December 2012, a total of 57 students and academic staffs from Chemistry, Food Science and Technology (FST), as well as School of Computing embarked on a 25 days Winter Cultural Program at Suzhou.

Among the 57 students and academic staff, 16 of them were FST undergraduates in their first and second year of studies. The trip was also accompanied by Associate Professor Huang Dejian and Miss Jiang Xiaohui from the FST programme.

While majority of the trips were spent in Suzhou, there were also short stopovers at Shanghai, Hangzhou, Nanjing and Yangzhou. This provides good opportunities to visit many renowned Universities and industries situated at the various regions of China. The students also had the opportunity to attend lectures in Suzhou University, as well as our very own National University of Singapore Research Institute (NUSRI).

The visits to many well-known factories such as the Yakult, Barry Callebaut, Wahaha and Nongfu Spring created some of the most lasting impressions of the trip. For many, it was their first time overseeing the entire production chain ranging from the input of raw materials to packaging of the final products. Stringent checks at various critical control points (CCP) and quality control of the final products were also carried out to ensure that products of the highest quality were being produced.
The well-planned schedule also included cultural visits to many popular sightseeing places such as the magnificent Oriental Pearl TV Tower in Shanghai, the gorgeous West Lake in Hangzhou and the mysterious water village in Zhou Zhuang. The students also had ample time to do their own self-exploration and shopping at night. Be it interacting with the locals, trying out local delights or practicing their haggling skills at souvenir shops, many deep friendships were forged and lots of memories were created.

The cool weather throughout the trip, which was often described as freezing, created a love-hate relationship with the students and staff. While the thought of living in temperature as low as -4°C may sound daunting to most, many were actually hoping to witness snow for the very first time in their life. The snowflakes that fell nearing the end of the trip in Suzhou marks a beautiful finale to the immersion program.

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**China Immersion Program (CHIP) (Cont’d)**

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### Farm & Factory Visit 2012

*On 8th May 2012, the FST society organized a trip to Uncle William’s Quail farm and Khong Guan factory. Uncle William is a Singapore Tourism Board (STB) certified tour guide and a passionate educator. Besides continuing his father’s business in breeding of birds, he also provides a wide range of talks and tours. On this bright morning, we were greeted by the vibrant smile of Uncle William right at the door step of his farm. Besides educating on the life cycles of quail and other species of birds, he also brought us to a short tour around the farm and dropping useful tips on how to identify foods that are fresh. At the end of the tour, everyone was given a pack of ‘A’ grade chicken eggs along with some finger foods specially prepared by his wife.

The second half of the day was spent visiting Khong Guan factory, a local biscuit company which was set up in 1947 after World War II. Joseph and Hui Fang from the company were anticipating our visits and warmly welcomed us the moment we alighted the bus. We were served with drinks and of course, Khong Guan biscuits while listening to the enriching talk about the company’s history and their products. We were fortunate to be able to tour their biscuit production chain and have a better idea on how it is like to work in a food factory. Lastly, we were directed to their gift shop to purchase Khong Guan biscuits at a promotional price. Many of the guys were also amazed when we saw the “dog biscuit” on sale, a type of hard cracker that accompanied us throughout our two years of journey in the National Service!*
2012 was a fruitful year for FST postgraduate students as we hosted the NUS-WUR Postgraduate Symposium on the 29\textsuperscript{th} Oct with great delight.

The Wageningen Laboratory of Food Chemistry is one of the 22 chair groups within the Agrotechnology & Food Sciences Group (AFSG), which is part of Wageningen University and Research Center. The PhD fellows of the Laboratory of Food Chemistry organize an international study tour biennially. Having visited different parts of Europe, Japan, China and the US, the organizing committee initiated a study tour to Singapore and Malaysia this time round. As a result, a group of 30 PhD students led by Prof. Harry Gruppen and Dr Henk Schols visited us.

Ten topics related to food engineering, functionality of food ingredients such as carbohydrates, proteins and phenolic compounds and biosynthesis of flavor compounds were covered during the student and faculty presentations. In addition, 40 poster by both NUS and The Wageningen postgraduate students were also presented.

The symposium was both insightful and intellectually-enriching, having allowed us an exchange of knowledge and the opportunity to present our work in a mutually supportive environment and get genuinely constructive comments from peers and supervisors.

Last but not least, we were privileged to have Dr Allan Lim from Nestlé R&D Center Pte. Ltd., who shared information about the current pivotal role of Nestlé first R&D establishment in Asia in delivering nutrition, health and wellness to consumers in Asia Pacific countries region through innovative products.

By Cheong Munwai

Discussion was continued at the well-attended dinner, held in NUS staff club, a relaxed and friendly environment. Many useful points of contact established and details exchanged. Overall, we were delighted by how well the postgraduate symposium went, and would like to thank our faculty staff, our postgraduate presenters, and our invited speaker for their support for this event. We hope that the friendship and relationship that grew out of this symposium will continue to grow.
The FST Freshmen Orientation Camp was one of the few major events organized by the FST Society every academic year in the first week of semester one. It is the second overnight orientation camp by the society and the freshmen had a really great time interacting with their peers and seniors, whom they will be seeing for the next few years in this small but closely-knitted FST community.

Following the theme ‘Childhood Memories’ in the previous orientation camp, the camp organized in AY2012/2013 perhaps brought back even more memories from their childhood. The quest started as the freshies find themselves gaining unique “super powers” after seeking for artifacts left behind by legendary super heroes such as Professor X, Wolverine and Spiderman. Imbued with these special powers, they use it to their groups’ benefit while travelling around school to complete special missions.

To round up the camp, a pageant contest was held and one male and one female representative were nominated from each group. After a series of catwalk from each pair of nominees, they went on answering a bunch of hilarious questions and the audience voted for their favourite candidate based on their response. And here comes the birth of our very first Mr. and Ms. FST!

The organizing committee would like to thank everyone who made the camp possible and stay tuned to the upcoming freshmen orientation camp!
“Red Carpet Affair” was the theme for our graduation night 2012. Despite being busy during our Industrial Attachment, the whole class came together and organized this joyful event which marked the end of our university education for some of us. Held at the Dallas Restaurant & Bar on 9th May 2012, almost all of us turned up for the event and our lecturers - Prof Zhou, Dr Huang, Dr Liu, Dr Yuk, Dr Ong & Dr Leong together with Chooi Lan and Huey Lee took time off to grace the event.

After the first round of appetizer course, the night of fun was kicked started by the Emcees of the night - Craig and Xueli. The stars nominations awards, designed by the games committee, aimed to celebrate outstanding individuals of the class in different areas. The first award of the night was the “Best Memory Award“. Tough questions like what were on the first slide of our lecture notes for FST3103- Advanced Food Engineering as well as what was Althea’s pose in our class photo sure tested the limit of most of our memory except Angelin, who was the winner of the night. She was also voted the “Most Helpful Student“ and was given a Little Miss Helpful badge. Known for his ‘Salmonella’ joke, Jasper was presented with the “Lamest award“. Our informative Phebe received the “Best Anthenna Award” and Royston, who never fails to surprise us with his new hairstyle over the past semesters, was voted the “Best hairstyle award“. More fun games were played that night such as the recitation of a paragraph for the “Sweetest Voice Award“ and shaking off post-it notes to determine the “Fastest Fingers Award“. The highlight of the night was a video which showcased the times we had together over the past three years. Memories flashed back as we saw the photos of us dressed in labcoats and attended field trips together to food companies in Singapore and Malaysia. The room was filled with laughter and joy as we looked through the times we spent together over the past three years.

Followed up was the ‘Best Dressed Awards’, which was the grand award of the night. It was sure a hard decision for all of us especially the professors and staff who could not even recognise some of us. After a catwalk show and a fierce fight, our stunningly beautiful Kai Xin and Jasper were crowned the winners.

Tokens of appreciation were presented to all our lecturers and staff to thank them for their guidance for the past three years. Prof Zhou gave a closing speech and was also presented with the “Most inspirational lecturer” award.

The night ended with a special duo performance by Craig and Jasper followed by a group photo session. Everyone left happily with a goodie bag full of gifts and a book filled with messages and wishes from our lecturers. It was indeed a memorable night for many of us! The memories created and friendships forged are the best part of our university life in FST!
The Costa Rica Summer Programme for Food Science and Technology (FST) students was held during Special Term (July-Aug 2012) and it was of great privilege that the FST cohort had the opportunity to visit this exotic country much raved about by our fellow counterparts in the Life Sciences major. As the pioneer batch participating in this programme, we embarked on this learning journey with hearts filled with immense excitement and curiosity as there is always a compelling charm about the unknown.

The objectives of the course were very clear – to learn about the food commodities in Costa Rica. Being generous hosts to exchange students, the lecturers often brought the local commodities, such as papayas, chayote, heart of palm, etc to class. This not only provided firsthand learning experiences for us students, but also tasty treats to perk us up in the early mornings. I mean, how often do you get to stop in the middle of a lecture and shift the focus away from your lecture notes to the food right in front of you? But of course, we took away learning points while indulging in the bliss of eating!

Meanwhile, the field trips (farm and industrial visits) complemented the content taught during lectures, while pilot plant processing facilitated the application of theories. At the farms, the moos, bleats and neighs of the farm animals and their free-roaming lifestyles were a pleasant change to the hustle and bustle of the noisy city we came from. Besides enjoying and embracing nature, we also had fun learning how to operate machines such as the steam kettle to make Dulce de leche and stuffer and smokehouse to make emulsified sausages (which sadly always burst from their casings due to our lack of skill in stuffing).

Overall, the course had provided a multi-faceted and enriching learning experience but while the Food Science component of the programme deserved much praise, the Spanish learning experience was worthy of mention too. Although afternoon lessons spent in the classrooms proved a little challenging, especially when after lunch syndrome kicked in, the most rewarding moments arrived when you could finally understand what the locals were saying - from passers-by greeting you as a Chino/ China (which means Chinese in Spanish) to picking up bits and pieces of conversation going on during family dinners with the host.

6 weeks passed in the midst of classes, rushing of reports, preparation of exams and exploration of the different cities over the weekends but it was a fruitful journey which I will never regret. It is now with eager anticipation that I await for my return to Costa Rica – Land of Pure Life.

By Yeo Hui Qi
Travel to Tokyo

It is a great opportunity for me to join the 5th Joint Symposium on Food Science and Technology between NUS and TUMSAT in Tokyo. I have never been to Japan before and Japan is one of the most attractive destinations to me. I am interested in Japanese culture, traditions, fashion, people and landscapes, etc. Together with other four girls, we started this exciting trip. It took around 9 hours from Singapore to Japan, and we landed in Tokyo at 10:30 pm.

The first day of our trip we went to Mount Fuji. Mount Fuji is an attractive volcanic cone and is a famous icon of Japan which is a frequent subject of Japanese art. For anyone who thinks, "Eh, this is just a mountain," you are mistaken! I know, because I was one of those people. When we arrived there at around late afternoon on a Sunday, it wasn't crowded. The local temperature was around 5°C. We were so excited that we almost didn't notice the cold weather. The leaves were colorful and the view was amazing, we enjoyed the autumn parade of orange and golden leaves on our way up. As someone has mentioned that timing is key if you want a good view. Morning or dusk is the best time. Winter is the best season as summer can be hazy. When we arrived there it was very disappointing at first. The mountain was fully covered with clouds, we couldn't see a thing. Lucky enough, the clouds started to clear after an hour of waiting. Mount Fuji came into sight. I tell you, I almost cried when I saw it. BEAUTIFUL! The clouds cleared just enough to see the peak and snap a quick photo. Fuji mount is definitely our favorite spot in Japan.

Natural hot springs are numerous and highly popular across Japan. Every region of the country has its share of hot springs and resort towns, which come with them. Hot spring baths come in many varieties, indoors and outdoors, gender separated and mixed, developed and undeveloped.

After visiting Mount Fuji, we decided to try an onsen. Firstly, let me say that the weather outside was about 5 degrees with sparkling snowflakes falling softly, so getting undressed seemed like a crazy thing to be doing, even in a small enclosed bath-house. I had done my homework, and slipped off my clothes and put them on the provided shelves. The stone floor felt like ice, and pouring the hot water over myself did nothing to stop my whole body shaking. So as soon as I could, I slid into the onsen. The water works its magic on me. Did we enjoy our first onsen experience? Absolutely!

Although current electricity savings strategy offers dimmed at the actual well-known Tokyo evening neon sky line, Tokyo roads as well as tourist areas continue being safe and sound and also tourist warm and friendly. You’d probably definitely desire to experience Tokyo nightlife and will include the idea on your own leisure activities in your visit to Tokyo. Just jogging peak pavement after dark provides you with the view of massive neon lights, Japanese lanterns, as well as a great number of folks. Vast throngs of people regarding residents; all getting out of the office to enjoy the actual hustle and bustle on this vibrant city, trying to find a goodie, a new dinner, or in order to celebrate.

We visited Ginza, particular upscale section of Tokyo, which will be distinguished since one in the planet’s many luxurious shopping zones. It’s loaded with shopping centers, restaurants, shops, coffee-houses, along with nightclubs. It really is Japan’s fashion center, home to many high quality (along with high priced) stores. Once the shopping centers shut for that night, the particular bar hopping can begin; having a globally varied collection regarding pubs as well as diners, karaoke, as well as cinemas that feature traditional Japanese arts. Right here you’ll be able to dance, drink, and also perform almost all night long.

We started with a trip to Asakusa Temple (浅草寺), which had an impressive gate at the entrance. For most of the twentieth century, Asakusa was the major entertainment district in Tokyo. The area was heavily damaged by US bombing raids during World War II, particularly the March 1945 fire-bombing of Tokyo. The area was rebuilt after the war, but has now been surpassed by Shinjuku and other colorful areas in the city, in its role as a pleasure district.

We then had some free time to saunter down past the shops, and see if there were any treasures. There seemed to be a little more choices, and less stalls selling sweets than in previous places. We decided to visit separately. I had a go at our fortune, where you shake up a wooden box of sticks and through a small hole one pops put.
TRAVEL TO TOKYO (CONT'D)

On the stick is a kanji which you match to the ones on the wall and take the paper fortune of the matching one. I tied it up, and left it there, hoping the bad luck would be left behind.

Tokyo Skytree is an amazing sight to behold with magnificent views of the world’s most bustling megalopolis. Tokyo Skytree is a broadcasting, restaurant, and observation tower in Japan. Its full height of 634.0 metres makes it the tallest tower in the world, displacing the Canton Tower, and the second tallest structure in the world after Burj Khalifa (829.8 metres). The architecture of the tower is very cool, and the shopping park was filled with many samples at their gourmet food kiosks. We didn’t actually get to go up as they only allowed ticket reservation.

Now, let’s talk about the main aim of this trip - TUMSAT-NUS symposium. The symposium was held for two days and my presentation was arranged on the second day. We all have learned much from our Japan friends’ presentation. After the presentation, we visited the campus.

On the last day, we followed Prof. Zhou and Dr. Liu to visit the Toyo University. The Toyo University located in the urban of Tokyo has a very beautiful landscape.

All in all, this Tokyo trip was so wonderful!

By Sui Xiaonan

FST FLAVOUR TRAINING COURSE

A 5-day short course on Flavour Training was conducted from 16 to 20 July last year. The course was specially designed for junior flavorists and technical staff working in F&B and flavor related industries.

The trainer, Mr John Knoop is a famous Flavour Consultant with more than 40 years working experience in the food and flavor industries.

The objectives of the course was to introduce the candidates to a group of about 80 aroma chemicals, which were considered to be the base of flavor development. The course covered all the main groups such as ethyl ester, alcohols, aldehydes, lactones, acids, ketones and other esters.

It was a hand-on session, participants learned how the principles governing the science, the creation and the applications of flavor. They were organoleptically trained in identification, familiarization with flavor characters, understand the impacts and the tips on flavor mixing and creations.

At the end, candidates were able to develop and explore their creativity and came out with new flavours. Their new creations were evaluated and they were graded at the end of the course.

By Lee Chooi Lan
FST BAKING COURSE 2013

19TH JANUARY

Rising up at 6 in the morning should not be a phenomenon for NUS students – especially if they have 8am lessons and stay far away from campus. However, we had to wake up at this ‘unearthly’ hour on a beautiful Saturday. Furthermore, it was only week 1 of Semester 2; there was no need to wake up so early to ‘mug’. Siao (insane in Hokkien) right?

Recalling the hard work that we had put in during the one-month December vacation planning the event and executing our trials just for this day, the pain from waking up at 6am quickly subsided. Reaching the Food Processing lab as early as possible to prepare for a long day ahead was all that was on our mind.

Today marked our very second Baking Course. This session was opened to FST students only to foster bonding for the people in the course. At about 10am, our fellow course mates started streaming in, and expectedly, the attendance was slightly below expectations. Nonetheless, we express our heartfelt gratitude to those who came down so early despite it being a Saturday of the first week of the school semester.

The Baking Course started off with a demo by the Project Director (P.D.). The participants then returned to their benches are started with the baking preparations. Though there were some minor setbacks during the baking, the laughter from the participants lasted all throughout the course, signaling to us that they were enjoying themselves. Our hard work has paid off as this session has fulfilled its objective – having fun while baking.

26TH JANUARY

Similarly, the second session started off with a demo (hopefully, it’s a more confident one). Learning from the previous session, the conducting of the course was much smoother. As this session was opened to the entire NUS, the response was significantly well-received. We thus grabbed hold of this golden opportunity to let students from other majors to know more about the existence of the Food Science & Technology programme. The demo also included more Food Science concepts as we are after all, FST students! It was heartwarming that the participants were interested in the science behind some baking procedures and not turned off by it.

This second session also allowed participants from different faculties as well as the planning committee to get to know each other. Not only that, the participants also asked us when would future sessions be held and requested for biannual sessions at the beginning of each semester. We could tell that the participants certainly enjoyed themselves throughout the entire session!

On a whole, the 2nd Baking Course is a success as it has fulfilled its objective of allowing people to have fun while baking. To all participants out there, we hope that you have enjoyed yourself and we look forward to seeing you again next time! Cheers!

By Tony Liew
The NUS FST Annual General Meeting (AGM) is held every year in the first semester to elect new committee members. In AY 2012/2013, the AGM was held on 7th September 2012 in the presence of FST students from each Year. At the meeting, we witnessed the inspiring and sincere speeches coming from our elects, outgoing and incoming presidents, as they shared their visions and dedication to our small

Presenting to you the 4th FST Society Executive Committee!!

PRESIDENT: JASMINE TOH YOU NAN (OUTGOING: YAP PEI YI)
VICE-PRESIDENT: KOH MENG GUAN (OUTGOING: SEAN TAY SIANG HONG)
SECRETARY: LEE JIA LI CHARMAINE (OUTGOING: JONATHAN PHOON NGOK JUN)
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LEVEL 1 REPRESENTATIVES: ROBERT WIBISANA, YOECELYN
LEVEL 3 REPRESENTATIVE: YAP PEI YI

THE PINEAPPLE
As a world congress of Food Science and Technology, the NUS, FST team composed of Viduranga, Waisundara, Liu Yeting, and Liu Zhongwei (me) were honored to be invited to attend this great meeting. Foz do Iguazu may be one of the most beautiful tour attractions in the world, which is famous for its great falls located at borders between Brazil and Argentina. On the second day after arrival, our team cannot wait to visit the great Iguazu fall and we were greatly shocked by its magnificent beauty. We also paid a visit to the local bird museum park and fortunately saw the “Tucano” which is mascot of 16th IUFOST. Until then, we just realized that the icon of the mascot was not an artistic exaggeration product, but a real image of an endemic bird species in Brazil. The bird was very good tempered and friendly to humans, and would never be annoyed by teasing and touching from tourists. Actually, we suspect that this lovely and lazy bird with a disproportionate beak may lose its flying function one day in future.

On third and fourth day, we began the formal academic activity and fulfilled the true aim of this trip. Vidu and I presented ours poster titled as “Characterization of the Calorie Restriction and Anti-Lipidemic Effects of Baicalin in Type 2 Diabetic Goto-Kakizaki Rats” and “Stilbene derivatives from the fungi-stressed peanut seeds and their bioactivities in 3T3-L1 Adipocytes” respectively, in section of Bioactive Compounds and Functional Foods. Based on the topics of our common interest, we communicated with research scholars from world around, which benefits us all by exchanging our different academic ideas extensively and intensively. Actually, the real star of our team is Liu Yeting who was one of seven to win young scientist award of 16th IUFOST because of his outstanding contribution to the food engineering research area. We were all proud of him as one of our team members.

On the last day, when we flew back to Rio de Janerio, from the plane’s windows we saw that Brazil is a green country, like Singapore, covered by trees as far as the eyes can see. The scene also made me understand that why the tropical forest of Brazil was named as the lung of the earth. Brazil is a beautiful country where the people always smile to foreigners naturally and sincerely.

By Liu Zhong Wei
The 2012 Malaysia Field Trip was organised during recess week of semester 2, AY11/12. The group of 32 including 3 staff left on 22 Feb 2012 early morning from NUS to Johor, Pasir Gudang Industrial Park. First destination was P GEO Edible Oils Sdn Bhd, a company owned by Wilmar International Limited. We were fortunate to have the opportunity to view one of the largest oil refineries in the country. Their main activity is manufacturing edible oils in bulks from crude palm oil for local and international markets. The tour was magnificent and well conducted with detail explanation by their technical staff. We really appreciate their warm hospitality and the sumptuous lunch given at the end of the factory tour.

After lunch, the group continued the visit to Delfi Cocoa Sdn Bhd, a division of Petra Foods Limited, one of the world major chocolate ingredient manufacturers. We were offered their house brand chocolate and followed by the video presentation. After that we had a spectacular view of their cocoa processing plants and advanced technology. It was a very impressive and eye opening tour!

It came to about the end of the day, we continued our journey to KL and had a good night rest at Melia Hotel, Bukit Bintang. The next morning, the first visit was High 5 Bread Town, under Silver Bird Group, one of the biggest bakery and confectionery manufacturers in Malaysia.

The factory incorporated a bread museum, a unique attraction offered the guests a walkthrough on the history of bread with emphasis on bread development timeline and series of technology migration. It was a very educational and good experience to learn the pass and the present modern baking process and facilities.

On the way back to Singapore, we visited Yakult Malaysia Sdn Bhd in Seremban. The factory was built specially with visitors in mind, visitors were given splendid view of the whole production plant process and the technology used. The tour also included a corporate presentation and introduction of their products and showing the importance of good bacteria for a healthy digestive system.

The 2 Day trip was very fruitful, it was a good opportunity for students to see the modern technology, the processes in the industry scale and the practical approaches from difference food establishments. Such exposure will definitely beneficial and enhanced their study!

By Lee Chooi Lan
NUS-FST ICE CREAM SHORT COURSE

NUS-FST Ice Cream Short Course is back....!!
Date: 10 to 14 June 2013

Course Fee: S$1400, registration before 15 March 2013
Late registration $1600
Fee includes course materials, a 400 pages book worth USD250 ("Tharp & Young on Ice Cream: An Encyclopedic Guide to Ice Cream Science and Technology") and daily lunch & refreshments. Fee subject to 7% GST for all local participants.

Find out more on the 5-day course here:
http://www.onicecream.com/5day_prog.html

Hurry.....Sign up here if interested;
https://esurvey.nus.edu.sg/efm/se.ashx?s=1CC7023E1A7C12F5

FST STUDENT AWARDS

Yeo Hui Qi, winner of National Starch Scholarship
Welzl Nicolas Xin Qiao, winner of Firmenich Best Honours Student
Amanda Ang Mei Yen, winner of Food Spectrum Pty Ltd Excellent Prize
Tay Geng Yu, winner of P.J. Barlow Book Prize
Toh Mingzhan, winner of SIFST-NUS Best Student Award cum SIFST scholarship
Dr. Liu Yeting, winner of 16th IUFOST young scientist award
Sim Yu Xin Francine, winner of Givaudan Food Excellent Prize
On this joyous day, many FST undergraduates, post-graduates, alumni and academic staff come together at the department’s food processing lab for a marvelous dinner that is supported by the FST department.

The exciting programs arranged by the society and the “lo hei” sessions created an excellent opportunity for everyone to interact with each other. An awesome dinner in a light-hearted atmosphere makes everyone feels at home once again, in this small yet close-knit community.

The event ended off with photo-taking sessions to commemorate this special and meaningful occasion.

The FST Society look forward to seeing you in this year’s Chinese New Year Reunion Dinner!

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2013 CALENDAR OF EVENT

**FEB**

Chinese New Year Reunion Dinner

**JULY**

FST Freshmen Academic Briefing Day

**AUGUST**

FST Freshmen Orientation Camp

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The FST society wishes you and your family a wonderful year ahead!!

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*The Pineapple Issue 11* is proudly presented to you by the NUS FST Society, with special thanks to the writers for their articles, FST staff for their advice and all who have contributed in on way or another.