



## A Time for *Reflection*, a Time for *Celebration*

It's Christmas, a time for reflection and celebration. As the year comes to a close, eight doctors look back what they've achieved in the past 365 days and express their hopes for the next 365. Here's to a fruitful 2013, and an even more wonderful 2014!



*Dr Aliza Jap is a senior consultant ophthalmologist at Singapore National Eye Centre and Changi General Hospital (CGH). She wishes she could look like her cat!*



*Dr Lynette Teo is a senior consultant at the Department of Diagnostic Imaging, National University Hospital.*



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*Dr Bertha Woon is a General Surgery specialist and Director of her own private practice. She is also an advocate and solicitor of the Supreme Court of Singapore.*



*Dr Mary Ann Tsao is the Chairman and Founding Director of the Tsao Foundation, which celebrated its 20th anniversary last month.*



*Dr Adelina Young is a senior resident (Preventive Medicine) at the Clinical Services Department, CGH.*



All I want for  
Christmas is...

Jobs for our exiting registrars. – *Dr Lynette Teo*

The knowledge that I need not covet anything other than what I already have – a family I love and friends that make me better than I am.

– *Dr Sabrina Ngaserin*

World peace! That is a cliched answer expected of beauty pageant contestants, but in our heart of hearts, I am sure that is what many of us wish for. Christmas is a time of love, joy and peace and it would be wonderful if everywhere in the world, people would experience this during this Christmas season. – *A/Prof Lynette Shek*

That all my family members, who are scattered across the world, can all be home for Christmas dinner. Start my resolution of not overeating *before* the holiday starts so I won't be kicking myself on 2 January when the scale tips way over the wrong way! – *Dr Mary Ann Tsao*



## On my dining table this Christmas is...

Around my dining table will be my family and that's the most important thing.  
– *Dr Aliza Jap*

Slow roasted leg of lamb in citrus rosemary marinade with Cabernet Sauvignon to complement... and lots of ice cream as the main course! – *Dr Sabrina Ngaserin*

King Ranch chicken casserole and salmon bryani. The casserole is a Tex-Mex dish that I enjoyed when we lived in Houston, Texas, while bryani is an all-time family favourite! I enjoy cooking and am always on the lookout for new recipes especially in fusion cuisine. – *A/Prof Swapna Verma*

Roast turkey (served with heaps of cranberry sauce), eggnog, and fruitcake for dessert. Christmas dinner at home is usually quite traditional, although a few years back Mum decided to serve longevity buns in celebration of Jesus' birthday, which was so terribly funny every year I'm tempted to repeat it!  
– *Dr Adelina Young*

My journal. I don't cook or entertain. I use my dining table as my study table and I love to journal. I will probably spend some time this Christmas journaling about 2013 and writing my thoughts, dreams and wishes for 2014.  
– *A/Prof Lynette Shek*



## The best thing that happened to me this year was...

Passing my master's and turning senior resident. At times the journey can seem endlessly long, and it's reassuring to be able to mark these milestones along the way.  
– *Dr Adelina Young*



Getting called to the Singapore Bar. – *Dr Bertha Woon*

Being one of the recipients of the National University Health System's Young Achiever Award (am really not that young). – *Dr Lynette Teo*

A long vacation in California. I managed to visit close friends and their families, hiked up a peak in Yosemite and ate fresh seafood at Fisherman's Wharf. Seeing the splendour of God's creation in Yosemite Park was one of the highlights of my year. – *AIProf Lynette Shek*



## The most important thing I learnt this year was...



You are the most important person. If you are not able to look after yourself, you will not be able to help others effectively. – *Dr Aliza Jap*

That it is very important to listen to the voices of our patients and their caregivers. We recently hosted a regional conference where the keynote address was delivered by a recovered patient – a first! Many of our patients and caregivers are stepping forward to share their experiences across various platforms and they have powerful stories to tell that are truly inspiring. I believe that by understanding their viewpoints, our clinical service and care delivery will improve as well. – *AIProf Swapna Verma*

That we are who we choose to be. It's a simple lesson I'm constantly relearning, and this year it's really struck me that it's the little choices we make on a daily basis that add up to define who we are as a whole. – *Dr Adelina Young*

Enthusiastic perseverance will joyfully get us where we want to be, no matter how long the journey and challenging a goal may be. – *Dr Mary Ann Tsao*



## My hopes for the new year are...

More "me" time. – *Dr Bertha Woon*

Happiness and good health for my family and friends. – *Dr Aliza Jap*

To get through the Accreditation Council for Graduate Medical Education International reaccreditation. – *Dr Lynette Teo*

To always believe in possibilities and maintain a sense of reverence for life. – *Dr Sabrina Ngaserin*

That Singapore would develop into a gracious society. We need to start training our young to be kind and respectful towards one another. Being a paediatrician, I see the importance of training a child in the way he should go, so that when he is old, he will not depart from it. – *AIProf Lynette Shek*

