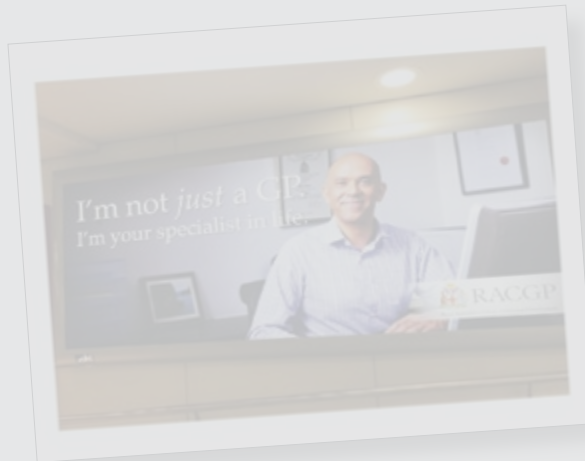


Thus, in order to survive, we all need to learn to relax and find some outlet in life and of course, being such self-driven individuals with many of us having some OCD traits, even when we try to relax we want to pursue relaxing activities relentlessly, to be the fastest, the best! So don't forget in your life journeys, to stop and smell the roses and for these cows to eat some roses.



To conclude, a reminder to all the GPs here to say to people when they ask you what do you do for a living, you say I am a doctor, then if they ask you what sort of a doctor, you reply with confidence as in this billboard displayed in the Perth airport in Australia, "I am a GP (NOT JUST a GP) and your specialist in life'.

Thank you for your attention.

CM

CFPS Thanks Our Immediate Past Programme Directors

by Dr Chan Hian Hui, Vincent, FCFP(S), Council Member, Team C Editor

The College of Family Physicians Singapore, thanked 3 of our immediate past Programme Directors during our Commencement Ceremony 2018 on 28 July 2018, with tokens of appreciation given out by College President, Adj Asst Prof Tan Tze Lee. They are:



Dr Kwong Kum Hoong

Dr Kwong served as GDFM Programme Director from 2009 till 2018. While in this role, more than 500 doctors were trained.



Dr Eng Soo Kiang

Dr Eng served as GDFM Associate Programme Director from 2016 to 2018.



Dr Julian Lim

Dr Lim served as Master of Medicine (Family Medicine) College Programme, Programme Director from 2007 to 2018. Under his watch, some 96 doctors were trained.

As 3 Programme Directors step down, so is College pleased to welcome:

- 1) **Dr Wong Tien Hua**, as the incoming GDFM Programme Director
- 2) **Dr Lawrence Ng**, as the incoming GDFM Associate Programme Director
- 3) **Dr Suraj Kumar**, as the new Programme Director for the MMed (Family Medicine) College Programme. College also congratulates Dr Suraj on his new appointment to the Singapore Medical Council by Minister of Health, Mr Gan Kim Yong.

CM