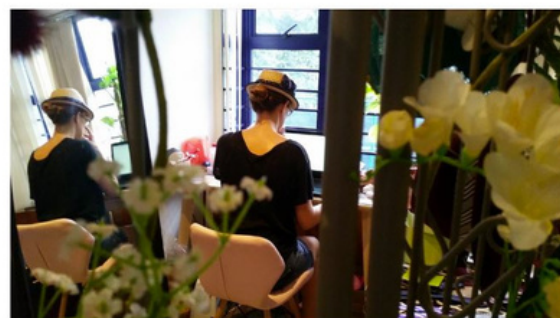
COMING SOON

We hope you had a wonderful summer!

We would like to share with you are upcoming events and new designs. Please don't hesitate to contact us if you have question!



ABOUT US

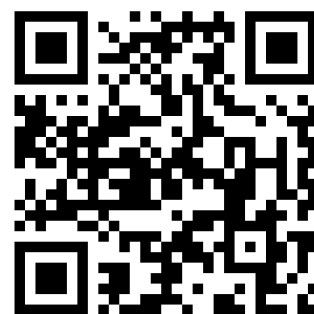


Sometimes "well" is not enough.

The Girl with a Hat by Lise Bohrer is a Singaporean brand who make high end customized headpieces and works with a crew of international designers & milliners,

We provide hats with elegance, quality and of course, the French's *je ne sais quoi*.

Our designers work for world's most prominent fashion houses and provide The Girl with a Hat fashion's trends and a selection of original pieces.



30 Sept. to 2 Oct 2022 Millinery Corner - Cluny Court - Level 2

Millinery corner to discover our new collection for her and for him including the great creations by Celine Robert from Paris, our own limited edition of hand-embroidered Headbands, preppy berets by Le Beret Francais and stunning fascinators by our crew of designers.

[Know more](#)



2 to 4 Dec 2022 Millinery Corner - Cluny Court - Level 2

Millinery corner to discover our new collection for her and for him including the great creations by Celine Robert from Paris, our own limited edition of hand-embroidered Headbands, preppy berets by Le Beret Francais and stunning fascinators by our crew of designers.

[Know more](#)



4 & 5 Nov. 2022 Millinery Corner - Hollandse Club

Millinery corner to discover our new collection for her and for him including the great creations by Celine Robert from Paris, our own limited edition of hand-embroidered Headbands, preppy berets by Le Beret Francais and stunning fascinators by our crew of designers.

[Know more](#)



12 & 13 Nov. 2022 Millinery Corner - American Club

Millinery corner to discover our new collection for her and for him including the great creations by Celine Robert from Paris, our own limited edition of hand-embroidered Headbands, preppy berets by Le Beret Francais and stunning fascinators by our crew of designers.

[Know more](#)

LATEST NETWORKING BUSINESS CARD - SUSTAINABLE, VERSATILE AND FEATURE-RICH



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BUSINESS CARD AS A MARKETING TOOL

Leverage it to promote your company's latest products and marketing campaign.

Two smartphones are shown. The left phone displays a 'GALLERY' of property photos and a 'VIDEO' section. The right phone displays a digital business card for 'Jamie Holden', Marketing Director at 'LUX PROPERTY', with contact details and social media links.

GET THE APP
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RADAR, QR, WHATSAPP

Turn on Radar to find contacts you want to network with;
You can also share your digital card via QR, WhatsApp, SMS, email or more.

PERSONAL CRM

Scan your paper cards and organise them on AWS for easy retrieval 24/7.

SUSTAINABLE

Never worry about running out of business cards and save the environment.

PREMIUM COMBO

Upgrade your account to showcase product photos, video and use NFC to share your business card with 1 tap for only US\$13.50 as AAS member!
(You save US\$4.50!)

ENTERPRISE

Manage entire organisation's business cards from a central platform;
Consolidate business cards scanned by your employees and integrate with your company database.

WhatsApp "AAS" to
+65 97891560 and get
25% discount off Premium &
Enterprise plans.



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SHARE BUSINESS CARD WITH 1 TAP

Your contacts don't need the app to receive it.

A hand holds a smartphone displaying the digital business card for Jamie Holden. A keychain with a Zapkad logo is shown next to the phone. A smartphone is also shown with the Zapkad logo on the back.

GET THE APP
ZAPKAD.COM

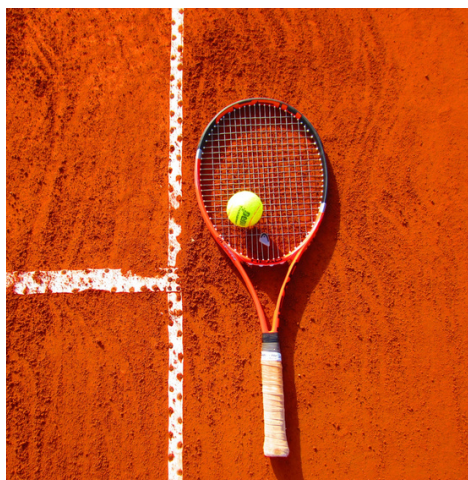
Zapkad is a free digital business card with more features than
any other digital cards in the world!

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Tennis Lessons

by

Coach Chris

WhatsApp contact



ASSISTANT MANAGER, INFORMATION & COMMUNICATION TECHNOLOGY (SYSOPS ENGINEER)

Who are we?

At the Singapore campus of James Cook University, we believe in the importance of providing a great place for our employees to grow and develop professionally. We have a culture that values mutual respect, integrity, creativity and teamwork.

Join us as we continue our development as a vibrant, multicultural and excellent organisation in education and research.

Overview

The Assistant Manager, ICT (SysOps Engineer) is required for the configuration, reliability and efficiency of systems. Apart from working well with internal and external stakeholders, he/she possesses a high level of proficiency in scripting and programming languages, cloud platforms and management of infrastructure.

Location: Singapore

Roles & Responsibilities

Cloud Computing

- Deploy cloud solutions and resolve cloud integration issues
- Develop plans to implement cloud solutions
- Evaluate the suitability of cloud solutions against organizational requirements and business needs

Application Integration

- Integrate data and functions across application programs, and perform follow up tests to verify proper functioning
- Oversee end-to-end process of application integration, determine suitable middleware and testing procedures and resolving issues that arise.
- Single sign on integration with existing and new applications liaising with JCUA counterparts

Continuous Integration / Continuous Deployment

- Manage the planning, building, testing and integration of codes, and deployment of software changes and updates into a live environment
- Develop plans for continuous integration and continuous deployment (CI/CD) based on design specifications, build, test and deploy release packages into live environment
- Manage private repositories with proper security and deploy / upgrade applications using the private ones.

Infrastructure Deployment

- Set up, deploy and decommission infrastructure components and associated equipment in accordance with a set plan and established procedures.
- Detail an infrastructure installation and testing plan for suitable site locations, resolving infrastructure malfunctions where required
- Budgeting

Budgeting

- Manage budgeting and forecasting for annual financial and business planning
- Develop long-term financial plans and budget requirement

Requirements

- A graduate in Bachelors in Information technology or similar IT degrees
- At least 5 years working in IT operations and support with 2 years hands on experience in System Operations
- Cloud Certification (AWS, Azure or GCP)
- Good communicator and listener
- Adaptable and fast learner
- Team player with good problem solving skills

Annual Remuneration

Assistant Manager: SGD 43,000 - SGD 71,000

Closing Date

6 October 2022

To send in your application, click on **Apply Now** via this [link](#).



SURAJ KHANGEMBAM

Alumni of JAMES COOK UNIVERSITY

Email:

suraj.khangembam1@jcu.edu.au

[LinkedIn](#)

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