



22ND Executive Council 2017/18

OFFICE BEARERS

President

Dr Choong Chew Thye

Vice President

Diana Koh Hwee Hoon

Honorary Secretary

Goh Keng Hwee S S

Assistant Secretary

Tan Jun Long

Honorary Treasurer

Lee Soon Chua

Assistant Treasurer

David Tan Zheng Yuan

Welfare Officer

Chan Wen Ting

COMMITTEE MEMBERS

Mok Wai Pun

Calvin Koh Chin Khoon

Dr Leong Wei Shin

Ang Wei Jie

Goi Ming Ying

BOARD OF CONSULTANTS

Prof Michael Chee Wei Liang

Dr Lim Kim Whee

Dr Adrian Wang Chee Cheng

Dr Vijayan Loganathan

LEGAL ADVISOR

Anand Nalachandran

Editorial Subcommittee

Goh Keng Hwee S S

Diana Koh Hwee Hoon

Chan Wen Ting

Executive Director/ Epilepsy Counsellor

Goh Keng Hwee S S



Dear Member & Friend

The other day, just as I was leaving Toast Box when someone voiced my name. I looked up and it took me awhile to recognise him. This friend and I were close before. I remember the time he trained me for sprint when both of us had signed up for a marathon. I was never an athlete. He was an accomplished athlete. It was then how I had picked up running and love the exhilarating freshness of it.

Then we began to spiral apart, slowly at first so we did not have to acknowledge what was happening. My friend was cordial. *Hey! I miss you! Can't we get back to what we used to be?* I want to blurt. But even if I could find an unchildish way of telling him it would still sound abrupt, incongruous and borderline tragic. He'd wonder why I was not somewhere else, with friends. Which would set me wondering, too, and reaching dismaying conclusions.

It amazes me how easy it is for things to change, how easy it is to start off down the same road you always take and wind up somewhere new. Just one false step, one pause, one detour, and you end up with new friends or a bad reputation or a breakup.

My friend left hurriedly after six-minute and in the time it took me to get out of the mall, I have flung the moment from my mind and from my life. I simply cannot let my world get recalibrated just by this chance encounter.

One of the strangest things about life is that it will chug on - blind and oblivious - even as your private world is twisting and morphing, even breaking apart. One day you have good health, the next day you are sick. One day you have a good friend, the next day he is a total stranger to you. One day you have a job and a path; the next day you are jobless.

And still the sun rises and clouds mass and drift and people shop for groceries and toilets flush and trains operate at 5.30am and ends at midnight. That's when you realise that most of it - life, the relentless mechanism of existing - isn't about you. It doesn't include you at all. It will thrust onward even after you have passed on.

However, not all is bleak as Christmas is just around the corner. It is the season that offers us hope. Hope in the midst of all our dark nights and turmoil of the soul. Christmas is love personified and fought to keep us. There is no such thing as easy love. Christmas is expecting nothing, but living frugally on surprises. Christmas is opening our hearts wide enough to love ...and to be hurt.

Wishing you this Holy Season of Christmas be a spirit-filled one for you and your loved ones! Blessed Christmas!

~ Goh Keng Hwee



ECG News and Upcoming Events



Be an ECG Flag Day

Ambassador

on Saturday, 27 January 2018
and help epilepsy patients

Make a
Donation



- ◆ tin bearers needed at various locations island-wide.
- ◆ Three shifts to choose from
(8.30am-12.30pm, 12pm-4pm, 3.30pm-7.30pm)

Your help is really needed for ECG's 16th Flag Day! We believe that with your help, this Flag Day would be a successful one as we strive to seek not only to raise funds but at the same time, to educate the public about epilepsy. Together, let's make a real difference this time!

If you are keen to volunteer and would like more information, please contact us NOW. Alternatively, you can send a crossed cheque payable to "Epilepsy Care Group (Singapore)" with your name and NRIC No.

ECG members would also receive a \$10 FairPrice voucher for every \$150 raised, so volunteer now!



Christmas is a time of reflection, fellowship, and thanksgiving. Our mind flood with thoughts of people and things that really matter, and our affections soon follow our thoughts. So come join ECG as we celebrate this special Christmas gathering as one united epilepsy family

When/Time: Sunday, 3 December 2017/4-8pm
Venue: Medical Alumni Association
2 College Road S (169850)

12TH ASIAN & OCEANIAN EPILEPSY CONGRESS



The 12th Asian & Oceanian Epilepsy Congress, organised jointly by the regional associations of the International League Against Epilepsy (ILAE) and the International Bureau for Epilepsy (IBE), will be held in Bali, Indonesia from the 28th June 1st July 2018. An exciting epilepsy and society symposium for people with epilepsy and their carers will be held on 1 July 2018.

Registration is now open till 30 November 2017. Contact us for more information.

Universal Studios Singapore

Come celebrate ECG's 24th Anniversary at the Universal Studios! Go beyond the screen and Ride The Movies® at Universal Studios Singapore®. Experience cutting-edge rides, shows, and attractions based on your favourite blockbuster films and television series, including Puss In Boots' Giant Journey, Battlestar Galactica: HUMAN vs. CYLON™, TRANSFORMERS The Ride: The Ultimate 3D Battle, Jurassic Park Rapids Adventure™, Sesame Street Spaghetti Space Chase and more!

When: Saturday, 28 October 2017

Time: 10.30am

Meeting Place: Vivo City (Level 3) Sentosa Express monorail

Tickets: \$56 (4-12 yo), \$76 (13-59yo), \$38 (60yo & above)

Note: Special rates will be given only to ECG members and one other carer.



Registered Charity No.
ROS 226/95 WEL CA1204
Ministry of Health IPC No.:
HEF0043/G

Save our Forests! Save Paper –
Print only if absolutely necessary.

Contact
Telephone: 63580566
Facsimile: 63580567
Email: ecgs93@singnet.com.sg (ED)
ecgs01@singnet.com.sg

Address
112 Lavender Street #03-01
Singapore 338728

Operating Hours
Mondays - Fridays: 9am to 6pm
Saturdays: Strictly By Appointments Only

Advocacy

Education

Information

Support