



**CHRIS
JOHN**

Undefeated
Champion

➤ 10



**MERRY
RIANA**

Women's Full
Potential

➤ 18

**DIDIET
MAULANA**

Fashionably
Traditional

➤ 32



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// MARCH 2013

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For Indonesian Arts
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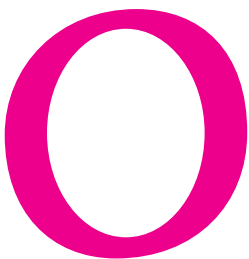
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A World of Infinite Possibilities



ne of the best definitions of youth I have come across is 'it is a state of infinite possibilities.' That is the feeling you get reading about some of the milestones achieved

by Indonesian students in Singapore.

Away from their books and classrooms, they have taken on the mantle of being 'ambassadors' of Indonesian art and culture. Be sure to be at the Indonesia Arts Festival (IAF) 2013 musical that tells of Indonesia's history; it will be staged in June at Singapore's premier arts performance venue – the Esplanade! There are many other programmes related to the IAF that you should watch out for (see page 8 for more details). They showed they have the talent and passion to have the Indonesian flag flying high.

Some very outstanding people have contributed to this issue to create the 'new look' of IndoConnect magazine. The Sun Media team conceptualised the front cover; photographer, Laxmi Kaul, brought the photo to life and magazine designer Leroy Ford bathed the magazine in a splash of vibrant colours and gave it a unique identity, the look and feel of youth! We promise you one thing, never to change the essence of IndoConnect – it will always remain a magazine especially for Indonesians living and visiting in Singapore.

Finally, we did not let International Women's Day 2013 in March pass by without saluting the achievements of Indonesian Women particularly in the corporate world. According to a study done in Singapore, women in Indonesian boardrooms outnumber that of any country in Asia! It is gratifying to know the contributions of the fairer sex as mothers and wives also extend to the corporate world. Congratulations to all our women readers as we hope this will encourage them to do more, to improve themselves and realise their full potential.

Nomita Dhar
Editor-in-chief

On the Cover



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by bhmpics.com
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HAIRSTYLING
by Carina

Contributors



LAXMI KAUL

When Laxmi, who shot this issue's front cover, presses the shutter, "I am working at finding my form of expression. Photography to me is not just a passion, its a way of life. I breathe it in every breath!" As beautiful behind the lens as the subjects she shoots, her first passion will always be shooting moments in faces, through eyes and expressions.



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.



VALERIUS R BOENAWAN

Among the many things he does for IndoConnect, this versatile Indonesian photographer, designer and creative project manager brings valuable insights on current Indonesian perceptions, thinking and sensibilities as well as his youthful energy. We also have him to thank for the Indonesian translations in the magazine.

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An Architect's Perspective

SETYADI ONGKOWIDJAJA

Landing in Singapore with just a suitcase in hand may not be the ideal of beginnings, but this is exactly how Setyadi Ongkowidjaja came to Singapore 25 years ago! Completing his architectural studies in the UK, he came here to practice his profession and along the way established one of the most enduring organisations promoting business in Indonesia – the Indonesian Business Centre (IBC) in Singapore.

While his architecture firm has undertaken projects in Singapore, Malaysian, Indonesia and China, his preference had always been to keep himself busy in the South-east Asian region.. He opines, “I believe South-east Asia will continue to ‘boom’ in the next few years. I believe this will, indeed, be the Asian Century.”

In fact, he strongly feels, “Indonesians living overseas should always be in touch with Indonesia especially now as the Indonesian economy is doing well with inflation under control and the country’s six per cent growth in GDP better than many other regional economies. Business opportunities abound in Indonesia and Indonesians abroad should connect with indigenous Indonesians in various big cities - Bandung, Jakarta, Surabaya, Medan or Denpasar and work outwards to secondary

cities such as Makassar, Solo, Semarang or Yogyakarta. As part of IBC missions I have been to these cities where the domestic market is very strong and encouraging.”

Setyadi as the current Chairman of IBC plays the vital role of connecting businessmen from Singapore, Asia and elsewhere to potential Indonesian partners. IBC has remained relevant all these years and he informs, “We are celebrating our 13th anniversary in Bandung on 18 May 2013 with our Guest of Honour and Patron, HE Mr Andri Hadi, the Indonesian

**There are now
regular meetings
in IBC centres
in Bandung and
Jakarta**

Ambassador in Singapore. We also have an Indonesian MP on our Board.”

IBC has two or three regular monthly programmes. They consist of social events for networking, business talks, members’ lunch and CEO forums. Members and guests include Indonesians, Singaporeans and expatriates. Recently the IBC Calling Cards were introduced for members, which allow free calls to Indonesia for 500 minutes and low rate calls (10 cents a minute). In addition there are tie-ups with hotels for discounted rates.

While IBC in Singapore has done well

in its role as a facilitator, there is more potential. In addition to Singapore, there are now regular meetings in IBC centres in Bandung and Jakarta. Setyadi revealed, “We hope to add two to three centres every year and within the next 10 years our target is to have IBC represented in all 33 provinces in Indonesia.”

IBCs strategy to “expose people to Indonesia’s culture and engage them through regular cultural exchanges and performances,” has worked well for generating more business. This process has been going on for some years; performers from Sumatra and Sulawesi have come to Singapore and we brought members and potential investors from Singapore to places like Bali, Yogyakarta, Solo and Bandung. “Once we even brought in 200 angklungs from Indonesia for distribution here!” Living in Singapore, according to him is, “enjoyable secure and safe, in spite of higher costs.” “Singapore welcomes you, if you can perform and contribute to the country.” Observing the Singapore market, he is concerned about higher levies due to labour shortages and advises businessmen coming into Singapore to carefully study and survey the business venture.

Setyadi, however, is steadfast in his ambition. “My hopes and aspirations are to further synergise businesses between our two countries. Singapore has the management capabilities and funding and Indonesia has the resources and manpower; if you marry them there will be increased prosperity on both sides,” said the master matchmaker.

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doesn't stop there. Next year, she will begin studying international relations at London School of Economics. Imagine the potential after that.

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Youth Ambassadors for Indonesian Arts & Culture

Indonesian students here are active in presenting musical productions of a high standard. A major highlight is the Indonesia Arts Festival 2013 musical at the Esplanade in June

There are about 24,000 Indonesian youths studying in Singapore. Many of the tertiary students joined Indonesian student clubs to network with one another and participate in activities. For example, at Singapore Institute of Management (SIM) the largest of such groups is InSIM which has almost 2,000 members. Singapore Management University (SMU) has SMUKI (SMU Kommunitas Indonesia) and National University of Singapore (NUS) too, has its own Indonesian Students Association.

All of them also have another thing in common they actively promote the sense of bonding and nationalism by staging annual productions that feature Indonesian arts and culture for the public. For example, the NUANSA series of productions was started by NUS five years ago. The last one in October 2012 was an original musical titled *Canting* that touched on matriarchal and aristocratic themes facing the owner of a batik factory. While it is based on celebrated Indonesian writer, Arswendo Atmowiloto's bestseller, the students wrote the script and created the dance choreography and music.

1: Gaya 2013 mixed traditional and contemporary music and dance genres

These are large and elaborate productions that take three to six months to prepare and train the students. Take the case of Singapore Management University Komunitas Indonesia (SMUKI) which always organise an annual flagship cultural event since it was founded in 2006 called GAYA (which means Gelar Budaya) that showcases Indonesian arts and culture. About 70 SMUKI students took part in Gaya 2013 with 30 performers and 40 people supporting backstage. The production costs about \$30,000 to stage with expenses defrayed by corporate sponsorship, ticket sales and assistance from the Indonesia Embassy in Singapore and SMU.

According to Oka Putra Sutedjo, the producer of this year's production titled GAYA 2013: Kronologi, "The shows are usually based on Indonesian stories such as Gaja Mada, Bawang Putih, Bawang Merah, and Malin Kunda. Then we mix it up with Indonesia cultural elements like the music and dance art forms to present to the people in Singapore."

Oka, 22, a final year Economics SMU student said that what drives the students was their sense of pride and the opportunity to show off their performing talents outside of their classrooms. "Out on stage you get a chance to express yourself in public where more people can see you."

This year, something new was the participation of other SMU students, for example, from Vietnam who worked the wayang puppets and some Singaporean students helping out in the dance troupe. IndoConnect talked to two Indonesian students who graced the stage on opening day 3rd February 2013 and asked about their participation in the show.

What drives the students – sense of pride and opportunity to show off their talents



2 SMUKI



InSIM 3



4 NUANSA

The level of commitment shown by everyone is quite high said Edric Subur, 20, Head of the Kronologi Dance group. He pointed out, "We even have dancers who have injuries from falls during practice as the dance items are really energetic. But they were all committed coming sometimes three times a week for practices." Edric, was already interested in arts comes before he arrived at SMU to study Information Systems one and half years ago from Medan. He is now SMUKI's Vice-President and he said, "I always go for any opportunities where I can go on stage and perform for an audience – I like first to act, dance and sing in that order!"

Maria Natasha joined SMU last year and the 20-year economics undergraduate auditioned last August and was given a singing-cum-dancing role. While the singing was not a problem, she said "This is the first time I danced on stage! There were some contemporary dance items and there were many moves we had to learn. Why we do it is because of the sense of community in SMUKI. We all share a common identity and relate to this common cause promoting Indonesia's spirit in performances." Oka said that while SMUKI has other events throughout the year everyone looks forward most to GAYA the SMUKI's flagship event for the public.

InSIGHT by InSIM

InSIM's annual arts and culture project is called InSIGHT. This year's musical drama has been warmly received by audiences. It centres around two daughters in a family and was so touching it had audiences tearing at the end. Staged at the Drama Centre on 30 January 2013, it drew tears from the audience by the end of the musical family drama which has a touch of fantasy. Two SIM students from the cast who made quite an

2: (Left & bottom left): Students from SMUKI were bold in presenting traditional Javanese dances with hip-hop that has Saman overtones! (Right): The producer, Oka: Performers driven by sense of pride and chance to show their talents

3: (Above): InSIM members, Micheal and Olivia, heard how successful the InSIGHT series has been in the past and were glad they were able to join the production this year

4: Students from NUS wrote the script and composed the musical based on Arswendo Atmowiloto's bestseller 'Canting'

impression spoke about their experience performing.

Antonius Michael, 19, from Merkassi, came to SIM last August and was thrilled to come here to study as SIM is well known in Jakarta as one of the leading private universities in Singapore. He joined InSIM's music chapter called SINBA as he was a Beat Box enthusiast and straightaway signed for this year's InSIGHT auditions. He wanted to find new friends and experiences and received training in acting. Rehearsals began in earnest just three months before the show started and time management was crucial to juggle studies and show commitments. He remembered, "It was quite intensive with rehearsals taking place almost every day. We are proud to have pulled it off well even with the short time given. We are Indonesians in a foreign country and representing our community. Plus we performed not just for our fellow students and Singaporeans as there were also many other expatriates in the audience."

Olivia, 18, from Jakarta, has lived in Singapore for four years and is in her fourth semester as Diploma in Management Studies. She said, "When I first joined InSIM, I had heard a lot about how successful the previous InSIGHT production and that spurred me to audition for this year's show. I did not have any theatre background but I love to sing and see if I was talented enough to join the production. I am glad that I did as I was very impressed by the commitment of fellow cast members who sometimes rehearsed to two o'clock in the morning to make sure the scenes are good! I was sad at the end of the production but happy to go back to eating fried foods, drinking cold water, eating ice cream and all those other things we were prohibited to do during production to maintain our singing voice."




Serious and well organised, PPI Singapore plenary meeting for the upcoming Indonesia Arts Festival 2013

Climax Indonesian Arts Festival '13

Anyone who wants to see more contributions of Indonesian youths in the field of arts, can look forward to the Indonesian Arts Festival (IAF) 2013, a four-month programme organised by the Perhimpunan Pelajar Indonesia Singapore (PPIS). The student association have spent the last year planning an extensive list of activities for students to participate in and the IAF '13 will end on 15 June 2013 with the premier of a musical based on the tragedy of Babut at the Esplanade. This will be the first time a historically-based Indonesian musical will be staged in Singapore's leading performance arts venue.

It is an ambitious plan and very exciting as it shows the capabilities of Indonesian youths to undertake almost national level projects that raise the image and standing of Indonesia abroad. The first slide in PPIS presentation on the IAF sets the tone: "Give me a thousand old men, I will pull Gunung Semeru from its roots. Give me 10 young men, I will undoubtedly shake the world! - Bung Karno, the First President of Indonesia" That enthusiastic spirit comes through at a talk presented by Ivan Louis Barus, PPIS President and Ivyana Pramono, PPIS Head of Arts Division at a briefing on the status of the IAF at KBRI on 13 January 2013.

Ivyana said the IAF's main objectives will be to showcase the spirit of Indonesian youths and raise the profile of Indonesian culture here as well as share Indonesia's history. She also said, "We want to share some values that can be gleaned from our history so we can give something back to those who attend the festival." There are also competitions in the IAF and PPIS wants to extend them to also non-Indonesians as Ivyana pointed out that, "The themes of the competitions are all related to Indonesia and we want them to learn more about Indonesia!" There is also an art exhibition by Indonesian artists who will present 70 artworks on Indonesian historical journey laid out in chronological order. The climax for IAF 2013 is the musical with themes of sacrifice and how one needs to be nationalistic to one's country. In the meantime, PPIS has created a unique way for any Indonesian to participate in the IAF by visiting its online Manifesto Declaration (written by the PPIS) to encourage especially youths to support and express themselves by signing in at the website at <http://iaf.ppisingapura.org/>.

PPIS is the overall umbrella organisation representing the interests of all Indonesian students in Singapore. Most of the PPIS main and sub-committees members come from all 12 Singapore universities said Ivan, the current President of PPIS. He expects at least 5,000 acknowledgements for the Manifesto itself and the art exhibition is expected to attract 10,000 (it will be on display for one month) and 2,000 theatre goers for the musical at the Esplanade. 

The main five elements for IAF

IAF 2013 Main Highlights:

ARTS EXHIBITION

Exhibition of Indonesian artists with artworks displayed in chronological order on the history of Indonesia

COMPETITIONS

- Who's Got Talent, a talent show with artistic performances related to things Indonesian
- Life Painting, a painting and illustration competition on the history of Indonesia
- Photography, on the theme of the beauty of Indonesia
- Culinary Art, a platform to express love towards Indonesia's local cuisines

For more information on the competitions, please visit <http://ppisingapura.org/iaf-competitions>

ARTS PERFORMANCE

Musical performances assembled together as a theatrical drama based on the tragic Battle of Bubut


MANIFESTO DECLARATION

Online public declaration open to the world at iaf.ppisingapura.org

ENGLISH TO INDO



Siapa bilang pelajar Indonesia di Singapura kerjanya cuman belajar dan bersenang-senang sendiri. Banyak teman-teman kita dari SIM, SMU, NUS, dan lainnya yang turut andil dalam memperkenalkan Indonesia kepada warga Singapura lewat kesenian dan kebudayaan. Sebagai contohnya NUANSA, acara pegelaran musical oleh komunitas Indonesia dari National University of Singapore (PINUS) yang diadakan tiap tahunnya. Pada bulan Oktober 2012, PINUS menampilkan NUANSA: Canting, berdasarkan cerita laris dari penulis Indonesia ternama Arswendo Atmowiloto, yang berceritakan tentang pemilik pabrik batik yang bertemakan matriarkal dan aristokrat. Ada pun lagi Gelar Budaya (atau disingkat GAYA) adalah acara tahunan yang diadakan komunitas Indonesia di Singapore Management University (SMUKI). Tahun ini, SMUKI memproduksi GAYA 2013: Kronologi yang menampilkan penggabungan

antara cerita rakyat Indonesia, tarian dan lagu daerah, dengan tarian dan lagu masa kini. Oka Putra Sutedjo, selaku produser, mengatakan bahwa yang memacu para pemain untuk beraksi di panggung adalah rasa kebanggaan mereka untuk dapat menampilkan kebolehan mereka di atas panggung. Yang lainnya adalah InSIGHT, acara tahunan yang diadakan oleh komunitas Indonesia di Singapore Institute of Management (InSIM). Tahun ini, InSIGHT menampilkan cerita drama keluarga tentang dua anak perempuan yang mampu membuat penonton menangis terharu. Nah untuk kalian yang ketinggal ketiga acara tersebut, jangan khawatir karena nanti bulan Juni 2013, akan ada acara Indonesian Arts Festival (IAF) yang diadakan oleh Perhimpunan Pelajar Indonesia di Singapura (PPIS). Selain seni drama dan tarian Battle of Bubut, ada juga kompetisi, pameran kesenian, dan deklarasi manifes. 



- 1:** Lisana dan teman-temannya dari Institut Teknologi Sepuluh Nopember, Surabaya: "Ada banyak informasi yang dibagikan di sini tentang Indonesia yang saya rasa penting untuk disebarluaskan terutama untuk mahasiswa yang belajar di luar negeri"
- 2:** Ivan Barus (paling kiri) dengan para anggota pendirinya PPI ASEAN: "Kita harus menghapus persepsi masa lalu, potensi dan peluang Indonesia akan lebih besar dari sebelumnya"
- 3:** Hary Tanoesoedibjo: "Kita perlu para pemuda-pemudi kita setelah belajar dan bekerja di luar negeri untuk kembali dan membangun bangsa bersama-sama"
- 4:** Ratih Maria Dhewi (mahasiswi di Australia): "Isu yang dibahas di sini dapat mengatasi, misalnya, tingginya jumlah mahasiswi Indonesia yang tinggal di Australia setelah lulus."
- 5:** Dr Rizal Ramli: "Demokrasi itu penting, tetapi mata pedang hukum juga harus ditajamkan"
- 6:** Jeneral (Purn.) Luhut Binsar Pandjaitan: "Tidak peduli di mana Anda pergi, Anda tidak akan diperlakukan sebaik seperti Anda berada di negara sendiri"

Konferensi Mahasiswa Indonesia Global Pertama di Singapura

Konferensi Mahasiswa Indonesia Global atau Indonesian Students Global Conference (ISGC) merupakan sebuah konferensi dan diskusi berskala internasional yang melibatkan pelajar-pelajar Indonesia yang belajar di dalam maupun di luar negeri.

Pelajar-pelajar dari seluruh dunia sengaja datang ke Singapura pada tanggal 1 - 3 Februari 2013 untuk mengikuti acara ISGC yang mengangkat tema "Nasionalisme Pemuda-pemudi Indonesia". Menurut Ivan Louis Barus, Presiden dari Perhimpunan Pelajar Indonesia di Singapura (PPIS), tema ini dipilih karena, "Kami mengamati sebuah fenomena yang berkembang di lingkungan pelajar Indonesia yang pergi mencari ilmu di luar negeri, dan banyak dari mereka tidak kembali ke tanah air. Ini tentunya akan sangat berpengaruh terhadap ketahanan bangsa dan negara secara seutuhnya."


Turut diundang di konferensi ini juga adalah tokoh-tokoh masyarakat Indonesia yang berpengaruh untuk membangkitkan nasionalisme pemuda-pemudi Indonesia. Berikut adalah

pembicara yang diundang: Jeneral (Purn.) Luhut Binsar Pandjaitan (mantan Menteri Perindustrian dan Perdagangan pada Kabinet Persatuan Nasional), Hary Tanoesoedibjo (pemegang beberapa jabatan perusahaan di Indonesia termasuk Presiden Direktur MNC) dan Dr Rizal Ramli (ahli ekonomi and politisi Indonesia yang pernah menjabat sebagai Menteri Koordinator Bidang Perekonomian dan Menteri Keuangan).

HE Andri Hadi, Duta Besar Indonesia untuk Singapura menyambut delegasi yang terdiri dari anggota perkumpulan mahasiswa Indonesia dari seluruh dunia dan memberi penghormatan atas kerja keras PPIS untuk mengorganisir konferensi ini. Duta Besar berkata bahwa selama berdinasi di negara-negara lain, beliau tidak pernah melihat kelompok yang lebih dinamis seperti mahasiswa-mahasiswi di Singapura.

PPI ASEAN

PPI ASEAN diluncurkan pada acara ISGC 2013. Para anggota pendirinya, PPI Singapura, Malaysia, Thailand, Brunei dan Filipina, berniat untuk memperkuat ikatan di kalangan mahasiswa Indonesia dengan membangun sinergi bekerja sama. Beberapa inisiatif yang diputuskan adalah pembuatan website dan majalah PPI ASEAN seperti 'panduan hidup' bagi siswa yang menetap di negara baru tempat mereka belajar dan lain-lain. Ivan Louis Barus merupakan koordinator PPI ASEAN yang pertama.

Pada pidato penutupan, Ivan menyoroti bagaimana setelah mendengar pembicara undangan yang menguraikan tentang kemajuan dan masa depan Indonesia yang menjanjikan, mahasiswa harus tetap bangga menjadi orang Indonesia. 

Chris John:

The Man Who is Already KING



Undefeated in 50 fights, and the World Boxing Association's featherweight champion since 2003, Chris John will celebrate his 34th birthday this year. and Hhe is already the longest reigning world champion in the history of the sport!

Chris 'The Dragon' John hails from Banjarnegara, Central Java, and is the third Indonesian to win a boxing world title after following Ellyas Pical and Nico Thomas. He looks back to the past and s well as shares with IndoConnect Magazine his plans for what he wants to do in the future.

Why did you take at made him take up boxing?

My father trained me in boxing; , he never had much money and the only thing he could give me was his knowledge and skill of boxing. He taught me discipline; I owe everything to my father and without him I would not be where I am today.

What was your his most memorable fight till match to date?

My most memorable fight was against Muhammad Alfaridzi for the Indonesia fFeatherweight title in 1999. In round 1, I was knocked down and had a broken nose but I fought





back and finally knocked him out in Round 12!

Apart from the Championships you have won, what are the other ways that you measure your success? they the main ways you measure success?

While I am very honoured to be the WBA World Champion for the last nine years, I also measure my success by being a good person and the good relation that I share with success by the people around me. I have a good team inside the ring and out of it.

How do you relax What do you do for relaxation, and where do you go for a break?

I love watching movies! This relaxes me during my preparation of fights. I like to take breaks with my family; recently we've been to Singapore, China and Hong Kong.

What personal quality has contributed most to the success of your professional boxing career?

My 3 D's – ... Dedication, Determination and Discipline.

If you were not a boxer, what do you think you will be doing today?

Boxing is all I know; I live, sleep and breathe boxing. Boxing is my destiny.

What is your advice to youths today about taking up boxing as a sport or career?

Train hard, it is a very tough sport to make it in.

You have been to Singapore in the past (for fights), do you get to see and do things in the city? island - W what are the favourite sights, food or things that you like to do while you are in Singapore?)

My favourite place in Singapore is Marina Bay Sands; I love relaxing by the pool on the MBS roof.

I have fought there twice on the Dragon Fire: World Championship Boxing promotions and I look forward to fighting there again in the near future.

How much are you affected by the cheering from the crowd's vocal support at your matches?

My Indonesian brothers and sisters push

me that extra mile during my fight, I am grateful for all their support.

What are your immediate and future plans inside and outside the ring? When you retire, will you consider any field that is related to boxing or outside boxing? Are you considering retirement to any fields related to boxing and outside boxing?

I will keep boxing for as long I have the passion and my passion is burning brighter than ever.

Can you share one or two things that your fans may not know about you?

There was a time, when both me and my wife competed in Wushu (Chinese martial arts).



Lifetime Achievement Award

The World Featherweight Super Champion, Chris "The Dragon" John, achieved a major career milestone, when he received the WBA Lifetime Achievement Award from WBA President, Gilberto Mendoza, last year in March in Panama City. Chris has won 46 fights, lost none, drawn in two and settled 22 with a knockout. He has defeated the likes of Juan

Manuel Marquez, Manny Pacquiao, Derrick Gainer and Rocky Juarez while making 16 successful defenses over a WBA-record nine years of being champion. According to the stats at website www.dragonfire.com, this makes Chris John the longest reigning world champion in the history of the sport!

Walking Together Hand in Hand

A Singaporean shares his experience as part of the Future Faith Leaders Programme where youths from Asian Pacific countries stay in Indonesia for two months to engage in inter-faith dialogue

To be born rich is a start-up that you have as a chance. For Della Suantio, wife of Lee Seng Gee, Chairman, Lee Foundation, philanthropy is a call of life ingrained in her persona. Doctor Della Suantio, the granddaughter of Thio Siong Soe, a well-known Indonesian philanthropist has never known any other way to live. IndoConnect profiles the dynamic and kind lady this month.

IndoConnect: Della Lee is always there with a kind word and helping hand. Lee Foundation work is extremely close to your heart; please tell us something about the foundation.

Della Lee: The Lee Foundation was started in 1952 by philanthropist and businessman, Lee Kong Chian, my father-in-law. In 1957, Lee Seng Gee, my husband, took over as chairman. Since its inception the foundation has donated irrespective of race, language, religion, nationality and geographical location and has only kept the 'need of the charity,' in mind. Over S\$400 million has been given; Notable contributions included a \$60 million donation towards the building of the new National Library in 2003, a \$50 million donation to the Singapore Management University in 2004 and a \$30 million gift to the National University of Singapore in 2005. On 5 January 2011, the foundation donated S\$150 million to the Nanyang Technological University Medical School, which has been named the Lee Kong Chian School of Medicine in honor of the founder of the Lee Foundation. This is the largest donation to an education institution in Singapore to date. The generosity of the foundation has earned it many accolades such as the Distinguished Patron of the Arts Award by the National Arts Council for several years, and the National Volunteerism and Philanthropy Award Special Recognition Award in 2004.



IndoConnect: How did you get associated with the foundation and its work?

Della Lee: I got married to Lee Seng Gee in 1991. My family, back in Indonesia was well-known for their philanthropic work. So, it was not surprising that I should be drawn to the family charitable work here in Singapore. I have started the DS Lee Foundation in 2004, to give greater thrust to all the work we do. My husband and I treasure hard work. You are just born rich by chance and affluent people have a particularly grave duty in using their money properly. To be able to use your wealth in a proper fashion is the biggest meaning that you can give to being rich.

IndoConnect: Have you played a special role as a woman?

Della Lee: Every woman has a role to play to help other fellow women as well as society at large. This objective is more effectively met if they work in unison and in close co-operation with one another and with the support of the more educated among them. With the spirit of commitment, many benefits can be derived.

IndoConnect: You have been part of the Exemplary Mother Award Competition from 1994 onwards. Can you tell us what the competition is about? Do you think that this award has raised the self-respect of women?

Della Lee: Since the commencement of the competition, it has successfully encouraged the spirit of sacrifice amongst mothers despite the hardship faced in raising their children, in order that they excel in all spheres of their life. Today the criterion in the selection of the winners emphasises the time they have spent in community service and voluntary work regardless of their income level.

IndoConnect: This competition has gained immensely by your association. Can you tell us in what way you have been able to do this?

Della Lee: As a judge at the competition for the last so many years, I have tried to advice and contribute towards improving the quality of the competition. To me these women serve as an example to other women in Singapore and create a catalytic effect regardless of race and religion. I have tried to install in them self-belief and their role in building the Singapore of excellence that the government has envisioned. As women they have an important role to play and I want women to seize this opportunity to stand by the men in the country and build a golden future.

IndoConnect: Your commitment to social causes has always been held in the highest esteem. The Education Trust Fund (ETF) is one of your major commitments towards education. Please tell us something about this.


Della Lee: The formation of the ETF was announced by the then PM Goh Chok Tong during his National Day speech in 2002. Haji Abu Bakar Maidin was appointed as the Chairman of the ETF. The then Minister for community development, youth and sports and the Minister in-charge of Muslim affairs, Dr Yaacob Ibrahim was appointed as the Advisor to the committee. The initial one million dollar donation from the Lee Foundation gave the impetus to the committee members to go to great lengths to get the target money of 10 million dollars. The ETF was set up to help pre-school Malay/Muslim students from less fortunate families, who would often not send their children for pre-school education sighting financial problems. The ETF was officially launched on 22 March 2003.

IndoConnect: ISFA has been a success story of the foundation. Please tell us more about it.

Della Lee: The Indonesia-Singapore Friendship Association or ISFA was set up in 2005. During the launch we had organised a gala dinner. The foundation

donated 2 million dollars and we also organised an auction that raised an equal sum. ISFA conducts cultural, youth and sports programmes and is extremely active in developing the bonds between Indonesia and Singapore.

IndoConnect: The MANNA ETF has made a huge difference to the lives of the maids and nursing aids working in Singapore. How was this made possible?

Della Lee: Along with Jamiyah Singapore, the foundation has set up the Maids and Nursing Aides Education and Training Fund (MANNA ETF). The organization holds training programmes for maids and nurses employed in Singapore with the sole object of upgrading their skills and expertise. There are also regular language classes, which help in bettering the conversational abilities of the maids. When you hear Dr Lee Seng Gee say, "I am most fortunate to have a wonderful wife Della, who gives me zest in life, keeps me happy and healthy and enables me to help others." 

New Sutianto Laboratory at SIS



Dr Della Lee sitting (left) with Sekolah Indonesia Singapura staff and graduating students

Students and domestic workers who are studying English and Mandarin at Sekolah Indonesia Singapura will be benefitting from the Sutianto Language Laboratory which was officially opened on 9 December 2012 by Dr Della Suantio Lee. She has also been supportive of various charities as the founder and chairman of DS Lee Foundation.

ENGLISH TO INDO

Kali ini IndoConnect mendapat kesempatan untuk mewawancarai Ibu Della Suantino, seorang dermawan yang berasal dari Indonesia. Dari kecil, Ibu Della memang sudah sering dan senang berbuat amal kepada masyarakat yang kurang beruntung. Pada tahun 1991, Ibu Della menikah dengan Tuan Lee Seng Gee asal Singapura yang memiliki sebuah organisasi

amal bernama Lee Foundation yang dibentuk oleh ayahnya sejak tahun 1952. Sudah banyak sekali kontribusi dari Lee Foundation untuk kemajuan Singapura, sebagai contohnya menyumbangkan 150 juta Dollar Singapura untuk pembangunan gedung Nanyang Technological University Medical School. Karena begitu besarnya kecintaan Ibu Della untuk membantu orang-orang,

ia juga membuka sebuah organisasi amal bernama DS Lee Foundation pada tahun 2004. Organisasi amal ini memfokuskan untuk menaikkan kesejahteraan para perawat-perawat. Sejak tahun 1994 Ibu Della selalu turut serta dalam Exemplary Mother Award Competition sebagai dedikasinya kepada pelayanan masyarakat dan kerja sukarela. 

The Power of Care

Terminally ill children can now look forward to enhanced clinical care and comfort



The Singapore International Foundation and Indonesian NGO, Rachel House (Yayasan Rumah Rachel) have successfully completed a three-year partnership to improve care and comfort given to terminally ill children in Jakarta.

Over the years, SIF volunteers and Indonesians, bound together in the spirit of 'gotong royong' or mutual co-operation, have worked on projects sharing knowledge, skills and resources. Together they have improved lives and built enduring friendships.


Under the recent project, Singapore International Volunteers (SIV) comprising a multidisciplinary team of doctors, nurses, psychologists and social workers from Singapore, trained a core team of nurses from Rachel House as well as medical professionals from other Indonesian healthcare institutions.

The SIVs conducted a train-the-trainer programme for Indonesian palliative care professionals; the emphasis was on developing a holistic approach to paediatric palliative care, which will not only include clinical care but provide the much-needed emotional support. The integration of the family was an important part of this care and the programme gave due weightage to it.

Dharmais Cancer Hospital Training

Rachel House is one of the first paediatric palliative care service providers in Indonesia. The success of SIF's programme is apparent when Lynna Chandra, Founder, Rachel House, says, "When we started out, we knew that palliative care was needed but none of us knew how to go about it. On our own, we couldn't have brought in a multidisciplinary team of medical professionals to teach as well as impart knowledge and key essence of palliative care."

The Rachel House model of palliative care has been endorsed by the National Association of Nurses in Indonesia and medical institutes such as Dharmais Cancer Hospital have included it in their treatment of terminally ill children, as a result of the SIF-Rachel House trainings. Some of the large public hospitals have also shown interest in starting their own units.

Singapore President and patron of SIF, Dr Tony Tan, visited the hospital while on a state visit to Indonesia last year. The volunteers shared their experience with the President and said that working on the project had taught them the importance of cultural sensitivity when dealing with issues of death and exposed them to acute clinical scenarios they might otherwise not experience in Singapore. The President visited Dharmais Cancer Hospital who participated in the early training sessions of the SIF programme. 

SOS for Chronic Ill in Singapore

The New Destiny Fellowship International's SOS (Sahabat Orang Sakit or Close Friends of the Sick) ministry, was started by its Indonesian congregation. For the last six years, Pastor Stefanus has been visiting the sick and through healing prayers, visitations and pastoral care, he said he brings the message of surrender to God's grace for peace of mind and heart to the patients, caregivers and their

families. In March, he has been visiting about 20 people, many of them Indonesians. The pastor said the visits help to ease their loneliness and he tries to visit them until they recover and he also keeps in touch by SMS or calls them or their family. He said, "When you see such adversity it makes us grateful (to God) that we enjoy good health and that we should always count our blessings!"



Indonesian Journey for Inter-Faith Dialogue

A Singaporean shares his experience as part of the Future Faith Leaders Programme where youths from Asian Pacific countries stay in Indonesia for two months to engage in inter-faith dialogue


Daryl Tan was in a special group of 15 youths from 11 South-east Asian countries, Australia, New Zealand and Fiji, who visited Central Java for a two-month stay. The programme was organised by the Indonesia Ministry of Foreign Affairs. Daryl, 21, describes what the group did there, "We participated in seminars, visited religious and cultural sites and took part in dialogue sessions and sightseeing. Throughout the whole trip we were always 'in dialogue' sharing dialogue with everyone we met at universities in Indonesia."

"We visited Jakarta in June last year but most of our stay was at Yogyakarta (two months) and Solo (a week). The programme was heavily devoted to interacting with the many universities there. One of them was Universitas Islam Negeri (UIN) where we stayed for two months. UIN was 'in charge' of taking care of us in Yogya. We really appreciated how the deans and professors there were nice to us and made us feel at home. The hospitality was wonderful."

Daryl explained, for himself, "The programme's objective was for us, as the faith leaders of tomorrow, to meet, discuss and understand how the future of interfaith issue such as religious harmony and practices might be like and to spread its message, so that everyone can be more aware of it. Some of us might not be so experienced on the subject, so it was good we shared our experience."


The 21-year old insurance agent was chosen from a short-list compiled by the

Indonesian Embassy in Singapore working together with Singapore's Ministry of Community, Youth and Sports. The list contained one nominee from all of the major religious groups in Singapore. Daryl is a volunteer at Singapore's Phor Kark See Monastery, giving lessons to teenagers about the teachings of Buddha. It was his way of giving back to the monastery, where he himself had started studying Buddhist teachings when he was 11 years old.

For him the highlight of the programme was to get the opportunity of meeting people. "I get to meet many different people from different cultures and religions - that was the best part for me. And even after the trip, we have kept in contact using social media through our own Facebook page." Another highlight for Daryl, was a visit to the World Heritage Site of Borobudur. "I was very moved by sight of the ruins of these ancient shrines." 

ENGLISH TO INDO



Daryl Tan merupakan salah satu dari 15 anak muda dari 11 negara Asia Tenggara, Australia, New Zealand, dan Fiji yang mendapat kesempatan khusus untuk mengunjungi Jawa Tengah selama dua bulan atas undangan dari Kementerian Luar Negeri Indonesia. Mereka mengunjungi kota Yogyakarta selama dua bulan dan kota Solo selama seminggu. Sebagai calon pemimpin di masa depan, mereka sangat antusias dengan adanya program yang berobjektif untuk mempertemukan, membahas, dan mengerti bagaimana masalah-masalah yang ada di dunia ini seperti masalah antar agama dan keharmonisan hidup ini. Menurut Daryl yang merupakan sukarelawan di vihara Phor Kark See Singapura, acara seperti ini sangat baik karena dapat mengajarkan dan memberikan pengalaman-pengalaman yang tidak pernah didapatkan sebelumnya, di mana peserta-peserta lainnya juga dapat membagikan pengalaman hidup mereka. Mengunjungi Candi Borobudur juga merupakan pengalaman yang tidak dapat terlupakan oleh Daryl. 

More about the FFL Programme

The FFL participants held discussions with personnel in 20 NGOs, government institutions, think-tanks, schools, religious house of worships and various communities in Yogyakarta and its surrounding cities. The FFL programme sprang from the first Asia Pacific Regional Interfaith Dialogue that took place in Yogyakarta in 2004. The objective was to strengthen networking among grass-root levels in Asia and Pacific, which eventually

would promote peace and security within the region.

The point was to share, learn, celebrate and appreciate differences. All participants were expected to rationally comprehend how to analyse and observe particular sensitive issues related to religions and culture. By doing so, wider misunderstanding and misperception on interfaith and intercultural issues which often occur could be avoided.

Championing Cultural Heritage for Future Growth

Much of Indonesia's intangible cultural heritage, is now internationally recognised and safeguarded

Over the weekend of 30th November to 1st December 2013 an Indonesian Cultural Heritage Exhibition was held at Mamanda Restaurant where visitors and diners were treated to performances by Indonesian dance troupes and angklung performances by Sekolah Indonesia Singapura students. Posters and exhibits on Indonesia's cultural heritage were also on display as well as batik-making demonstrations.

One of the messages conveyed at the event was from HE Prof Dr H Mohammad Nuh, DEA, Indonesia Minister of Education and Culture who said Indonesia's cultural assets are important for the nation's development in future. Towards this end, he said Indonesia's intangible cultural heritage has been recognised by the world at the 6th UNESCO Intergovernmental Committee for the Safeguarding of Intangible Cultural Heritage Conference in Bali 2011. They are Wayang, Keris, Batik, Angklung and Tari Saman. They met UNESCO's requirements that encompass authenticity, uniqueness and that they have outstanding universal and humanity values as a whole.

Some of the benefits that come from championing Indonesian cultural heritage can come in the form of soft diplomacy in enhancing people-to-people contact through cultural exchanges, the promotion of batik that can improve business for the fashion and garment industries and increased usage of Bahasa Indonesia outside the country. The Cultural Heritage Exhibition at Mamanda Restaurant was organised by Indonesia's Ministry of Education and Culture. 



Token of appreciation from the Director General of the Ministry of Education and Culture to Pak Simon Soekarno of the Indonesian Embassy in Singapore

ENGLISH TO INDO

Selama akhir pekan tanggal 30 November sampai dengan 1 Desember 2013, telah diselenggarakan Pameran Warisan Budaya Indonesia di Restoran Mamanda di mana pengunjung dapat menikmati pertunjukan tarian Indonesia dan pertunjukan angklung dari pelajar-pelajar Sekolah Indonesia di Singapura. Selain poster dan pameran budaya Indonesia, terdapat

juga demonstrasi pengerjaan batik. Salah satu pesan dari Prof Dr H Mohammad Nuh, DEA, Menteri Pendidikan dan Kebudayaan Indonesia adalah bagaimana pentingnya asset budaya Indonesia bagi pembangunan di masa depan. Pada akhir acara, beliau berkata bahwa warisan budaya Indonesia yaitu Wayang, Keris, Batik,

Angklung, dan Tari Saman telah diakui dunia pada acara 6th UNESCO Intergovernmental Committee for the Safeguarding of Intangible Cultural Heritage Conference di Bali pada tahun 2011. Acara Pameran Warisan Budaya Indonesia ini diselenggarakan oleh Kementerian Pendidikan dan Kebudayaan Indonesia.



Piano Lessons with Passion

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Individual attention is valuable while learning music, especially the piano. Buchan Quek has been teaching individual students at her School of Piano for the last 10 years. She says, "I bring out the talent in my students by professional training and by inspiring them!"

Developing a musical mindset is crucial and as Buchan says, "Listen to piano music and attend concerts; it is important to own a piano. Start with a digital piano and then switch to a real one." Annual concerts are held by the school to showcase the student's talent and expose them to a live audience. One improves with time and practice. Buchan started her solo piano studies at 6 years old! She has a Grade 7 and 8, Diploma LTCL and 'O' level in Music (with distinction). An alumna of the Singapore National Youth Orchestra,



she was with Professor Frederick Weldy at Stanford University and later on with Tedd Joselson. Buchan firmly believes music teachers long after graduating should always maintain their performance skills. Many of her students have been inspired when she also performs in the concerts organised by the school.

Buchan's students have done her


proud gaining admission in institutes such as the local School of the Arts (SOTA), the San Francisco Conservatory, the University

of Melbourne and University of Western Australia Piano Performance Program. Her students have also attained diplomas with distinction and won the gold medal at the Singapore Performer's Festival in 2012.

She enjoys most teaching the very young; "I do have a soft spot for working with young beginners. It's nice to start a student from scratch at age four and see him or her become accomplished at 13 or 14." Teaching a diverse group comprising



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Semakin Banyak Wanita Indonesia Menduduki Posisi Strategis

Indonesia menduduki posisi pertama di antara negara Asia lainnya untuk memiliki jumlah wanita terbanyak di dalam dewan perusahaan dan patut dijadikan contoh untuk negara lainnya

Memiliki pria dan wanita di dewan perusahaan telah diterima sebagai salah satu indikator global tata kelola perusahaan yang baik. Penelitian, baik akademis dan bisnis, menunjukkan bahwa perusahaan dengan jenis kelamin beragam pada dewan perusahaan lebih menguntungkan. Mereka juga lebih baik di berbagai bidang seperti retensi pemantauan, bakat dan kehadiran pada rapat pertemuan.

Kecuali untuk beberapa negara, wakil perempuan dalam organisasi publik dan swasta cenderung rendah. Oleh karena itu, survei 'Gender Diversity Report,' yang diterbitkan oleh GlobeAsia dan Centre for Governance, Institutions and Organisations (CGIO) dari National University of Singapore (NUS) Business School, perlu disorot.

Indonesia menempati urutan pertama di antara negara-negara Asia dengan jumlah wanita sebesar 11,6 persen dari posisi direktur dan posisi atas lainnya. Meskipun terkemuka di Asia, angka ini berada di belakang Eropa (17 persen), Amerika Serikat (16,1 persen) dan Australia (13,8 persen).

Mengomentari laporan tersebut, Menteri Pariwisata dan Ekonomi Kreatif Mari Elka Pangestu mengatakan, "Kami telah melewatinya. Sudah ada kemajuan, tapi harus dilanjutkan." Dia menambahkan bahwa 'lebih masuk akal ekonomi dan bisnis' untuk memiliki wanita di posisi atas dan Indonesia beruntung karena memiliki model peran dan mentor seperti presiden wanita, menteri maupun pemimpin bisnis. Dia juga menyebutkan bahwa Indonesia harus menargetkan sampai dengan 20 persen wanita di dewan perusahaan dan dalam pengambilan keputusan, namun, ia mengatakan bahwa ini harus murni berdasarkan prestasi.



Indonesia menempati urutan pertama di antara negara-negara Asia dengan jumlah wanita sebesar 11,6 persen dari posisi direktur dan posisi atas lainnya.

Penelitian CGIO

Para peneliti dari CGIO menganalisis semua perusahaan yang terdaftar di Bursa Efek Indonesia (BEI) yang laporan tahunan yang tersedia, dan menemukan bahwa terdapat 11,6 persen anggota dewan wanita pada tahun 2011. Namun, meskipun memimpin di Asia, 40 persen dari perusahaan yang diteliti tidak memiliki seorang pun wanita pada Dewan Direksi atau Dewan Komisaris. Berbicara tentang industri, wanita lebih banyak menduduki bagian keuangan, perdagangan, jasa dan investasi, dibandingkan bagian pertambangan dan pertanian. Ini adalah penelitian komprehensif pertama tentang keragaman jenis kelamin pada dewan perusahaan yang terdaftar BEI, dan merupakan bagian dari proyek penelitian yang lebih besar tentang praktik tata pemerintahan di Indonesia. 424 perusahaan yang diteliti memiliki 3.729 posisi dewan, di mana terdapat 432 anggota dewan wanita (11,6 persen) yang dipegang oleh 406 perempuan.

Wanita yang berkuasa

Menariknya, perusahaan Indonesia bekerja sama dengan Dewan Komisaris dengan peran penasihat dan Direksi dalam kapasitas sehari-hari manajerial. Meskipun kesetaraan jenis kelamin bukan hanya terjadi di Indonesia namun secara global, Indonesia bisa menjadi panutan untuk negara Asia berkembang lainnya seperti India, Malaysia dan Singapura.

Beberapa perusahaan terbesar dan terbaik Indonesia yang saat ini dikepalai oleh wanita: PT Pertamina, perusahaan milik negara terbesar dan penjual terbesar di dunia LNG dipimpin oleh Karen Agustiawan, yang difitur dalam daftar Most Powerful Women di majalah Forbes Asia; perusahaan



farmasi terbesar di Asia Tenggara, PT Kalbe Farma Tbk, dipimpin oleh Bernadette Ruth Irawati Setiady; berikutnya Atik Nur Wahyuni, kekuatan di balik stasiun televisi raksasa Trans TV dan Trans7; Debora Herawati Sadrach telah menjadi direktur bagian rumah dan perawatan pribadi di PT Unilever Indonesia Tbk.; Shinta Widjaja Kamdani adalah Direktur Pelaksana Sintesa Group dan Siti Hartati Murdaya adalah Direktur Utama Central Cipta Murdaya. Ibu Mari Elka Pangestu sendiri merupakan salah satu calon dari WTO Director General untuk periode berikutnya.

Ada juga wakil wanita terpendang di dalam dewan perusahaan perbankan; Felia Salim adalah Wakil Direktur Utama PT Bank Negara Indonesia (Persero), Tbk. sebuah bank milik negara, PT Bank OCBC NISP, Tbk. dipimpin oleh Parwati Surdaudaja, sedangkan Catherinawati Hadiman adalah Wakil Presiden Direktur PT Bank CIMB Niaga, Tbk. Sejumlah perbankan nasional juga memiliki wanita sebagai direktur.

Di luar dewan perusahaan, jika berbicara tentang wanita dalam posisi kekuasaan tetapi tidak menyebutkan bidang kreatif, itu tidak adil. Pengamat fashion ber-merk Roy Suhadi memperkirakan bahwa label pakaian Indonesia, yang meraup hampir Rp90 triliun per tahunnya, dikepalai oleh seorang wanita. Penyanyi, aktor, pembuat film penulis dan komposer wanita juga mengharumkan nama mereka dengan menuangkan kegemaran mereka menjadi profesi.

Namun menurut survei 2011 oleh majalah SWA, ada proporsi yang lebih rendah dari wanita di sektor publik yang bisa bertindak sebagai pemimpin. Kabinet Indonesia saat ini memiliki tiga wanita, sedangkan di tingkat kabupaten, terdapat 18 perempuan kepala kabupaten (dari 440). Jadi, sementara 'pertempuran antar jenis kelamin' telah dimenangkan di dewan pemerintahan, 'pertemuan' ini masih menyala dan tidak hanya untuk Indonesia namun secara global untuk semua wanita yang meilini kegemaran dan prestasi.

- Laporan disusun & ditulis oleh Sushmita Bhowmick.

Merry Riana: Wanita Potensial

Merry Riana menjadi seorang jutawan pada umur 26. Seorang pengusaha sukses yang juga seorang motivator dan penulis ini menghabiskan banyak waktunya untuk memotivasi generasi muda untuk membuat hidup mereka menjadi yang terbaik. "Generasi muda, khususnya wanita, sudah cukup fokus dan hanya masalah waktu saja sebelum mereka dapat memainkan peran yang lebih penting dalam menjalankan perusahaan dan berada di dewan perusahaan," kata Merry. Dia setuju dengan pandangan Menteri Ibu Mari Elka tentang banyaknya jumlah wanita di dewan perusahaan. Merry juga merasa bahwa wanita pada umumnya lebih ramah dan berkepribadian dibandingkan dengan laki-laki dan hal ini dapat menciptakan lingkungan kerja yang ramah.

Misalnya di perusahaannya, Merry mengatakan, "Saya memastikan staf saya dilengkapi dengan semua keterampilan yang diperlukan dan pengetahuan untuk melakukan pekerjaan mereka dengan baik. Saya juga memastikan bahwa mereka sudah jelas tentang arah dari perusahaan dan jalur karir masa depan mereka dengan kami. Saya membangun hubungan pribadi dengan mereka, kita mengenal dan mengunjungi keluarga masing-masing. Ketika saya mendelegasikan tanggung jawab, saya memastikan bahwa saya memberi mereka wewenang untuk membuat



Wanita pada umumnya lebih ramah dan berkepribadian dibandingkan dengan laki-laki

keputusan tertentu. Saya percaya besar dalam pemberdayaan dan itu juga termasuk mempercayai staf saya untuk melakukan pekerjaan mereka dan dapat tumbuh."

Penulis buku terlaris *A Gift from a Friend* ini juga telah dianugerahi The Most Powerful Women Award oleh Her World Magazine Indonesia dan membawa acara radio The Merry Riana Show di Radio Sonora.

Pembaca dapat mengunduh buku motivasi berjudul 'Dare to Dream Big', tanpa dipungut biaya, di www.MerryRiana.com



Gaya 2013: Kronologi

3 February 2013 – A modern twist on Indonesian arts

Gaya which stands for “Gelar Budaya” is the seventh annual production by Singapore Management University Komunitas Indonesia (SMUKI) that creatively encompasses various music, dance and drama genres. A traditional Saman Dance opened the show and the finale was a rousing hip-hop inspired by the Saman Dance! The inclusion of such contemporary music forms were a great crowd pleaser.

All the musical performances revolved around the story of a group of friends who after their studies have a re-union where they share their life experiences and lessons learnt along the way. Oka Putera Sutedjo, the producer of Gaya 2013 said that GAYA 2013’s theme, which is Kronologi captures the lives of the Indonesian characters’ past, present and future.

Cindy Karim, 22, one of the two

directors of Gaya, said that many SMU students first joined the production because they want to make Indonesian friends and some want to perform and promote Indonesian arts. She said, “With Gaya, we are trying to attract as many of these people - who might be sitting on the fence - and get them to join the production. We want to show how rich, beautiful and the depth of Indonesian culture!”

Cindy majors in Business Operations at SMU but has been dancing since she was 12 years old. She said her hope is that, “Gaya would bring Indonesian performing arts and talents closer to all our audience. For example, Singaporeans might not know

We want to show how rich, beautiful and the depth of Indonesian culture

what is Tari Bajidor Kahot or Saman. They see it done traditionally and in a modern context like in a hip-hop dance, it’s really eye opening!”

SMUKI describes itself as a cultural community and the performances contained many creative touches such as the dramatic mood of the story was enhanced with a traditional Javanese dance; along the way some of Indonesia’s turbulent history in the 60s was told through a contemporary style “wayang” puppet show that incorporated shadow play and multimedia projection! This is the first time such a Shadow Play style has been premiered by SMUKI.

Kudos for such creative touches. Two thumbs up for the dedicated cast who had rehearsed six months for the show which had a matinee and gala shows on 3rd February 2013 at the Lasalle College of the Arts theatre. The Gaya legacy lives on and everyone can look forward to next year’s production. 📸

InSIGHT 2013

UNDO

30 Jan 2013 – Young talents shine in this English language musical drama by SIM Indonesian students

For the last three years, InSIM, the Indonesian students club at the Singapore Institute of Management (SIM), has been organising InSIGHT, its annual series of musical dramas. This year's InSIGHT 2013 UNDO The Musical, was held at the National Library's Drama Centre on 30th January 2013. The musical drama fantasy with original songs composed and performed by the talented members of InSIM touched on universal family values told through a tale about an unhappy, trouble-making teenage daughter in a family, who travels back in time to see what she has missed.

The main actors playing the lead roles as the 'bad sister' Luna were Nikki Yorena and Jennifer Negara; the 'good sister,' Sunny's role was performed by Olivia FinelaLimena and Stephanie Garcia. They all gave very spirited performances and were backed by an excellent cast of supporting actors, musicians and production personnel back stage. InSIM President, Robby Setiawan, highlighted how InSIGHT, one of the club's biggest events, is not only about entertainment but also a symbol of achievement by talented youths who come from 'one big family of Indonesians.'

All profits from InSIGHT UNDO ticket sales will be donated to a charitable cause that helps out underprivileged children in Batam with their studies. Last year's InSIGHT 2012 The Broken String was a drama related to the subject of HIV and profits from that play



were donated to the Action for Aids organisation.

InSIM, which has over 2,000 members, was formed in 2006 and it seeks to promote and uplift Indonesian culture and society not just in SIM but to Singapore's general community as well. InSIM's mission is to also help Indonesian students in SIM bond and network with each other; its vision is to deepen the sense of belonging to Indonesia. If you would like to know more about the club and its activities, visit www.insim.org



Perayaan Natal Bersama di S'pura

12 Januari 2013

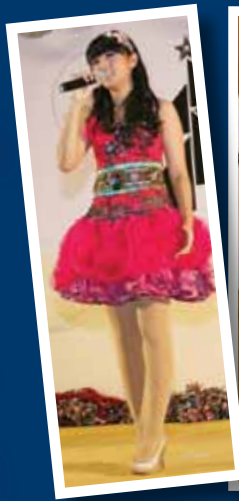
Gereja-gereja berkumpul bersama untuk merayakan Natal bersama

Komunitas Kristiani Indonesia di Singapura berkumpul bersama di Kedutaan Republik Indonesia untuk merayakan Natal bersama dengan acara yang megah dan juga penyanyi populer untuk menceriakan suasana. Acara dimulai pada pukul 4.30 dengan penyalan lilin Natal, diikuti dengan 4 drama inspiratif yang

berisikan pesan cinta, apresiasi waktu yang berharga, pemilihan jalan yang benar dalam hidup, dan juga penyemangat hidup untuk melakukan yang terbaik, terutama di kala kesusahan. Ada juga penggalangan dana untuk House of Mercy Home dan Scholar 4ID.

Penyanyi muda Puteri Ayu diundang khusus oleh KBRI untuk menghibur 600 umat, termasuk Pak Dubes beserta istrinya. Puteri, pemenang kedua Indonesia Mencari Bakat

berkata, "Saya sangat senang berkesempatan untuk menjadi bagian dari perayaan Natal ini". Gadis berusia 15 tahun yang baru saja merilis singlenya yang berjudul Bintang Di Mana ini juga berkata, "Saya akan sangat senang sekali bisa dapat kembali lagi dan melakukan koser mini untuk fans saya. Semoga nanti saya bisa diundang lagi ke sini!" Untuk mengakhiri acara tersebut, banyak penyanyi lokal yang juga diundang untuk bernyanyi lagu-lagu pop dan rohani. 📷



Arts Connection: Little by Little

16 February 2013

Staff from the Indonesian Embassy in Singapore recently volunteered for the Arts Connection: Little by Little project organised by the Singapore International Foundation (SIF) who partners the international community in Singapore to promote understanding and appreciation of different cultures, bridging Singaporeans and world communities.

They shared with the LAA students Indonesian culture through teaching the angklung and through the art of paper weaving. On their part, the LAA students shared with their new Indonesian friends with Singapore-themed songs.



The SIF's mission is to "makes friends for a better world," bringing people together to share ideas, skills and experiences and to enable collaborations for good.

For more information about the Art Connection Little By Little programme and the work carried out by SIF, visit www.sif.org.sg 📷



(Below): LAA students and their friends from the Embassy of the Republic of Indonesia, Information, Social and Culture section (first row fourth from left): Mr Muhammad Alamsyah; Third Secretary Ms Prairie Maharwati and arts teacher, Mr Budi Hartiana Sudradjat



Chingay 2013

Fiery Pencak Silat Performance

22 & 23 February 2013

The East Kalimantan Kutai Timur Group showcased the distinctive music and dance of Kalimantan at this year's Chingay. The contingent was led by Asosiasi Pencak Silat Tradisional Banten Indonesia (APTBI) who literally added some fire to the Chingay's theme 'Fire in Snow.' The parade was held at the F1 Pit area, and the performance showed Silat moves accompanied by fire-breathing fighters, flaming sticks and some 'fire footballs!'

They are part of the Indonesian contingent named "Unity & Diversity" that included the Indonesian School and Community in Singapore, Nusantara Arts Forum, Greget Semarang Central Java, UPI Purwakarta West Java and finally, Kutai Timor East Kalimantan who together performed the 'Exotic Borneo Dance.' The spirit of Kalimantan shone through as 450 performers gave a contemporary version of the Enggang Bird Dance, some dressed in the traditional Dayak tribe's exotic colours and feather headgear!

The idea of using fire to demonstrate Pencak Silat was specially thought up for this year's Singapore Chingay parade. According to Chandra, 25, one of the 27-member delegation from APTBI (Batam), "It was not dangerous, no one got hurt practicing. It was fun. It took us just one month to perfect doing Pencak silat with fire!"



The Enggang Bird Dance was created by experienced choreographer, Hariyansa (Ancha) who said that the dance movements come partly from Malay and Dayak roots but mainly follow the form of dayak kenyah of Kalimantan. This bird dance was specially commissioned for the Chingay Parade and as Ancha explained, "The characteristics of the performance are definitely special to Kalimantan but the aura of the piece is pure Chingay!"

Chingay is Singapore's largest street parade and apart from 10,000 Singapore volunteer performers, the annual parade has attracted groups from all over the world. This year cultural troupes from China, Malaysia, South Korea, Philippines and Taiwan had also participated in the parade. The parade was officially opened by Prime Minister Lee Hsien Loong and VIP guests included the Indonesian Ambassador in Singapore, his wife and from officials from Indonesia including Mr H Aeng Haerudin, the head of APBI Banten. ©





Empowering Indonesian Women Small Business Owners

A new web app in Bahasa Indonesia called 'Usaha Wanita' can help Indonesian women entrepreneurs

Mobile phone maker, Nokia, has launched Usaha Wanita (Business Women) service will be available through the Nokia Life+ web app in Indonesia. Usaha Wanita is designed specifically for the needs of Indonesian women entrepreneurs who are running or going to start micro businesses. The information is given in Bahasa Indonesia. The service is a collaborative effort of the Blaire Foundation, Indosat (as operator) and Nokia Indonesia (owner of Nokia Series and Nokia Asha mobile phones).

At Your Fingertips

Usaha Wanita will be available as a special segment of the much-used Nokia Life Tools. Entrepreneurs will get information on business management, banking, loan sanction, customer service and marketing. Interpersonal communication and other life skills are also part of Usaha Wanita; the service is exclusively available to current Indosat customers. For the first twelve months the service will be free, though data charges can be expected.


Social media is connecting the world and Nokia's new service is one more way by which information will be more easily available. Ms Cherie Blair, the wife of Tony Blair, the former Prime Minister of Britain, is head of the Blair foundation. She said, "Digital media is key in helping small businesses expand and this is evident in the way people are using Facebook to display their wares to a wider audience."

Why The Need?

A study by MobileMonday (MoMo) showed that mobile phone penetration in Indonesia, a country of 250 million people, is close to 92 per cent. However, less than 20 per cent of these are smart phones (with Internet connection). Ms Blair portrayed the situation clearly when she said, "Although women possess the capacity and drive to succeed in running small businesses they find it difficult to go the extra mile, as they lack access to business information, such as how to find suppliers and manage employees."

"Nokia Life helps me to get information easier... I have better knowledge on how to manage my finances and how to start my own business," said college student


Ibu Dewi Rahayu, from rural East Java, one among the millions of beneficiaries of this service. For Ibu Hanna, from Bekasi, "I don't have time to read the paper and watch TV. I reach home only at night. Nokia Life helps me to get useful information three times a week – especially information on health and financial management."

Usaha Wanita is supported by a wide range of Nokia Series 40 mobile phones and all Nokia Asha smart phones. Jawahar Kanjilal, Global Head of Nokia Life Services, said, "We are delighted to have introduced Usaha Wanita. As a service on Nokia Life+, it will enable Indonesian women entrepreneurs to have immediate access to information that will successfully enhance their business." 

ENGLISH TO INDO

Baru-baru ini Nokita meluncurkan aplikasi berbahasa Indonesia berjudul "Usaha Wanita" di dalam Nokia Life untuk membantu pengusaha wanita Indonesia untuk memulai berbisnis. Pelayanan ini merupakan kolaborasi dari Blair Foundation, Indosat, dan Nokia Indonesia. Bagi pelanggan Indosat, pelayanan ini gratis untuk 12 bulan pertama (tidak termasuk biaya data). Ketua dari

pemilik Blair foundation, Ibu Cherie Blair berkata bahwa media digital merupakan kunci dari pengembangan usaha kecil, sebagai contoh banyak orang menggunakan Facebook untuk berbisnis. Sebuah kajian yang dilakukan oleh Mobile Monday (MoMo) menunjukkan bahwa penggunaan telepon genggam di Indonesia telah mencapai 92 persen, di mana hanya 20 persennya merupakan smartphone dengan koneksi

internet. Tertimoni dari Ibu Dewi Rahayu dari Jawa Tengah, mengatakan bahwa Nokia Life sangat membantu dia dalam mendapatkan informasi dengan mudah, mengelola keuangannya, dan memulai usahanya. Begitu juga dengan Ibu Hanna dari Bekasi, yang menggunakan Nokia Life untuk mendapatkan informasi berguna tentang kesehatan dan pengelolaan keuangan setiap tiga kali seminggu. 

DOMESTIC HELPERS AGENCIES DIRECTORY

The Embassy of Indonesia in Singapore has compiled a list of maid agencies that adhere to guidelines for employment of Indonesian domestic helpers. IndoConnect has published a directory of these agencies – about 300 of them – for viewing and download at www.indonesianembassy.sg. Here is a selection of agencies that are active in marketing themselves as specialists in Indonesian maid supply:

Precise Employment Service

(License No. 84C4771)
1 Coleman Street,
#02-41 The Adelphi
Singapore 179803
Tel: (65) 6336 2017

Jingga Manpower Agency

(License No. IIC3138)
170 Upper Bukit Timah
Road
#01-36 Bukit Timah
Shopping Centre
Singapore 588179
Tel: (65) 6520 3671

H & R Employment Services

(License No. I2C6075)
1 Jalan Anak Bukit
#01-04 Bukit Timah Plaza
Singapore 588996
Tel: (65) 6466 8789



Thumbs Up Employment

(License No. IOC44I8)
1 Park Road
#03-64 People's Park
Complex
Singapore 059108
Tel: (65) 6438 6868

For the full list of agencies please visit: www.indonesianembassy.sg



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Vision Care from Shinagawa

Latest generation of LASIK equipment offers faster and more accurate operation

Life without glasses or contact lenses, that's the aim of LASIK eye surgery, using a laser to correct one's vision. However, the first step for anyone even tentatively thinking of LASIK should be to first go to an eye clinic to have your eyes checked. Only after testing, will you know if you are suitable for the procedure.

"This is so important. At the LASIK centre you will be informed about your eye condition: whether you have myopia (short-sightedness), hyperopia (far-sightedness) and/or astigmatism (blurred vision); you will get to learn what LASIK is all about, basic treatments available and the best way to treat your particular condition. Every eye is different," explained Dr Lee Sao Bing, the Medical Director and Principal Eye Surgeon of Shinagawa LASIK & Eye Centre.

A patient should be educated on the benefits of the various methods and the eye surgeon will make his recommendations for treatment based on the condition of the patient's eye.

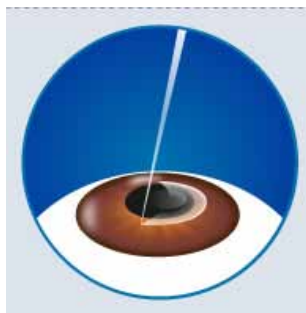
Which method?

Generally, LASIK treatments are divided into two categories: Blade or Blade-Free. Usually, the surgeon cuts the surface of the eye to make a flap and lifts up the flap to laser (actually vaporise) away a layer of the eye's cornea tissue before putting the flap back.

There are also 'No Flap' procedures or surface ablation, for example, EPI-LASIK and photorefractive keratectomy (PRK). In EPI-LASIK, the skin surface of the cornea is removed with special equipment and the laser is then applied to the cornea. The cornea is then protected with a special contact lens for 4-5 days as the surface cells grow back.

Blade-free

One of the latest methods of treatment is the Blade Free Intralase LASIK Surgery. In Indonesia, to the best of his knowledge, Dr Lee said the blade-free method can only be found in Jakarta and the equipment that can do it presently costs



Intralase® is empowered by computer control precision. The surgeon can customise the depth, width, shape and location in creating a very thin cornea flap to suit the needs of the individual patient.

about S\$1 million. In Singapore there are a few eye centres that use the Intralase system (including Shinagawa).

Blade-free is safer and removes any possibility of getting a free flap (the entire cornea flap coming off, a rare complication with the blade method). In fact, the blade method is not used much in Singapore anymore said Dr Lee.

The excimer laser was first used in 1988 and the latest developments for this laser relates to how well such lasers can be calibrated to remove a precise amount of cornea tissue. Before, Dr Lee explained, "Anything that takes out a lot in one go is rather crude and accuracy is not as good. The latest generation of excimer lasers are more accurate with a smaller laser spot size and they are also faster. This is a precision surgery so accuracy is important. We have two brands of excimer lasers: the Schwind Amaris and Wavelight Lasers. They accomplish the same things but the state-of-the-art Amaris is much faster. That's important as our eyes cannot remain still for long and the quicker we complete the operation the better."

The Amaris laser pulses operate at 750Hz or 750 laser spots in a second compared to the Wavelight which is slower at 400Hz. Another feature that helps the laser remain accurate is tracking the movement of the eye as it operates. "All our eyes have small vibratory movements. The Amaris has an 'eye tracker' to follow the eyes' movements at 1,050 times a second. The Wavelight does this at 400 times a second."



Dr Lee's advice is to first get your eyes checked

Cross Linking: Strengthening the Cornea

In some cases, there is a need to strengthen the cornea as the LASIK procedure reduces the thickness of the cornea and it becomes 'weak'. For such patients, Shinagawa recently included LASIK Xtra. This treatment strengthens the cornea during LASIK so that patients with weaker corneas can now also enjoy vision correction with minimized risk using cross-linking i.e. adding cross-link medication into the cornea to make the collagen fibres stiffer and stronger.

At Shinagawa, cost of the Intralase Blade-Free treatment using the Amaris is S\$3,888 (before GST) for eyes. This is a competitive price that Shinagawa LASIK & Eye Centre offers, even with the use of an expensive state-of-the-art equipment. But regardless of where you go, Dr Lee again stressed: if you are thinking of LASIK get your eyes tested and get the doctor's opinion before you proceed with any corrective eye treatment.

AN EYE FOR DETAIL



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Argan oil 'secret' to beauty

For centuries argan oil has been known to protect skin. That's why Le Petit Olivier calls its formulation an 'elixir' with natural ingredients that make the skin supple, youthful and beautiful. Its oil has been enhanced with antioxidant vitamin E. Some of the benefits of using it include strengthening of hair, nails and skin; it also helps prevent lines and wrinkles; preserve skin elasticity; nourishes, protects and moisturises skin as well as reduce the appearance of scars and stretch marks.

Size: 50 ml (\$78 promotion comes together with Exfoliating and Cleansing Face Gel and anti-aging hand cream while stocks last. Usual \$120).



For the Best Smile: The Latest in Braces

Singapore's reputation as a medical hub also includes its dental clinics with many offering the latest treatments in teeth straightening procedures to make your smile sweeter. Traditional braces are made of metal and are very obvious. Each tooth has a metal stud with a wire that connects all the studs together. Given a choice, though, many adults who are conscious about their looks (eg. air stewardess or prominent figures) will want a less visible option. If you are looking to fit a brace that is not so prominent, Dr Woo Mei Yee of The Dental Studio (it specialises in aesthetic and implant dentistry) gave the following pointers.

Ceramic

Nowadays everyone wants something less obvious so instead of a metal stud, there are now white ceramic studs. The metal wire is still required but it is not so clearly seen. Both ceramic and metal braces will do the same job but ceramics might take a little longer to

set the teeth and cost more. This is because of the ceramic's higher friction against the wire, the teeth takes a longer time to move compared to metal braces. Ceramic's main advantage is the less obvious appearance even though they are slightly bigger than metal studs they are less noticeable. One of the latest ceramic braces (commercially known as Clarity Advanced by 3M) is made from translucent ceramic so your natural tooth colour shows and the ceramic stud has an improved bracket design for the wire to lessen the friction.

Invisalign

Invisalign is the commercial name for another product from 3M for clear braces made by 3M. The removable plastic plate or aligners that looks just like a clear mould to straighten the teeth. It is almost 'invisible' unless someone stands very near to you. One of the main benefits is that you can remove the aligners when you are eating, so comfort and



Dr Woo: Look for an orthodontist for correcting any irregularities in teeth

convenience is a big plus here. But to gain the full benefits of using Invisalign you have to wear them for at least 20 to 22 hours a day. The treatment requires a series of aligners (at least eight or more) to be worn. Each aligner is numbered and the patient will wear each of them for two to four weeks.

Choice of Orthodontist

Dr Woo highlighted also that there is a host of other options available for patients and that, "It is important to choose the right treatment for the condition of the teeth." Then, look for an 'orthodontist' as the dentist specialises in correcting any irregularities in teeth. ☐

Making Healthy Smoothies!



Berry Banana

Here is what you can do with any surplus, over-ripened bananas.

INGREDIENTS

(3 servings)

- 3 Tbsps orange juice concentrate
- 3 Tbsps fat-free half-and-half
- 12 ice cubes
- 1 cup fresh strawberries, hulled
- 1 medium banana, cut into chunks
- 1/2 cup fresh or frozen blueberries
- 1/2 cup fresh or frozen raspberries

METHOD

Combine all ingredients into the blender; process for 30 to 45 seconds or until smooth. Pour into chilled glasses; serve immediately.

Nutrition:

1 cup equals 108 calories, 1 g fat (trace saturated fat), 0 cholesterol, 14 mg sodium, 26 g carbohydrate, 4 g fiber.

BLENDERS

ALL blenders can liquefy whatever F&V you place in them. However, not all blenders can crush ice. Check if there is a dedicated function for "ICE" or "Smoothie". Theoretically, if your blender has a "pulse" function that allows you to operate the motor intermittently, it can crush ice. Engaging it for long might cause the ice to scour and scratch plastic jug containers. That is why glass jug containers are best. If in doubt, check with the manufacturer as to whether it can crush ice, otherwise it might damage the motor. One excellent choice for smoothies is the Philips HR2096 Avance Collection Blender. The off-centre glass jar design sits on a 6-star blade for better circulation of the ingredients so your smoothie comes out finer and smoother.




The perfect answer for sweet desserts which taste great and healthy!. Eat healthy and feel great about doing it! Smoothies can be dessert, a snack or even breakfast - the all important first meal of the day. They are fast and easy to prepare, has lots of nutrients and anti-oxidants (and did we say they taste great too?)

Ingredients are usually few and all you need is a blender. Today there are many stand mixers with dedicated ice crushing and smoothie functions (see accompanying story). The term "smoothie" just means drinks made in a blender with fruit (or vegetables) and ice cubes that comes out in a viscous state.

Almost any combination of fruits will taste great, just add milk or yoghurt for creamy smoothies or oats to give it more body. Vegetables like cucumber and roots (carrot or beetroot) are welcome additions too. Once you are handy with a blender, have fun organising a smoothie party for family and friends!

Nutrition notes

Eating fruits and vegetables (F&V) is good for your diet as they contain vitamins, minerals, fibre and phytochemicals. Healthy diets recommend at least five servings of F&V daily but you should also eat a "rainbow" of them. Different coloured F&V contain different kinds of nutrients, so think along green, orange, purple, red and yellow F&V. Try to have at least one serving from each colour in a day. 

Heart Care

What You Should Know

Many were shocked to hear about the sudden death of 43-year old, Adjie Massaid two years ago. The father of three children was a well-known actor, an active politician as well as the manager of the Indonesian under-23 national pre-Olympics soccer team. He was a victim of sudden cardiac death (SCD) also known as sudden unexpected death syndrome (SUDS).

SCD is death from an unexpected circulatory arrest and is usually due to Coronary Artery Disease (CAD). Coronary arteries supply blood to the heart muscles and this blood flow can be impaired from narrowing of the blood vessels due to deposition of cholesterol and other materials. The heart muscle can then become ischemic leading to chest pain, along with pain in the arm, sweating, nausea, dizziness, collapse and even death if untreated. Minor chest pain is angina and severe chest pain is heart attack. Heart attacks are more likely with hypertension (high BP), dyslipidemia (cholesterol), cigarette smoking, diabetes, obesity, lack of exercise, advancing age, family history, male gender and stress.

SCD

Even though chest pain is the most common symptom, 'sudden death' may be the first presentation of heart disease. Congestive heart failure and heart valve problems, like aortic stenosis (narrowing of the aortic valve) also increase the risk of sudden cardiac arrest. Cardiomyopathy is a broad category of heart disease where the heart muscle is abnormally thickened,

Some heart problems seem to sneak up on you and others can be sudden! Dr VP Nair shares some advice on symptoms and treatments

dilated or constricted and does not contract properly. Often it is ischemic; where part of the heart muscle does not get adequate blood supply and can no longer pump blood efficiently. Inflammation of the heart muscle, known as myocarditis, can also cause rhythm disturbances.

Pulmonary embolism is another cause of sudden death. Clots formed in the leg, such as in deep vein thrombosis or in pelvis or arm may break off and flow to the lung where they decrease the lung's ability to get oxygen to the body. The risks are increased by surgery, prolonged immobilization such as hospitalization, long car rides or plane trips or cancer. Commotio cordis, a situation in which the heart stops when the chest is hit by a strong object, can be another cause of sudden death.

Sudden cardiac arrest in the young

The most common cause is hypertrophic obstructive cardiomyopathy (HOCM). This is often hereditary, where the walls of the ventricle are thicker than normal, which during exercise may irritate heart muscle and cause ventricular fibrillation, collapse and sudden death. In other situations anomalous coronary arteries may get occluded with squeezing of the heart muscle thus shutting off blood supply to the heart. A routine ECG of athletes is very useful.

In sudden cardiac arrest, the heart stops beating and blood is not supplied to the brain and body. Almost immediate loss of consciousness occurs. The person will fall or slump over. Pulse will be absent and there will be no signs of breathing.



CPR (CCR) and AED

The vast majority of people whose heart stops beating unexpectedly have ventricular fibrillation. Definitive treatment for this is defibrillation using electricity to shock the heart back into a regular rhythm (DC shock). Automated External Defibrillators (AEDs) can be seen at airports, recreation centers and other places.


Public Cardio-Pulmonary-Resuscitation CPR (or Cardio-Cerebral-Resuscitation CCR), use of AEDs and rapid activation of emergency medical services have dramatically increased survival rates. Treatment if not given within four to six minutes can cause some permanent brain damage. Diagnostic tests include relevant blood tests, repeated electrocardiograms, echocardiogram, CT coronary angiogram, cardiac catheterization and electrophysiological studies.



Prevention

Using implantable defibrillators in high risk patients, especially those with markedly decreased ejection fraction can reduce the incidence of sudden cardiac arrest. These devices are placed under the skin in the chest wall and have wires that are attached to the heart itself. When they detect ventricular fibrillation, a shock is automatically delivered to the heart, restoring a heartbeat and averting sudden death.

Prognosis for sudden cardiac arrest

Public education and widespread availability of AEDs will increase survival. Appropriate medications, diet control and suitable exercise will help. Not smoking and control of obesity is very important. Regular monitoring of lipids (cholesterol), blood pressure, ECG and blood sugar is advised. If needed the doctor will suggest coronary angiogram, balloon angioplasty, stenting or bypass surgery. The newer Drug Eluting Stents (medicated Stents) have helped many to lead normal life. However, it requires two blood thinners to be taken for at least a year but usually many years. The new BVS (Bioabsorbable Vascular Scaffold) addresses this problem, as this requires only six months to one year of the blood thinners. 

DR V.P. NAIR 

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Didiet Maulana:

Turning Traditional Fabric into Elegant Chic

Didiet has brought Indonesian fabrics on to the world stage. He shares with IndoConnect his influences, ambition and updates on his plans to bring ikat international in 2013

Didiet Maulana has no problem declaring that he is a fashion designer AND entrepreneur. He has also taken up the challenge to dedicate himself to advancing the fashion direction of Indonesian textiles. As he himself puts it, he has a vision of lifting the value and the meaning of traditional fabrics and to spread the pride of Indonesia wear and textile craft to the younger generation.

The renowned Indonesian fashion designer is famous for promoting Indonesian crafts through his fashion line called 'IKAT by Didiet Maulana'. His heady mix of combining cultural heritage with contemporary fashion is reflected in the line's 'tenun' Ikat process which is a resistant dyeing technique similar to tie and dye and is used to pattern warp and weft fabrics.

Just in the last couple of years, he has received attention from foreign fashion buyers and Indonesian media. He was chosen as one of the nominees for 'Tokoh Industri Kreatif 2012' (Creative Industries Leader 2012) by Seputar Indonesia; 'The It Designer 2012' by Prestige Indonesia Magazine - One of the persona of 40 under 40s list as a Fashion Entrepreneur by Prestige Indonesia Magazine and Mercedes Benz Indonesia; The Icon of the launching of Kuningan City Mall and part of the HOT LIST 2013 by DAMAN Magazine and was the official designer for the Puteri Indonesia 2013 beauty pageant.

Q. This year, what has been your inspiration and reasons for choosing the colours, design styles of your latest Mentari collection?

Mentari 2013 represents the spring summer season in international fashion calendar and the inspiration for it came from the beauty of East Indonesia's scenery - be it the beach, the sea, sand and surf etc. The pastel colours and vibrant palette represent the festive of Indonesian culture and oversized cutting



Q. What are your thoughts about the recent official recognition of Batik as part of Indonesia's cultural heritage (by Unesco in 2011)?

It is good to have Batik be recognized as Indonesia's cultural heritage. It is a moment when the international world as well as Indonesians appreciate the value of Batik. Batik is not only a textile with patterns, it is an art that also captures the romantic stories found in our traditions.

Q. What is his ultimate ambition as a designer for Indonesian fashion? Are there any other areas you intend to branch out as a business?

My ultimate ambition is to bring ikat as the next heritage textile from Indonesia. Yes, we are planning to penetrate the market more with accessories lines. Our first line is a bridal collection called SVARNA launched in February.

Who or what have been the most important influences on you in the area of fashion design?

The first is traveling. In the Indonesian fashion scene Indonesia I admire Edward Hutabarat, Obin and Biyan. In international world, I adore Christian Dior, Hubert de Givenchy, Christobal Balenciaga, YSL and Phoebe Philo.

Q. Do you have plans to make available your creations in the region especially in Singapore?

Yes. It is in our plans to open up some point of sales outside Indonesia, especially in the Asia region, including Singapore. We are now seeing the right retailers to carry the line. ☺



ENGLISH TO INDO

Didiet Maulana, seorang perancang busana Indonesia, bercerita kepada IndoConnect tentang pengaruh, ambisi dan informasi terbarunya untuk membawa ikat ke internasional pada tahun 2013. Sebagai seorang perancang busana dan juga usahawan, dia juga mengambil tantangan untuk mendedikasikan dirinya untuk

memajukan kain tekstil Indonesia. Dia memiliki visi untuk mengangkat nilai dan makna kain tradisional dan memberikan kebanggaan untuk kain dan kerajinan tekstil dari Indonesia kepada generasi muda Indonesia. Selain dari itu, Didiet juga dikenal karena usahanya untuk mempromosikan kerajinannya yang diberi nama "IKAT oleh Didiet

Maulana". Dia menggabungkan unsur warisan budaya dengan fashion kontemporer yang tercermin dalam proses penunannya. Walaupun baru beberapa tahun saja, Didiet telah mendapatkan perhatian dari para pembeli busana luar negeri dan juga media Indonesia. Dia sempat terpilih menjadi salah satu nominator "Tokoh Industri

Kreatif 2012" oleh Seputar Indonesia, "The It Designer 2012" oleh majalah Prestige Indonesia dan Mercedes Benz Indonesia; "The Icon" peluncuran Kuningan City Mall dan menjadi salah satu dari HOT LIST 2013 oleh Majalah DAMAN, serta menjadi desainer resmi untuk kontes kecantikan Puteri Indonesia 2013. 

It's the Marine Life for me



You won't be disappointed with the 'under the sea' views and the waterpark rides rock!

First decide whether you want to get wet or remain dry as there are two new aquatic attractions at Resort World Sentosa (RWS) new Marine Life Park: The Adventure Cove

Waterpark and the S.E.A. Aquarium. Both can provide the family with loads of fun. You may try both on the same day but our advice is do each on a different day to get the most out of your experience.

The hype is true – the Marine Life Park's is the world's largest oceanarium in terms of water volume - 60 million litres! It is home to 100,000 marine creatures from 800 different species. The centrepiece is the immersive Open Ocean viewing gallery which is truly awesome and we see the beauty of sharks to rare species of fish gliding elegantly in their "natural" environment behind a floor-to-ceiling glass wall over 8 m high and 36 m long. Visitors follow a sea route that covers 10 zones with 49 different habitats and information displays – 50 interpretive panels and 20 touch screens - on all the marine life in the aquarium.

WHAT WILL YOU SEE?

For example, the first zone is the waters of the Strait of Karimate and Java Sea which are popular destinations for viewing underwater caverns, shipwrecks, coral, sponges and diverse marine life. Shipwrecks often evolve into thriving artificial reef system.

Species to look out for: Batfish, threadfin trevally, golden trevally and pompanos. You end your journey at the 10th zone aka Shark Seas! There are about 200 sharks of 12 species include including the nurse shark, black-tipped reef shark, bamboo shark and grey reef shark.

Apart from the sharks, the journey will include sightings of majestic manta rays, giant groupers, Napoleon wrasse, moray eels, lion fish, cardinal fish and many other colourful variety of marine life. At the end of the day, MLP hopes to also inspire visitors to support maritime conservation efforts and is undertaking marine education, conservation and research in Singapore and the region.



ADVENTURE COVE WATERPARK



If you love water rides and slides, there are six to try out! Our favourite: the Riptide Rocket, South-east Asia's first hydro-magnetic coaster. A two-person dinghy rider is propelled through gravity-defying uphill climbs and then a sudden drop down 225 metres in 40 seconds!

The two-lane Duelling Racer is for those with a competitive streak. Grab a racer mat and race against another. As you pick up speed, there is a series of thrilling dips and bumps before you reach the finish! Then there is the literal Whirlpool and Spiral Washouts! You get on a circular tube for both but in the Spiral you twist and turn in an enclosed tunnel. The Whirlpool you go for a spin with revolutions, twists, turns and dips before you wash out in an open bowl of swirling water. It's really fun.

For those who would like to relax and chill out, there is the laid back Adventure River Ride. You sit in your inner tube and float down a long and leisurely 620-metre ride through vistas of tropical jungles, canyons,



SLEEPING WITH THE FISHES

Probably the most unique, one-of-a-kind stay experience you can find in Singapore, indeed the whole of South-east Asia

For the first time, RWS is offering the Ocean Suites at the S.E.A. Aquarium. These are II two-storey suites that allow the guest to live in the deep blue sea with an underwater view of over 50,000 marine fishes. It is a cosy, immersive experience watching them through a floor-to-ceiling acrylic panel in its bedroom. Guests also enjoy tailored five-star comforts that include luxurious amenities and personalised butler service.

Each two-storey Ocean Suite covers a total of 90 sq m and comes complete with a living

room connected to an outdoor deck on the upper storey and a bedroom with an underwater view on the lower storey. Cleverly designed into the suite is a bath tub beneath the wooden deck, allowing guests to enjoy the comfort of a warm bath, while taking in the beauty of the underwater scenery.

On the upper level, the suite features a living area which is luxuriously appointed with plush furnishings, including a sofa bed, whilst the outdoor deck features a private relaxation corner that is fitted with a Jacuzzi pool and lounge chairs. This unique experience of sleeping with the fishes costs around \$2,400++ a night.

ENGLISH TO INDO



Sebelum mengunjungi atraksi terbaru Marine Life Park di Resort World Sentosa, pilih dulu: mau yang kering atau yang basah. Kedua-duanya tidak kalah asik dan menariknya! S.E.A Aquarium merupakan aquarium terbesar di dunia dengan volume air sebanyak 60 juta liter! Terdapat total sekitar 100,000 hewan dari 800 macam spesies. Open Ocean viewing gallery merupakan aquarium megah yang memiliki tinggi lebih dari 8 meter dan panjang lebih dari 36 meter. Adventure Cove Waterpark merupakan arena bermain bagi kalian-kalian yang menyukai wahana air dan perosotan. Riptide Rocket merupakan seluncuran yang berhidro-magnetik pertama di Asia Tenggara, dimana kita akan dijatuhkan dari ketinggian 225 meter secara tiba-tiba dalam 40 detik! Ada juga Duelling Racer, Whirlpool, dan Spiral Washouts untuk kalian yang suka dengan olahraga adrenalin. Untuk kalian yang hanya ingin bersantai, kunjungilah Adventure River Ride, Bluewater Bay, dan lain-lain. Untuk anak-anak, jangan sampai terlewatkan Big Bucket Treehouse! Kalian pasti akan menyukainya! 📸



Shopping for Solid 'Natural' Furniture

If you are looking for natural and ethnic 'look and feel' furniture, the kind typically reminiscent of Indonesian furniture, then we have just the right places for you! We went around Singapore searching for rustic, wood-based furniture that gives the Balinese-Indonesian 'resort' feel in design and came up with some surprising discoveries!



2010 Lifestyle: Indonesian Feel

2010 Lifestyle is a Singaporean company with its own factory in Indonesia, which creates beautiful contemporary furniture and restores old antique furniture. They also innovate and find new uses for old storage bins etc. According to the company's Manager, Poh Yu Ting, having your own factory also means, "A customer can customise the design or size of the furniture. Our factory in Surabaya has Indonesian artisans working with mahogany, teak and mindi woods."

Yu Ting, was at one the three outlets (the other two are at IMM Jurong and IFC at Sungei Kadut). According to her the expat market in Singapore is more inclined towards the Balinese type of dark wood furniture. However, 2010 Lifestyle has many other designs that give the 'Indonesia feel' of natural and organic. She showed us a dining table that was carved from a single tree trunk. "It's one solid piece and very unique. No two tables alike." Made out of tembesi or ironwood the table could easily be complemented with chairs, benches or stools from the same wood.

Outdoor rattan furniture made of synthetic resin and high density polyethylene from Indonesia is popular in Singapore. You can also buy graphic paintings made by art students from Solo. 2010 LifeStyle is completely Indonesian and great with customisation.

2010 Lifestyle Pte Ltd Address: Leisure Park Kallang, 5 Stadium Walk, #02-04, Singapore 397693.

The Lifestyle Hub: Second Life for Teak

The LifeStyle Hub offers a different solution in resourcing materials. The cosy loft and roof showroom on Tagore Lane uses recycled or reclaimed teak wood from Indonesia. Mr Jay Tay, the company's Design Manager, explained, "We have a team in Indonesia to search and collect used teak wood. It's green and more durable than newly harvested trees, as it is conditioned to be tough and less susceptible to cracks as compared to new wood."

While recycled teak is the main source, other recycled woods such as elm, oak and pine are also used. Jay said that Singaporeans appreciated Indonesian furniture; "They have their own character. Just a look and you know it is from Bali or inspired by Balinese arts. At The LifeStyle Hub we offer great diversity in design and give it a contemporary look." Traditional furniture such as coffee tables, rice beds and gerubuk (chest box) are given modern touches adapted for different use. Apart from having their own factory in Central Java, The LifeStyle Hub also sources their range from several speciality factories.

The LifeStyle Hub Address: 222 Tagore Lane #04-18 TG Building Singapore 787603. Tel: (65) 6100 0085.



LI BAI – Specialist in Chinese Arts & Antiques

Real antiques – from furniture, paintings, panels and lamps – as well as restored and refurbished pieces but all original collectibles averaging 80 to 120 years, are available at Li Bai Arts & Antiques. The 'secret' is in the direct sourcing of the collection, according to Ms Linda Lee; 16 years ago, together with her brother, Ms Lee gathered from remote villages in China a stockpile of antique furniture. This was long before antique collection became fashionable among mainstream rich.

"We have a stockpile that will last me another 10 years!" said Linda. The two-level Bukit Batok showroom is packed from floor to ceiling. The antiques are all made by hand, by traditional craftsmen and methods. She said, "We were able to gather such a large collection



then, it's now very difficult to find such pieces but we are still able to provide good prices."

Linda stresses Li Bai specialises in genuine antiques from villages such as Zhejiang,

Shandong, Jiangxi and Shanxi, which appeal to collectors. Clients have different taste; some like lacquer pieces with scenery paintings and traditionally made wood-joint furniture (that uses no nails). Her Indonesian clientele likes furniture with clean lines and also her extensive Tibetan collection. "People buy antiques because they have character, an aura, a story to tell," smiled Linda. She invites those interested to visit and experience the mystique of antique Chinese treasures.

LI BAI ARTS & ANTIQUES PTE LTD
Address: 20 Bukit Batok Crescent, #07-08 Enterprise Centre. Tel: (65) 6316 1181.
Email : libaiart@singnet.com.sg Website : www.libaiarts.com Opening Hours : Sat & Sun 10:30 am - 6:30 pm Weekdays by appointment.



Karo Teak Furniture: Customise at Cost

Karo Teak Furniture (KTF) has been involved in exporting Indonesian furniture since 1997. Ten years later, the company which is owned by Noor Naerimah's father opened a retail outlet in Singapore. Noor, General Manager of KTF, looks after the showroom at Bukit Batok. The company still exports to its two main markets: the Middle East and Europe. The showroom which has a warehouse look is stacked with furniture and furnishings.

KTF also with its own factory at Central Java offers a high level of customisation. Noor said, "We have customers who come with interior decorating magazines telling us what they would like and depending on the level of customisation we quote our price."

The company specialises in teak wood, mahogany and meh wood. Often the furniture is made of solid wood without nuts, screws or bolts. Concentrating on a fine finish, the company's talented artists often create from scratch at their factory in Indonesia. KTF can do varied styles such as Indonesian, minimalist, European and regal-gold and has an impressive online catalogue at www.karoteakfurniture.com

Karo Teak Furniture Address: Blk 2024 Bukit Batok 23 #01-20 Bukit Batok Industrial Park A. Singapore 659529. Tel: (65) 67627847.

Natural Living: Part & Parcel of Nature

Natural Living is part of a well-known group of furniture companies but the accent is on furnishings inspired by nature with its tagline reading 'Asian inspired resort living.' Some of its teak-based furniture comes from Indonesia. Yovi Lee, the Marketing Manager of the Furniture and Furnishings group of companies, said, "It's that unmistakable Indonesian Balinese style of bark and wood, water hyacinth and outdoor rattan range (in this case though it is synthetic resin), that is appealing. Natural materials such as banana bark and rubber wood are used. Natural Living is a mid-range market store that sources its products from all over the world.

Step into a Natural Living showroom like the one in Upper Bukit Timah and you would rarely see leather or stainless steel; wood is a must. There is a large choice of furniture and accessories, both for indoor and outdoor, made out of Acacia, Birch, Teak, Resin, Water Hyacinth, Ash, Pine etc.

Natural Living Address: 215 Upper Bukit Timah Road, Level 5. Singapore 588184. Tel: 6314 7747





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(Diameter : 91.5 cm)
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Usual \$3,000
Now \$1,500



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LEARNING ENGLISH IN SINGAPORE



Many Indonesian students who come to Singapore realise the most important first step in getting an education here is proficiency in English. IndoConnect has compiled this list of selected courses that provide English Language studies for students and adults at conversational, academic or business standards

British Council (Singapore) LTD: English for adults courses

TEL: +65 6664 8171.

EMAIL: contact@britishcouncil.org.sg

British Council Singapore's Bahasa Indonesia website: <http://www.britishcouncil.org.sg/id>

The British Council has been in Singapore since 1947. It has a 4-year EduTrust certificate and all its teachers are registered with Singapore's Ministry of Education. Krytine Joyce is the Deputy Director who is managing the Adults programme in Singapore. Her extensive experience in teaching and managing English courses to foreign nationals with the British Council in the Middle East, North Africa and South Asia.

The British Council's English for Adults courses cater to four main groups of students:

- A.** Foreign Students who are sent to Singapore to study English, in preparation for their university studies in an English-speaking country. They will study until they achieve the desired IELTS score to enter university.
- B.** Expatriate spouses who wish to upgrade their English skills and improve their integration into the Singapore environment,

which is predominantly English-speaking. They also like to socialise with the friends they make in British Council and this helps them to improve their conversational skills at the same time.

- C.** Local parents who wish to improve on their own written and spoken English so that they can be better role models for their children.
- D.** Working professionals who study English to upgrade their skills and improve on their career options. This group comprises of both locals and foreigners working in Singapore.

The courses are split into three levels: Elementary, Foundation and Academic, where there are three to six levels each. This meticulous structure ensures that there will be a class for students of all levels. For example, a student who speaks very little English need not worry about being put in a class where the other students already possess some fluency in the language. Our teachers conduct free placement tests for all students to assess their written and oral skills before recommending them the appropriate class that will meet their needs. Each class is also made up of a good mix of students from different countries to encourage them to communicate in English and hence brush up on their conversational skills and pronunciation.



icon+ : English for university entrances

TEL: +65 6336 6551.

EMAIL: singapore@icon-plus.com

WEBSITE: www.icon-plus.com

Icon+ was established in 1999 and is registered with the Ministry of Education (MOE) and its Curriculum and Instruction department is headed by a seasoned education professional and experienced teacher, Mrs Mehr Arora who holds a double Bachelor's degree in Education as well as Political Science (with a master's degree in the former with a first class and distinction).

ICON+ provides English courses for university entrances purposes; specifically for test preparations for standardised tests such as SAT, TOEFL, IELTS, UKCAT, GMAT and GRE. The school also highlights that it also place emphasis on teaching test taking strategies and time management skills both of which it says are critical in getting high scores. So its English proficiency courses chiefly teach writing , reading, listening and speaking skills for academic purposes. The school caters to diverse nationalities ranging from 16 to 35 years old.

It has a rather unique 'Score Improvement Guarantee' scheme. According to Ms Mehr, "Our programs are designed to maximize a test taker's scoring potential, which is the objective of a prep program. Our no-frills guarantee states clear and reasonable qualifying conditions (i.e. to be a hardworking student). If a client doesn't achieve the improvement we promise, he/she can take another full prep course for free."



Language works: business & conversational english

TEL: +65 6733 3147.

EMAIL: jamie@languageworks.com.sg

WEBSITE: www.languageworks.com.sg

Language Works (LW) was established in 2009 and describes itself as a 'boutique' language training centre that can customise an English learning programme for companies and individuals to improve English language, communication, sales and customer service skills as well as conducting Business English, Writing and Conversational courses.

LW's Principal Consultant is Petrisha Sun who conducts personalised corporate training and language coaching to students globally.

LW courses cater to working executives (presentations, negotiations and business writing) with its Business English courses and expatriate families do the Conversational course for everyday English.

LW's approach has always been to teach in small groups of 2 to 5 students so that more attention can be devoted to them by their language coaches. EduTrust / CPE Note: As LW is a training centre and does not offer degree programmes affiliated with other universities and offer part-time courses less than 50 hours.

Uptrend college: english for communication

TEL: +65 6566 5655.

EMAIL: jurong@uptrend.com.sg

WEBSITE: <http://uptrendcollege.com>

Uptrend College was established in 1986 providing accounting and business management courses and has grown since then. By the 1990s the college also attracted foreign students. The College has a Certificate in English for Communication course that prepares students who are not native speakers of English, in everyday situations and prepare them for a tertiary education conducted in English. Students are taught listening, speaking, reading and writing skills. The course will be delivered daily on a full-time basis for a period of six months. The Certificate is awarded by the College also conducts the Preparatory Courses for the International English Language Testing System (IELTS) and London Chamber of Commerce and Industry (LCCI) English for Business.

Uptrend College has been awarded the EduTrust provisional certification from the CPE.

EduTrust Certification note: This is awarded by the Singapore Government's Council of Private Education to ensure the school meets a certain standard and that the interests of the student is protected (for more information: www.cpe.gov.sg).

British Council teachers conduct free placement tests before recommending the appropriate class that will meet their needs

THE RIGHT CHOICE



S P Jain's Executive MBA offers a unique enriching learning experience, challenging yet motivating. Lucky Nurafiatin tells us why she chose S P Jain's EMBA.

LThe Research Manager at Hart Energy, Lucky Nurafiatin, shared that, she had been in a situation that many working professionals faced in pursuing the next step in their education – in her case, it had been difficult finding the right programme, the right business school and the right time to balance work, life and study.

The questions


Lucky also said, “Many years ago, my financial situation did not also allow me to pursue higher education. I had so many questions in mind whether to even pursue or not as I could not find the right programme that fits my requirements. But although I could afford it, my work schedule made it tough as I travel about a third of the time for my work. At first, I thought of joining an online MBA course, but a good friend said that, S P Jain, an AMBA accredited business school, is offering a reputable MBA program in Singapore that is benchmarked against the best programs in the world, and could be what I am looking for.”

The answers

After gathering information from her own network, and people in the industry, Lucky learnt that “S P Jain offers an Executive MBA, what she thought could be the most flexible modular program there is in Singapore”. And she quotes, “I can decide not to take a module if I am travelling or take several modules back-to-back when I am in Singapore. The faculty are very knowledgeable and very experienced. They shared their



experiences with the students and they are available outside the class to clear any doubts or even to discuss anything. Each class I attend is very diverse, with peers who have more than 10 years of work experience, contributed much in my learning, & importantly, got acquainted to different business cultures”. “I could even immediately apply in my job what I learnt in the program”.

Lucky, who graduated from SP Jain's EMBA in 2012 further said, “Fortunately, I have family and friends in S P Jain who helped me achieve my personal and professional objectives through out this period.” And if she is to advise professionals aspiring for an MBA program, she said, “Always look for the right fit-and you will have the right choice- the S P Jain's EMBA could be the right program for you too”. 

Essence of S P Jain EMBA Programme

The S P Jain Executive MBA is an 18-month part-time program designed to meet the needs of motivated professionals who wish to enhance their education and boost their managerial skills without interrupting their careers. With broad foundation on business fundamentals and electives in finance, marketing and operations plus a quality dissertation, the program elevates the business acumen of the participants, thereby giving them an edge in their career

paths. It equips them with the experiences and skills to become effective business leaders capable of thriving and dealing with the challenges of today's complex global environment.

The learning experience at S P Jain is highly interactive and experiential. Case studies, team exercises, business simulations and intellectual debates encourage a high-impact learning approach constantly challenging students to manifest innovative management concepts into real world solutions.



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The S P Jain's EMBA program is flexible and modular designed to meet the needs of motivated professionals who wish to enhance their education and boost their managerial skills without interrupting their careers. Case studies, team exercises, business simulations and intellectual debates constantly challenge the participants to manifest innovative management concepts into real world solutions.



ABOUT THE SPEAKER - DR. WADE HALVORSON

Dr. Halvorson is a Professor of Marketing at the SP Jain School of Global Management where he researches Marketing Communications and provides thought leadership Online. Wade Halvorson is the author of "Virtual Worlds - Marketing Applications and Implications", in which he analyses the impact of virtual worlds on marketing and the way we live and learn. His research has been published in many international journals including The Journal of Marketing Education, The Journal of Services Marketing. He has provided consulting services to global business organisations and is an active researcher in the areas of marketing, new media, social networking and learning technologies.

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CPE registration number of PEI: 200516544Z
Period of registration: 09 May 2011 to 08 May 2017



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Flying to Jakarta?

Searching for best buys to Jakarta

Flying to Hatta-Soekarno airport should be a breeze as there are so many choices but how many airlines fly there and which is the cheapest fare? The internet has made shopping for a seat to Jakarta so very easy thanks to the SkyScanner website: <http://www.skyscanner.com.sg>

The flight and fare finder website gave the answer to the above questions quickly. There were actually 13 for the given date we chose that flew direct from Singapore to Jakarta AND it sort out the results from the cheapest fares of the low cost carriers to the higher fares of the legacy airlines. The cheapest return air tickets cost \$108 per person.

What more can one ask for? Well, one can also book the airline through the portal as well as compare airlines and their times help you pick the flight that meets your schedule. Skyscanner also has Hotel and Car Hire tabs for you to also arrange your accommodation (separately from your flight) and ground transport but we did not explore this part of the website yet. Skyscanner is a handy web tool to tap on and there is no fee charged. Its value is to provide only search results and once you choose the flight, the booking phase is passed on to the airline or travel agent or other established flight booking websites like Expedia, Zuji, CheapTickets.sg etc.

Shown here are the results for one of our online queries for you to see for yourself: 



Best price \$147 | Get price alerts | Flexible? Save 54

Compare prices | Compare times | Compare airlines

421 of 551 results (show all) | sort by Price per adult

Operator	Outbound	Return	Price per adult
Air Asia + Lion Air	20:55 SIN - 21:45 CGK direct 1h 50	06:15 CGK - 09:00 SIN direct 1h 45	\$147 Select CheapTickets.sg Checked 2h ago
Air Asia + Lion Air	22:00 SIN - 22:50 CGK direct 1h 50	06:15 CGK - 09:00 SIN direct 1h 45	\$147 Select CheapTickets.sg Checked 2h ago
Air Asia	20:55 SIN - 21:45 CGK direct 1h 50	05:40 CGK - 08:20 SIN direct 1h 40	\$148 Select CheapTickets.sg Checked 2h ago Or book with: Expedia \$172 Air Asia \$172
Air Asia	22:00 SIN - 22:50 CGK direct 1h 50	05:40 CGK - 08:20 SIN direct 1h 40	\$148 Select CheapTickets.sg Checked 2h ago Or book with: Expedia \$172 Air Asia \$172
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Air Asia + Sriwijaya Air	20:55 SIN - 21:45 CGK direct 1h 50	09:00 CGK - 11:35 SIN direct 1h 35	\$160 Select 2 bookings required Checked 2h ago
Air Asia + Sriwijaya Air	22:00 SIN - 22:50 CGK direct 1h 50	09:00 CGK - 11:35 SIN direct 1h 35	\$160 Select 2 bookings required Checked 2h ago

1 to 10 of 421 results | Page 1 2 3 4 5 6 ... 43

Prices checked daily. Fares may change due to availability at time of booking.


Harga Spesial untuk Pelajar dan Pemegang Passport Indonesia

Harga tiket pulang ke Indonesia dengan harga yang lebih murah ini hanya berlaku dalam jangka waktu terbatas saja

Garuda Indonesia baru-baru ini meluncurkan harga spesial untuk pemegang passport Indonesia dan juga untuk para anggota dari PPIS (Persatuan Pelajar Indonesia di Singapura) untuk jangka waktu yang telah ditentukan.

Bagi pemegang passport Indonesia, harga tiket pulang pergi ke Jakarta (termasuk SEMUA pajak) adalah S\$270 (untuk penerbangan pada pukul 7.25 am dan 11.25am setiap harinya) dan S\$290 (untuk penerbangan lainnya). Selain daripada itu, bagi Anda yang membeli tiket sebelum 31 Maret 2013, Anda akan mendapatkan e-Voucher seharga S\$30. Promosi harga tiket spesial ini berlangsung sampai dengan 30 Juni 2013 untuk periode penerbangan dari 1 Februari sampai dengan 30 September 2013. Untuk menikmati harga spesial ini, Anda harus menunjukkan passport Anda sewaktu membeli tiket hanya di kantor penjualan tiket Garuda di Singapura.

Garuda juga memberikan promosi spesial untuk penerbangan satu arah atau pun pulang pergi bagi para pelajar berusia 12 sampai 31 tahun yang tergabung dalam PPIS. Promosi spesial untuk pelajar ini termasuk 30 kg bagasi dan pematongan harga \$30 bila menunjukan kartu anggota PPIS sewaktu membeli tiket di kantor penjualan tiket Garuda di Singapura. Harga promosi ini berlaku untuk penerbangan Garuda ke Jakarta (harga tiket pulang pergi S\$245), Balikpapan/Makassar (S\$315) dan kota-kota di Indonesia lainnya melalui Jakarta (dari S\$365) samapi dengan 30 Juni 2013. Masa berlaku tiket selama satu bulan dari tanggal keberangkatan.

Kantor penjualan tiket Garuda berlokasi di 101 Thomson Road #12-03 United Square. Untuk reservasi, hubungi tel: +65 6250 2888. 



Garuda Flight Schedule to Indonesia Aircraft used for all routes below:

B738 Singapore – Jakarta

Frequency: Daily

FLIGHT NO.	ETD	ETA
GA823	0725	0815
GA825	1000	1055
GA827	1125	1210
GA829	1220	1310
GA831	1520	1615
GA833	1730	1830
GA835	1835	1930
GA837	2020	2110

Jakarta – Singapore

Frequency: Daily

FLIGHT NO.	ETD	ETA
GA822	0625	0905
GA824	0755	1035
GA826	0845	1135
GA828	1130	1420
GA830	1350	1640
GA832	1435	1735
GA834	1635	1925
GA836	2035	2325



Singapore – Denpasar (Bali)

Frequency: Daily

FLIGHT NO.	ETD	ETA
GA841	0750	1035

Denpasar (Bali) – Singapore

Frequency: Daily

FLIGHT NO.	ETD	ETA
GA840	1905	2140

Singapore – Balikpapan

Frequency: 1, 3, 5, 7

FLIGHT NO.	ETD	ETA
GA849	1450	1715

Balikpapan – Singapore

Frequency: 1, 3, 5, 7

FLIGHT NO.	ETD	ETA
GA848	1135	1350

Singapore – Makassar

(via Balikpapan)

Frequency: 1, 3, 5, 7

FLIGHT NO.	ETD	ETA
GA849	1450	1915

Makassar – Singapore

(via Balikpapan)

Frequency: 1, 3, 5, 7

FLIGHT NO.	ETD	ETA
GA848	0935	1350

Some Tips on Car Rentals

Last issue, we said chauffeured car rentals in Singapore is best but if you need to self-drive keep the following advice in mind:

Price range: Freedom of mobility in Singapore comes at a price. The internet is a good place to start shopping for competitive rates. You will find that on average, small economy roundabouts cost about \$100 or more, and luxury sedans cost \$300 or more based on unlimited mileage for a day. Rates get progressively less and there are many promotions if you rent for a longer period. Check out the websites or call for the latest promotions.

Driving licence: You must have a valid driving licence. If you are a tourist, you must possess an international driving license.


Don't forget to bring: Apart from a valid driving license, don't forget to bring along formal identification like your ID, passport etc



Prior booking: Prior booking especially online is best and more cost effective than last minute bookings. Try to book as way ahead as possible for weekends or near holiday periods. If you cannot find your choice of vehicle or on the dates you prefer online, one alternative is to try the daily newspapers like the classified section of the Straits Times.

Check before driving out: Ethical car rental companies will do a once go-round the car to check existing dents and scratches and log them in your presence. If you hurry and drive out without doing this, you might regret later when you return the car.

Timeliness: If you do not want to be charged extra, return the car on the agreed time. If you anticipate you will be late, call the car rental company and find out the arrangements for dropping off the car late, especially after office hours or even at a different location etc.

Deposits and refunds: Find out how and when you will be refunded any deposits. Some companies may request for cash deposits or block a certain amount on your credit/charge cards. For the latter, after you return your car and there are no other charges, make sure they tear the credit/charge slips in your presence. 



Tingkatkan Diri dan Raih Tujuan Anda

Pelajari bahasa baru dan Anda menjadi satu langkah lebih dekat kepada impian Anda. Di British Council, kami menawarkan berbagai kursus bahasa Inggris yang akan menambah pemahaman bahasa Anda. Untuk membantu meningkatkan taraf pendidikan dan kemajuan karier Anda, program IELTS kami menyiapkan Anda untuk mengikuti ujian dan memungkinkan Anda meraih kualifikasi IELTS yang diakui secara internasional.

Lengkapi diri Anda dengan keahlian linguistik untuk menghadapi tantangan yang lebih besar. Sambut langkah baru dengan British Council.

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Kursus purna waktu dimulai setiap bulan. Kunjungi www.britishcouncil.org.sg/id atau hubungi **+65 6664 8171** untuk info lebih lanjut!



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ERF Validity: 17/03/2011 – 16/03/2015
British Council (Singapore)



Pindai untuk info selengkapnya



Serenity's Iron Pot

Rice Dishes

Serenity Spanish Bar & Restaurant's signature Spanish Paella



Many think of 'paellas' almost as a national dish of Spain. In Singapore, it is the signature dish at the Serenity at VivoCity. The four-year old restaurant is known for serving authentic Spanish food; especially its a la minute cooked Paella Valencia and Squid ink Paella, which are served piping hot.

Know your Paella

If you're a first timer to Spanish cuisine, Paella – Spanish Iron Pot Rice (pronounced as PA-E-YA), is the must-try! Experts are of the singular opinion that it traditionally originates from the city of Valencia. This slow-cooked (traditionally on an open fire and flat pan) rice dish is simmered in a secret-recipe stock and then piled with seafood such as mussels, prawns, squid and fish. Depending on the region in Spain, the choice of meats, seafood, vegetables and seasoning vary.

Serenity uses Boomba, a short-grain rice variety, which plays a critical role, as it is able to absorb the flavours of the ingredients three times more than normal rice, infusing the dish with multiple flavours. Like most of us, the Spanish also like to eat the slightly burnt rice at the base of the pan, which is extremely delicious and fragrant, just like the Chinese clay-pot rice!

There are also other Paellas such as Squid Ink Paella, Seafood Paella, Lobster Paella, Scampi Paella, Vegetarian Paella, Pork Ribs Paella, Cod Fish Paella and Cray Fish Paella. Your paella's will arrive piping hot and take about 20 minutes to prepare. While waiting for the freshly cooked paella, there are many tapas, soup and salad items to choose as starters. The menu also has Fideuas (a Spanish type noodle) and the Suckling Pig, also made the Spanish way.

There is a live band playing Spanish music daily. Sometimes the restaurant also organises Flamenco Dance Nights! You have the option to dine in air con comfort or alfresco, facing the Sentosa Resort Island. 📍

Location: No.1 Harbourfront Walk #01-98/99, VivoCity Singapore 098585

Business Hours: Open daily 11am - 11pm

Contact: Tel. 6376 8185

Kintamani



Sometimes the food might be familiar to you but if the ambience is just right, the taste becomes truly 'enak' too. More delicious as your thoughts and tastebuds are in a better frame of mind.

That was our impression of Kintamani. It was the first halal Indonesian restaurant within a hotel to be opened in Singapore in 1985 and is a favourite with Singapore's diplomatic and government crowd.


It has a good reputation for its sumptuous buffet, but we recommend a more ala carte route to experience the best of the restaurant. Yes, it is more expensive but you are worth it! Kintamani is a place near Gunung Batur in Bali and the connection is kept strong as the restaurant's Chef Kaler is also from Bali.

We tried their signature Indonesian dishes: Ikan Bakar, Tahu Telor and Rendang and Oxtail Soup or Sop Buntut. Typical fare but very refined and the best was the Ikan Bakar - deep fried, super crispy and sweet (and not too spicy) even though fish is not my favourite I enjoyed it here. The spice mix used in the Ikan Bakar include lemongrass and some herbal spices. The beef Rendang was very tender with a melt-in-your-mouth experience so unlike the tougher meat experienced elsewhere. Again, in other rendangs one taste dominates usually of caramelised briny coconut but here the marination of many spices come together, again very refined. Another thing different about the rendang here is it's a little more spicy (chilli) hot.

Other ala carte must-trys that the Chef recommends, these are not-so-common as the dishes above are Kintamani's Satay Balit using



minced seafood skewered with lemongrass and beef or chicken; Gulai Betis Daging Kambing, lamb shank with traditional spices. The Chef characterises all the food served here as 'Nusantara' coming from several places like Padang, Jawa and Bali. More

Getting there, please note: Kintamani is on the fourth floor of Furama Riverfront Hotel at Havelock Road (not to be confused with Furama City Centre Hotel at Eu Tong Sen St in Chinatown). 

RATING: ★★★★★ **PRICE:** \$\$\$

ADDRESS: Furama Riverfront Singapore,
405 Havelock Road, Singapore 169633

TEL: 6739 6463

Nasi Timbel Komplit



Nasi Timbel

- 500 gm beras
- daun pisang, untuk pembungkus
- biting untuk penyemat

Ikan Goreng

- 1 kg ikan mas
- Haluskan: 5 siung bawang putih, 2 ruas jari kunyit, garam secukupnya

Ayam Goreng

- 1 ekor ayam, potong jadi 10 bagian
- 2 lembar daun salam
- 2 ruas jari lengkuas, memarkan
- Haluskan: 1 sdt ketumbar, 5 siung bawang merah, 3 siung bawang putih, 2 ruas jari kunyit, garam secukupnya

Sayur Asem

- 250 gram kacang panjang, potong-potong
- 2 buah jagung manis, potong-potong
- ½ buah pepaya muda, potong-potong
- 100 gram nangka muda, potong-potong
- 100 gram buah melinjo
- 50 gram daun tangkil
- 100 gram kacang tanah
- 3 buah asam muda
- 3 lembar daun salam
- 1 ruas jari lengkuas
- Haluskan: 6 siung bawang merah, 4 siung bawang putih, 5 butir kemiri, ½ sdt terasi (bila suka), 5-7 buah cabai merah, garam dan gula pasir secukupnya



Sambal Terasi

- 15 buah cabai merah
- 10 buah cabai rawit
- 2 sdt terasi bakar
- 1 buah tomat
- 2 sdt gula merah, iris halus, garam secukupnya

Untuk resep masakan lainnya, kalian dapat menemukannya di kumpulan resep online dalam www.reseprecipe.com

Cara Memasak

1. Buat ikan goreng:

lumuri / rendam ikan dengan bumbu, diamkan semalaman 30 menit, lalu goreng hingga matang.

2. Buat ayam goreng:

Rebus ayam bersama bumbu, beri sedikit air. Masak dalam wadah tertutup (ungkep) hingga ayam empuk, lalu goreng hingga kering.

3. Buat sayur asem:

Siangi sayuran, cuci hingga bersih. Rebus air secukupnya bersama kacang tanah, melinjo, nangka, dan jagung, masak hingga empuk. Masukkan bumbu yang dihaluskan, daun salam, pepaya, dan buah asam. Beri garam dan gula pasir secukupnya, masak hingga mendidih, masukkan kacang panjang dan daun tangkil. Angkat.

4. Buat sambal terasi:

goreng semua bahan, angkat, lalu haluskan.

5. Buat nasi timbel:

Cuci beras hingga bersih, lalu masak hingga matang. Saat panas, bungkus dengan daun pisang. Jika akan dihidangkan, boleh dipanaskan dengan dibakar di atas api atau dipanggang. Hidangkan bersama dengan ikan goreng, ayam goreng, sayur asem, dan sambal terasi.

Sweet Smell of Success

In an Indonesian home, there is no running away from kicap manis and keropok accompanying a meal. Say Bango or ABC – the two household names for the sweet sauce - and the aroma of dishes such as satay, empal daging come to mind. In fact, almost anything can go with sweet soy sauce. It is one of those staples Indonesians living abroad will seek where ever they can be found or must have it supplied by friends and families visiting from home.

Belanja, the popular Indonesian provision shop at Lucky Plaza, confirmed it. The two sauces are quite in demand with its clientele but Bango is the more popular choice. The Belanja staff said that even though ABC costs \$2.80 for a 300ml bottle, customers fork out extra money and pay \$3.45 for the same sized bottle of Bango. Many prefer Bango's more unique taste because it uses black soya beans as an ingredient. Speaking of sizes, there was another interesting fact that was gleaned from the shop.



Whether it is Bango or ABC, buyers prefer to buy double the size - the 600ml packs. There is little doubt that the rate of consumption, either eaten directly as a dip or used as flavour in cooking, is very high. Again, at that bigger size, Bango still sold at a premium \$5.20 compared with just \$3.85 for ABC.

ABC is not standing still. The latest is the introduction of its new product – ABC Black Gold – and it comes in premium packaging that makes it look as good as a gift. The advertising says this is the 'ultimate dark and flavourful sauce to create rich and tasty

dishes.' This time the pricing is relatively at par with Bango at \$4.90 for the 500ml pack. Lovers of sweet soy sauce should try it and see if it tastes as good as it claims.

But there is another story behind the battle of the brands - for the sweet soy sauce market - on a global scale. About 14 years ago, ABC was sold to global corporate giant Heinz and since then ABC has maintained its position as the world's second largest soy sauce brand; which is why if you were to go to any of the NTUC, GIANT or Cold Storage supermarkets, in Singapore, you can easily buy a bottle of ABC sweet sauce anytime you like.

Bango is also part of another giant company, Unilever, and it is very popular not only in Indonesia but also in this region. Created in 1928, it was sold to Unilever in 2001. What this goes to show is that Indonesia can and does have home grown products that can find a world market and it is nice to know all the favourite Indonesian foods that one might miss have the potential to be world best sellers !
- SJA 📷

Belanja Note: All the products above can also be bought online at www.belanja.com.sg

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IndoConnect



Pertama kali saya memutuskan untuk pindah ke Singapore adalah merupakan sebuah keputusan yang boleh dibilang nekat, dengan berbekal bahasa Inggris yang tidak lancar dan gelap bagaimana hidup di Negara orang bersama anak saya yang waktu itu masih sangat kecil baru sekitar 3 tahun usianya.

Keputusan yang berani ketika di Indonesia sendiri posisi saya sebagai Corporate Secretary sebuah perusahaan ternama harus saya tinggalkan dengan semua fasilitas yang saya miliki saat itu, hanya satu dalam benak saya bagaimana saya bisa bekerja di Singapore dan membesarkan anak saya di Singapore.

Berebel penawaran pekerjaan yang saya terima dari sebuah perusahaan Canada, saya memberanikan diri memulai hidup baru di Singapore mulai dari nol, saya harus bisa membagi waktu saya antara pekerjaan, rumah dan anak, hal yang tidak pernah saya lakukan sebelumnya selama di Jakarta. Di Jakarta kita terbiasa dengan tergantung pada orang ketiga, pembantu, baby sitter, pengemudi dan lain lain, rasanya mudah saja tinggal di Jakarta, bahkan mencuci rambut pun tidak kita lakukan di rumah, pulang kantor menunggu waktu 3 in 1 di daerah CBD, kita bisa memanjakan diri kita di berbagai mall yang ada di Jakarta.

Di Singapore betul betul berubah 180 derajat, kita harus melakukannya semua sendiri, dari memasak, mengurus rumah, menjaga anak juga bekerja di Kantor, tapi itu semua justru memberikan sesuatu pengalaman yang berbeda, tahun berganti tahun terlewati tidak berasa, anakpun tumbuh menjadi remaja, saya menyukuri tinggal dan bekerja di Singapore, walaupun persaingan sangat tinggi, harus berjuang lebih keras untuk mencapai sesuatu,



From Singapore with Love

Hidup itu Pilihan, Tinggal dan Bekerja di Singapore adalah Pilihan.

namun satu hal yang mungkin sulit untuk saya dapatkan kalau saya masih di Jakarta, yaitu Love (Cinta), kedekatan hubungan kasih sayang ibu dan anak yang saya rasakan selama di Singapore menjadi lebih kuat, karena kita memiliki quality time yang cukup selama di Singapore, pekerjaan rumah yang kita pikul bersama sama antara ibu dan anak memberikan suatu pengalaman yang berkesan dan dapat dijadikan pelajaran bagi anak.

Pemerintah Singapore yang sangat memberikan kemudahan fasilitas publik bagi warga negaranya atau PR yang tinggal di Singapore mempermudah sebuah keluarga dapat memiliki quality time, hal yang sulit ditemukan di tempat Negara maju dan kota metropolitan lainnya.

Hidup itu pilihan, saya memilih tinggal di Singapore karena saya membutuhkannya, untuk mencapai tujuan hidup saya, bukan berarti saya tidak mencintai Indonesia Negara tempat lahir saya, Indonesia akan selalu ada di hati saya, namun kalau kita bicara suara hati, saya memilih tinggal di Singapore dengan segala tantangannya, karena saya bisa menikmati quality time bersama anak saya sesering mungkin.

Saat ini tahun demi tahun tidak berasa,

anak saya tumbuh menjadi anak yang peduli kepada orang tuanya, anak saya tumbuh menjadi anak yang mengetahui bahwa untuk memperoleh sesuatu dia harus bekerja keras dan berhemat, pendidikan akademi memang sangat utama bagi seorang anak, tapi pendidikan akademi bukan segalanya tanpa di dukung oleh pendidikan budi pekerti, etika dan moral, hal ini yang mungkin kadang terlupakan di Negara yang berpenduduk banyak.

Setiap pilihan itu ada konsekuensinya, ada baik dan buruknya tergantung dari sudut pandang mana kita melihat, namun saya melihat dari sudut pandang yang saya miliki dan keterbatasan yang saya miliki, saya berterima kasih Tuhan telah mengantar saya untuk bisa tinggal dan bekerja di Singapore sehingga saya bisa melihat detik demi detik pertumbuhan anak saya, bisa menjadi ibu sekaligus wanita karir dalam waktu yang sama.

Dorothea Pantow

Director of GLD Investments Pte Ltd and Head of Perindo (Persatuan Indonesia) International



More Bahasa Indonesia?

I believe your magazine will be more interesting if the articles were written in Bahasa Indonesia including the advertisement because the target is Indonesian at all levels of education. - Anwar

EDITOR: Currently, IndoConnect is bi-lingual but yes, we do have plans to migrate more editorial pages to Bahasa Indonesia. We have a wide readership base where English is well accepted. However, if the response or demand from readers for more Bahasa Indonesia pages grows, we will definitely prepare for this eventuality.

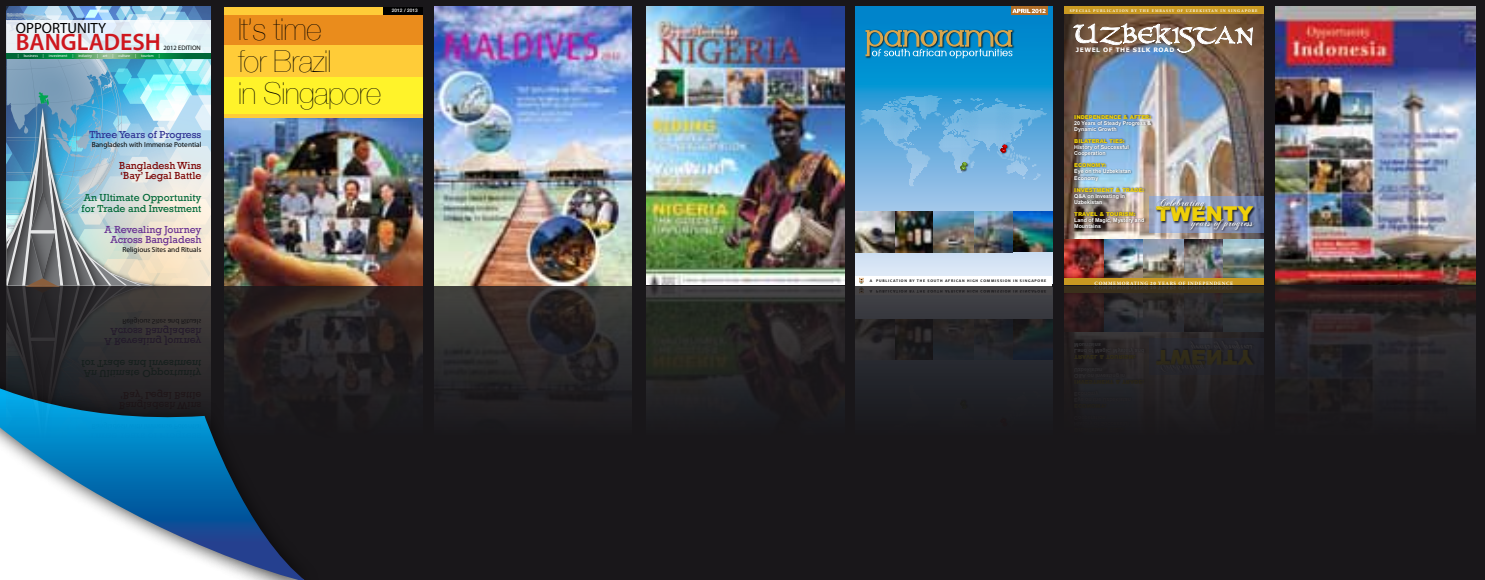
More News from Home

I like the last issue's magazine contents but can you also include more news on Indonesia? - Mirzal, Nanyang Technological University

EDITOR: IndoConnect was conceptualised as a publication to cover news, activities and lifestyle topics of interest to Indonesians in Singapore. Although there is such a large community of Indonesians here, there was no general interest publication to connect everyone together, so our priority is to first cover Singapore-based news and events.



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