

IndoConnect

CONNECTING INDONESIANS IN S

VOL.3 NO.4 2015

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the World**

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Nial Djuliarso**

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JEMBER FASHION CARNAVAL:

GLAM 'N GLITZ
IN EAST JAVA

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EDITOR'S NOTE

ENJOYING A FUN-FILLED SUMMER



March was a busy month for Singapore. With a sorrowful heart, we witnessed the passing of Singapore's founding father Mr Lee Kuan Yew. President Joko Widodo flew here to pay his last respect to the man who had contributed his life to Singapore and changed the lives of its citizens. Leaders from many countries looked up to him; one of them is Indonesia's former president Susilo Bambang Yudhoyono. In his condolences, he mentioned that "Mr Lee has devoted his whole life to delivering remarkable progress to Singapore and has worked hard to develop close relations with Indonesia."

On a brighter note, we share our joy with Dr SBY for being conferred the ISEAS Distinguished Honorary Fellow Award in April. Besides receiving the award, he was also the keynote speaker at the inaugural Singapore Forum.

The year 2015 is going to be an eventful year for Singapore as it welcomes the SEA Games this June. In conjunction with SG50, the celebrations of Chingay this year was an extravagant affair with performers participating from 13 countries; this included the Indonesian contingent from Jember Fashion Carnaval. As you can tell, they liven up our cover page with their vibrant costumes, which really wowed the crowds at Chingay.

Art and culture have always brought people together and created abiding friendships amongst nations. An excellent example of this is the Batik workshop organised by Ibu Ferial Saad Hadi, the wife of the Indonesian Ambassador to Singapore. Women of various nations came together to try their hand at Batik-making. The workshop was a great success. For music enthusiasts, we bring a feature on Indonesia's Jazz personality Nial Djuliarso who hosted a Jazz appreciation workshop in Singapore.

With a wide variety of international schools operating in Singapore, we appreciate the dilemma of choosing a school for your children. In this issue we are featuring some options to help facilitate your decision-making.

Here at IndoConnect, we celebrate the spirit of entrepreneurship. We encourage new businesses to prosper and grow. Besides reporting on Indonesian businesses, we are providing a special space in our magazine for them to feature their services and products, free of charge, of course.

As June approaches, you'll be cracking your brains on where to spend the holidays. Browse through our pages for options for places in Singapore for a family holiday, without the hassle of traveling out of the country. With that, we wish you a joyous and rewarding holiday in advance!

Nomita Dhar
Editor-in-chief

CONTRIBUTORS



PRIYA RAMAKRISHNAN

She is a journalist who is passionate about travel, photography, adventure and the outdoors. Fortunately, her work gives her the right platform to indulge in these three interests. According to her, "One of the best thing about being a journalist, is that no one day is the same as the next. Every day, I get the opportunity to meet interesting people from diverse backgrounds."



MUHAMAD ALAMSYAH

He is with the Republic of Indonesia Embassy in Singapore's Information, Social and Culture section and the embassy's official photographer. He also teaches photography at the Sekolah Indonesia Singapura and is responsible for many of the photos in IndoConnect related to events and functions of the Embassy.



PRIONKA RAY

She is an author, educator and advocate for social change. She mentors abused children at foster homes and manages projects for social enterprise that works with youth. Originally from India, Prionka has lived in Switzerland and Hong Kong before dropping roots in Singapore.



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PUBLISHER Sun Media Pte Ltd

EMBASSY EDITORIAL BOARD Dwi K.I. Miftach Ismunandar Hosea Richardo Manurung

EDITOR-IN-CHIEF Nomita Dhar

EDITORIAL Priya Ramakrishnan Zuraidah Ismail

CREATIVE PROJECT MANAGER Valerius Reza Boenawan

ADVERTISING & MARKETING Jamie Ho

PHOTO CONTRIBUTIONS Indonesian Embassy in Singapore Muhamad Alamsyah Michael J. Kristiono Valerius Reza Boenawan

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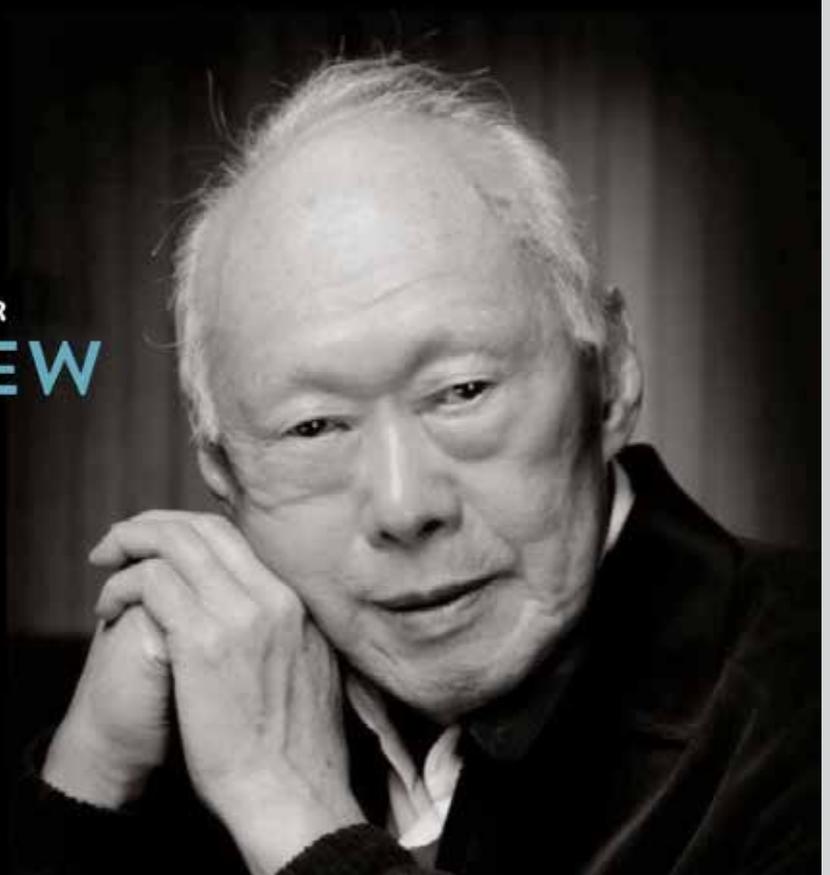
20 Kramat Lane #01-02 United House Singapore 228773

TEL: (65) 6735 2972 / 1907, 2986 FAX: (65) 6735 3114

E-MAIL: admin@sunmediaonline.com WEB: www.sunmediaonline.com

I N M E M O R I A M

SINGAPORE'S FOUNDING FATHER
LEE KUAN YEW
1923 - 2015



INDONESIA MOURNS THE PASSING OF H.E. LEE KUAN YEW, FORMER PRIME MINISTER OF SINGAPORE



The Government and the people of Indonesia convey their deepest condolences on the passing away of the former Prime Minister of Singapore, His Excellency Lee Kuan Yew, on Monday, 03.18 morning local time.

His Excellency Lee Kuan Yew had left a truly important legacy for the Singaporean people as the founding father of modern Singapore. Under his leadership, Singapore has succeeded in transforming itself into an economic hub for the Asian region and its economic achievements have inspired many developing countries.

As a close friend of Indonesia, we will always remember and cherish his contribution in promoting close ties between our two countries, as well as in strengthening solidarity among ASEAN nations.

The Government and the people of Indonesia hopes that the bereaved family, as well as the nation and all the people of Singapore stands strong and persevere in facing this sad and difficult time.

PRESIDENT OF THE REPUBLIC OF INDONESIA ARRIVED IN SINGAPORE TO ATTEND STATE FUNERAL OF FORMER PRIME MINISTER/ MINISTER MENTOR LEE KUAN YEW

President of the Republic of Indonesia Joko Widodo, First Lady Iriana Joko Widodo, and entourage arrived at Changi International Airport Singapore at 09:40 pm (28/03) local time and received by Ambassador Extraordinary and Plenipotentiary of the Republic of Indonesia Andri Hadi and Mrs. Ferial Andri Hadi, Defence Attache Indonesian Embassy Julexi Tambayong and Mrs. Julexi Tambayong, and Director General of Southeast Asia Directorate Ministry of Foreign Affairs of the Republic of Singapore, Mr. Lim Hong Huai.

President Joko Widodo and First Lady Iriana Joko Widodo are on an official visit to Singapore for State Funeral Services of Former Prime Minister of Singapore Lee Kuan Yew which held on Sunday, 29 March 2015 at the University Cultural Centre, National University of Singapore.

Lee Kuan Yew, the founding father of modern Singapore and also the first Prime Minister of the country, age 91, passed away on Monday, 23 March, 2015. He had been hospitalized for severe pneumonia since a month ago.

In an official statement during his state visit to Japan few days ago, President Joko Widodo delivered his condolences statement for the passing away of former Prime Minister Lee Kuan Yew who was a close friend of Indonesia and a great leader and statesman for Singaporeans.

The late former Prime Minister Lee Kuan Yew is also known as one of the most influential politician in Asia. Under his leadership, Singapore has developed into main economy hub in Asia region and became one of the developed countries in the world.

State Funeral also attended by a number of head of states, head of governments and also former head of states and head of governments among others: Brunei Darussalam, Cambodia, Myanmar, Thailand, Australia, India, Japan and Republic of Korea.





A PRESTIGIOUS AWARD FOR FORMER PRESIDENT SBY

The ISEAS Honorary Fellow Award is given to outstanding individuals for their scholarly and public contributions.

Indonesia's former president Susilo Bambang Yudhoyono was awarded the title Distinguished Honorary Fellow of the Institute of Southeast Asian Studies (ISEAS) on 10 April 2015 in recognition of his achievements during his 10 years at the helm of the country.

Dr. Susilo, who is also a recipient of Singapore's Order of Temasek (First Class), is well recognised for his contribution in maintaining good bilateral relationship for Indonesia and heightening the country's international standing during his period of presidency.

Dr Susilo was also the keynote speaker for the inaugural Singapore Forum. The theme of the inaugural forum was "Asia and the World - New Growth, New Strategies". The forum discussed issues that impact the next phase of Asia's growth and appropriate policy responses; initiatives to strengthen regional economic cooperation and integration, cross-border transport connectivity and infrastructure investments; as well as ways to optimise the potential of technology and manage its disruptive impact. 



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BRIDGING NATIONS

A familiar face to Indonesian students in the city, Pak Ismunandar is an important personality to Indonesian youths studying in Singapore.

As the first Education Attaché to the Indonesian Embassy in Singapore, Pak Ismunandar has a lot to learn by his own. He shares with us his experience about his role that holds a big responsibility in the Indonesian community here.

Please share with our readers about your role as Education Attache with the Embassy in Singapore and also some background information.

I arrived Singapore in June 2014. As the first Education Attaché for the Indonesian Embassy in Singapore, I found many things that were needed to be explored as a part of my job. My duties include increasing the cooperation between the two countries in the field of education, culture, research, science and technology and promoting the Indonesian language and culture in Singapore. I engaged the Indonesian community here,

especially the Indonesian students, to increase their awareness on nationalism and encouraged them to introduce Indonesia to the people in Singapore by supporting some of their arts and cultural events.

Please share details on the various upcoming activities that you are planning as Education Attache for the Indonesian diaspora in Singapore.

There will be a special event called OlymPPIC, in which I will facilitate students in organising sport tournaments between the Indonesian Student Association (PPI) in Singapore universities. The highlight of the year would be the Indonesia Independence Day Celebration, in the month of August 2015. Starting from 17th August 2015 onwards, there would be many events, “upacara and kenduri nasional” sports competition, art shows, bazaar, and music concert with Indonesian bands and artists.

Kindly share about your experience of working and living in Singapore.

I like living in Singapore where things are always in order. It is less ‘macet’ than Bandung where I was based before; so it brings less stress. The food in Singapore is great, I can get almost anything here. One thing I like best is feeling safe whenever my family wants to go anywhere around Singapore.

Please share about the most rewarding aspect of your role as well as the most challenging aspect.

The most rewarding part of the job is working in the soft diplomacy area – a new area for me. These two countries have already formed a strong relationship; though many aspects still need to be learnt from each other. I am very happy to be involved and become some sort of a bridge for people of these two lovely countries in the most vital aspects of all, which are education and culture. 



GUNNING FOR GOLD AT SEA GAMES 2015

by Priya Ramakrishnan

With around 500 athletes participating in the 28th Southeast Asian Games, Indonesia is in high form to rake in all the gold.

The highly anticipated biennial sporting showcase, The Southeast Asian (SEA) Games will begin on 5 June 2015 and Indonesian athletes are geared up to dominate the competition. A meeting held with KBRI Singapura, the Ministry of Sports & Youth, Indonesian Olympics Committee (KOI) and Satlak Prima, task force assigned to prepare the Indonesian athletes for sports competition, confirmed that Indonesia will send 504 athletes and 184 officials to SEA Games 2015.

After 22-year long hiatus, the SEA Games are once again hosted by the Island city of Singapore. A 12-day sports extravaganza, the competitive games will feature 36 different types of sports and 402 events. The sports are aquatics (swimming, synchronised swimming, diving, water polo), archery, athletics, badminton, basketball, billiards & snooker, bowling, boxing, canoeing, cycling, equestrian, fencing, floor ball, football, golf, gymnastics, hockey, judo, netball, petanque, rowing, rugby 7s, sailing, sepak takraw, shooting, silat, softball, squash, table tennis, taekwondo, tennis, dragon boat, triathlon, volleyball, wakeboard & water-ski, and wushu.

Indonesia is set to compete in 33 sports with 402 gold medals at stake. Among the Archipelago's gold prospects events,

badminton figures highly. Their national sport, badminton will be represented by 20 athletes who will compete in groups as well as in individual events. Hopes of winning the gold medal are high for men's doubles and mixed doubles events with Angga Pratama/Ricky Karanda Suwardi and Kevin Sanjaya Sukamuljo/Markus Fenaldi Gideon; Riky Widiyanto/Richi Puspita Dili and Praveen Jordan/Debby Susanto.

Since the country first competed in 1977, Indonesia has been a force to reckon with. From 1977 until 1997, the archipelago won the championship title with Thailand being the only country to succeed in 1985 and 1995. It was in 2011, when Indonesia won the championship title again for the 10th time. At the SEA Games 2013, however, Indonesia relinquished its crown to Myanmar while still collecting 5 gold, 84 silver and 111 bronze medals to finish fourth among 11 participating countries.

At this year's event Indonesia is all set to reclaim its lost glory. Leading the Indonesian SEA Games contingent as chef de mission is Olympic champion and badminton star T Taufik Hidayat, a two-time SEA Games gold medallist and the youngest ever Indonesian chef de mission. Athletes such as Jonathan Christie, Firman Abdul Kholik, and Ihsan Maulana Mustofa will also shoulder the spotlight in June. 

- Singapore is hosting the SEA Games for the fourth time this year and coincidentally the Island city is also celebrating its 50th year of independence.
- SEA Games were initially known as South East Asian Peninsular (SEAP Games when it was first conceptualised).
- The inaugural SEAP Games was held in Bangkok from 12 to 17 December 1959.
- Thailand, Burma (now Myanmar), Malaya (now Malaysia), Laos, South Vietnam and Cambodia are the Federation's first six founding members.
- In 1977, the South East Asian Games Federation agreed to include three new nations – Brunei Darussalam, Indonesia and Philippines.
- In 2003, the South East Asian Games Federation welcomed its newest and eleventh member, Timor-Leste. Currently, the Games are under regulation of the Southeast Asian Games Federation with supervision by the International Olympic Committee (IOC) and the Olympic Council of Asia.



JEMBER FASHION CARNIVAL

by JFC

Jember Fashion Carnival adalah pelopor karnaval modern di Indonesia yang diselenggarakan pada bulan Juli - Agustus setiap tahunnya di kota Jember. Tema yang diambil selalu berubah dengan mengambil inspirasi dari isu global, lingkungan, budaya, dan tren global. Rute karnaval sepanjang 3,6 km. Jember Fashion Carnival pertama kali digelar pada tanggal 1 Januari 2003.

JFC adalah acara sosial karena karnaval ini melibatkan seluruh unsur masyarakat dan pemerintah Kabupaten Jember dan diikuti oleh anak-anak usia 5 sampai dengan 50 tahun. Mereka akan mendapatkan berbagai ilmu pengetahuan tentang bagaimana menyelenggarakan acara dan mengikuti *in house training* yang diberikan oleh instruktur JFC untuk melahirkan SDM-SDM yang kreatif, inovatif, dan mandiri tanpa dipungut biaya atau gratis. Mereka akan mendapatkan pelatihan bagaimana menjadi seorang peserta yang baik, bertanggungjawab, jujur, dan disiplin. Lalu mereka dilatih tentang *fashion runway*, *fashion dance*, *fashion design*, membuat kostum, berekspresi, koreografi, menjadi penyanyi, presenter, dan lain-lain. Instruktur pun adalah para sukarelawan

yang selalu siap memberikan *in house training* kepada peserta karnaval lainnya.

Penggagas lahirnya Jember Fashion Carnival ini adalah Dynand Fariz dimana beliau adalah putra yang lahir di kota Jember dan saat ini beliau bekerja di Esmod Jakarta (sekolah *Fashion Design* yang berpusat di Paris) sebagai pengajar. Dedikasinya yang sangat tinggi untuk mewujudkan Jember sebagai kota *fashion* karnaval dunia. Dynand Fariz juga menjabat sebagai Ketua AKARI (Asosiasi Karnaval Indonesia).

Berbagai prestasi telah diraih oleh JFC dari level nasional maupun internasional. Salah satu prestasi yang membanggakan adalah terpilihnya rancangan JFC sebagai Best National Costume dalam ajang *Miss International* 2014 di Tokyo. *Miss Supranational* 2014 di Polandia, dan *Miss*



Universe 2014 di Florida USA. *International road show* yang telah diikuti oleh JFC antara lain di London, Mumbai India, Shanghai China, dan Singapore.

Tahun ini JFC ke 14 akan menyelenggarakan *JFC International Event (JIE)* yang didalamnya ada Karnaval,

Exhibition, dan Conference dan diselenggarakan pada tanggal 26 – 30 Agustus 2015. Tema Utama tahun ini adalah *OUTFRAME* dengan 10 tema Defile yakni Majapahit, Reog, Melanesia, Fossil, Parrot, Egypt, Circle, Lionfish, Pegasus dan Ikebana.

www.jemberfashioncarnaval.com

Jadwal JIE 2015:

- **26 Agustus 2015**
Opening JIE Exhibition 2015
“Fashion, Art, Culture and Destination” Exhibition berlangsung 26-30 Agustus 2015
- **27 Agustus 2015**
JFC Kid Carnival
Opening JFC International Conference mulai tanggal 27-30 Agustus 2015
- **28 Agustus 2015**
JFC Artwear Carnival
- **29 Agustus 2015**
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- **30 Agustus 2015**
JFC Grand Carnival



Is there a degree course for Batik making? How can interested people learn?

We have a college in central Jakarta. We have a university that offers programme for arts, not just Batik making but things like Gamelan.

Is Batik making a good source of income?

Yes, sure! This is one of the reasons why we introduce Batik to other country other than promoting the Indonesian culture. We teach them the Indonesian way to make Batik using the materials from their own country.

Do you think it's a good initiative for the government to make Indonesians wear Batik every Friday?

Yes, but unfortunately, some Indonesians are not aware of which types of Batik are handprinted and which are not. Handprinted Batik is usually very expensive. So instead of wearing the original ones, they wear low quality Batik. Only high-ranking officers can afford the handprinted and handmade Batik.

In recent time, fashion shows are showcasing Batik as a material of clothing. What do you think of this trend?

It's a good trend, but some designers cannot differentiate between a handprinted Batik and a machine printed one. Also, because handprinted Batiks are very expensive, they use the machine-made ones.

Is Batik still fashionable among youngsters? How can Indonesians, especially the younger generations, inculcate the love for Batik?

Not really. The youngsters ones don't wear Batik casually. Some schools in some regions like Jogjakarta include Batik as part of their curriculum.

Tell me about your family. Since you travel a lot, how do you manage to find time to spend with them?

My family lives in Jakarta and I have an 11-year-old child. It's easier to communicate through social media platforms like Facebook, so we communicate a lot online. 

AROUND THE WORLD WITH BATIK

Ibu Venny Afwani is like an ambassador of the Indonesian culture, traveling around the world to promote an appreciation for Batik. She shares with us her experience and a bit of facts on Batik making.

Juggling family life with work is never easy, especially when you have to move from country to country. But Ibu Venny finds pleasure in what she does, that is to spread the Indonesian culture across the globe. Her knowledge and experience makes her high in demand. Thanks to Batik gurus like her, this Indonesian traditional ink art is now internationally known.

Please tell us about yourself and your journey in Batik.

My name is Venny and I'm a researcher in charge of Batik in Indonesia. We conduct a yearly Batik workshop to many countries in the world, with the corporation of the Indonesia Embassies overseas. Each year is dedicated to one country and this move is a way to promote the Indonesian culture.

Which is the most expensive Batik so far? Is it possible to get materials internationally?

Judging by the process, the most expensive Batiks are the handprinted ones. Yes, Batik materials are commonly found in Indonesia and also available online.

How is your experience conducting a workshop at the Embassy like today?

It's so nice to see so many people interested in Indonesian Batik. At the end of the day, it's amazing to see them coming up with a Batik that they printed themselves by hand.

If you were given an opportunity to conduct a workshop again in Singapore, would you be interested?

Yes, sure! Because Batik is part of our Indonesian culture, so it would be nice if the Indonesian Embassy provide a space for the foreigners here to experience Batik making.

Are there many women interested in Batik like you?

We have specific skills in Batik making. One person could be the person in charge of the Batik (design) and the other would be in charge of the dyeing process. Dyeing is not easy because we use natural dyes. Making a natural dye is a long process and need (proper) skills.



ALL THAT JAZZ

by Zuraidah Ismail

From Jakarta to United States, and now around the world. Nial Djuliarso will never stop playing music.

Making waves across the globe, 34-year-old Indonesian Jazz pianist Nial Djuliarso has wowed audiences with his performance at several prestigious larger-than-life stages such as Carnegie Hall in New York, North Sea Jazz Festival in Hague, Montreux Jazz Festival in Switzerland etc. IndoConnect gets to know more about this charming young musician from Jakarta during his visit to Singapore.

Tell us more about the workshop you hosted here in March.

It was a jazz appreciation workshop held at Fern and Kiwi at Clarke Quay and was organised by the Indonesian Embassy in Singapore targeting members of the embassy and the Indonesian community in Singapore. Some (Singaporean) locals were present as well. More about the history of jazz could be shared but I didn't want to get too detailed. I skipped the technical and mechanical terms of the music because it could get too complicated for the audience.

Please share with our readers about how you found your passion for jazz. How long have you been playing it?

I've been playing piano since I was 3 years old. My father was my influence as he loved jazz and played the bass and saxophone when he was alive. I was 15 years old when he took me to a Pat Metheny concert in Jakarta. I fell in love with jazz since then.

How does it feel like performing with international musicians and how did you gain recognition?

I was proud of course. I have to give it all to my parents. My late father who passed away two years back made connections with the likes of Christy Smith and Singaporean musicians over a decade ago. My mom also loves jazz and is supportive of our musical endeavours. There are many talented musicians, but it certainly helps when you have connections. A recommendation could help you get the first door opened. It also helps when you have cultivated your relationships over a period of years. It makes people feel more comfortable to hire you.

You lived in the States for many years. Are you still in touch with your roots?

I came to the US at the age of 15. Although I've lived there for 16 years, I still speak Bahasa Indonesia. After the Indonesian ambassador to the US, Dino Patti

Djalal, introduced the term 'Indonesian Diaspora' in 2011 or 2012, I started to make connections with fellow Indonesians through a jazz community that I formed with a few other people in Washington DC. We named it the Indonesian Diaspora Jazz Corner (IDJC) and met once a month.

You have definitely travelled a lot for music. Please share your experience.

Music has opened many doors for me and has taken me to places that I might not have seen otherwise. I enjoy meeting new people. I love that I can instantly connect with people who know the songs that I do and play the songs immediately with them. Music is a universal language that connects people all over the world.

How is jazz piano different from classical or pop? Which of the three is the most difficult?

In jazz, you improvise the song form after you play its melody. In pop, usually the original version has a specific arrangement and you don't improvise on the song form. For me, classical music is the most difficult because you have to follow all the written notes. I'm not good at remembering them. Maybe I'm not patient enough, but I find classical pieces lengthy and tedious to be memorized. And a lot of pieces require you to have specific techniques, for example, a fast left hand, which I don't have. And my reading is ok, not great. I do appreciate the classical musicians. Sometimes I listen to classical music.

You have been living and breathing jazz, and it's truly your identity. What is your plan after a career in music?

You don't just 'retire' as a musician. You just keep playing until your body wears out. I've been teaching music for over 10 years and I can still go on. If I don't play, I can also be a judge at music competitions, or speak at different panels on the topic of music.

What else do you like to do besides playing music?

Initially, I dreamt of becoming a professional tennis player. I started playing at the age of three. These days I don't play that much, although I would like to. I follow the sports news on the internet. I also like to take long walks, see the movies at cinemas, listen to music at home and clubs, travel and try out new restaurants and dishes. 

ALMEIRA HADI

Almeira Hadi is one of the ninth grade students of SIS. She was born in Canada on 19 January 2001. Her friends called her Mella. She and her friends will have a national examination in May. The daughter of Indonesian Ambassador for Singapore is wishing to continue her studies in Canada after coming back to Indonesia. She loves studying in SIS. While local schools have multiple classes, SIS only has one class for each grade. However, she said that it creates much bigger bond among the students instead. Good luck for the examination, Mella.



SPORTS FOR ENHANCING FRIENDSHIP

26 March 2015

As an education institution, Sekolah Indonesia Singapura (SIS) builds friendship with local schools. Friendship and cooperation between these schools are likely to be better time by time. One of the activities which can promote this process is holding friendly matches.

Situated in St. Patrick's school, these two schools held soccer and basketball friendly matches on Thursday (26/03/2015). Twenty five SIS students accompanied by Bapak Okto and Bapak Ghozali went to St. Patrick's for the matches. They were consisted of two teams: one for soccer team and another for basketball team. All teams from both schools were very enthusiastic in conducting these friendly matches.

Unfortunately, victory was not with SIS. However, victory and defeat are just normal things happen in each match. By experiencing victory and defeat, students are expected to be able to be sportive and uphold peace. Despite the defeat, solidarity and friendship between SIS and St. Patrick's School can be more well-established. The matches were ended by taking some photos together, shaking hands and giving souvenirs.



INTRODUCING INDONESIAN CULTURE

27 March 2015



Indonesian culture has always been interesting to learn. Its uniqueness attracts Victoria School's students to learn our culture, such as our traditional music, dance and also our language at SIS. They learn Bahasa Indonesia enthusiastically. Even some of them have been able to speak Bahasa Indonesia fluently although they are still beginners. Assisted by some SIS teachers and students, Victoria School's students also practice Gamelan at SIS after a group of SIS students performed. Then, they are scheduled to have Indonesian traditional dance course at SIS on the following week.



FRIENDSHIP DAYS

31 March and 1 April 2015

A group of students of Sekolah Indonesia Singapura (SIS) and Pembangunan Jaya Elementary School visited Maha Bodhi School for Friendship Days. In this two day activities, these schools exchange cultures and knowledge to each other. SIS students performed gamelan, while Pembangunan Jaya Elementary School students performed angklung. The performances attracted many attentions from the whole Maha Bodhi School residents. SIS students also teach the students of Maha Bodhi School how to play gamelan.

SIS students also get the experience of joining the classes in Maha Bodhi School. They are very excited. As for the cultural exchange, Maha Bodhi School lets the students of SIS and Pembangunan Jaya Elementary School to learn and practice "tea appreciation" and Chinese calligraphy. Each school hopes that the friendship among them will always be stronger than ever and everyone can preserve their own cultures by sharing with others.





“WHEREVER A MAN TURNS, HE WILL FIND SOMEBODY WHO NEEDS HIM”

This is, undoubtedly, the state of the world today as much as it was when the German missionary Albert Schweitzer wrote these words in the early part of the last century. So, at first glance, it might appear that volunteering overseas is a suitably altruistic response from young people who wish to make a difference in the world. Indeed, many students defer their university entry by a year in order to put time and effort into projects designed to help those who most need support. However, as Chris Edwards, Head of College at UWCSEA explains there are complex issues at play, and the decision to volunteer overseas should not be taken lightly. Not least, there is the question about who does and who should benefit most from the experience.

There is a view – and I have seen examples of this sad phenomenon – that some students volunteer to tick boxes on a CV and gain brief experience of a world on which they will then turn their backs forever once they have entered university and subsequently gone on to work in the ‘real world’, where volunteering does not feature. They do some good and have some fun for a year, but it is little more than gesture politics: “an experience” that might serve early career interviews more than it ever did the communities in which the students worked.

Now one might ask: well, even if



that’s the case, what’s wrong with such volunteers? No harm is done and at least some good comes of their efforts. At UWCSEA we respond by saying beware the patronizing, short-term intervention. Our

mission is to make education a force to unite people, nations and cultures for peace and a sustainable future. When we talk about “peace” in our mission we are including social justice, and if you combine that with “sustainable” you are pointing towards a permanent mental, emotional and social disposition. Just to be clear: we are not po-faced killjoys solemnly decrying the joy that can come from volunteering, but we do want students to understand the responsibilities as well as the benefits that come with working overseas.

So how can we ensure that if our students take a Gap Year to volunteer overseas that their judgment of its success is based on the impact they have and their personal



growth, and not how many experiences they fit into a short time? (Incidentally, I've never liked the phrase "Gap Year" when applied to volunteering. It suggests students are treading water before the real race begins at university. In truth, a meaningful "Gap Year" can be more fulfilling than the subsequent years of study).

One of the ways we can do this is to build the notion of service into a student's regular experience while at school. At UWCSEA, students are immersed in an environment where the concept of helping others is as natural as breathing. By the time students have reached Grade 11, they are obliged to take a week away from the College and offer their services to a project of their choosing, usually outside of Singapore. Now while this isn't volunteering (it is a compulsory component of our curriculum), the idea is that by the time students leave school they have been given a grounding that empowers them to volunteer and pursue service activities, but also encourages them to reflect on the nature of the volunteering and whether it makes a difference where it matters most.

The next step is to support those students who would like to volunteer overseas. Practical guidance on what skills might be most useful (for example, offering students the chance to take a Teaching English as a Second Language course); talking with students (and their parents) about what things they need to consider before taking time out to volunteer; and providing support for students who need to defer university offers all help to make the idea of volunteering overseas possible. Famously,



when talking of an aid project close to his heart, one of our recent graduates said: "Cambridge can wait: this can't."

When it works, a few months or a year of volunteering overseas can be transformational for a young student and help inform their decision-making for years to come. I recently read an account of a Gap Year written by one of our 2013 graduates. What he did, while remarkable, was less important than how he felt at the end of the adventure and how he is likely to behave in the future. He worked with an NGO in the Philippines during which time he built houses from recycled metal, taught in a local prison, fixed computers in a school, suffered food poisoning and redesigned their website. All standard Gap Year fare. However, his reflections on the experience – especially the prison experience - were

telling. The students' own words are in inverted commas: he went from being "scared of the inmates" to thinking about "prejudgement and stereotypes" and then reflecting on "psychology and societies". Later, the inmates became his friends. I have no doubt whatsoever that his micro experience will have macro implications both for him and those with whom he comes into contact throughout his life.

So, volunteering overseas can truly transform lives. If we aware of the traps and temptations (from all too easy conscience appeasement to band aid intervention) we can do great things. As Head of UWCSEA I don't usually quote Winston Churchill, but to finish this article, I'll make an exception: "We make a living by what we get. We make a life by what we give."

Albert Schweitzer would agree.



INCREASE BALANCE TO DEVELOP POTENTIAL

In Singapore's diverse education market, students and parents are faced with a myriad of choices in finding the right academic program of study to ensure their child's success. One of the most popular is the International Baccalaureate (IB) Programme, offered by 3,900 schools world-wide.

The IB programme graduates students with the International Baccalaureate Diploma (IB DP) and is favoured by many within the international community. The broad nature of the IB DP prepares students well for future success, with 98 percent of IB DP students across 26 universities in the United Kingdom going on to complete honours degrees¹.

The IB DP delivers a well-rounded education with students studying a broad range of subjects from six curriculum groupings, including mathematics, the natural sciences, social sciences, languages and arts. A seventh, interdisciplinary and critical thinking course - Theory of Knowledge prepares students for a university style of learning and requires

them to pursue a creative interest and engage in community service.

The IB DP is perfectly aligned with the Australian International School's (AIS) philosophy in delivering a comprehensive education, which cherishes the arts and sports as well as academics, and inspiring its students to grow into independent learners and responsible, compassionate global citizens.

We sat down with AIS Indonesian student Rino Darusman, who achieved 42 out of a possible 45 points in the IB DP and excelled in a diverse range of subjects from mathematics to music, to understand how the IB DP supported his growth and development.

"When I arrived at AIS in Year 8, I was not fluent in English as Indonesian was

spoken at home," Rino said. "Through immersion into an English speaking school and additional support from the English as an Additional Language (EAL) program, my language skills improved significantly. In just 5 years, AIS has taught me virtually everything that I need to know as a young adult going into the real world. I don't think this happens in every school."

"Many schools only encourage students to get good grades, but AIS has a distinctive spirit and culture of inspiring its students to realize their dreams in all endeavours," Rino shared.

"I'm a musician at heart and I had the opportunity to work with world-renowned Australian conductor Richard Gill and jazz musician James Morrison as part of the school's Innovators of Education

¹"A review of research relating to the IB Diploma Programme." International Baccalaureate Organization. April 2008. 14. www.ibo.org/programmes/research/resources/documents/dpresearchreview.pdf



1



2

series. AIS brings the very best experts to inspire students to achieve more and this certainly was the case with me. The music department encourages students to consider music as a crucial part of life and really helped build my confidence in performing music.

“It’s for this reason I chose to take the IB DP, challenging myself academically without sacrificing any of the hard-work it took to develop my creative interests. The IB DP is a well-rounded course which opened up more opportunities for my university degree,” said Rino. “In addition, the course gave me critical skills that have helped me enormously at university and in everyday life.”

Rino excelled in a range of subjects, achieving top of class in four out of six IB classes, including Music, Mathematics, Business & Management and French. Today, Rino is pursuing a double degree

“The IB DP at AIS enables students to strive for the best. Why excel in only math or only in music when you can excel in both?”

in Commerce and Music at Monash University, building on the foundations that helped him realize his academic and creative potential.

“AIS is a community that values creativity and innovation, and the school continuously offered opportunities for me to develop my potential. I’ll always be grateful.” Rino concludes.



3

1. AIS provides English language support for non-native speakers.
2. IB DP students are required to take part in sports, community service and creative activities.
3. Rino performing with world-renowned jazz musician James Morrison.

The IB Diploma Programme at AIS



Six core curriculum subjects studied across mathematics, the natural sciences, social sciences, languages and arts



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Theory of Knowledge (TOK) camp to Sarawak for all IB DP students



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YOUR GATEWAY TO INTERNATIONAL EDUCATION

by Prionka Ray

In spite of a strong local education system, the demand for international schools in Singapore has grown steadily and currently 73 international schools provide strong educational support to 52,000 international students.



The International School Advantage

While the local education system has a stellar reputation, most expats prefer sending their children to an international school for what they see as the international school advantage.

Continuity: The international schools ensure continuity from the student's home country. The familiarity of teaching methods and the company of class-mates, who speak the same language and face similar challenges, make the transition to a new country easier.

Focus on Extra curricular activities: Most international schools place high emphasis on extra curricular activities. This helps students to explore their interest areas and participation in extra curricular activities have proven to be great confidence boosters for the children.

Individual attention: The international schools have smaller class sizes, which result in better pupil-teacher ratio and leads to extra attention given to students. This is especially beneficial for students who flourish with individual attention.

International Baccalaureate (IB)

Curriculum: Recognised for its inquiry-based approach and emphasis on creative and critical thinking, the IB curriculum is widely accepted and recognised at the university level, making it easier for the international school students to get admissions in the universities around the world.

Diversity: Most international schools have students from multiple countries and this diversity not only provides an enriching experience for the children, but also helps them to expand their thinking.

Holistic education: The emphasis on holistic education and overall development is seen as a big international school advantage. Additionally, these schools encourage uniqueness, creativity and out of the box thinking.

However, parents need to be mindful that the international schools come with a high price tag and the annual cost of educating a child in an international school can exceed S\$25,000. Moreover, international schools offer limited opportunities for local integration or cultural immersion. In spite of that, the demand for the international schools in Singapore is on the rise and many popular schools have long waitlists for admissions.

Choosing a School for Your Child

Like any other school, the international schools also have specific niche areas and strong focus points. Therefore matching the child's personality and learning need to the school is advisable. Few points to consider while selecting an international school for your child are:

- * Location and transport options
- * School size and class size
- * Curriculum offered
- * Medium of instruction and languages offered
- * Extra Curricular activities
- * School fee range
- * School culture

Singapore's robust economy and growing popularity as a preferred destination for work and study, has resulted in the steady rise of international schools in the country. The international schools, so called, because they differ from the local system of education and align themselves to a more international curriculum, is characterised by a moving population, a multinational and multilingual student body and an English or bilingual medium of instruction. In addition to American, Canadian, British or a combination-curriculum, many of the schools also offer the prestigious International Baccalaureate (IB) Programme that leads to an IB diploma. The Singapore government coordinates the availability of these international school places in line with the demand and currently there are 73 international schools catering to over 52,000 international students in Singapore.



Australian International School

1 Lorong Chuan, Singapore 556818

AIS is the only southern-hemisphere school in Singapore that offers an Australian curriculum-based global education for students from age two to 18. It offers the International Baccalaureate Primary Years Program (IB PYP) from Preschool to Year 5, a school-specific Australian curriculum framework for Years 6 to 8, Cambridge IGCSE in Years 9 and 10, and the Higher School Certificate (HSC) or International Baccalaureate Diploma Program (IB DP) for Years 11 and 12. The school advocates a holistic and rounded education, that focuses on arts and sports along with academics.

Dover Court Preparatory School

301 Dover Road, Singapore 139644

Dover Court Preparatory School is an international school for children aged 3 to 15 years of age. It offers a British based curriculum and also allows English as a Second Language for the non speakers. In addition, Dover Court Preparatory School is part of the Nord Anglia Education group and has a Centre for Special Education that caters to children with special needs.

Global Indian International School

1 Mei Chin Road, Singapore 149253

GIIS provides a choice of Indian and international curriculum from kindergarten to G12 and focuses on academics to provide a holistic educational experience to students. Established in 2002, the school has widened its presence across Asia and strengthened its base in Singapore with three campuses. A diverse curricula options, such as, IB Diploma, IGCSE, CBSE, CBSE-i and Montessori are offered to students.

Insworld Institute

2 Serangoon Rd, Singapore 218227

Insworld Institute caters to both local and international students through a British academic system. The school has a teacher to student ratio of 1:9 and uses a mix of modern teaching techniques to reach students in multiple ways. It allows individual student to choose the subjects that interest them instead of putting them onto pre-specified pathways. Their holistic educational approach is also reflected in their wide range of extra curricular activities that include photography, martial arts, dancing and outreach clubs.

Overseas Family School

25F Paterson Road, Singapore 238515

Established in 1991, the school provides education to 3800 students from 75 nationalities. It offers a full International Baccalaureate education from age three to senior high school (Pre K-12). OFS also offers a Study Preparation Programme (SPP) for students who have English as their second language.

Singapore American School

40 Woodlands Street 41, Singapore 738547

Established in 1956, SAS is fully accredited by the Western Association of Schools and Colleges (WASC) in the US and offers the American High School Diploma at the senior level. SAS's high school programme fulfills the entry requirements for most American universities and colleges and it's elementary and middle school caters to pre-school students up to grade eight. SAS aims to provide opportunity to each student to pursue interests both inside and outside the classroom through their clubs, organisations, programmes and events.

SJI International School

490 Thomson Rd, Singapore 298191

Saint Joseph's Institution International School is an independent co-educational Catholic international school and it comprises of Elementary and High School. The Middle School offers the IGCSE programme, while the Senior School offers the International Baccalaureate Diploma Programme. SJI International School caters to both local and foreign students from Grade 7-12.

Stamford American International School

1 Woodleigh Lane (Off Upper Serangoon Road), Singapore 357684

Stamford American International School is the only international school in Singapore that offers the full International Baccalaureate curriculum integrated with American standards of education to students, aged 2 to 18. Stamford's approach to teaching is global and foreign languages, such as, Mandarin or Spanish support their learning.

United World College of South East Asia

(Dover campus) 1207 Dover Road, Singapore 139654

(East Campus) 1 Tampines Street 73, Singapore 528704

Opened in 1971 as Singapore International School by then Prime Minister Lee Kuan Yew, UWC South East Asia operates from two campuses and enrolls 5,390 students. It is a member of the UWC movement and a leading international school in Singapore. The school offers values-based international education to students from more than 70 nationalities and offers boarding facilities from Grade 7 to Grade 12. It has a fully articulated curriculum from K1 to Grade 12 that leads to (I)GCSE (Grade 10) and IB Diploma (Grade 12).





WHEN IPODS BECOME LEARNING EXPERIENCES

by Ati Sugiharti, Jakarta

Read on how Ati teaches her daughters the importance of working for the things they want to earn – a lesson that we grown-ups have learnt as soon as we entered adulthood. Her story is an extract from Part 3 of *Raising A Smart Kid* by Rosina Simon.

I had children at a relatively older age compared to most of my friends and educating them about financial responsibility is quite a challenge. My first daughter was born when I was 36, after 12 years of marriage. As I thought I would only have one child, my second one came as a very big surprise and was born when I was 39. I personally don't have very high goals for my daughters and my simple objective is to nurture them to become good, talented individuals who are independent, responsible for their own life as well as kind to other people. While God has been very kind and has blessed me and my husband with two lovely children, we are only too mindful that having children is also a huge responsibility.

Raising young children at a late age in the midst of my successful career as an investment adviser and a husband with a stable job might create the impression that we wouldn't need to worry too much about the future of our children. In fact, it's a more challenging job than that of an investment adviser.

Yes, our financial condition is stable and we have been able to allocate half our income for saving, and will soon need to be able to put aside money for college. At present my nine year-old daughter is in grade four while my second is going to turn seven and is in grade one; both attend a reputable international school. So, what's the challenge?

Basically there are two. The first is how to instill discipline, while the second is how to limit ourselves to what is necessary for us and for the children. However an equally important challenge for parents is to be consistent. Children understand Mom and Dad have credit cards and ATM cards to get cash and to buy things; they think parents have unlimited cash to spend, especially to make their children happy. Children also learn from things happening at home. They see what their parents do and how they spend their money and these impressions will stay in their minds forever. In no time at all, they will also become their habits. It starts early. This first birthday party, trips to the local shopping

mall, that first gadget, and even the first car we buy for them.

I think when it comes to ensuring they exercise a certain level of discipline children will find it easier once they see their parents exercising the same level of discipline. For me this is a difficult challenge especially when we talk about how many branded bags and shoes should I buy, or in the case of my husband, how many mobile phones or cameras or computers he needs to have!

To my mind, financial responsibility means how to spend money wisely and yet still be able to save for tomorrow, and that's what I've tried to educate my children about ever since they were small. The easiest way is to start with weekly pocket money and let them manage their spending during the week. In the beginning, I thought young children were not supposed to have pocket money since I'd never received any from my mother. I never gave any money to my eldest daughter. There was no need to, or so I thought, because she brought her snacks

and lunch from home. I only realised that I was wrong when I noticed she was bringing home chocolate and candies, claiming she got it from her friends. I called her grade two teacher and apparently my daughter was the only one in the class without any coins... phew.

I began to give her some pocket money on a weekly basis. Although only a token amount, it made her happy and she stopped asking her friends for snacks and candies. In the beginning she spent it all on Monday or Tuesday, but eventually grew to understand the concept and is now able to manage her spending for the whole week.

The next step after pocket money management is to teach them why they need to save money. My eldest daughter likes to read and she reads anything including dictionaries! My husband and I are happy to see her reading and, in the spirit of encouraging such a good hobby, we used to buy her books every week. One day I realised that buying books, especially the imported ones is actually a very expensive hobby. It was time to teach her how to appreciate money before spending it. I explained to her that Mom and Dad can no longer buy her books every week

because things are getting more expensive and that we could only buy one book every month. Her long face were painful to see so I suggested she might like save half of her pocket money for the "book fund". A deal was struck. Now every new book has to be half funded from her pocket money! A kind of cross subsidy, if you will, but the most important thing is that she doesn't mind at all: she prefers to read new books instead of buying chocolate at the school.

Every child is different. My second daughter is now in grade one and doesn't have any pocket money. She likes to play and doesn't like to eat snacks, and so far she doesn't care if her friends have money or not. In fact if she has money she always gives it to her sister instead of putting the money in her own piggy bank. I'm sure that when it comes time to teach her about money we'll have to come up with a different concept as she doesn't like to read books like her sister.

Peer pressure is also a big challenge. There's nothing new about our children begging us to buy a new mobile phone, or even a BlackBerry. If some of their friends have one, should we also buy one? about 12 months ago I relented and gave them

simple iPods to listen to music and play games. In just six months, both iPods were lost. I was not angry but I told them that we would not be buying any new ones until both daughters could demonstrate to us that they would not lost them. Nowadays they don't even dare to ask me or my husband to buy a new one, and they are fully aware that if they are not responsible for their own stuff we will never buy them expensive item again. It costs us two iPods, but it was worth it!

We need to tell our children that money comes following a serious effort to acquire it, and that it should be spent on necessities and not on frivolities. Sometimes I am not sure whether or not I'm teaching them correctly. All I can do is hope that they learned the lessons well and remember them when they become parents.

About the Author and the Book

Rosina Simon is a mom who took a break from work after 20 years with the banking industry. Together with other banker moms, she compiled stories about financial education for children.

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SINGAPORE AMONG TOP REAL ESTATE DESTINATIONS

by Priya Ramakrishnan

An efficient public transport system, world's best infrastructure and a beacon for businesses, Singapore is one of the hottest destination for property investment in Southeast Asia.

According to the latest study jointly released by the Urban Land Institute (ULI) and PricewaterhouseCoopers (PwC), the Emerging Trends in Real Estate Asia Pacific 2015, Singapore has been ranked ninth among Asia Pacific cities in terms of investment and development prospects for real estate. The report further states that the Republic continued to attract huge capital investments chiefly in residential properties coupled with office, retail, industrial and hotel properties.

Providing a broad overview on Asia Pacific real estate investment and development trends, real estate finance and capital markets, the latest report is an eye-opener based on the opinions of 385 internationally renowned real estate professionals, including investors, developers, property company representatives, lenders, brokers and consultants.

Attracting capital inflows

While the report predicts that Asian real estate markets will remain resilient despite economic downturn, Singapore will remain attractive to buyers in spite of the government's cooling measures. "Currently, Asia's real estate markets are beset by an abundance of riches. Whether

derived from new sources of institutional capital, or from almost six years of global central bank easing, a seemingly endless stream of money is now pointed at real estate assets across virtually all jurisdictions and asset classes. This is pushing up prices and further compressing yields," said John Fitzgerald, Chief Executive, Asia Pacific, ULI. "As a result, we are seeing fewer transactions, a growing shortage of investment-grade properties, a search for alternatives to core products, and a general pullback from assets in secondary locations. We can expect this to continue over the next several months," he further added.

Cooling measures curb buyers' enthusiasm

In 2014, Singapore ranked seventh among Asia Pacific countries as one of the most sought-after cities for property investments. However, the recent cooling measures introduced by the government weakened investors' enthusiasm and hence, the Little Red Dot slipped two notches down to rank ninth. But the Republic is continuing to attract investments and capital flows in its hot property market.

"With more attractive real estate investment options in key Australian and Japanese cities, the decline in the overall real estate investment sentiment in Singapore

in 2014 is not unexpected. However, the fundamentals of the sector in Singapore are still strong and attractive," said Yeow Chee Keong, Real Estate & Hospitality Leader, PwC Singapore. "Singapore continues to be an attractive location to do business, live, work and play and this is evidenced by her high rankings in several global reports on ease of doing business, quality of living and competitiveness, among others, including being ranked number three in PwC's Cities of Opportunity. There should be more opportunities for deals in the commercial sector in 2015 given the supply and the expected increase in office rental. In the residential sector, what we hope to see is an increase in sustainable transactions beyond 2015 should there be a re-calibration of the cooling measures or of sellers' expectations of exit values."

The overall market in Singapore remained strong with shares up 2.3 per cent year-on-year at the end of October 2014 and sector yields averaging between a healthy 6 to 7 per cent. Singapore while ranking ahead of cities such as Hong Kong, Beijing, Bangkok, Taipei, New Delhi, received 3.16 points in terms of prospect for investment and development in real estate market. Singapore also ranks fourth in terms of real estate transparency with a score of 1.8 ahead of Tokyo, Taiwan, Malaysia etc. 

THE PANORAMA

SEAMLESS CONNECTIVITY AND LEISURE LIFESTYLE
IN UPPER THOMSON / ANG MO KIO ENCLAVE

The Panorama, a brand new luxurious condominium is set to greet the skylines in one of the up & coming city fringe residential enclave in Singapore.

Nestled along Ang Mo Kio Ave 2, the development offers spectacular views towards the Thomson and Sembawang Hills landed estates as well as overlooking Lower Peirce Reservoir, Bishan Park and beyond.

Its expansive grounds houses a comprehensive range of facilities complete with unique features located within the Sky Parks on the top level of every tower. Gym, dance studio and roof dining facilities are just a few of such distinct features that residents will enjoy in The Panorama.

In the apartments, functional space planning and quality finishes complete this master piece. Every space had been thoughtfully designed with most exacting selection of fittings and architectural touches. Efficient family-sized 3, 4 & 5-bedroom apartments, where spaciousness and smart layouts are combined to meet the needs of your family.

Seamless Connectivity

Well served by MRT stations, bus interchanges, expressways and a good road network, the Upper Thomson & Ang Mo Kio area will see further improvements to public transport services and roads that will makes commuting to city and other parts of Singapore faster, more convenient and seamless.

Mayflower MRT station, along the upcoming Thomson-East Coast Line (TEL), is just a stone throw away from The Panorama. The new MRT line; Thomson-East Coast Line (TEL) will be ready in stages from 2019. From Woodland North through to Shenton Way and on route to Sungei Bedok, this new



Artist's Impression

MRT line provides commuters seamless connectivity to all parts of Singapore. Direct accessibility is also made available to Woodlands Regional Centre, Central Business District and even East Coast via the new Thomson-East Coast line.

For those who drive, accessibility is also made easy with major expressways just nearby. The future North-South Expressway (NSE), expected to be completed by 2020, will further shorten travel time.

Leisurely Lifestyle

Soak in the fresh air and greenery while relinquishing in the calmness and scenic water views at Lower and Upper Peirce Reservoir Parks. Alternatively, for golfers and nature lovers, the Singapore Island Country Club and the Seletar Country Club are just minutes away to unwind in a game of leisure golf.

The new 75 hectare Windsor Nature Park at Upper Thomson will be completed by mid-2016, adding more green spaces for the residents, adding in more green spaces for the residents. Residents can also get active and keep fit with the extended park connector along Ang Mo Kio Avenue 5 and

weave through the cycling network within Ang Mo Kio.

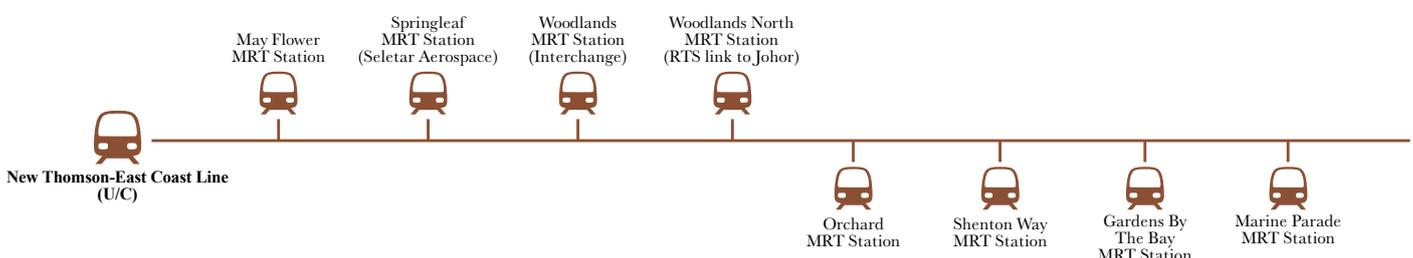
A wide selection of well-known F&B choices is readily available. From neighborhood food centres, cafes, eateries and restaurants, residents will be spoilt for choices from Upper Thomson Road, Casuarina Road, and Jalan Leban.

The Panorama also enjoys close proximity to a cluster of multi-national companies along Yio Chu Kang and Seletar Aerospace Park. The locale not only offers residents the convenience to work, it also possesses great potential as stable rental income for investors.

The area is also well enhanced with a good selection of reputable educational institutions from Primary, Secondary to Tertiary including CHIJ St. Nicholas Girls' School, Anderson Junior Collage and James Cook University etc.

Upper Thomson/ Ang Mo Kio will be the next up and coming residential enclave within the city fringe region that can offer great investment potential for both home occupiers and investors.

Article contributed by Eugene Lim, Key Executive Officer, ERA Realty Network Pte Ltd.



FUNDAMENTALLY MODERN

The epitome of simplicity where structural profiles take centre stage,
Modern living is all the rage.

Modernism recalls the industrial age which in Modern styled homes is identifiable with clean lines and the use of raw materials. IndoConnect brings you on an exclusive peek into a Modern Lifestyle Home that is anything but plain, brought to you by Singapore-based design & build company Nic & Wes Builders.



Incorporating solid materials of metal, stone and wood which are identifiable with the industrial origin of Modernism creates dimension into the façade's design.



A singular open-riser staircase rising from the first to the uppermost level appears much like an art-installation piece within the home marrying the juxtaposition of wood, metal and glass.



A modified gable roof profile keeps this mandatory element almost invisible from the front to keep with its façade's boxy appearance.



The combination of smooth and rough stone surrounding the rectangular pool creates an almost digital pixel effect spin on the theme.

Nic & Wes Builders Pte Ltd is a Singapore-based design & build company. Incorporated in 2002, the company was founded by couple Brian & Jude Kow who took their passion for design along with their past experiences of building their own homes and recreating the wheel to simplify the home-build journey for homeowners. With the mission to build not just houses but Lifestyle Homes that fuse functionality, aesthetics and amenities, Nic & Wes Builders orchestrates the home-build from conceptualisation to build while hand-holding clients along this rewarding journey.

For more Nic & Wes Builders Lifestyle Homes, pick up a copy of In A Decade – Lifestyle Homes By Nic & Wes Builders available at the following major bookstores:

- Kinokuniya, Ngee Ann City
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A GREAT STAY CLOSE TO THE CITY

Moving and relocating cost both money and time. Knowledge of the process and proper planning helps in reducing both cost and time involved. This article points out some cost and time saving tips about home moving.

Great World Serviced Apartments are the largest stand-alone serviced apartment development in Singapore. You can choose the appropriate size, type and layout to meet the needs of your visit. Located centrally in the heart of the prime River Valley residential district, the apartments are just minutes away from Orchard Road and the Central Business District.

The tastefully decorated apartments are spacious, practical, functional and user-friendly, offering value-for-money. The aim is to provide a convenient and affordable home-away-from-home environment. The apartments are never 'old' as they undergo constant refurbishing to enhance the existing facilities and amenities. This is a unique feature at Great World and customers pay premium to book these apartments. Facilities include a near Olympic-sized swimming pool and within the Great World City Complex is an array of over 200 shops including a Cold Storage Supermarket (the largest in Singapore) and a cinema, clinics, restaurants, pharmacies and hair salons. In the past, Indonesian families residing in Great World appreciate the convenience and flexibility offered. For example, Melissa Alatas came to Singapore to accompany her father for medical treatment, they had to bring their family pet, a three year old dog, along with them. "At Great World, we could stay with Bruno, and it made the entire trip relaxed," she said.

Enquiries: Great World Serviced Apartments 2 Kim Seng Walk Singapore 239404. Tel: (65) 6722 7000. Website: www.greatworld.com.sg





KAPANLAGI NETWORK PARTNERS CHANNEL NEWS ASIA

Singapore's reality TV series 'Start-UP' will be available especially for Indonesian viewers.

Audiences in Indonesia will soon be able to view an Indonesian version of Singapore reality TV series Start-UP in Bahasa Indonesia as regional broadcaster Channel News Asia (CNA) collaborates with Indonesian entertainment website KapanLagi Network (KLN). KLN will adapt the show's concept for the Indonesian market with the aim of encouraging the entrepreneurial spirit both in Indonesia and the region.

The show features a group of entrepreneurs as they compete to pitch for part of S\$2 million (about US\$1.5

million) seed fund for their business ideas. Alongside the series is an interactive online portal at channelnewsasia.com that serves as a solution reference, and contains insights on the start-up landscape.

"Channel NewsAsia will share production material and expertise for the construction of the microsite for Start-UP with KapanLagi Network," said Debra Soon, Head of MediaCorp's News Segment. "The two media companies will also collaborate on news coverage, news exchange, technical know-how as well as training and staff attachments."

There will also be on-site consultancy for the TV programme to capture the process

— from pitching for venture capital seed money to the selection of finalists and winners. Plans are underway for the programme to be broadcast on a local television network in Indonesia.

Said Mr Steven Christian, CEO of KapanLagi Network, "What is happening in the world is now happening here. e-commerce is big in the US. E-commerce is big in China. With Indonesia growing to a population of 250 million people, we are seeing that e-commerce has just started. People who were not used to buying online are now buying online. In the next five years or so, we foresee an explosion. It is going to be huge." **Source: Channel News Asia**

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WORLD'S MOST ADVANCED NON-INVASIVE TECHNOLOGY



Mendis Aesthetics Presents the Latest Revolutionary, Non-invasive Fat-melting and Skin-tightening Treatment Featured in Channel News Asia

Eat healthy. Exercise regularly. Two habits that are easier said than done for the better half of us. If you yearn to be in your best shape, but lack of time or the discipline to commit to an exercise regime, then Mendis Aesthetics has the solution for you.

Mendis Aesthetics & Surgery offers an elite standard of personalized care for non-invasive and minimal access procedures. EXILIS, which means “thin” in Latin, is a

new revolutionary non-invasive technology that delivers both ultrasound and radio frequency waves to achieve body and facial contouring perfection. EXILIS melts away fat deposits and tightens skin all in one treatment, and it works on any part of the body. It can postpone or eliminate the need for invasive surgery particularly for patients with mild to moderate fat deposits. In short, EXILIS is the answer for individuals who want the benefits of liposuction, but fear going under the knife.

How Does EXILIS Work?

EXILIS precisely targets deeper fat layers using ultrasound energy. The ultrasound wave breaks apart fat cell structures causing them to separate, making them more isolated, accessible and responsive to treatment. The high frequency energy also causes targeted deep thermal heating and stimulates metabolic activity to melt away fat cells. The unwanted fat is carried out of the body through the lymphatic system.

The result? Visible improvements in one's appearance with no downtime.

In addition to eliminating fats, EXILIS also rejuvenates skin with its Collagen Refill Technology to give users smoother and tighter skin that they can be proud of. It is an anti-ageing solution as it reduces wrinkles around the mouth, eyes, forehead and neck.

This treatment, has shown results that are easily visible immediately; is a comfortable treatment, which produces fast results in a reduced number of sessions at no downtime.



333A Orchard Road #04-17
Mandarin Gallery Singapore 238897
T (65) 6235 1728
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admin@drmendis.com
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TREATING ENDOMETRIOSIS

by Dr Hrishikesh Pai

Incidences of Endometriosis are on the rise among women of reproductive age.

The word “endometriosis” means a problem with the lining of the uterus. Normally, every month when a woman has her period, the lining comes out in the form of menstrual flow. In women with this problem, tissue that looks and acts like the lining of the uterus grows outside of the uterus in other areas like on or under the ovaries, behind the uterus, on the tissues that hold the uterus in place or on the bowels or bladder. During such instances when a woman has her period, this tissue swells and bleeds, just like the lining of the uterus. This is often painful, and scar tissue can form in the pelvic area.

Is endometriosis harmful?

Endometriosis may hurt, but it doesn't cause cancer or affect overall health, although it might make it harder to get pregnant.

What are the symptoms of endometriosis?

This “misplaced” tissue can cause pain, infertility and very heavy periods. The pain is usually in the abdomen, lower back or pelvic areas. Some women have no symptoms at all. Having trouble getting pregnant may be the first sign.

How does my doctor know I have it?



There's no easy way to tell you have this problem. If you have severe cramping and pain during sex or at the beginning of your period, or low back pain or rectal pain, you may have endometriosis. If you have these kinds of pain, your doctor still may not be sure if endometriosis is the cause.

Many other health problems can cause pain such as this. The only way for your doctor to be sure is to do a laparoscopy. This is a way of looking inside your abdomen by making a small cut in your skin and putting a thin tube inside.

Why is it important to find out if I have endometriosis?

The pain of endometriosis can interfere with your life. Women with endometriosis often skip school, work and social events. This health problem can also get in the

way of relationships with your partner, friends, children and co-workers. Plus, endometriosis can make it hard for you to get pregnant.

Many treatments can control the symptoms. Medicines can relieve pain. And when endometriosis causes fertility problems, surgery can boost the chances of getting pregnant.

Can anything treat it?

- Pain medication – may be used to relieve symptoms
- Hormone therapy – may be used to control the growth of endometriosis
- Surgery – may be used to remove large endometriosis and to relieve pain.

The incidence of endometriosis is about 5 to 20 per cent and about 30 to 40 per cent of women with endometriosis are infertile. The true incidence of this disorder is not exactly known, as a large proportion of patients are asymptomatic. The disorder is mainly confined to the reproductive age group of 15 to 50 years old.

The incidence is higher in women belonging to the higher socio economic group, probably due to a propensity to delay child bearing. The improved imaging modalities including ultrasound and the increased frequency of the use of minimally invasive procedures like laparoscopy for diagnostic purposes has led to an increase in the diagnosis of this condition.

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THE DANGERS OF DEPRESSION

by Dr Sonera Jhaveri

Clinical depression can affect your health as well as relationships and needs immediate attention.

Our lives are coloured by numerous textures of feelings ranging from deep joy to being down in the dumps with many shades of grey in between. It is but natural to feel sad in the event of the death of a loved one, or to be melancholic on leaving home/a familiar place or to be upset when we have disagreements with people or get laid off from work etc.

In fact, there are many instances in life where we feel the blues and this is only natural. However, what is not psychologically healthy is to remain in a perpetual state of dysphoria, which could be described as a “profound state of dis-ease, unhappiness and dissatisfaction,” day in and day out.

The following symptoms would help you identify Persistent Depressive Disorder (Dysthymia) in yourself or a loved one:

1. Depressed mood most of the day
2. Poor appetite or overeating
3. Insomnia or hypersomnia
4. Low energy or fatigue
5. Low self esteem
6. Poor concentration or difficulty making decisions
7. Feelings of hopelessness

If a person embodies having a “depressed mood for most of the day” with two or more other symptoms mentioned above, he/she can be said to be clinically depressed. Being clinically depressed, in turn has negative consequences on one’s health, wellbeing, relationships, work, productivity- all of which can bring down the overall quality of life. Research has shown, that high levels of the stress hormone, cortisol have been found in the blood stream of people who identified being depressed.



This in turn reduces immune function and makes any pre-existing medical disorder worse and may perhaps even create new ones. What we can gauge from this is that depressed people are more likely to be easily stressed and in turn, people who have a low threshold to stress are more susceptible to becoming depressed.

Depression in individuals in an intimate relationship or with small children, would impact their loved ones in very harmful ways. There is a diminishing of real interpersonal contact and closeness since the depressed person is obsessed with overwhelming feelings of sadness and not available for any other activity. Spouses of depressed individuals report very low relationship satisfaction as depression gnaws away at the fabric of intimacy where emotional connection, sexuality and simply having fun together is greatly reduced or becomes non-existent.

Studies have also shown that children of depressed people run a higher risk of being depressed themselves, and are also more vulnerable to addictions and to exhibit

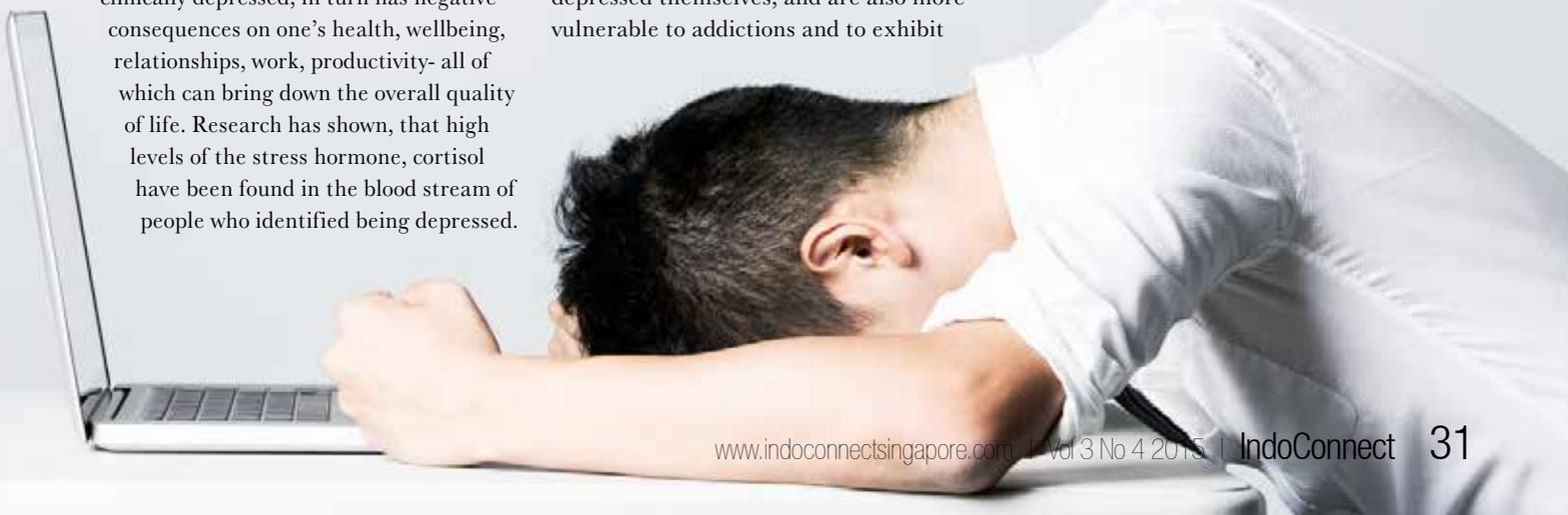
behavioural disorders. It is extremely harmful to the self and loved ones to ignore constant negative ruminations and feelings about one’s life, as they could transition from being pathological to fatal as individuals driven by disturbing thoughts and emotions could end up taking their life.

Alarmingly, depression has a propensity to recur in depressed people. In essence, as depression is a thinking dis-ease, premised on habitual negative thinking, perceiving and evaluating one’s self and the world, it creates neural pathways in the brain, literally grooves in our psyche, and gets easily activated when certain triggers are present. Over a period of time, even small mundane disappointments may set off disproportionate feelings of anguish and hopelessness.

Ironically, depression is extremely common, with 20 per cent of the population suffering from it at any given time. In reality, perhaps one in every five individual experience depression, which remains ignored, undetected and untreated.

While awareness is increasing regarding the importance of mental health globally, however, historically and perhaps even to some extent today, psychological issues have been ignorantly stigmatised. Individuals are made to feel ashamed of themselves for having life traumas and upheavals and are marginalised for seeking help.

If you or anyone close to you is depressed, it is imperative that you seek professional psychotherapeutic attention. Exercise, yoga, meditation and good nutrition are useful adjuncts and supports, but what a depressed person really needs is a facilitation to cognitively re-frame and dis-identify with negative thoughts. Developing the ability to tolerate distress and work through disturbing affect, which, unfortunately, does not happen automatically or with family support.



FITNESS FUNDAMENTALS

by Zuraidah Ismail

When it comes to sculpting your body into a desired form, we understand how complicated it can be. Not all exercises and diet plans are suitable for everyone. Before you tire yourself at the gym only to gain miniscule results, understand your body type and which diet works best for it.

Let's visualise this scenario: You've been training so hard and sweating it all out, only to lose so little. Chasing your goals seems like chasing for a prize on a spinning hamster wheel – you are getting nowhere. To add to that frustration, you have a friend who feeds on junk food and yet never gained much weight. You also have another friend who looks effortlessly beefy since he was 15 and you wonder if his parents had added in protein shakes to his milk during his infancy, or if he was born naturally with steroids overload in his system. You then reflect on the time you spent trying to be on par with them, and you realise that life is pretty much unfair. The worst part is you began to realise that this scenario... is in fact happening. This is not an advertisement for a weight loss programme. Despite the depressing reality, let us not dwell on how unfair life can be; because with determination and discipline, we can have the power to design our body.

Human bodies are classified into three somatotypes – the Ectomorph, Endomorph and Mesomorph.

The Ectomorph

If you're an ectomorph, you are very likely the lanky sort. You are the weakest in the weight gaining department; you have a narrow frame and a speedy metabolism. If you're looking towards a buff built, you need to work extra hard. Plus, if you don't maintain your fitness and diet, you might develop a belly pooch and be labelled 'skinny-fat'. Many experts emphasise on this all the time: You need progressive overload! Constantly push yourself to work with heavier weights each time you progress to a higher level.

Nutrition Needs: An ectomorph needs to bulk up on carbohydrates. However, beware of the

type of carbs you take. Healthy carbs like sweet potatoes and whole grains are the ones you should nourish yourself with. A typical ectomorph diet should consist of 50 per cent carbs, 30 per cent protein and 20 per cent fats.

The Endomorph

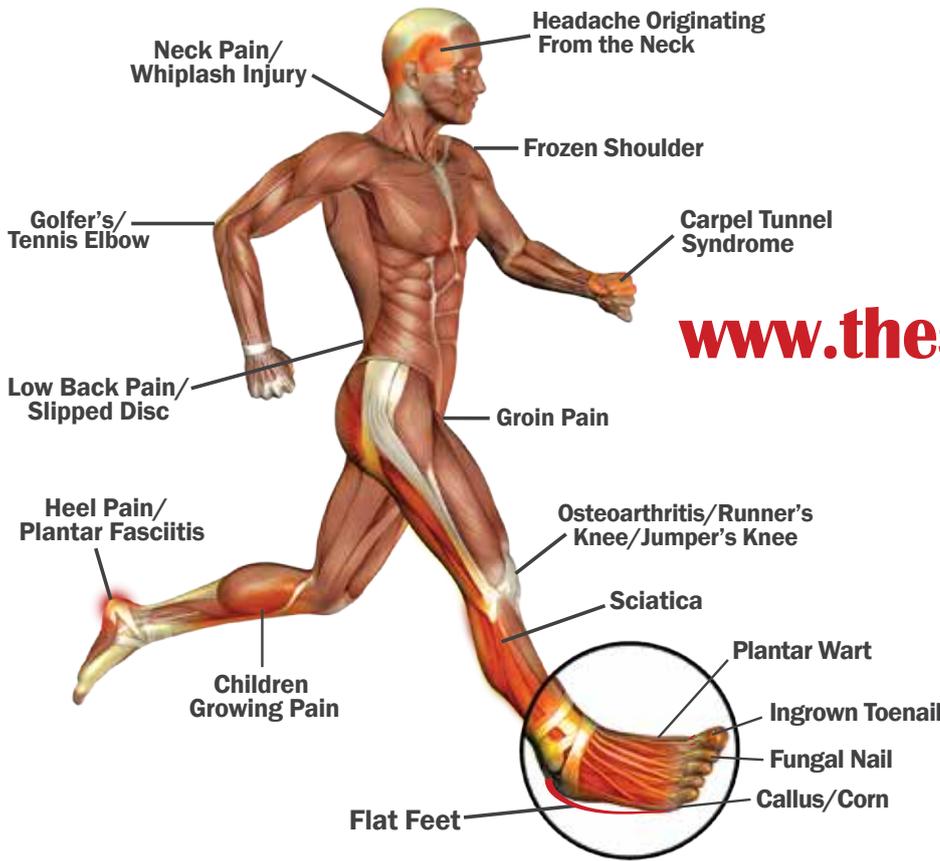
Endomorphs are the total opposite of ectomorphs. People of this group gain fats very easily. They are shorter and have thicker limbs and undefined muscles. Among the three groups, endomorph's metabolism moves at a snail's pace. However, contrary to many people's belief, endomorphs are at an advantage over ectomorphs in trainings as they have greater physical strength and only need lesser effort than ectomorphs to develop muscles.

Nutrition Needs: As endomorphs burn carbohydrates very slowly, the basic rule of thumb is to cut down on carbohydrates and protein. A recommended diet for an endomorph consists of 25 per cent carbs, 35 per cent proteins and 60 per cent fats.

The Mesomorph

You are very blessed if you fall under this category. Basically, you have the best of both world – you gain muscle and lose fat just by lifting possibly a needle. Sounds too good to be true, but here's the catch: You tend to gain fats as easily as you lose it. Although you don't need to put in intensive effort, consistency is key.

Nutrition Needs: Mesomorphs usually need a mixed diet. Due to their moderate metabolism rate, they need to maintain their body fats. Thus a composition of 40 per cent carbs, 30 per cent proteins and 30 per cent fats should be just right for mesomorphs. 



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Dr Warren Lee Wei Rhen

Senior Consultant Paediatrician and Paediatric Endocrinologist MBBS, M. Med (Paediatrics)
Fellow of the Royal College of Physicians (London)
Fellow of the Royal College of Paediatrics and Child Health (UK)
Fellow, Academy of Medicine, Singapore



imaginarium

A Voyage of Big Ideas

14 March – 19 July 2015



LETTING A CHILD'S CREATIVITY RUN FREE

Singapore Arts Museum (SAM) celebrates SG50 by launching Imaginarium: A Voyage of Big Ideas.

A contemporary art exhibition for children, Imaginarium has been around annually since 2010 and is now in its fifth year. This year's exhibition is inspired by the crescent moon on the Singapore flag, a symbol of a young nation on the rise with the capacity to dream big and think large. What might we be able to envision and aspire to? What worlds could we imagine for ourselves and create for others? With interactive and immersive artworks and hands-on activities at every turn, Imaginarium offers creative space where inspiration can bloom freely and joyfully!

The event opened with a Children's Craft Fair by Homeschool Singapore on 14 March 2015, Saturday. To encourage the development of entrepreneurship skills in the young ones, 50 children were tasked to purchase raw materials with a budget set at

\$10 each, and they were required to create their masterpieces with the materials purchased for sale at the fair. Each craft item is sold at kids-friendly prices, nothing above \$2. The homeschool community pledged all proceeds of the sale to the Singapore Children's Society. A variety of craft items such as wax paper lanterns, rainbow loom, bookmarks, homemade play dough and hand painted accessories will be on display at ten booths. There were also DIY craft booths for children to make something on the spot with specially prepared materials!

Imaginarium will go on until 19 July 2015 with exciting programmes awaiting children and families. Look out for film screenings, Hari Raya Open House, a carnival and art workshops and don't miss out on The Original Selfie Machine at the lobby of SAM too! 

About SAM

The Singapore Art Museum focuses on international contemporary art practices, specialising in Singapore and Southeast Asia. Since the Singapore Art Museum (SAM) opened its doors in January 1996, the museum has amassed one of the world's largest public collections of modern and contemporary Southeast Asian artworks, with a growing component in international contemporary art. SAM, which now focuses on contemporary art, is housed in a restored 19th century mission school. SAM draws from its collection and collaborates with international contemporary art museums to curate and present contemporary art exhibitions. Contemporary art of the region is also given international exposure through SAM's travelling exhibition programme and collection loans.

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THE HIPPIE CHIC IS BACK!

by Zuraidah Ismail

It's the time when Boho-chics and Hippies shine and flaunt their flare bottoms or bell bottom pants, knee-high socks, platform shoes and jumpsuits.

The 70s fashion is making a comeback this spring and summer, making appearances in labels such as Prada, Versace, Saint Laurent, and even familiar labels by Indonesian designers like Hartono Gan, Batik Boy, Dana Duryatna and Madame Rabbit.



Photo: Madame Rabbit, Indonesia Fashion Week



Photo: Dana Duryatna, Indonesia Fashion Week

Fringe Benefit

The key to achieving the 70s grungy look is the addition of fringes to bags and clothes.



Pumped Up Kicks

Platforms and disco boots rock your tootsies to the 70s disco beat.



Groovy Jumpsuits and Oversized Pants

Bell bottoms, flares, and one-piece suits not only add volumes to a slender figure, but also define your curves and bring out the fun factor.



All That Glitters

Adorn your outfits with gold and pretty flowers. 





CHILD-FRIENDLY STAYCATIONS

by Priya Ramakrishnan

No visa, passport or currency exchange needed! Staycation is a hassle-free alternative to indulge in quality time out with family.

Why not stay put in Singapore this June holiday and enjoy being pampered right here in the heart of the city? If going away isn't an option for you thanks to the rocketing prices of flights and hotels during the peak season, treat your family and children to family-friendly staycations. Best of all, there is no stressful traveling or activities that will burn a hole in your pocket. Hassle-free, convenient and comfortable, staycation deals are ideal for short weekend trips.

Staycation is a relatively new phenomenon which literally means vacationing at home. While it doesn't sound fun when put like this, there are innumerable reasons on why the trend has caught the imagination of everyone. Most importantly, staycations are easier on the wallet as you save money on flights, transport, hotels and visas. Another advantage of a staycation is that it is

way less stressful compared to vacationing overseas. From packing to planning the itinerary to seeing all the sights within a limited period of time. When you look back at your vacations abroad, you end up wishing you had taken time to relax by the pool or go cycling and smell all the pretty flowers on the sidewalk.

Many vacationers also see a staycation as an opportunity to get to know their city all over again. You might be surprised at how you have never seen the new aquarium or never gone hiking on the pretty trail when you stay so close to it. If that wasn't enough, you don't have to waste your precious holiday time struggling with unfamiliar routes and language. Moreover, one of the many reasons why staycations are better than vacations is that you can set your own pace and not bound by a strict itinerary. While overseas, many cruises or tours don't give you the opportunity to take things at your own pace. If you want to linger over your American buffet breakfast, then no one is stopping you!

While staycations break the mundane, you also get a chance to enjoy staying in your own city without worrying about the laundry, dishes and cooking. Many vacationers find it difficult to travel with children and the elderly especially in long flights. The option of enjoying short getaway close to your own home with minimum fuss and travel is one of the driving reason for staycations to become so popular.

If you need more reasons to opt for staycation this holiday season, then consider this. By staying back and spending money in your own city, you are contributing back to the domestic economy. So stay back, relax, put up your legs and enjoy the wonderful array of activities available at your own pace. Try being a tourist in your own city this holiday and you might just discover that the Little Red Dot has more to offer than you ever imagined.

To help you plan your holidays, we have put forth some of the most comfortable and child-friendly staycations in Singapore.



Amara Sanctuary Resort Sentosa



Photo: tripadvisor

The exotic resort gives you the feeling of being overseas without all the fussy travel. As the name goes, this unique resort is a sanctuary for those who

are in need of some break from the daily grind. With five star resort facilities and a host of fun activities, Amara Sanctuary Resort has uniquely retained elements of Singapore's colonial architectural heritage, and combined this with contemporary design, a tropical landscape and a modern, casual yet elegant style. Just minutes away from Singapore's central business district, major shopping malls, Universal Studios Singapore and Sentosa's attraction, the resort is easily accessible from anywhere in the city. The resort has 140 rooms, suites and villas offering luxurious accommodation, several innovative dining concepts, complimentary weekend activities, a gym, a unique concept spa and an all-purpose-built glass pavilion. Ideal for quick getaway from the city, the resort has several fun-filled adventures for the little ones. What's more they are offering a promotion of 20 per cent off their room rates!

Hotel Fort Canning



Photo: wikiwand

An iconic heritage structure nestled among the lush and green Fort Canning Park, Hotel Fort Canning will give you an ultimate weekend escape.

The history of this hotel dates back to the early 20th century when British Military occupied it as their administration centre. Built in 1926, it was occupied by the Japanese Military during the Occupation (1942-1945) and eventually was restored to its present concept of one of the foremost in offering revolutionary luxury hospitality services in Singapore. Coupled with the amazing location, it is an oasis of calm amidst the hustle and bustle of busy city life. With family friendly amenities such as children wading pool, children's menu, cutlery and crockery and even an activity sheet to keep the little ones occupied, this exclusive hotel offers some of the best prices for an affordable and enjoyable family getaway. With an old world charm, this elegant heritage structure is also close to Fort Canning Park which has intriguing history behind it. With numerous avenues for family fun and exploration including an al fresco lunch or breakfast, this is one of the ideal locations in Singapore for family fun. Check out promotions offered by the hotel especially for June holiday.

Village Hotel Changi



Photo: stayfareast.com

This uniquely charming hotel located near the rustic Island of Pulau Ubin and Changi Beach will give the being abroad feeling without

the expense and stress of a long flight. Here, you can spend a day with the kids at Pulau Ubin, riding bicycles and admiring the virgin landscape, soak in the fresh air and indulge in some beach side fun at the Changi Beach. Designed in colourful seaside theme complete with jars of vibrant sand and seashells strategically placed in the rooms, the hotel takes you on an ultimate luxurious indulgent retreat. What can add to the already exciting prospect of staying at this unique hotel – it is the infinity pool located on the eighth floor, an idyllic location to enjoy the superb sunset overlooking the sea. With an in-house spa where you can enjoy your choice of relaxing massages, the hotel also offers exquisite local and international cuisine including Japanese and Italian restaurants. Moreover, the children are bound to enjoy the Creek Pool at the ground level ideal for families with children looking for a quick dip. Fun activities for children, such as Sand Art, Treasure Hunt, Bouncy Castle, Origami, Water War and a day trip to Pulau Ubin are also available during the school holidays.

D'Kranji Farm Resort



Photo: flickr

If you are one of the many who has never ventured into the outskirts of the Island city, now is the best time to do it. A stay at the D'Kranji Farm Resort will definitely

make you check your Google map just to see if you are still in Singapore. Cosy and rustic in design with a countryside charm, this Farm Resort is Singapore's first Agri-tainment farm! This relaxing farm stay retreat in Lim Chu Kang is just few minutes drive away from the city centre. Breathe in the fresh, unpolluted air and relax in the air-conditioned villa with a balcony that overlooks food and vegetable plantations, or take leisurely walks around the expansive plots of land. One can also enjoy delectable local cuisine and fine wines at the D'Beer Seafood Restaurant or unwind with an ice cold beer with friends, family and loved ones at the beer garden. A special live band performances is organised on weekends, but the highlight of the trip will surely be a visit to the Fishing Village where children can learn about fishing and prawning, an unusual experience for the city bred. There is also a local fruit farm for children to explore and wander around while learning about the various fruits and plants that are unique to Singapore. The Hay Dairies Goat Farm and Jurong Frog Farm are also a short drive away. 📍

PICNIC-PERFECT



POTATO SALAD WITH BACON AND BARBECUE SAUCE

Ingredients

- 4 pounds small red potatoes
- ½ pound lean bacon, preferably applewood-smoked, thinly sliced
- 1¼ cups mayonnaise
- 2 tablespoons barbecue sauce
- 2 tablespoons mustard oil or spicy mustard
- 2 tablespoons sherry vinegar
- 2 celery ribs, diced
- 1 small red onion, minced
- ¼ cup chopped parsley
- 1 tablespoon chopped tarragon
- Salt and freshly ground pepper
- ¼ cup onion sprouts, for garnish (optional)

Directions:

1. In a large pot, cover the potatoes with cold salted water and bring to a boil over moderately high heat. Cook until tender, about 35 minutes. Drain and when cool enough, slice in half.
2. In a medium skillet, cook the bacon slices over moderate heat until crisp. Drain on paper towels and coarsely crumble.
3. In a large bowl, mix the mayonnaise with the barbecue sauce, mustard oil and sherry vinegar. Fold the potatoes into the dressing while they are still warm. Let the potato salad stand, stirring a few times, about 20 minutes.
4. Add the celery, red onion, parsley and tarragon and season with salt and pepper. Let stand for an additional 20 minutes, stirring a few times. Garnish with the bacon and sprouts, then serve.



GRILLED-VEGETABLE GAZPACHO

Ingredients

- 4 large garlic cloves, unpeeled
- 2 large red bell peppers, cored and quartered
- 2 large yellow bell peppers, cored and quartered
- 2 medium zucchini, sliced lengthwise ½ inch thick
- 1 large white onion, cut into ½-inch slabs
- 2 ears of corn, husked
- 2 tablespoons vegetable oil
- Kosher salt and freshly ground pepper
- 1½ teaspoons ground cumin; ½ teaspoon crushed red pepper
- 2 cups tomato juice; ½ cup fresh orange juice
- 3 tablespoons fresh lemon juice
- 2 tablespoons red wine vinegar
- ¼ cup chopped cilantro
- 1 English cucumber, thinly sliced

Directions:

1. Thread the garlic cloves onto a skewer. Lightly brush the garlic, bell peppers, zucchini, onion and corn with the vegetable oil and season with salt and pepper. Grill until lightly charred and crisp-tender. Transfer the peppers to a bowl, cover with plastic and let steam for 10 minutes.
2. Remove the garlic cloves from the skewers, peel them and transfer to a bowl. Cut the charred corn kernels into the bowl. Peel the peppers and add them to the bowl along with the zucchini, onion, cumin, crushed red pepper, tomato juice, orange juice, lemon juice and vinegar.
3. Puree the vegetable mixture in a blender or food processor. Pour the gazpacho into a clean bowl and season with salt and pepper. Cover and refrigerate until chilled, about 2 hours.
4. Just before serving, stir the cilantro into the gazpacho. Ladle the soup into bowls, garnish with the cucumber and serve.

All recipes & photos are from www.foodandwine.com

Think of a soothing cup of chilled tea and a comforting bowl of potato salad – you're ready for a weekend picnic!



SOPHIE DAHL'S ICED TEA

Ingredients

- 8 & ¼ cups boiling water
- 6 Earl Grey tea bags
- 1 teaspoon dried lavender flowers (or 6 lavender Earl Grey tea bags)
- ¼ cup sugar
- Lavender or mint sprigs, for garnish

Directions:

In a very large heatproof measuring cup, combine 8 cups boiling water with the tea bags and dried lavender flowers; let steep for 10 minutes. Strain the tea and let cool. In a heatproof bowl, combine the sugar with the remaining ¼ cup boiling water and stir until the sugar dissolves. Add the sugar syrup to the tea and let cool. Serve the tea in tall ice-filled glasses, garnished with lavender or mint sprigs.

BLACK OLIVE TAPENADE WITH FIGS AND MINT

Ingredients

- ¾ cup pitted oil-cured black olives
- ¾ cup pitted kalamata olives
- 6 small dried figs, coarsely chopped
- 2 tablespoons capers, rinsed
- 2 small garlic cloves, crushed
- ¼ cup packed mint leaves
- 4 anchovy fillets
- ¼ cup extra-virgin olive oil
- Kosher salt
- Freshly ground pepper
- Bagel chips, for serving

Directions:

In a food processor, pulse the olives, figs, capers, garlic, mint, anchovies and olive oil until the tapenade is thick and somewhat chunky. Season with salt and pepper. Transfer the tapenade to a bowl, cover and refrigerate until chilled. Serve with bagel chips.

Where to Picnic in Singapore:

- | | |
|---------------------------------|-------------------------------|
| 1. Bishan - Ang Mo Kio Park | 11. Kranji Reservoir Park |
| 2. Bukit Timah Nature Reserve | 12. Labrador Park |
| 3. Chinese and Japanese Gardens | 13. MacRitchie Reservoir Park |
| 4. Clementi Woods Park | 14. Marine Barrage |
| 5. East Coast Park | 15. Pasir Ris Park |
| 6. Esplanade Roof Terrace | 16. Raffles Place Park |
| 7. Fort Canning | 17. St John's Island |
| 8. Gardens by the Bay | 18. The Botanical Gardens |
| 9. Hort Park | 19. VivoCity Sky Park |
| 10. Jurong Hill Park | 20. West Coast Park |





Photo: Le Steak Singapore

QUALITY HALAL STEAK BY CHEF AMRI

We have seen him on TV and drooled over the enticing dishes he whips up on screen. Now you have a chance to taste them at his restaurant Le Steak Singapore.

Halal steaks are readily available islandwide but it's rare to find one with high quality. A quality steak is defined by certain cuts of meat used, how the cows are bred, as well as how the meat is imported. Hence, the reason for the birth of Le Steak Singapore by Chef Amri Azim. There are two outlets in Singapore – one in Jalan Kayu and the other at Mackenzie Road, a newer outlet that serves the celebrated Chef's specialties. Customers get to enjoy a Chef's Special menu at both outlets every week.

Among his signature dishes, one shouldn't miss the Australian Wagyu Ribeye Steak MS6. This grade of steak comes from cattle that are fed with only special Japanese

formulation of grains for 500 days before slaughter. If lamb is your cup of tea, try the Australian Grain Fed Lamb Rack – the lamb which was fed cereal 45 days prior its slaughter. For an exotic taste, you might want to try the Dutch Veal Rack. Besides prime steaks and lambs, Le Steak Singapore also whips up Seafood. Fabulous sauces harmonise with the meat and seafood, forming an unforgettable gastronomical experience.

Outlets:

19, 21 Mackenzie Rd, Singapore 228678
 248 Jalan Kayu, Singapore 799472
 Email: lesteaksg@gmail.com
 Website: www.lesteak.com.sg



About Chef Amri Azim

For Chef Amri, the world of cooking and bakery has utterly captivated his heart and soul since young. A famous Malay celebrity chef in Singapore, Chef Amri has made appearances in various TV shows in Singapore and Indonesia. He was awarded for the 'Singapore Top 100 Signature Award Wining for French Cuisine' in 2005 and was crowned as a runner-up for TV reality show 'Chef Selebriti' shown in Mediacorp Suria in 2007. He was invited to Metro TV Indonesia for a cooking variety show in 2012. With his good profile, Chef Amri Azim was chosen as the main judge for Singapore Food Gift Award and Epicurean Award for Fine dining restaurant.



INDONESIA AT WORLD STREET FOOD CONGRESS 2015

Favouritism of Indonesian Hawker Food at World Street Food Congress 2015 Singapore

Long queues which snaked at Indonesian hawker food kiosks along the open air field at Bugis, Singapore testified for the favouritism of Indonesian hawker food in World Street Food Congress, which was opened on 8 April 2015. For the entire five days duration of the event, the queues never subsided, according to an Indonesian participant which shared her story to the Indonesian Embassy in Singapore.

According to the Embassy's observation, the queue were not only patronised by Indonesians residing in Singapore alone, but also by Singaporeans and international tourists alike. For example, an authentic Pak Sadi's soto ayam Ambengan (chicken soup with coconut milk broth) that was sold at SGD 8 was a clear favourite with long queue formed behind the stall, which persisted until near end of the event.

World Street Food Congress is the brainchild biennial event of K.F. Seetoh, a Singaporean who is very passionate about culinary and hawker/ street food. Since its inception in 2013, World Street Food



Congress is aimed to preserve the culinary heritage of Singaporean street food as well as the culinary heritage of the world's street food.

Out of the 23 kiosks operating at the event which held from 8-12 April 2015, Soto Ayam Ambengan Pak Sadi, Gudeg Yu Nap, Kupat Tahu Gempol, and Ayam Taliwang Bersaudara were there to represent Indonesian cuisine. Participation of Indonesian cuisine at the event is sponsored by William Wongso Culinary Series, a company and event organizer established by one of the Indonesian culinary expert and celebrity chef. Mr. William Wongso. Other than Singaporean and Indonesian hawker

food kiosks, the organizers also flew some street food vendors' right from their origin countries such as from USA, Bolivia, India, and Thailand.

Organizer of the event also honoured William Wongso through a side event activity in form of live cooking demo. Indonesian Embassy in Singapore was able to attend one of his live cooking demos during the event where he shown his talents in cooking a traditional Batakese sour sea food soup called sup arsik. On the conclusion of the demo, audience were give chance to taste the freshly made soup. In the middle of a live cooking demo William Wongso remarked Seetoh and team for organizing the culinary event. He also asserts that Indonesian participants are feeling honoured by enthusiasm of attendees of the event towards Indonesian hawkers food. Concluding his chat with Indonesian Embassy, William Wongso truly hopes that Indonesian Government through its embassies overseas would continue to extend its support to Indonesian hawker food and those of small and medium enterprises in culinary sectors.

UNFOLDING THE STORY OF RAFFLES

by Zuraidah Ismail

We have all heard about the British Governor who built his legacy in Singapore in 1819; we have schools, a location and a hotel named after him, and dapper looking sculptures of him that became the nation's icon. We need to bring the Asian history and culture to life, in a way more engaging than sculptures and museum exhibitions. In my opinion, the Singapore Management University Komunitas Indonesia (SMUKI) has accomplished exactly that. You know a production team has done a good job when it manages to evoke the audience's emotions and has them cheering and clapping after every single scene.

GAYA, an acronym for 'Gelar Budaya' (Cultural Showcase), has been entertaining SMU students and the public since 2007. I had my first experience of GAYA just only this year. Every part of the play is executed professionally. From the lighting design to the singing, dancing and acting, I must say, their performance far exceeded my expectations of a school play.

Held at the School Of The Arts (SOTA) Singapore, the play began with a sombre mood. Portraying Sir Stamford Raffles Aditya Tanojo, opened the show with a monologue, accompanied by a few dancers representing the locals of Bengkulu. The drama showcased the dilemma experienced by the protagonist Sir Stamford Raffles. As a governor, a father, and a man passionate in his career, Sir Raffles was torn between his duty and commitment to his family, the locals at Fort Malabero (Marlborough) and James, his close friend and colleague.

The audience laughed and wept during every scene – believe me, I wasn't the only one bawling my eyes out. Ledi Manurung connected me so well with the other lead, a local Bengkulu girl, as she took me on a ride through many emotions – from her happiness and contentment at the beginning to her depressed state after her father was shot dead by James Rutherford. I was able to see her grow from a child, oblivious to the tension between her people and the

Bugis locals, to a mature young lady under the care of Lady Sophia, the wife of Sir Raffles. James was the villainous character that made you want to hurl a rotten egg at. The actor's portrayal of James was so real that you could feel a lot of anger and hatred towards him. The casts have outdone themselves by bringing their characters to life and there were so much emotions in one show!

I was there during one of their rehearsals. Observing their enthusiasm, commitment and dedication – especially when they had to come to school on a Sunday – I dare say that GAYA2015: Malabero deserves a thundering ovation! 



About The Cast



Aditya Tan

Born and raised in Jakarta, Aditya is currently in his first year of postgraduate studies in SMU's JD program. He found joy in theatre when he studied in Los Angeles and played a part in two musical productions. He hopes that GAYA can become a platform to motivate young, local and Indonesian talent to explore the joys of performance art and storytelling.



Aritya Ledy Manurung

Ledy is a grade 11 student of St Joseph's Institution International pursuing her IB diploma. She has been passionate about acting since she was little and wouldn't mind having it as her career choice after completing her studies. She loves the scene when she had to cry and feels satisfied seeing the audiences respond the way she expected them to, like weeping along with her character.



Photos: SMUKI

2008
 MERAH PUTIH: KEMBALI KE HATI

2010
 ZAMRUD KHATULISTIWA

2011
 PAHLAWAN THE MUSICAL

2013
 NEUTRAREGNI: THE MUSICAL

2014
 ANGKARA: A MUSICAL

2015
 COMING SOON

**ICN CULTURAL PRODUCTION
 COMING SOON
 SEPTEMBER 2015**

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2008 PRAMBANAN

2009 SITTI NURBAYA

2010 THIS EARTH OF MANKIND

2011 CA BAU KAN

2012 CANTING

2013 DANCE OF THE EARTH

2014 THE PRIYAYI

2015

COMING SOON

**4 OKTOBER 2015
 UCC, NUS**

NUANSA
 -cultural productions-



CHINGAY 2015

The annual celebration of Chingay 2015 was an extravagant affair with performers participating from 13 countries; this included the Indonesian contingent from Jember Fashion Carnaval.



BATIK WORKSHOP

A batik workshop held to promote batik appreciation around the world.



GAYA15: MALABERO

A cultural performance by Indonesian students from SMU (SMUKI).



HALAL FOOD EXPO

A lot of Indonesian companies opened their booths in the Halal 2015 Expo organised by MegaXpress.



KADIN - ICCS NETWORKING SESSION

A networking session between Kadin and ICCS held in the Embassy.



MARIGOLD SOUTH EAST ASIA CUP 2015

Singapore Island Country Club hosted the Marigold South East Asia Cup 2015.



12 MENIT

A movie screening held in Riptaloka Room in the Indonesian Embassy.



HARI KARTINI

KBRI Singapura hosted the “Kartini-Kartini Devisa” with special guest Peggy Melati Sukma on the occasion of Kartini Day.



A TAPESTRY OF SACRED MUSIC

A group students from SIS performing Saman dance and kendang musical instruments.



IMPROVINDO IN SINGAPORE

Standup Comedian Improvindo entertained the Indonesian audiences at the KBRI Singapura.

WHAT'S HAPPENING?

Looking for things to do? Check out the events listed below.
There is something for every one.

Jan 15 - Dec 31, 2015

Galleries Alive! Traditional Malay Music and Wayang Kulit

Venue: Malay Heritage Centre
Contact: NHB_MHC@nhb.gov.sg

Jan 16 - Jul 19, 2015

Geo|Graphic - Celebrating Maps and Their Stories

Venue: National Library, 100 Victoria Street
Contact: helpdesk@library.nlb.gov.sg

Jan 26 - Jul 01, 2015

Return to Sender - An Elvis Presley Exhibition

Venue: Singapore Philatelic Museum
Ticket: SG\$6.00
Contact: nhb_spm_adm@nhb.gov.sg

Feb 14 - Dec 31, 2015

Counting Sheep, Dreaming Goats

Venue: Singapore Philatelic Museum
Ticket: SG\$6.00
Contact: nhb_spm_adm@nhb.gov.sg

March 25 - May 24, 2015

In Memoriam: Lee Kuan Yew

Venue: Glass Atrium, Level 2, National
Museum of Singapore
Ticket: Free
Contact: nhb_nm_hospitality@nhb.gov.sg

May 16-24, 2015

The Home Show 2015

Venue: Expo Singapore
Ticket: FREE
Contact: (65) 6298 1600

May 17, 2015

Cold Storage Kids Run 2015

Venue: The Meadow, Gardens by the Bay
Ticket: from SG\$32.00
Contact: samantha.leong@crowd.com.sg

May 22-23, 2015

Lea Salonga in Concert

Venue: Esplanade Concert Hall
Ticket: from SG\$48.00
Contact: SISTIC (65) 6348 5555

May 23, 2015

Singapore Soul Club

Venue: The Penny Black
Ticket: Free
Contact: lenharbottle@hotmail.com

May 24, 2015

Take 5 Piano Quintet Northern Lights

Venue: Esplanade Recital Studio
Ticket: SG\$25.00
Contact: SISTIC (65) 6348 5555

May 28, 2015

An Evening with Michael Bolton

Venue: Grand Theatre, MasterCard
Theatres at Marina Bay Sands
Ticket: from SG\$90
Contact: SISTIC (65) 6348 5555

May 28-31, 2015

Swan Lake

Venue: Sands Theatre, MasterCard
Theatres at Marina Bay Sands
Ticket: from SG\$55
Contact: SISTIC (65) 6348 5555

May 30, 2015

Sungha Jung Live in SG

Venue: Esplanade Concert Hall
Ticket: SG\$48.00
Contact: info@sproutentertainment.com.sg

June 05, 2015

Opening Ceremony SEA Games 2015

Venue: Singapore Sports Hub National
Stadium
Ticket: from SG\$12.00
Contact: www.seagames2015.com

June 05-16, 2015

SEA Games 2015 Sports Competition

Venue: refer to www.seagames2015.com
Ticket: refer to www.seagames2015.com
Contact: www.seagames2015.com

June 16, 2015

Closing Ceremony SEA Games 2015

Venue: Singapore Sports Hub National
Stadium
Ticket: from SG\$12.00
Contact: www.seagames2015.com

Jul 04, 2015

Sundown Marathon 2015

Venue: F1 Pit Building
Ticket: SG\$30.00
Contact: info@hivelocity.com.sg

Jul 13-15, 2015

The Gamelan Social

Venue: Esplanade Recital Studio
Ticket: SG\$20.00
Contact: SISTIC (65) 6348 5555

ADDRESS BOOK

HOSPITALS

ALEXANDRA HOSPITAL

378 Alexandra Road
Singapore 159964
(65) 6379 4383

ANG MO KIO - THYE HUA KWAN HOSPITAL

17 Ang Mo Kio Avenue 9
Singapore 569766
(65) 6453 8033

BRIGHT VISION HOSPITAL

5 Lorong Napiri
Singapore 547530
(65) 6248 5755

CHANGI GENERAL HOSPITAL

2 Simei Street 3
Singapore 529889
(65) 6788 8833

CHANGI GENERAL HOSPITAL, WARD 3B @ PARKWAY EAST HOSPITAL

321 Joo Chiat Place
Singapore 427990
(65) 6344 7588

COMPLEX MEDICAL CENTRE

982A Upper Changi Road North
Singapore 507709
(65) 6546 7393

FORTIS COLORECTAL HOSPITAL

19 Adam Road
Singapore 289891
(65) 6672 5900

GLENEAGLES HOSPITAL

6A Napier Road
Singapore 258500
(65) 6470 3461

INSTITUTE OF MENTAL HEALTH

10 Buangkok View
Singapore 539747
(65) 6389 2000

JOHNS HOPKINS SINGAPORE INTERNATIONAL MEDICAL CENTRE

11 Jalan Tan Tock Seng
Singapore 308433
(65) 6880 2222

KHOO TECK PUAT HOSPITAL

90 Yishun Central
Singapore 768828
(65) 6555 8000

KK WOMEN'S AND CHILDREN'S HOSPITAL

100 Bukit Timah Road
Singapore 229899
(65) 6293 4044

MOUNT ALVERNIA HOSPITAL

820 Thomson Road
Singapore 574623
(65) 6347 6688

MOUNT ELIZABETH HOSPITAL

3 Mount Elizabeth
Singapore 228510
(65) 6731 2828

MOUNT ELIZABETH NOVENA HOSPITAL

38 Irrawaddy Road
Singapore 329563
(65) 6933 0000

NATIONAL HEART CENTRE OF SINGAPORE

17 Third Hospital Avenue
Singapore 168752
(65) 6436 7800

NATIONAL UNIVERSITY HOSPITAL

5 Lower Kent Ridge Road
Singapore 119074
(65) 6779 5555

NUH WARD 1@JURONG

235 Corporation Drive
West Point Hospital
Singapore 619771
(65) 6262 5818

PARKWAY EAST HOSPITAL

321 Joo Chiat Place
Singapore 427990
(65) 6344 7588

RAFFLES HOSPITAL

585 North Bridge Road
Singapore 188770
(65) 6311 1111

REN CI COMMUNITY HOSPITAL

71 Irrawaddy Road
Singapore 329562
(65) 6358 0777

REN CI LONG TERM CARE

BLK 9, 10 Buangkok View Level 1
Singapore 539747
(65) 6358 0777

SINGAPORE GENERAL HOSPITAL

Outram Road
Singapore 169608
(65) 6222 3322

SINGAPORE GENERAL HOSPITAL REHABILITATION MEDICINE

5 Lorong Napiri
Bright Vision Hospital
Singapore 547530
(65) 6248 5755

ST ANDREW'S COMMUNITY HOSPITAL

8 Simei Street 3
Singapore 529895
(65) 6586 1000

ST. LUKE'S HOSPITAL

2 Bukit Batok Street 11
Singapore 659674
(65) 6563 2281

TAN TOCK SENG HOSPITAL

11 Jalan Tan Tock Seng
Singapore 308433
(65) 6256 6011

TAN TOCK SENG HOSPITAL REHABILITATION CENTRE

17 Ang Mo Kio Avenue 9
Ang Mo Kio Thye Hua Kwan Hospital
Singapore 569766
(65) 6450 6228

TAN TOCK SENG HOSPITAL SUBACUTE WARDS

71 Irrawaddy Road
Ren Ci Community Hospital
Singapore 329562
(65) 6256 6011

THOMSON MEDICAL CENTRE

339 Thomson Road
Singapore 307677
(65) 6256 9494

WEST POINT HOSPITAL

235 Corporation Drive
Singapore 619771
(65) 6262 5836

EMERGENCY NUMBERS

EMERGENCY AMBULANCE AND FIRE

995

NON-EMERGENCY AMBULANCE

1777

POLICE EMERGENCY

999

DENGUE HOTLINE

1800 933 6483

FIRE HAZARD REPORTING

1800 280 0000

POLICE HOTLINE

1800 255 0000

SCDF GENERAL ENQUIRIES

1800 286 5555

AVA HOTLINE

1800 226 2250

SP POWERGRID (to report a power failure)

1800 778 8888

NEA HOTLINE

1800 225 5632

FLOODS/ DRAIN OBSTRUCTIONS

1800 284 6600

BUILDING & CONSTRUCTION AUTHORITY

(to report structural defects in non-HDB buildings)

(65) 6325 7191 / 6325 7393

HDB ESSENTIAL MAINTENANCE SERVICE UNIT (ESMU)

(to report power failure and structural defects in HDB buildings; the service number for your building can be found in your lift lobby)

1800 275 5555 / 1800 325 8888 /

1800 354 3333

DRUGS & POISON (non-emergency)

(65) 6423 9119

WEATHER

(65) 6542 7788

CITYGAS (to report gas pipe leakage, disruption to gas supply and low gas pressure)

1800 752 1800

FOREIGN MISSION ONE CALL CENTRE

1 800 334 4800

CALL-SEARCH YELLOW PAGES

777 7777

LOCAL DIRECTORY ASSISTANCE

100

INT'L DIRECTORY ASSISTANCE

104

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DIAL-A-CAB

(65) 6342 5222

CITYCAB & COMFORT TAXI

(65) 6552 1111

SMRT TAXIS

(65) 6555 8888

TRANSCAB

(65) 6555 3333

PREMIER TAXIS

(65) 6363 6888

PRIME TAXI

(65) 6778 0808

YELLOW-TOP TAXI

(65) 6293 5545

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1 900 915 2222

SBS BUS INFO CENTRE

1 800 287 2727

MRT INFORMATION CENTRE

1 800 336 8900

LOST & FOUND SERVICE TAXIS

1 800 225 5582

LOST & FOUND SERVICE BUS

(65) 63837211

KBRI SINGAPURA



No. 7 Chatsworth Road
Singapore 249761
Tel: (65) 6737 7422
Fax: (65) 6737 5037 / 6235 5783
www.indonesianembassy.sg
info@indonesianembassy.sg

Perihal Keimigrasian, Layanan Visa & Paspor

(65) 6737 7422, lalu tekan 1
(65) 6839 5407

Perihal Layanan Konsuler dan Penata Laksana Rumah Tangga (PLRT)

(65) 6737 7422, lalu tekan 2
(65) 6839 5422 (Ibu Kalsom)

Perihal Perdagangan

(65) 6737 7422, lalu tekan 3
(65) 6839 5451 (Ibu Lis)

Perihal Perhubungan

(65) 6737 7422, lalu tekan 4
(65) 6839 5434 (Bp Ade)

Perihal Penerangan, Sosial dan Budaya, Layanan Jurnalis dan Pendidikan

(65) 6737 7422, lalu tekan 5
(65) 6839 5472 (Sdr Michael)

Perihal Bea Cukai

(65) 6737 7422, lalu tekan 6
(65) 6839 5427 (Ibu Ros)

Perihal Ekonomi

(65) 6737 7422, lalu tekan 7
(65) 6839 5454 (Bp Ronald)

Perihal Politik

(65) 6737 7422, lalu tekan 8
(65) 6839 5460 (Ibu Saliah)

Perihal Pertahanan

(65) 6839 5491 (Ibu Ava)

PICTURE
POST

MOUNT RINJANI NATIONAL PARK

At 3,726 m, Mount Rinjani is the second tallest volcano in Indonesia after Mount Kerinci on Sumatra. Mount Rinjani dominates the landscape of the relatively small island of Lombok. The mountain and its satellites form the Mount Rinjani National Park, which is officially opened on 1 April 2015.

Photo: Ministry of Culture & Tourism,
Republic of Indonesia



Wanted! Your travel photos - anywhere from Sabang to Merauke, Indonesia. Give us your best shot (high-resolution 300 dpi/at least 2MB, along with a brief caption and approximate date) by June 15, 2015 and win a pair of tickets to Alive Museum Singapore. Email your entries to indoconnect@sunmediaonline.com

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Artist's Impression

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moments with
your loved ones
in the best
environment.



Artist's Impression

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Artist's Impression



Artist's Impression

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