



Grapevine

A word from the Editor,

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Dear readers,

Welcome to a brand new year! As with every new year, we all make new year resolutions! Get started on that exercise programme, to watch our diet, be nicer to our patients, go to church more often... The list is always non-exhaustive.

Someone once asked me, "So, how many of your new year resolutions did you actually complete last year?" That got me thinking for a while. Hhmmm. I must confess, not many – but sometimes, it doesn't mean that you've failed. The first step in improving ourselves, is acknowledging our frailties and flaws. And what better way to ask for strength to overcome our failings, than through prayer.

So let's pray for God's strength and blessings in this new year! May He protect our friends and families, and guide us to improve ourselves and do His will!

Also in this new year edition, we bring a quick closure to 2011 by recapping the busy November & December period which saw quite a few activities going on – carolling, overseas missions, etc...

May 2012 be equally fruitful for everyone! Have a blessed 2012! =)



Cambodian kids (Mission Srolanth)



Christmas Carolling 2011



Post Xmas Dinner

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Christmas

Carolling '11

CMS carried on its annual tradition of carolling at Catholic medical professionals' houses. We thank all the students for their hard work and all the seniors who went down to support them!



Carolling began this year with Prof Low's house!

Featuring a new batch of CMS juniors, with a few new songs such as Carol of the Bells, they certainly brought much Christmas joy to all who were present that evening!

Not forgetting the annual CMG-CMS carolling at Dr John Lee's house in the East - the rain did nothing to dampen spirits that evening!

Familiar tunes of Silent Night and Jingle Bells filled the air, as we celebrate the birth of Baby Jesus!



And last but not least, we offer our thanks to Gerald for inviting us to carol at his house!

The combined choir can only get bigger every year as we look forward to adding more to our fold! =)



Post-Xmas Dinner



With all the Christmas carolling stress over, its time to kickback and soak in a bit of the festive cheer!

We thank Victor for hosting us at his place! Both seniors and juniors gathered for an evening of fellowship over dinner – which didn't feature the usual turkey and ham which I'm sure we had seen so much of over the festive period!



Year-end Retreat

Our annual retreat was held from 11th Nov – 12th Nov 2011, at the Centre of Ignatian Spirituality and Counselling

Reflect, recharge, renew – it was precious time away from the hustle and bustle of our work lives as we find time alone with God.

We thank the organizing team for those fruitful 2 days, and Fr David for celebrating mass with us!



Mission Srolanh...

The NUS CMS students recently raised funds by selling muffins and bubble tea at various parishes to raise funds for the mission trip to Cambodia. We reproduce here, an article that appeared in CN on 15th January 2012, written by the CMS team who went to Cambodia. Photos obtained from the Mission Srolanh blog <http://missionsrolanh-cmscmg.blogspot.com>



Eighteen students from the NUS Catholic Medical Society provided medical care and conducted health education in Cambodia recently.

The inaugural student-run mission to Battambang, from Dec 10-16, also saw the participation of four doctors from the Catholic Medical Guild and Mr Malcolm Wong, assistant principal of St Joseph's Institution.

The team, dubbed Mission Srolanh (srolanh means "love" in Khmer), was conceived as a result of a request for medical aid from Msgr Enrique Figaredo, apostolic prefect of Battambang.

During their trip, the Singaporeans worked with the clergy there, the Salesian Sisters of Don Bosco and several lay volunteers, complementing existing outreach efforts of various missionaries.

The team provided medical care and conducted health education lessons at four centres and also for 600 local people in four villages.



The centres cater respectively to 50 landmine victims and teenagers afflicted with poliomyelitis, 80 girls undergoing vocational studies, 50 adolescent students, and 30 destitute young children.

In addition to addressing fundamental health issues such as basic hygiene, the team also conducted medical screening and health education programmes for each group.

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For example, at the Don Bosco vocational school for girls, the team addressed women's health issues. At the Arrupe Welcome Centre for the disabled, the team focused on care for prostheses.

The Singapore group also collected data to study medical demographics such as the prevalence of anaemia, malnutrition, hypertension and hair lice problems.

With the information gathered, they hope to evaluate and further advance their efforts for the Cambodians, committing to an ideology for sustainable and long-term aid.



One concrete measure they look forward to taking is sponsoring select Cambodian students through medical school. Hopefully, they will become resident physicians at the centres the Singaporeans visited upon graduation.



Additionally, the Singapore team also looks forward to working with local healthcare institutions such as the Petyeychee Health Centre, Battambang Provincial Hospital, a medical laboratory and a pharmacy to promote cohesive and seamless healthcare for local people.

"We recognise that periodic visits to Cambodia cannot be a sustainable solution and therefore see the need to invest in improving existing healthcare facilities," said Mr Christopher Chua, 22, head of the team's development committee.

Organisers say the group may also minister to the

psychological well-being of the girls at the Don Bosco school in the future.

Mission Srolanh was also a collaboration with A Call To Share (ACTS), an initiative of the Church of Our Lady Queen of Peace in Singapore, which serves needy Cambodians.



- By Joanne Luo -

† **What's New on Doctor's Blog:**

▪ **“The Red Cross”**

Our writer spends 1 month in India on a work trip, and gains more than work experience.

Read on as he explores the fundamental question on why each of us have chosen Medicine as our calling.

[Full articles](#)



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† **Regular Events:**

1. BYOB (Bring your own Bible)

- Time: 12th, 19th Jan; 2nd, 9th, 16th Feb
7.30pm
- Venue: CANA, 2nd floor CWS building, 55 Waterloo St

Join us for our weekly BYOB sharing and fellowship, held on every Thursday except the last Thursday of the month!

2. CMG Monthly Mass

- Time: **to be confirmed**
- Venue: CSCC Level 9, Solomon's Hall, CWS building, 55 Waterloo St

Join us for our regular monthly mass held on the last Wednesday of each month!

3. Outram Campus Weekly Mass

- Every Wednesday, 12.15pm
- Venue: Medical Alumni Association Hall, Level 1 (Junction of College Road & Outram Rd)

More details [here](#)

