

SEC/10-11/03

15 October 2010

Hi Members!

### ***Strike a work-life balance - Get Moving .....***

Check out SAAP activities if you have not already done so. Make an appointment with yourself.....complete the MCI registration form now or GIVE me a call to check if seats are still available.

Then relax and enjoy the programme that we have arranged. *30 October falls on the fifth Saturday of October*, which interestingly happens only once in **823** years. Highlights for the event include the Installation of the Management Council 2010/2011, Inauguration of new members as well as meeting SAAP Loyalty Award recipients. Besides networking and learning from a professional voice trainer on the importance of intonation, diaphragm and posture, you may even discover that we've got talented members amongst us.

### **Bazaar sale**

Our 6 SAAP delegates who have returned from the ASA Congress in Taipei will be put some items, which they have got through the exchange of gifts, for sale. During registration and lunch you will be able to catch glimpses of the 20<sup>th</sup> ASA Congress.

### **Cookery Workshop**

A Wellness Cooking Demo has been confirmed on 8th of January 2011. Four (4) traditional Chinese New Year dishes will be prepared by Ms Pansy Seng of Nestle. Those who have attended Ms Pansy's workshop earlier this year have enjoyed her session which was peppered with humorous jokes. Details will be released at the MCI and the next circular.

### **Member Feedback**

SAAP members are in for an incredible leadership this year. If you have missed reading the new President's message in the last circular, this information has been uploaded at our website. Check it out! You are also encouraged to send in your feedback form.

Together with this circular is a mailer from Stationery World (S) Pte Ltd, who is one of the sponsors at our MCI.

P. SUMATHI  
Honorary Secretary 2010/2011

