

DSS 43rd Annual General Meeting

Saturday, 26 April 2014
 NUS Suntec City Guild House
 3 Temasek Boulevard #02 - 401/402
 Suntec Tower 5, Singapore 038983

Programme

- 2.00pm Registration
- 2.30pm – 2.35pm Welcome Address by President
- 2.35pm – 4.00pm DSS 43rd Annual General Meeting
- 4.00pm – 4.30pm Refreshments



Soyjoy Workshop Diabetes Management Made Easy Rodiah Hashim

It is a topic that will never go stale—Glycaemic Index (GI). On Saturday, 22 February 2014, Soyjoy sponsored a workshop that consisted of two sessions teaching participants how to manage their diabetes with the right diet.

Speakers were from the Glycaemic Index Research Unit of Temasek Polytechnic and led by their head, Ms Kalpana Bhaskaran. Research officer Mr Ramesh Kumar started the programme by presenting facts and figures on Understanding Food Labels. Lecturer Ms Siti Hussain followed with a hands-on session showing participants how to choose the right food products with actual supermarket items.

Peppering her message on managing blood sugar levels via low GI diets with humorous anecdotes, Ms Kalpana received the thumbs up from one participant for her 'excellent presentation, informative, humorous and well paced, she did not browbeat or talk down to the audience'. A sharing session with the panel of speakers and guest speaker, consultant endocrinologist Dr Ben Ng of Arden Endocrinology Specialist Clinic Pte Ltd, ended the fruitful afternoon.

DSS would like to thank the sponsor Soyjoy, Dr Ben Ng and co-organisers Temasek Polytechnic for making the event a success.

FOR THE LATEST ON DSS EVENTS, LOG ONTO www.diabetes.org.sg
 For enquiries, please contact 6842 6019.



DSG DIARY

Juliana Lim, Chandra Shekar and Kenji Mirassou

Care to join us for our next DSG outing/meeting?
 Ring Juliana at 9278 2084 for information.
www.diabetes.org.sg



MacRitchie TreeTop Walk

The first Diabetes Support Group (DSG) walk of the year was held on 15 February, the last day of the Chinese Spring festival. Twenty four participants gathered for the occasion, all looking forward to galloping into the Year of the Horse.

The group woke up early to meet at 9am at Marymount MRT station. After a quick briefing and a word of caution by Juliana and Kenji about the monkeys, we took the bus to the Venus Drive car park, the closest entrance to the Treetop Walk.

The Treetop Walk is a 250m-long suspension bridge linking Bukit Kalang and Bukit Peirce which are the culminating points of the Central Catchment Nature Reserve. Nestled in the northern part of the reservoir, the aerial walkway rewards hikers with a panoramic view of the verdant forest.

The weather was warm and sunny that day. Fortunately, a gentle breeze kept us going despite the steadily rising temperature. Walking in the lush

rainforest, we came across many tall trees as well as a wide variety of flowers and quite a few adventurous joggers. After about an hour of strenuous walking, going up and down the rocky trails, we arrived at the Rangers station.

As we entered the thick forest, we saw a family of monkeys perched on the hand rails, eyeing us. One of them eagerly and excitedly rushed over to greet us in front of the Treetop hut, allowing us to take photos of him. We were most amused by his monkeying around!

And there it was, finally! Hovering 25 metres above the ground and stretching across the forest canopy was the Treetop bridge. The aerial walkway only allows one-way traffic; for some of us who have a fear of heights, stepping onto this narrow passage was pretty scary. But once past that first step, we could enjoy the breathtaking and awe-inspiring view it offers of the majestic greenery of the MacRitchie.



DSG Calendar April - July 2014

ACTIVITY	DATE	MEETING POINT	TIME
WALK @ GARDENS BY THE BAY N MARINA BAY (MARINA BAY-MBS-GBB-HELIX-CITY HALL)	Saturday, 19 April	Marina Bay MRT	5pm
HEALTHY EATING CUM MEET N SHARE @ DSS BEDOK	Saturday, 10 May	Bedok DSS	11.30am
WALK PASIR RIS PARK	Saturday, 24 May	Pasir Ris MRT	9am
WALK TAMPINES ECO GREEN	Saturday, 21 June	Tampines MRT	9am
WALK ADMIRALTY PARK	Saturday, 19 July	Woodlands MRT	5pm