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VOL. I NO. 4 2013



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COVER PHOTO COURTESY OF
Nanyang Technological University

See You in Jakarta!

In August, the next day after Indonesia's 68th Anniversary of Independence, some 2,000 Indonesians and Friends of Indonesia will come together at the Jakarta Convention Centre to renew ties with their homeland, make new friends and have an invaluable opportunity to contribute to the development of the nation. We hope our readers, will also seize this opportunity to take part in the event and become part of the global Indonesian Diaspora Network (see page 8 for more details)



Photo by Nikita Dhar

Just two years old, the Congress of Indonesian Diaspora, is awakening to the tremendous potential that exists by tapping into the 'power grid' of the international Indonesian Diaspora Network. One of the highlights is to meet, see and hear in person, the leading lights of the diaspora as well as be inspired by speakers like former Indonesian President BJ Habibie; Sri Mulyani Indrawati, the Managing Director of the World Bank Group; Joko Widodo, the popular Governor of Jakarta, among others.

Our interview with Pak Wahid Supriyadi, the Head of the Diaspora Desk, the man who is co-ordinating the efforts within the Indonesian government, gave an insight into what goes behind the organisation of the event. KBRI's new Deputy Chief of Mission, Ridwan Hassan, also explained how the diaspora can contribute to Indonesia's development and noted how Singapore's proximity and large base of Singaporeans of Indonesian descent will probably see the Congress' largest contingent of visitors to Jakarta this August. This bodes well for intensifying the depth of 'people-to-people' contacts.

In May, Singapore proffered a sincere gesture to President Susilo Bambang Yudhoyono or SBY as he is affectionately referred to by Indonesians, to recognise and thank him for his stewardship, steering the country to where it is today. Our cover story is a tribute to the President and the conferment of an honorary doctorate by the Nanyang Technological University will probably be part of many other tributes that will take place to mark this milestone of Indonesian history.

SBY is not the only President serving the people in his final term of office. In this issue, we have an article on President Obama's very early years growing up in Indonesia. For us, what this story represents is just how small the world is becoming and a good example of 'globalisation'. We will see more of such internationally exposed citizens of the world, just like the members of Indonesia's diaspora!

Nomita Dhar
Editor-in-chief

Contributors



PRIYA RAMAKRISHNAN

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



MUHAMAD ALAMSYAH

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



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 International Outlook

RIDWAN HASSAN, KBRI's new Deputy Chief of Mission

The new Deputy Chief of Mission brings a wealth of experience to his new posting at the Indonesian Embassy. "This is my fourth overseas assignment. Before Singapore, I was the Director for North and Central American Affairs in Indonesia's Ministry of Foreign Affairs. In the past, I had also been assigned to our embassies in Columbia, South America, Tokyo and Washington DC."

A veteran career diplomat, who joined the Foreign Ministry in 1987, the father of a teenage son and 12-year old twin girls, quipped, "Although it is an 'old career' but I still feel young working for the ministry. I graduated from Sriwijaya University with an Economics degree and it was quite rare at that time to have a diplomat with that type of background. Considering the interdependencies of the world's economies, the impact of globalisation on international relationships, today it has become interesting to apply what I had learnt. I love to meet people from different countries and that's an added incentive."

Although the interview took place less than a month since he officially started work at Chatsworth, Pak Ridwan already feels very much at home. "My first thoughts when I found out that I would be assigned here was how close I will be to home."

Singapore maybe small but our relationship is multi-dimensional covering political, cultural and social aspects other than economics. Indonesians living and working in Singapore hardly face any obstacle or challenges, more so because Singapore is safe and well developed. Singapore is also culturally easier for Indonesians with its well-developed Malay culture."

When asked about the Indonesian diaspora the DCM said, "We consider the diaspora to comprise Indonesians who are here for work, business or education; the Indonesians with Singaporean citizenship and all friends of Indonesia. The Embassy has estimated that the current number of Indonesians residing overseas is between five to 10 million. It was only when the world's main economic activities started shifting from an agricultural base to an industrial and services one that Indonesians started moving abroad for better prospects."

The 2nd Congress of Indonesian Diaspora is being held in Jakarta in August; Pak Ridwan said, "All our embassies are making preparations. About 200 people from Singapore will be attending. We hope that this diaspora congress will not only provide the cultural and emotional links, but also enable the economic multipliers to pull together people from different countries,

to take advantage of Indonesia's economic growth and activities. The Indonesian diaspora then gets to contribute something to Indonesia and in return, benefit too from the Indonesian economy. The Congress also welcomes Indonesia's friends."

The diaspora programme will include business networking sessions and also serve to promote people-to-people contact. Pak Ridwan cited as an example, of the later, a session on promoting Indonesian food and restaurants all over the world.

This led to his love for food; being born and bred in Palembang, he also loves to cook. His other pleasure includes leisurely walks to acquaint himself with the local environment.

Before signing off, Pak Ridwan says, "My mission and vision will be the same as the Embassy's mission and vision. As I mentioned earlier, Singapore is an important partner country for Indonesia in many aspects. We will be building on the quality and quantity of government exchanges. Less than a month ago, our President visited Singapore and he had a very good exchange with Singapore's leaders. The commitment of both leaders, with the support of the government agencies, is putting in place systems that will last beyond the tenure of the present leaders into the future, for years to come." 



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SBY Receives Warm Welcome & Honorary Doctorate in Singapore

The annual retreat builds on the countries' already close economic ties and personal bond between the two leaders

Ties between Singapore and Indonesia were reinforced and strengthened during President Susilo Bambang Yudhoyono's official visit to Singapore from 22 to 23 April for the annual Indonesia-Singapore Leaders Retreat meeting.

He was accompanied by a delegation and the First Lady Ani Yudhoyono. He met with Singapore Prime Minister Lee Hsien Loong and discussed a wide range of bilateral matters including co-operation in investment, air transportation, tourism, manpower, agro-business, counter-terrorism and economic growth zones.

During his two-day visit, President Yudhoyono was conferred a honorary degree by the Rajaratnam School of International Studies (RSIS) of the Nanyang Technological University (NTU). On 22 April the Indonesian President received the honorary title of Doctor of Letters from NTU. The conferment ceremony, which took place at Shangri-La Hotel Singapore, was attended by nearly 400 guests including cabinet members of Singapore and Indonesia, ambassadors, senior government officials, business leaders, NTU faculties, staff, students and alumni. A section of the Indonesian diaspora in Singapore was also present at the conferment ceremony.

1: The Indonesian President with NTU President, Professor Bertil Andersson and NTU Chairman Koh Boon Hwee and members of NTU Board of Trustees. President Yudhoyono has encouraged close ties between the S. Rajaratnam School of International Studies (RSIS) and the Indonesian Defence University as well as between RSIS and the Indonesian National Resilience Institute (LEMHANNAS). His sons Agus Harimurti Yudhoyono and Edhie Baskoro Yudhoyono are both NTU alumni, having graduated with postgraduate degrees from RSIS.

President of the Republic of Singapore and NTU Chancellor, Dr Tony Tan Keng Yam, chaired the ceremony. Before formally presenting the honorary doctorate, Professor Bertil Andersson, NTU President, cited the President's enormous achievements in both public and military services. Having served 27 years on the military, SBY (as President Yudhoyono is popularly referred to) stepped into public service in 2001 when he was chosen as Mining and Energy Minister. As the first directly elected president of Indonesia, SBY saw to Indonesia's smooth transition from autocracy to democracy.

The award was given in recognition of SBY's role as an international statesman and his life-long contributions to Indonesia. "President Yudhoyono has raised Indonesia's visibility through his leadership and involvement in a range of international events, including ASEAN, APEC and the East Asia Summit and G-20 meetings," said Prof Andersson.

In his acceptance speech, SBY thanked the government of Singapore as well as the universities, employers and the good people of Singapore for acting as warm hosts to the Indonesian diaspora. He emphasized that people to people connectivity is very important to boost the bilateral relations of the two countries. The President wished that the diaspora will be able to contribute to the development of Indonesia with the skills that they have gained in Singapore.

As the first directly elected president of Indonesia, SBY saw to Indonesia's smooth transition from autocracy to democracy



2



3

Photos courtesy of Nanyang Technological University



4

strengthen and deepen Singapore-Indonesia ties. That the economic partnership between the two countries is excellent, is proved by growing bilateral trade. Singapore continues to be the top foreign investor in Indonesia, while Indonesia is the second largest trading partner for Singapore amongst ASEAN nations.

President Yudhoyono was accompanied by Coordinating Minister for Political, Legal, and Security Affairs Djoko Suyanto, Foreign Minister Marty Natalegawa, Defense Minister Purnomo Yusgiantoro and Cabinet Secretary Dipo Alam.

Apart from economic issues the two leaders also welcomed the good progress in the discussions on maritime boundary between Indonesia and Singapore in the eastern part of the Strait of Singapore.

The leaders also reaffirmed the importance of establishing the ASEAN Economic Community by 31 December 2015, which will enhance regional economic growth and integration and benefit all ASEAN member states and people in the long term.

President Yudhoyono has high hopes that Indonesia can continue its partnership with Singapore. He said: "Like Indonesia, Singapore has much to offer to the world. Singapore has the most advanced economy in South-east Asia, is an essential member of ASEAN and has become a valuable global player. Much is riding on our positive relations, not just from the bilateral standpoint, but also for our common regional and global interests." The next retreat is scheduled for 2014 in Indonesia. 

The Leaders Retreat

The Leaders Retreat meeting is the highest official forum where Singapore and Indonesia discuss and evaluate the progress of their bilateral cooperation. The periodical meetings ascertain achievements, and follow-up on the progress of various agreements that were reached in previous meetings. At the retreat this April, President Yudhoyono met with Prime Minister Lee Hsien Loong and reviewed the progress made since their last retreat in Bogor, West Java, in March 2012; they discussed ways to further deepen bilateral ties.

The leaders took stock of six working groups covering investment, tourism, air connectivity, manpower, agribusiness and the special economic zone in Batam, Bintan and Karimun islands, as well as a seventh working group on counter-terrorism. According to a press statement released by the Ministry of Foreign Affairs, the leaders welcomed the good progress in bilateral relations since the last retreat. Both leaders reiterated their commitment to

2: The President and his wife, HE Kristiani Herawati

3: The leaders also welcomed the signing of the Memorandum of Understanding between the Ministry of Foreign Affairs of Indonesia and the Ministry of Foreign Affairs of Singapore on Cooperation in the Field of Diplomatic Education and Training

4: Indonesia's President Susilo Bambang Yudhoyono receives an honorary doctorate from Singapore's President Tony Tan

President Susilo Bambang Yudhoyono is the political leader of the most populous Muslim country in the world. He has had marked influence over the country as the first directly elected President of Indonesia and over the world as a champion of anti-terrorism efforts and a beacon of democracy in the Muslim World. He has been praised both at home and abroad for instituting processes to tackle the widespread corruption in Indonesian public life and in reinforcing the mandate of the Corruption Eradication Commission (KPK).

ENGLISH TO INDO



Pada tanggal 22 sampai 23 April tahun ini, SBY didampingi Ibu Negara Ani Yudhoyono berkunjung ke Singapura untuk menghadiri pertemuan tahunan Leaders Retreat dengan PM Singapura Lee Hsien Loong untuk membahas berbagai perkembangan hubungan dan kerja sama antara kedua negara tersebut, termasuk di dalamnya kerja sama di bidang investasi, transportasi udara, pariwisata, tenaga kerja, agro-bisnis, kontra-terorisme, dan zona pertumbuhan ekonomi. Selain itu, Presiden Yudhoyono juga menerima gelar Honoris Doctoral (Doctor of Letters) dari Rajaratnam School of International Studies (RSIS) dan juga Nanyang Technological University (NTU). 



An Invitation to Pulang Kampung!

M Wahid Supriyadi, the Head of the Diaspora Desk, is inviting all Friends of Indonesia to Jakarta this August for the 2nd Congress of Indonesian Diaspora

It was a brief stop-over in Singapore, just a few hours. M Wahid Supriyadi was on his way back to Jakarta from Germany. However the man coordinating the efforts, within the Indonesian government, in organising the country's 2nd Congress of Indonesian Diaspora (CID), found time in his busy schedule to talk with IndoConnect Magazine about the upcoming event to be held in Jakarta from 18 to 20 August 2013.

It is Pak Wahid's job now; globe-trotting to places such as Germany to meet and promote the diaspora event around the world. He revealed, "There is a large Indonesian diaspora community in Germany! We met Dr BJ Habibie, who is probably the most famous diaspora person in Indonesia. The former President of Indonesia has very kindly accepted to deliver the keynote address at the event."

Pak Wahid said there are already 25 international Indonesian diaspora chapters present all over the world (there can be a few in one country). The network is growing; for example, the latest chapter was established in Myanmar and it follows others from around the world such as Australia, New Zealand and even as far away as Sweden. "We are still new. The first congress was held only last year in Los Angeles and was initiated by our Ambassador to the US, Dr Dino Patti Djalal," said Pak Wahid.

II Taskforces

Pak Wahid said that the next Congress will offer a more comprehensive programme as a taskforce of 11 groups have been formed to tackle specific subjects such as:

- Education
- Youth
- Culinary
- Business & Investment
- Green Economy
- Aerospace
- Public Healthcare
- Science, Technology & Innovation
- Liveable Cities
- Migrant worker
- Immigration & Citizenship

Their findings in the above forums will be studied by the government, he said.

Dual Citizenships

Pak Wahid also said that the participants at this year's event can look forward to the formal establishment of a global Indonesia diaspora network and the recommendations from the taskforces will be forwarded to the relevant stakeholders (not necessarily the government) for follow-ups. He said, "For example, one of the issues brought up last year in Los Angeles was about dual citizenships. This is a political process and not easy to implement but the issue was examined. We analysed how this issue was tackled by countries such as India, which has a very large and wide diaspora."

"The government has recently introduced regulations proclaiming that anyone of Indonesian descent can apply for a Permanent Residency visa for five years. Also, in the past we had multiple entry visas for business purposes only. Now anyone of Indonesian descent can apply for these multiple entry visas for a period of two years," clarified Pak Wahid.

This is certainly good news for those who wish to come back and build social or business ties with Indonesia. There is also an Expo being held in conjunction with the congress and there are social, cultural and entertainment programmes arranged for participants.

The programme starts the day before the official start of the Congress with activities on 17 August celebrating the 68th Anniversary of the Indonesia's Day of Independence with selected representatives from the Congress to the Istana Negara.

The next day will be the opening of the CID Expo, which will include a Job Fair, an Education Fair, a Food Bazaar, a Travel Fair and Usaha Kecil Menengah (UKM) Fair. The lead sponsor for this year's Congress is BNI and for the Expo, will also have the participation of Kemdag, BKPM, Kemenparekraf, Kemdikbud, Kemnakertrans, Kemen Kop & UKM, Pemprov DKI and BNP2TKI.

A day after the closing of the Congress some elective Outreach programmes have been proposed.

For confirmation of all the details of the programme as well as to register for the event visit: <http://www.diasporaindonesia.org/>



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Come and take part to expand connections, multiply opportunities, and promote shared prosperity for Indonesia and its diaspora.

Register at:
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For task force, please contact: Verdyka
verdyka@gmail.com

For further information please see: www.diaspora.kemlu.go.id



Pak Wahid Supriyadi (far right) in discussion with representatives of Indonesian associations here about the diaspora congress

Friends of Indonesia

As Pak Wahid had earlier pointed out, Indonesia is new to developing its diaspora but it is catching up quickly. It has not pass unnoticed by Jakarta that many countries like India even have a ministry, at junior minister level taking care of their diaspora.

Currently, the diaspora encompasses:

- i. Indonesians living overseas
- ii. Indonesians who have become foreign nationals
- iii. Friends of Indonesia, a broad range that includes people of Indonesian descent as well as those with an interest in promoting Indonesian diaspora-related matters

According to the organisers of the event, "A significant source of the Indonesian Diaspora's strength lies in its size and its diversity. That is why 'Indonesian Diaspora' is defined as broadly as possible for CID. For example, every Indonesian national who lives overseas – regardless of religion, ethnicity, occupation or visa status – is invited to join us. Moreover, non-Indonesian nationals - those who are of Indonesian descent; those who have commercial interests in Indonesia; or Indonesianists, who care deeply about our country's future – are an essential part of the Indonesian Diaspora as well and we also want you to be part of CID. In short, as long as Indonesia lies close to you heart, we want you to be part of this historic event."

One of the main challenges facing the organisers said Pak Wahid, "Although members of the diaspora are many, they are all scattered and unconnected. Part of the challenge is connecting the dots and get them connected on a common agenda." Currently, the highest concentration of the Indonesian diaspora comes from the countries surrounding Indonesia including Malaysia and Singapore, countries in the Middle East, Australia and the USA with the last two countries having the highest numbers of professionals.

Historical Perspective

In terms of numbers, the Indonesia diaspora is estimated to be around eight to 10 million, a relatively small number compared to, for example, the estimated 30 million of the Indian diaspora. This was mainly because there has been no major exodus of Indonesians as the region they live in has always been prosperous - rich in natural resources.

Finding Inspiration

Highlights of the opening day's Plenary Session include the Keynote Address by former Indonesian President BJ Habibie and prominent Indonesians from different backgrounds sharing their inspirational stories with members of the diaspora. They include:

- Sri Mulyani Indrawati (banker)
- Djoko Widodo (governor)
- Chairul Tanjung and Merry Riana (entrepreneurs)
- Anggun C Sasmi and Ananda Sukarlan (artists)
- Prof Dr Ken Soetanto (academician)
- Ranomi Kromowidjojo (sports person) 

Kongres Diaspora Kembali

by Suaramerdeka.com, 27 January 2013



Kementerian Luar Negeri (Kemlu) akan menyelenggarakan Kongres Diaspora Kedua pada tanggal 18-20 Agustus 2013 bertempat di Jakarta Convention Center, Jakarta. Hal ini disampaikan Staf Ahli Menteri Luar Negeri Bidang Ekososbud sekaligus Kepala Desk Diaspora Indonesia M. Wahid Supriyadi di depan beberapa media nasional dalam Media Gathering di Jakarta, beberapa hari lalu.

Dubes Wahid juga menekankan bahwa yang ingin dikedepankan pada Kongres Diaspora yang kedua ini adalah kontibusi yang konkrit dan positif bagi Indonesia. "Intinya adalah bagaimana kita dapat membantu diaspora kita di seluruh dunia dan bagaimana mereka pun mampu berkontribusi bagi Indonesia," tambah Mantan Dubes RI untuk UAE.

Menurut Dubes Wahid, Dispora Indonesia punya jumlah yang besar di seluruh dunia, potensi yang besar dan memiliki peran penting bagi negara ini.

Dalam menyongsong Kongres yang Kedua ini, Kemlu bekerjasama dengan beberapa pihak, khususnya Indonesian Diaspora Network akan mengadakan serangkaian acara. "Mereka adalah para diaspora negara lain yang telah berhasil dan memberikan kontribusi positif bagi negaranya, seperti Dubes Mexico untuk Indonesia, Melba Pria dan Penulis buku China Inc, Ted Fishman", jelas Edward Wanandi Presiden Indonesian Diaspora Network yang juga hadir dalam acara tersebut.

Indonesian Diaspora Network merupakan merupakan jejaring independen yang akan semakin membantu memberdayakan serta menyuarakan (enabler and amplifier) diaspora dan komunitas grassroots dalam diaspora.

Tujuan dari Indonesian Diaspora Network adalah untuk mempererat interaksi dalam jejaring, memperluas kesempatan, dan mengupayakan kemajuan bersama untuk Indonesia dan segenap diasporanya. 

More Flights to Indonesia

Singapore Airlines anticipate tourism and business travel to grow. New routes and increased frequency to Surabaya, Bali, Jakarta, Semarang and Makassar

Singapore Airlines (SIA) will significantly boost Indonesia services, from July, with the introduction of daily flights to Surabaya, and an increase in frequency of flights to Jakarta and the resort island of Bali.

From 26 July 2013, SIA will take over one of the two daily Surabaya flights, currently operated by regional subsidiary SilkAir.

Surabaya is the second-largest city in Indonesia and the capital of East Java. The airline will operate the 285-seat Airbus A330s for the daily Surabaya flights, increasing combined SIA and SilkAir capacity on the route by 48 per cent.

On the same day, SIA will introduce a ninth daily service to Jakarta, and will simultaneously add its fourth daily service to Denpasar (Bali).

SIA currently operates 56 weekly Jakarta flights – more than to any other destination in its network – and 21 weekly Denpasar flights.

SilkAir, a wholly owned subsidiary of Singapore Airlines, is also launching new flight services to Semarang on 29 July and Makassar, formerly known as Ujung Pandang, on 1 August.

SilkAir currently operates 60 weekly flights to nine Indonesian destinations namely Balikpapan, Bandung, Lombok, Manado, Medan, Palembang, Pekanbaru, Solo and Surabaya.

“The Indonesian economy is growing and this has increased demand for both business and leisure travel,” said Ms Lee Wen Fen, SIA’s Acting Senior Vice President Marketing Planning.

“Indonesia is an especially important market for the SIA Group, as demonstrated by SIA’s new services to Surabaya, our additional flights to Bali and Jakarta and SilkAir’s new services to Semarang and Makassar. These new flights will provide even more options to our customers for travel to and from Indonesia, as well as for travel beyond Singapore, to many other destinations in our global network.”



NEW FLIGHTS TO SURABAYA (FROM 26 JULY 2013)

FLIGHT NUMBER	AIRCRAFT TYPE	DAYS OF OPERATION	DEPARTS	ARRIVES
SQ930	A330-300 (285 seats)	Daily	Singapore 0750 hrs	Surabaya 0910 hrs
SQ931	A330-300 (285 seats)	Daily	Surabaya 1030 hrs	Singapore 1335 hrs

ADDITIONAL FLIGHTS TO JAKARTA (FROM 26 JULY 2013)

FLIGHT NUMBER	AIRCRAFT TYPE	DAYS OF OPERATION	DEPARTS	ARRIVES
SQ964	A330-300 (285 seats)	Daily	Singapore 1625 hrs	Jakarta 1710 hrs
SQ965	A330-300 (285 seats)	Daily	Jakarta 1810 hrs	Singapore 2045 hrs

ADDITIONAL FLIGHTS TO DENPASAR (FROM 26 JULY 2013)

FLIGHT NUMBER	AIRCRAFT TYPE	DAYS OF OPERATION	DEPARTS	ARRIVES
SQ940	B777-200 (323 seats)	Daily	Singapore 0700 hrs	Denpasar 0935 hrs
SQ949*	B777-200 (323 seats)	Daily	Denpasar 2145 hrs	Singapore 0015 +1 hrs

*SQ949 will operate from 25 July 2013



Yoga Dirga Cahya: Let's Make A Difference

Modest, soft-spoken and every bit idealistic as his youthful 26 years, the President of the Forum Komunikasi Masyarakat Indonesia di Singapura, found himself in the media spotlight following his announcement to run in the 2014 general elections in Indonesia

People ask me how, after being away from home for the last nine years, can I be in touch with matters back home and why am I giving up a good career here to run for a seat in the Dewan Perwakilan Rakyat (DPR).

I was 18 when I came to Singapore in 2004 to study at the Nanyang Technological University and I joined the Persatuan Pelajar Indonesia Singapura (PPIS). We had a tutoring programme and that was the first time I came face-to-face with problems experienced by the Indonesian domestic workers. Because of the many hardships they go through in Singapore, as well as back home in Indonesia, I realised we must step up and help, whenever we can.

We were lucky that we could come to Singapore to study. For domestic workers the situation was never easy. For example, back then, a new domestic worker's salary was almost entirely deducted for the first ten months of employment. They would receive \$10 a month for personal expenses and there would be no money to send back home. I really felt for them, it affected me; and I told myself one day I will try to help them.

Many of my peers felt that it is one thing to want to help but it is another thing to enter politics. If everyone feels that way and 'clean and capable' professionals shy away from entering politics, then what would be the future of Indonesia or any country for that matter?

Professionals are shunning politics because of a certain repute associated with it. I want to change that. I will try my best to do my part and I know I cannot do it alone; some of the problems have become systemic but I hope to inspire more young professionals with this message: Please step forward and take part in politics. Politics by itself is not dirty or corrupt. It has got a bad name because of people who are in it for their own gains.

I was approached last August by the National Mandate Party Chairman, Pak Hatta Rajasa, to stand for a seat in the Dewan. Initially I declined and it took me a while to decide. I agreed after consulting my parents and close friends. I was not confident then because I felt that I was too young and inexperienced for such a level of politics. My friends said they would support my decision

but what surprised me was what my mother said to me, "If you think it is the right decision, you should go for it. I have always thought that you will go into politics one day. It was either now or later but since the opportunity has presented itself at your doorstep - go for it."

Singapore has also played a big part in my decision to enter politics. After living here for nine years, you appreciate how the 'system' works, how the rule of law can be feasible and how the government can be efficient. Indonesians visiting Singapore follow the law of the land. They won't litter or jaywalk. It means Indonesians by nature have a civic sense. But they behave differently when they return home, where there is no such system in place. That is what I want to do for Indonesia; replicate Singapore's efficiency and create a system that would work for Indonesia.

It's one of the reasons why I call my campaign *Kampanye Putih* (White Campaign).

Singapore will always be a part of me and my second home. Ironically, this is where I started learning about the plight of other Indonesians. I have seen the system working and the government taking care of the people. I have learnt much from the Singapore Government and society. I would like to implement those Singaporean 'best practices' that can be applied to Indonesia. We are all part of ASEAN and I believe the progress of each member will contribute to the success of the other countries as well.

I think the ultimate message I want to share is that regardless of whether I win or lose in the election - don't be apathetic about politics. In the past, even I thought that politics was not a place for good and honest people. But if everybody thinks the same way, it would be bad for Indonesia. If we do not actively take part, no change will take place in Indonesia. We will be responsible for the 556 people elected in the Dewan. It will impact on all of us directly.

Election Note: *The Indonesian election system is different from Singapore's. The constituency Yoga is contesting in is called Jakarta Dua, which consists of South and Central Jakarta and Overseas. Jakarta Dua will combine all the votes cast there and overseas and the top seven candidates with the most votes will win a seat in the DPR.*

In Memoriam



Taufiq Kiemas
(1942 to 2013)

The late Speaker of the People's Consultative Assembly of Indonesia passed away on 8 June 2013. He was warded at the Singapore General Hospital after suffering a heart attack. He leaves behind wife, Ibu Megawati Sukarnoputri, the former President of Indonesia and three children. His body was moved to the Indonesian Embassy where it was lying in state and many Indonesians and Singaporeans came to pay their last respects. His body was then flown back the next day in an Indonesian military aircraft and buried at the Kalibata Heroes Cemetery and he was given a full state funeral with President Susilo Bambang Yudhoyono presiding over the official ceremony.

He was born in Jakarta on 31 December 1942 and his family came from Palembang-Minangkabau. He graduated from the Sriwijaya University's Law Faculty in 1966 and began his political career as a member of the Indonesian National Student Movement (Gerakan Mahasiswa Nasional Indonesia or GMNI)

To celebrate his 70th birthday in December last year, he published his biography, *Gelora Kebangsaan Tak Kunjung Padam* (The National Spirit Remains Alive). He shared the major milestones of his life as well as his thoughts on many national issues.

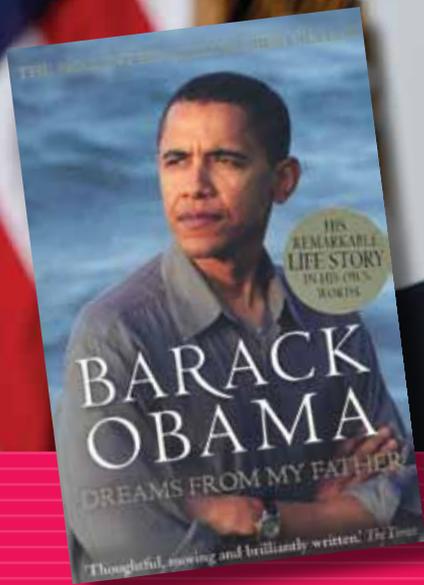
Pak Taufiq together with Ibu Megawati had actively supported the Indonesian Democratic Party – Struggle or PDI-P (Partai Demokrasi Indonesia Perjuangan), one of the leading political parties in Indonesia. Since 2008, he was the leader of the PDI-P's Muslim religious wing, the BMI (Baitul Muslimin Indonesia). He was widely identified with PDI-P and was a frequent commentator on national matters such as preparations for the 2014 legislative and presidential elections in Indonesia.

Almarhum has constantly reminded the nation, the importance of upholding the state's four pillars - namely the Pancasila, the 1945 Constitution, the nation's motto of unity in diversity and national unity.

Just like the title of his book, the legacy of his hard work and commitment in serving Indonesia will also always remain alive.



Photo: Pete Souza



Obama: Masa Kecil di Indonesia

Presiden Amerika Serikat pertama yang pernah tinggal di Indonesia dan mengenal bermacam kebudayaan ketika hidup di Jakarta pada tahun 1967

Presiden Amerika Serikat Barack Obama atau dulu lebih dikenal dengan sapaan Barry, baru berusia enam tahun waktu pertama kali datang ke Jakarta, Indonesia untuk tinggal bersama ayah tiri, Lolo Soetoro, beserta ibunya. Selama bertumbuh, beliau telah mengenal kebudayaan yang beragam waktu dia tinggal di Indonesia dan Hawaii. Selain sebagai orang Afrika Amerika pertama

yang menjabat sebagai seorang presiden, beliau juga merupakan orang pertama yang pernah menghabiskan masa kecilnya di luar negeri – empat tahun di daerah Menteng, Jakarta.

Waktu Barry hidup di Indonesia bertepatan dengan periode yang dikenal dalam sejarah Indonesia sebagai periode yang paling traumatis dan berdarah: pembunuhan orang Indonesia tahun 1965-1966 di mana sekitar 500.000 orang yang

dituduh sebagai komunis dibantai.

Barry yang tiba di Indonesia pada tahun 1967, mengingat masa ketakutan dan keresahan. Di dalam bukunya yang berjudul *Dreams from my Father*, beliau menulis bahwa mereka tiba di Jakarta kurang dari setahun setelah salah satu penekanan brutal di jaman modern. Ide ini sangat menakutkan ibunya mengingat bahwa mereka tiba pada saat Indonesia sedang dipenuhi kekacauan.

Sekolah Biasa

Di Indonesia, Barry mulai menghadiri sekolah lokal berbahasa Indonesia – Sekolah Katolik St. Francis dari Assisi selama dua tahun dan Sekolah Dasar Besuki selama satu setengah tahun. Beliau juga menulis di bukunya bahwa beliau memerlukan waktu kurang dari enam bulan untuk belajar bahasa Indonesia, adat istiadat, dan legendanya. Beliau telah mengalami cacar air, campak, dan juga pukulan bamboo rotan dari gurunya. Anak petani, anak pelayan, dan anak pegawai rendahan telah menjadi teman baik beliau dan bersama-sama dengan mereka, beliau berlari-lari siang dan malam, bergegas serabutan, menangkap jangkrik, bermain layang-layang.

Dari ayah tirinya, beliau belajar memakan cabai hijau mentah dengan nasi yang banyak untuk makan malam. Di luar dari makanan rumah, beliau juga mengenal daging anjing yang keras, lalu daging ular yang lebih keras, dan juga jangkrik panggang yang renyah.



Patung Barry kecil 10 tahun yang mengenakan kaos dan celana pendek sekarang berada di Sekolah Dasar Besuki, salah satu sekolah di mana beliau menimba ilmu sewaktu tinggal di Indonesia

Mengatur Emosi

Semasa tinggal di Indonesia, Barry yang berusia enam tahun selalu bertanya kepada ayah tirinya untuk bimbingan tentang budaya asing. “Dengan keluarga dan teman-temannya, ayah (tiri) saya memperkenalkan saya sebagai anaknya, tetapi beliau tidak pernah melebihi-lebihkan atau berpura-pura bahwa hubungan kami lebih dari itu. Saya menghargai jarak ini; yang menunjukkan kepercayaannya. Dan pengetahuan beliau tentang dunia tidak ada batasnya. Bukan hanya cara mengganti ban yang kempis atau cara bermain catur. Beliau mengerti hal-hal yang sulit dipahami, cara mengatur emosi yang saya rasakan, cara menjelaskan misteri dari takdir. Seperti bagaimana menangani pengemis. Mereka ada di mana-mana: pria, wania, dan anak-anak yang sakit, dengan pakaian compang-camping yang lusuh, beberapa tanpa lengan, yang lain tanpa kaki, korban penyakit kudis, polio, atau kusta berjalan dengan tangan mereka atau bergulir di trotoar jalan yang ramai dengan gerobak, kaki mereka yang bengkok seperti manusia karet,” beliau menjelaskan.

Ibu Barry menjadi guru bahasa Inggris bagi pengusaha Indonesia di Kedutaan Besar Amerika Serikat sebagai cara untuk menangani kesepiannya hidup di negara

asing. Tahun demi tahun berlalu, jarak di antara ibu dan ayah tiri Barry semakin jauh, dan akhirnya mengarah kepada perceraian. Barry ingat bahwa beberapa tahun terakhir di Indonesia membuka matanya.

Ibu Barry mendorong beliau untuk beradaptasi dan menyesuaikan diri dengan budaya di Indonesia. Ini menurutnya, yang membuat beliau mandiri, tidak banyak menuntut, dan sangat sopan bila dibandingkan dengan anak-anak Amerika lainnya. Dan yang terpenting menurut ibunya adalah untuk jangan mengikuti kebodohan dan kesombongan yang biasanya dicirikan orang-orang Amerika di luar negeri. Tetapi kedua orang tuanya menyadari bahwa peluang yang ada di depan Barry lebih baik sebagai orang Amerika dibandingkan sebagai orang Indonesia. Maka mereka memutuskan Barry untuk menjadi orang Amerika dan takdirnya berada di tempat lain.

Di dalam bukunya pun, Obama menuliskan bagaimana perjuangan ibunya untuk membuat Barry tidak melupakan tanah airnya. Beliau juga bercerita bagaimana ibunya selalu menomersatukan pendidikan. Karena ibunya tidak mampu untuk menyekolahkan Barry di sekolah internasional, maka selain bersekolah di sekolah Indonesia, Barry juga

mendapatkan pengajaran dari kursus korespondensi Amerika Serikat. Lima hari seminggu, setiap pukul 4 pagi, ibunya mempersiapkan sarapan dan mengajar bahasa Inggris selama tiga jam. Lalu Barry pergi ke sekolah.

Pada tahun 1971, Barry dikirim untuk tinggal bersama kakek-neneknya di Hawaii. Sebuah patung Barry kecil 10 tahun yang mengenakan kaos dan celana pendek setinggi 2 meter didirikan di Taman Menteng untuk menginspirasi anak-anak Indonesia. Patung tersebut dipindahkan ke sekolah di mana dia belajar. Pada patung tersebut terdapat sebuah kutipan dari Eleanor Roosevelt: “Masa depan adalah milik mereka yang percaya pada kekuatan mimpi mereka.”

Ron Mullers, ketua dari Friends of Obama Foundation Jakarta, yang memulai dan mengumpulkan dana untuk patung tersebut, berkata bahwa yang menarik adalah bagaimana patung tersebut dapat mengingatkan kita bahwa orang yang sekarang adalah Presiden Amerika Serikat pernah tumbuh di sana, makan bakso dan nasi goreng, berbicara bahasa Indonesia and belajar tentang dunia.

Catatan Buku: *Dreams from my Father: A Story of Race and Inheritance* oleh Barack Obama dan diterbitkan oleh Crown Publishers (imprint of Random House) ©



Titi DJ: Mentor Extraordinaire

Indonesia's leading pop diva is also the guiding star behind the popular girl group Dara Jana

Titi DJ started her singing career after winning a top spot in a talent contest organised by an Indonesian TV and radio competition in 1983. She also won the show's Best Performance title. Since then she has become one of Indonesia's most loved performers.

IndoConnect: What were the qualities that first appealed to you about the members of the group?

Titi DJ: They had the 'complete package' - the Voice, the Look and the Attitude.

They must have a good voice. But it's not enough. Since they are a trio, they have to be able to blend their voices when they sing. Singing solo is different from singing

trio. They have to manage their ego.

As performers, they must look good because they have to satisfy not only 'The ears of the audience', but also 'The Eyes' (both audio and visually). They have to look sexy-classy beautiful, NOT sexy-trashy.

Good attitude is also important. So management, clients, fans, and people around them will feel comfortable to be around them.

IndoConnect: Are you happy with their development so far? Is there any area that you think they can explore or grow in terms of the type of music they are performing?

Titi DJ: I'm very happy to see them. So far, by reports from the management

group, they have received mainly positive comments and responses from clients and fans. And thankfully, although we're still in the process of launching their single, they're already booked for some off-air shows right up to this October. Thank God. It means, people already are aware of their quality.

I want them to explore their music skill, for example, at least each should be able to play one musical instrument. It will help their performance someday.

IndoConnect: Since Indonesian Idol, what has kept you busy? As a successful performer, are you now keener to help promote rising artistes instead?



Dara Jana Snapshots

1. **Eno**
Age: 27
Voice: Mezzo Soprano
2. **Sondang**
Age: 29
Voice: Soprano
3. **Laras**
Age: 24
Voice: Alto

Titi DJ: My schedules as usual, is filled with off-air shows, TV regulars and promo for my duet album with Ruth Sahanaya "TRUTH," which by the way, stands for Titi and Ruth.

Promoting Dara Jana is important, but it doesn't mean that I have to stop singing or performing. Singing is my life, so I too, have to always maintained my career. And I don't have to worry about that, because my management team supports us with our goals.

IndoConnect: Do you have plans to do another concert in Singapore this year? If yes, please tell us when because ALL your concerts are quickly sold out and we want advance notice to buy tickets ahead!

Titi DJ: Ah, I just had my concert at the Grand Theater, Marina Bay Sand in March with Dara Jana (did you come?) I would love to have another concert or show in Singapore again. Maybe there is a sponsor or concert promoter out there who will invite us to perform again in Singapore? 

The Dara Jana Story

Titi DJ was always interested in forming a female vocal group with what she refers to as the 'complete package.' She has her own Titi DJ Management company which held a private audition for the potential performers. Titi DJ was one of the judges in Indonesian Idol for five seasons. Along the way, she realised there are so many talented singers who were not being chosen because of the voting system. So Titi DJ and her management called those girls as well as some from Indonesian vocal schools.

Titi Dwijayati's career has spanned over 30 years and she had much to share with the members of Dara Jana to help them develop their professional lives. In fact, the most important thing is the 'From A to Z' on "how to be a perfect performer".

According to Jennifer Kharis, a member of Titi DJ Management team, this meant a list of things:

A. Sing the perfect note, practicing and knowing the songs that they're about to sing, so they can really 'feel' the song when they sing it. Also the harmonization of the vocals.

B. Know the client or audience, so they wouldn't have a problem of singing the wrong genre of music, and how to interact with them. As song selection is very important.

C. It also helps to know, what kind of outfit to wear as well as the type of make-up to use.

Dara Jana was formed in 2010 when the music industry had already many girl bands in Indonesia. But Dara Jana was different. They were more focused on vocal harmony and they wanted to appeal to a more mature segment of the market, not teenagers. They focused on singing beautifully, instead of dancing. The group's western equivalent match might be closer to Destiny's Child or All Saints. If you have heard of Beyonce's Love on Top, that song is a good example of the music genre they are about. While they are a pop group, they also have to be versatile and sing different kinds of songs. Check out on Youtube Dara Jana Mostly Jazz Medley Cartoon for an idea of what they can do.

What is next for group members, Eno, Laras and Sondang? They just finished their first video clip on their first single. So the next step is promoting their single, followed by their album. Along the way, they're already having off-air shows for corporate gatherings and weddings.





Invitation to Volunteer in Indonesia

The gotong royong spirit is strong in Indonesia. Here are some adventurous and challenging – but all satisfying – projects to consider

Gotong royong is all about working together for society. Volunteering for social and cultural work is a tradition in Indonesia and imbues the spirit of gotong royong.

Many such activities in Indonesia are manifested through a wide-range of services such as building a house for the vulnerable of the society; building a mosque in the most remote areas; helping a family in need; jointly preparing for the planting season; or providing support in times of natural disasters. Giving back to society is a fundamental service; what hundreds of willing individuals are looking for is just the right project.

Here we have tried to provide information on some of the best volunteering programmes that you can do in Indonesia. Choose the one that fits your aptitude and time-frame.

Wildlife Rescue Centre in Sulawesi

The Indonesian Wildlife Rescue Centre is located on the exotic Sulawesi Island. The project is a rescue, rehabilitation and release centre for animals saved from the illegal wildlife trade. If wildlife is your passion then go for it.

Duration: 2 to 8 weeks. **Hours:** 6 days per week. **Activities:** Feeding the animals, maintaining the wildlife sanctuary.

Teacher Volunteers in Bali

At the Slukat Learning Centre you will be teaching English or Computer; elementary to high school students, kindergarten to even younger ones thrive in your care. Volunteers are supported by the Slukat Learning Center's local staff. Friday to Sunday is a holiday for exploring Bali and resting. You will be located at Ubud.

Duration: 2-4 weeks, 5-8 weeks, 9-12 weeks, 3-6 months (includes high school academic semester abroad). **Dates:** throughout the year

Host of Options at IVHQ

International Volunteer HQ (IVHQ) provides safe, quality and extremely affordable volunteering programmes in developing countries all over the world. The options include teaching, medical work, HIV/AIDS awareness, women empowerment, sports education, construction work, conservation work, surf and swim school, agricultural work and orphanage assistance.

Volunteers can choose to work on programmes for various periods of time, ranging from one week to six months. In 2013 - 2014, IVHQ plans to open a number of new volunteering programmes abroad.

Healthcare Volunteering at Elective International

Elective International is an organisation which merges healthcare awareness between the developing and developed worlds. If healthcare motivates you, the individualised programmes here will polish your hands-on skills, problem solving capacity, creativity, initiative and at times, your philosophy of medicine.

Duration: 1-2 weeks, 2-4 weeks, 5-8 weeks, 9-12 weeks. **Dates:** all year round.

Honing Skills at Global Nomadic Ltd

At Global Nomadic, choose from amazing projects in many diverse fields such as wildlife conservation, veterinary medicine, community development, education, human rights issues, medicine and journalism.

For more information: <http://www.globalnomadic.com/recruitment>

Check out the following links for detailed information. The information can change; so, do your research before planning for the work:

- <http://www.lonelyplanet.com/indonesia/work-study-volunteering/work>
- <http://www.goabroad.com/volunteer-abroad/search/indonesia/volunteer-abroad-1>
- <http://www.undp.or.id/unv/en/> 

ENGLISH TO INDO

Kebudayaan Indonesia terkenal dengan kegotongroyongan. Dalam sekecil apa pun, rakyat Indonesia memang suka tolong menolong, terutama dalam hal bekerja sukarela. Ada banyak cara untuk kita membantu masyarakat Indonesia dalam hal bekerja sukarela. Sebagai contoh, kita dapat bekerja di suaka marga satwa di Sulawesi, seperti memberi makan satwa liar, pemeliharaan lingkungan, dan lain-lain. 



Participate in the DREaM!

Youths come together for Universitas Gadjah Mada community service programme

DREaM is a 13-day international summer programme for undergraduate students organised by the Universitas Gadjah Mada (UGM) under the coordination of its Office of International Affairs. This year, 150 students from around the world will meet in Yogyakarta and take part in a combination of academic, social, cultural and tourism activities.

This is the fifth time DREaM has been organised and this annual event has proved to be very successful. The 2013's theme is 'Human Empowerment through Community Involvement.' UGM is the oldest and the largest state university in Indonesia. The university's mission is to contribute to the development of the society and the programme has the relentless support and contribution of student volunteers. Dedicated to enhance people-to-people connect among youth across communities and nations, DREaM 2013 is scheduled for 18 to 30 August in Yogyakarta, Indonesia.

Living with Indonesian Families

Volunteers will get involved in small projects organised by NGOs and partner research centres, experience living in Indonesian traditional families and society through the two-day community service and

get to know Indonesia and other cultures through a series of social activity programmes.

The academic benefits of this programme will come as credit points. At the end of the programme, all participants will receive three types of certificates to acknowledge their participation and contribution. DREaM 2013 will highlight human empowerment through community involvement; development of the society, particularly the cause of the powerless and the minority (economic, social, gender and other issues) will be focused on.

What to Expect

Resource collaboration from the facilitator on one side and from the community on the other side will be followed as the standard empowerment strategy.

Apart from the two-day public lectures at UGM, participants will attend tutorial classes that will enrich their understanding of human empowerment issues before the community service programmes start. Internship programmes will provide contextual understanding of human empowerment issues at the grass root level. Then comes the Action Plan Workshop, which prepares participants to plan their own programme during the community service. The workshop acts as a bridge between the previous events that is public lecture, tutorial class and internship to the next step that is community service.



ENGLISH TO INDO



Tahun ini adalah tahun kelima bagi Universitas Gadjah Mada (UGM) untuk mengadakan acara DREaM. Acara ini merupakan program musim panas internasional untuk mahasiswa dan tahun ini, acara ini bertemakan "Human Empowerment through Community Involvement".

Peserta akan terlibat dalam program aktivitas sosial, tinggal bersama keluarga tradisional Indonesia dan juga belajar tentang kebudayaan Indonesia.

Diharapkan setelah mengikuti acara ini, para peserta mendapatkan pelajaran yang sangat berguna yang dapat dipergunakan dalam kehidupan mereka setelah kembali ke tempat tinggal mereka. 

Batik & Tenun as Heritage Haute Couture?

Fashion show organised by the Indonesian Embassy showcases the beauty of batik and tenun (woven) as well as the rich cultural heritage behind the fabrics' traditional patterns and designs, reports *Priya Ramakrishnan*

Photos by Priya Ramakrishnan



Mrs Ferial Saad Hadi (second from right) with Guest of Honour Dr Seetha Shanmugam (middle)



Dharma Wanita Persatuan KBRI Singapura organised a diplomatic afternoon tea event with the theme 'The beauty of Indonesian heritage in batik and woven culture' at the Indonesian Embassy. It was a unique effort to introduce traditional batik and songket fabrics as high fashion and to promote the rich heritage of Indonesian cloth, handicrafts and design, according to Mrs Ferial Saad Hadi, wife of the Indonesian Ambassador to Singapore, His Excellency Andri Hadi, who hosted the Batik Fashion Show and Weaving Workshop at the Ambassador's residence on 16 May.

She said, "Batik and traditional Indonesian weaving products do not just possess a high level artistic value, they also have a high economic value for our economy, as Indonesia's batik and weaving industries employ many workers and the majority of them are women. Thus, these industries indirectly help in the development of Indonesia's economy."

The Guest of Honour for the event was Dr Seetha Shanmugam, wife of Singapore's Minister of Foreign Affairs, Mr K Shanmugam, along with about 100 members of Singapore's diplomatic community including many spouses of the ambassadors from various countries. Apart from the fashion show, there was a demonstration of traditional weaving practices.

"Indonesia has over 300 ethnic indigenous groups which are culturally very rich. The culture is also influenced by Hinduism, Buddhism, Arabic, Malay and Chinese which is reflected in the handmade cloths, patterns, designs and cut of Indonesian fashion," said Mrs Ferial.

Meanings of Patterns

Underscoring the vibrancy of various patterns found in Indonesian design, Mrs Ferial said, "Javanese traditional batik always has notable meanings rooted to the Javanese concepts of the trinity of Gods which represent the three major Hindu Gods Brahma, Vishnu and Siva. The depiction of the three Gods can be found in the designs of the cloth dyed and woven in the area."

Songket, which is a fabric hand-woven in silk or cotton with gold and silver threads, was also showcased. One other unique feature of the fashion show was the participation of the embassy staff as models wearing beautiful traditional kebaya as well as modern cocktail dresses.

Apart from batik, other dyeing techniques such as Ikat and Hinggi were showcased. A special workshop was also conducted with weavers from Lombok and batik makers from Pekalongan. Breathtaking in their beauty, these fabrics which had gold and silver threads were often flaunted by Indonesian royalty and some are quite exclusive. For example, the double Ikat royal songket, which is also known as Geringsing, is only woven in a tiny village of Bali Aga called Tengenan.

The show and workshop left a deep impact on the visitors, who queued up to purchase various fabrics and brocades exhibited at the mini bazaar at the Ambassador's residence.

ASEAN Wayang – Puppetry Alive and Kicking

APA aims to promote the performing art of puppetry among youth



1. VIP book launch of 'The Heritage of ASEAN Puppetry' (from left) Dr Makarim Wibisono and HE Andri Hadi

2. Dr Chua Soo Pong presenting a commemorative plaque to Prof Dr Wiendhu Nuryanti and the ASEAN Puppetry Association leadership

3. Indonesian cultural festival performances were also showcased

4. Frankie Malachi of Singapore's Mascots and Puppets Specialists performed in the closing ceremony

5. Balinese myths and legends retold in music and puppetry performances

The ASEAN Puppetry Association (APA) held its fifth meeting at the Arts House at Old Parliament Lane in Singapore. The APA secretariat is based in Senawangi, Indonesia, and is the central hub of activities for APA to achieve its long term goal of raising awareness among ASEAN countries. The importance of knowing and understanding their neighbours' arts and cultures is important among the ASEAN fraternity, especially the young people. APA hopes this will eventually help to imbibe the 'we' feeling in the ASEAN community.

The event was officially opened by Dr Makarim Wibisono, Executive Director of ASEAN Foundation, and Deputy Minister for Culture, Ministry of Education and Culture of the Republic of Indonesia, on 23 January 2013. He

said, "As we approach the establishment of the ASEAN Community in 2015, the APA forum will play an important role to promote as well as preserve ASEAN's cultures and heritages."

Dr Chua Soo Pong, Chairman APA Singapore, stated that the yearly event will provide the opportunity to share new ideas on the development of ASEAN puppetry aesthetics and will help to strengthen the ASEAN bond. The opening ceremony also saw the presentation of 'The Heritage of ASEAN Puppetry' book to Dr Makarim, who as the Executive Director of the ASEAN Foundation, has greatly supported the APA and to the Ambassador of the Republic of Indonesia, His Excellency Andri Hadi, who has extended his support for the holding of the APA in Singapore.

Many colourful performances from Indonesia, Myanmar, Philippines and Singapore were presented on the first and second days. Cambodia, Lao PDR and Thailand did not perform but showcased their traditional puppets.

The closing ceremony on 24 January was officiated by Prof Dr Wiendhu Nuryanti, Deputy Minister of Education and Culture of the Republic of Indonesia, who reiterated the importance of promoting ASEAN cultures. She called on the young generation to preserve their invaluable cultural heritage.

Since its inception, the APA has met and performed in three Indonesia cities: Jakarta, Lampung and Yogyakarta. They have also performed in Manila, Kuala Lumpur, Bandar Seri Begawan and now finally in Singapore. 

The New Story of Indonesia

Gita Wirjawan on the incredible promise and potential of Indonesia with its large young population and fast rising incomes

At the end of Soekarno's regime, GDP per capita of Indonesia was a mere US\$400. Then Suharto took over and at the end of his term the GDP per capita was US\$600. To be fair, Suharto had brought it all the way up to US\$1200 but because of the Asian financial crisis of 1998, things diluted down to US\$600. The transitional governments of Habibie, Megawati and Gus Dur, brought the GDP per capita up to US\$1100.

Then in 2004, Susilo Bambang Yudhono or SBY took over and initiated the Reform Agenda. By the end of last year, SBY was able to quadruple Indonesia's GDP per capita to reach US\$4000. And if we are to extrapolate the growth of the economy up to the end of his term on 22 October next year, there is a good chance of the GDP per capita hitting US\$5000. This translates to an eight-fold growth within a 10-year period, since SBY took over from Megawati.

If we take a look at the fiscal picture, Indonesia has earned some bragging rights. We run on a debt to GDP ratio of about 23 per cent and we have been running with a budget deficit of about 1.5 per cent, for the last few years. This is very good. In the past when I was a banker (making more money than I do now), the debt to GDP ratio was about 90 per cent, and the budget deficit was always a double digit figure and inflation was about 70 per cent. Last year's inflation figure was a little under four per cent and in 2011 it was 3.5 per cent. We have been able to manage inflation quite effectively and efficiently.

It's funny when I tell people that the only thing that worries me about inflation is the price of chilli. It makes up a good chunk of the index for inflation and tells you something about the amount of spicy food we eat. So if we want to manage inflation, we just have to eat less spicy food. The other item in the index is rice, which has been stable and fuel, which has been an issue in the last few months. On the whole, from a fiscal and monetary point, Indonesia stands pretty ready.

By the way, only 10 million people and companies pay taxes in Indonesia. With only 10 million paying taxes we have been able to reduce our debt to GDP ratio to 23 per cent and manage



Photo: Singapore Management University

By next year, there will be about 170 million Indonesians who are female and youthful and will be eligible to vote. Think about it. They will shake not just only the political process, they will shake the economic, cultural and social process of Indonesia.

budget deficits at about 1.5 per cent. We have been able to offer companies that have gone public to pay tax rates of only 20 per cent. And our tax ratio has gone up to 15.5 per cent using the OECD methodology. If we are able to collect taxes from just 25 million people, I will be able to offer a tax holiday to everyone in this room, who wants to move to Indonesia! I'm just kidding and though it is a hypothetical example, the potential of being able to net more tax payers cannot be ignored.

And a good thing about Indonesia is it is full of Justin Biebers and Selena Gomezes - very youthful.

Someone asked me about the politics earlier. It is quite simple. By next year, there will be about 170 million Indonesian women ready to vote! Think about it. They will shake not just the political process but also the economic, cultural and social process of Indonesia.

On the main challenges facing Indonesia today: The Gini ratio* has tipped up a bit to 0.4 – still below that of the USA – but still well above Singapore, Sweden and Germany and many other prosperous countries that has been able to re-distribute wealth with equity. I think that will be the most important mid- and long-term challenge that Indonesia has to combat – how do we use this fiscal space, so that everybody gets to enjoy the cake?

I think the next challenge is how to make Indonesia more competitive. More competitive by replacing the hopelessly antiquated infrastructure that you might have seen if you have been to Indonesia. Anytime anybody wants to experience traffic jam, just come to Jakarta. I guarantee that there will be one at most hours of the day.

But that is a good problem, traffic jams are emblematic of economic growth. The important question is if there is anyone thinking about fixing it soon? That is what we have to think about, how soon.

Above are extracts from Mr Gita Wirjawan, Minister of Trade, Republic of Indonesia, speech to students and faculty of Singapore Management University (SMU) earlier this year, at SMU's Presidential Distinguished Lecturer Series 2013

* Gini ratio: It is a figure between 0 and 1, where 0 is perfect equality (where everyone has the same income) and 1 corresponds with perfect inequality (where one person has all the income and everyone else has zero income)



Koru L-shaped sofa in full cowhide leather

Castilla

The Leather Sofa Specialist

Genuine Italian and German made sofas from one of the most established furniture companies in Singapore

The company has been in the furniture business for over 15 years and has built up a reputation for its expertise in leather sofas. Castilla is meticulous in selecting their partners to ensure high quality, yet reasonably-priced furniture for their customers. Exclusively available at Castilla Flagship Store at Park Mall are some leading international brands including Calia, Gamma, Konior, among others. Each brand exudes fine workmanship in leather handling and sofa making.

Castilla showcases a selection of leather sofa sets at Park Mall from original Italian-made brand Calia Italia and well-known German-made brand, Koinor.

Calia Italia

Italian design has inspired the world be it in clothes, cars or sofas. Calia Italia's cosy shapes, careful attention to details, functionality and design found their inspiration in the beauty of its land in Matera, Italy, which is made up of a rocky skyline. The designers also kept an eye on the form, to make it comfortable, something that can be lived in and shared. Calia Italia's master

artisans skilfully create sofas, armchairs and sofa-beds for an international market. It seeks to evoke a spontaneous synthesis of style and simplicity with beauty and comfort.

Koinor

Koinor's Lifestyle Collection called 'Sofas for Friends' is a combination of good design and innovative function. This brand of seating furniture seeks to exude enjoyment of life and pure passion. The sofas provide comfort to enjoy movie or TV viewing, reading a book or even taking a short nap. It makes family gatherings and entertainment with friends more fun.

Showroom notes:

Castilla Flagship Store @ Park Mall
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Castilla Studio @ Bukit Timah
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Weekends & PH: 11am to 9pm)

Castilla Outlet @ Sungei Kadut
33 Sungei Kadut Ave
Tel: 6363 3323 (11am to 8pm daily)



Avanti L-shaped sofa in full cowhide leather with extendable seat depth



3 March 2013 - Sosialisasi oleh Badan Narkotika Nasional

KBRI berkerja sama dengan Badan Narkotika Nasional (BNN) telah mengadakan acara "Pergelaran Seni Budaya Teater Musikal dalam Rangka Pencegahan Penyalahgunaan Narkoba di Singapura" yang bertempat di aula Sekolah Indonesia Singapura.

Acara pementasan teater musikal yang dibawakan oleh siswa-siswi Sekolah Indonesia Singapura ini dihadiri oleh para tenaga kerja Indonesia

Teater Musikal dalam Rangka Pencegahan Penyalahgunaan Narkoba

dan ditujukan agar mereka tidak terjerumus dalam penyalahgunaan narkoba.

Turut hadir juga dalam acara tersebut: Bapak Duta Besar Bapak Andri Hadi; Deputi Pencegahan BNN Bapak Yappi Manafe; Deputi Hukum dan Kerja Sama BNN Bapak Bali Moniaga; perwakilan dari Kementerian Tenaga Kerja dan Transmigrasi, dan sebagai narasumber dari Deputi Pemberantasan BNN Bapak Benny J Mamoto.

Acara sosialisasi ini juga dimeriahkan dengan hiburan kesenian seperti tarian



tradisional dari berbagai daerah, pembacaan puisi, nasyid, dan juga *karaoke* yang dibawakan oleh para PLRT. 🎵



17 March 2013 - Inspiring dance and music performances by Indonesian Down Syndrome Association

This year, the Down Syndrome Association of Singapore together with the Irish community jointly celebrated St Patrick's Day and World Down Syndrome Day. A stage was set up at Boat Quay, the popular riverside row of restaurants, and one of the special guests invited to perform was from Indonesia. The 55-strong Ikatan Sindroma Down Indonesia (ISDI) delighted everyone in the jam-packed street with their angklung and dance performances on both Saturday and Sunday.

Celebrating World Down Syndrome Day

Ms Aryanti R. Yacub, Chairperson of ISDI, and who manages the Center of Hope ISDI in Jakarta, said this was the first time the angklung group has performed outside Indonesia and the second time for the ISDI dance troupe. The members' age range from 16 to 32 years and they performed like seasoned pros. She said the group is often invited to weddings and events back home. This was a far cry from the time when the angklung group was formed in 2006. She said it took them a year to learn one song then. "With plenty of discipline and practice, everyone got better and now we have a large repertoire of songs such as We are the Champions, Es Lilin, Keroncong Kemayoran, and well known English songs for easy listening as well as for celebrating

festive occasions such as Christmas. We once collaborated with Balinese gamelan instruments to perform at a Christmas event, producing wonderful never-before-heard music for many traditional Christmas songs. So there are endless possibilities of what we can do in the future," said Ms Aryanti.

The next day, the ISDI group performed another show at KBRI for their special guests, HE Ambassador Andri Hadi and his wife, as well as the Embassy staff. Just like at Boat Quay, the music and performers not only impressed the audience but everyone was also very inspired to see and hear their ability to play so well and beautifully. For more information on ISDI and their activities visit: www.isdi-online.org 🎵



23 March 2013 - Biggest bi-annual festival held by PPI-S

The official launch of the Indonesian Arts Festival 2013 (IAF) organised by Perhimpunan Pelajar Indonesia di Singapura (PPI) took place at KBRI with a bang as there were Who's Got Talent finalist performances and exhibition of the Live Painting and Photography finalists. For more info on the events, visit <http://iaf.ppisingapura.org> 



New IPA Team's Plans

23 March 2013 - Wajah-wajah baru di dalam pelantikan komite IPA yang baru

Tahun ini adalah keempat kalinya Indonesian Professionals Association atau IPA mengadakan acara pelantikan komite kepengurusannya.

"Asosiasi ini adalah sebuah wadah untuk ber-networking dan memberikan fasilitas 'professional development' bagi profesional-profesional Indonesia yang berada di Singapura. IPA sendiri sudah berdiri sejak tahun 1999," kata Verdyka Kurniawan, Presiden IPA untuk periode 2013-2014.

Rencana yang akan dilaksanakan oleh komite baru kata dia, "Mengadakan lebih banyak lagi seminar yang informatif dan edukatif, dan media untuk mencerdaskan para anggota IPA."

Visi dari komite IPA baru adalah untuk menciptakan komunitas yang kuat di antara profesional Indonesia di Singapura.

Ke-14 komite baru IPA periode tahun 2013-2014 dapat dilihat pada tabel di sebelah kanan.

Bila ingin mengetahui kegiatan IPA lebih lanjut yang akan diadakan tahun ini, dapat dilihat di situs: <http://ipa.org.sg> atau email: membership@ipa.org.sg 



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10	Maulana Bachtiar	Special Interest
11	Albert Sugirgo	Business Development
12	Fendy Susanto	Business Development
13	Andriani Winoto	Social Development
14	Lukas Suryo Effendi	Public Relation

AIBL Season Finals

May 2013 - Five teams have signed up for first Indonesian League in Singapore 'For the love of the game'

After 18 matches the final showdown to decide who will be the first Champion of the ABAS Indonesian Basketball League (AIBL) in Singapore will be decided in May. As at IndoConnect press time, the top four teams are Sinesia, EMBC, InSIM and Pistons.

This season's Most Valuable Player AIBL 2013 award went to Sinesia's Captain Steven Tan. Photos here are the matches held at the Queensway Secondary School basketball hall on Sunday 31 March 2013. For more info on the league, visit <http://aiblsingapore.com> @



Turnamen Bola Volly Dubes Cup 2013

ditulis oleh
Muhamad Alamsyah

17 Maret hingga 7 April - Kejuaraan ini dari tahun lalu hingga tahun ini mengalami banyak peningkatan

Dalam rangka memupuk sportifitas dan kekeluargaan, Himpunan Penata Laksana Rumah Tangga Indonesia Singapura (HPLRTIS) mengadakan Turnamen Duta Besar Cup yang diselenggarakan setiap tahun. Turnemen ini mulai digelar sejak tahun 2012 yang dibuka langsung oleh Bapak Duta Besar Andri Hadi, sekaligus menjadi momen bagi seluruh anggota HPLRTIS dalam menyambut kedatangan Bapak Dubes di Singapura saat itu.

Turnamen yang tahun ini dipimpin oleh saudari Emiyati (PLRT asal Lampung) dimulai dari tanggal 17 Maret s.d. 17 April 2013 di Hall Sekolah Indonesia Singapura, diikuti oleh 12 tim putri dan 5 tim putra. Tak kalah meriahnya, pada ajang ini turut pula beberapa sponsor seperti Pos TKI, Mas Express, dan Forum Komunikasi Masyarakat Indonesia Singapura.

Akhirnya pada pertandingan Volly ini tim putri Indo Zoo dan tim putra West Java meraih juara I, tim putri HPLRTIS dan tim putra Garuda sebagai juara II, serta tim putri Bunga Khatulistiwa dan tim putra IEMBACS meraih gelar juara III di ajang bergengsi ini. @



Pesta Demokrasi Ala Penata Laksana Rumah Tangga Indonesia di Singapura

ditulis oleh
Muhamad Alamsyah

14 April 2013 - Organisasi yang terbesar untuk kalangan Warga Negara Indonesia (WNI) melantik pemimpin baru

Sekitar 1200 orang Penata Laksana Rumah Tangga asal Indonesia bekerja di Singapura, secara legal terjaring dalam Himpunan Penata Laksana Rumah Tangga Indonesia Singapura (HPLRTIS) yang diresmikan oleh Bapak Duta Besar Wardana (Wakil Menlu sekarang) pada tahun 2006 yang lalu.

Organisasi ini merupakan organisasi terbesar untuk kalangan WNI di Singapura, sehingga diperlukan beberapa program yang dapat membangun aktifitas positif bagi mereka untuk memotivasi semangat bekerja mereka sebagai buruh migran di Negri Tumasik ini. Untuk itu kehadiran figur pemimpin wanita yang andal, semangat, dan konsisten, berpengaruh sekali terhadap keberlangsungan HPLRTIS.

Pada periode 2006-2012, Ketua Umum HPLRTIS ialah saudari Sumarni Markasan (PLRT asal Kendal Jawa Tengah) yang akhirnya harus berhenti karena

kembali ke Indonesia. Dalam kondisi itulah kader HPLRTIS berinisiatif meneruskan tonggak kepemimpinan dengan sistem yang baru. Disusunlah panitia kecil yang terdiri dari tim formatur yang dipimpin Saudari Nung Haris, seorang PLRT senior asal Bandung yang sangat rajin dan tangguh dalam menggerakkan anggota lainnya untuk segera melakukan pemilihan ketua umum baru, agar kegiatan HPLRTIS tetap berjalan dengan semestinya.

Upaya organisasi ini sangat disambut baik oleh pihak KBRI Singapura. Nung Haris dan segenap tim formatur lainnya segera meminta petunjuk Bapak Fachry Sulaiman (Koordinator Fungsi Protokol dan Konsuler) untuk membentuk sistem pemilihan yang demokratis dan transparan, walaupun hal tersebut dilakukan oleh para PLRT dalam bentuk Musyawarah Besar HPLRTIS.

Akhirnya, setelah melakukan segala persiapan maka pada tanggal 14 April 2013, Pemilihan Ketua Umum HPLRTIS periode 2013-2015 pun berlangsung sangat demokratis. Pemilihan dilakukan di Hall Sekolah Indonesia layaknya pemilihan



Kepala Daerah di Indonesia. Terpilih 3 kandidat Ketua Umum yaitu saudari Supriyatin Atin, Saudari Muzalimah Suradi, dan Anny Susanti.

Setelah proses pemungutan suara secara langsung, umum, bebas dan rahasia, dilakukanlah penghitungan suara. Bapak Duta Besar Andri Hadi berkesempatan untuk membuka surat suara satu persatu dan menyebutkan suara yang terpilih, disaksikan oleh para tamu undangan serta para pemilih yang antusias mengikuti jalannya pesta demokrasi ini. Ketiga kandidat terlihat tegang saat penghitungan suara sampai pada hitungan terakhir dinyatakan saudari Muzalimah Suradi leading dengan jumlah total suara sah 179 suara, dan dinyatakan sebagai Ketua Umum HPLRTIS terpilih untuk periode 2013-2015.

Terpilihnya ketua umum HPLRTIS yang baru diharapkan dapat menampung aspirasi para PLRT Indonesia di Singapura dengan sejumlah agenda sesuai visi-misi yang disampaikan dalam kampanye pemilihan. Sehingga HPLRTIS masa depan tampil beda dengan tim pengurus yang lebih solid, dan anggotanya yang semakin semangat mengikuti program kerja yang positif untuk mendukung kelangsungan kerjanya di Singapura. ☺





Masuro si Jagoan Komputer

Mulai edisi kali ini, IndoConnect akan mem-fitur pelajar dan kursus yang ditawarkan di SIS

Apabila kalian masuk ke kelas di mana Mbak Masuro Maspurol (25) belajar komputer, kalian akan melihat bahwa setiap meja di sana memiliki seperangkat komputer. Dan hanya Mbak Masuro yang memiliki seperangkat laptop! Dia berkata memiliki laptop sangatlah membantu dia dalam belajar karena dia dapat melanjutkan pelajarannya setelah kembali ke rumah majikannya. Mbak Masuro terpilih sebagai salah satu pelajar terbaik di kelasnya.

Dengan membeli seperangkat laptop membuktikan komitmen Mbak Masuro untuk sukses dalam kursus komputer yang diadakan setiap hari Minggu di Pusat Pendidikan dan Pelatihan Kerja Penata Laksana Rumah Tangga di Sekolah Indonesia di Singapura (SIS).

Kursus komputer ini merupakan salah satu dari kursus-kursus lain (lihat kotak pada halaman 29) yang ditawarkan secara khusus untuk para PLRT. SIS dan kursus yang ada dikelola langsung oleh Kedutaan Besar Republik Indonesia di Singapura. Mbak Masuro telah bekerja di Singapura selama empat tahun dan berencana untuk

pulang ke tanah air selamanya waktu lebaran tahun ini.

Lebih dari Sekedar Komputer

Perjalanan belajar komputer Mbak Masuro diawali pada tahun 2009, waktu pertama kali datang ke Singapura. Setelah mendengar bahwa SIS menawarkan bermacam-macam kursus, dia langsung mendaftarkan diri di kelas menjahit pada tahun pertama dia di sini, dilanjutkan dengan kursus bahasa Inggris dan pada akhirnya kursus komputer.

Mbak Masuro adalah orang yang berambisi dan dia berkata, "Saya telah belajar banyak dan sekarang memiliki keterampilan dan ilmu pengetahuan yang baru. Dia telah menggunakan keterampilan barunya seperti menjahit dan memperbaiki baju di tempat dia bekerja sekarang." Dia mengaku apa yang mendorong dia untuk belajar dengan giat adalah dia berharap untuk TIDAK bekerja sebagai PLRT lagi. Dia ingin mengembangkan dirinya dan berharap untuk bekerja di lingkungan kantor di masa depan.

Belajar yuk!



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5. Kursus Bahasa Inggris
6. Kursus Bahasa Mandarin
7. Program Kejar Paket B (SMP) and Paket (SMA)

Untuk informasi lebih lanjut, silakan kunjungi langsung ke Sekolah Indonesia Singapura di 20A Siglap Road, Singapura 455859. Kontak info: (65) 839 44844. 

Jangan Lupa! Panggung Gembira dan Bazaar 2013

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Luangkanlah waktu kalian untuk mengikuti acara pesta kemerdekaan di tahun 2013.

Tahun lalu acara ini diikuti oleh lebih dari 25.000 orang! Acara yang diselenggarakan oleh KBRI Singapura untuk memeriahkan HUT Indonesia ke-68 ini akan menampilkan artis-artis papan atas ibukota.

Ayo jangan datang sendirian, bawalah teman-teman kalian turut serta dan rayakanlah bersama-sama! Di sana akan ada banyak makanan dan minuman kesukaan kalian. Tidak dipungut biaya masuk.

Majalah IndoConnect akan berada di sana juga - untuk merayakan hari ulang tahunnya yang pertama! Jangan lupa untuk mampir di stall kami! :)

Untuk informasi lebih lanjut, kunjungi facebook kbrisingapura@yahoo.com atau www.kemlu.go.id/singapore



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Skin that Glows

Get a glowing skin with these skin care tips

by Kristi Ambrose



A glowing and healthy skin comes with care, and care for your facial skin, particularly, needs discipline. Skin care comprises the following steps; cleansing, toning, exfoliating and moisturising. Cleansing should be the first step in your skin care routine. A good cleanser helps in removing pollutants, oil, dirt and other components, which damage your skin. For the most part, cleansing should be done twice a day (unless otherwise mentioned by your doctor or skin care specialist) - once in the morning and once at night. If you can't do it two times a day, ensure you do it at night, especially if you wear makeup, so that the ingredients in the makeup don't stay on your face all night long. This can lead to clogged pores and acne.

Toning is the next step as it closes the pores and removes residual makeup, dirt, grease and excess cleanser. Rather than making it part of your everyday skin care routine, you can use toning from time to time especially on those days when you are exposed to harsh environment/pollution.

Exfoliation should be done at least once a week, depending on your type of skin, as it plays a crucial role in removing dead skin cells and unclogging your pores. However, excessive or harsh exfoliation can cause damage to your skin; so you need to balance it out.

Moisturising is the last step and is an important ritual to any facial care routine, as it prevents your skin from getting too dry. Some moisturisers even include SPF, which will protect your skin from the sun. Dryness of skin is damaging, as it causes the upper layer of the skin to break, leading to dead skin cells and wrinkles. While applying moisturiser, use light upward strokes to make the moisturiser more effective. Moisturisers work best when applied on warm and damp skin.

Besides the aforementioned routine you should also adopt the following exercises:

- Use a proper make up remover instead of just washing it away with water
- Choose your skin care product with special care; match it to your skin type. It is usually a good idea to ask a make-up specialist about this, in case you don't know your skin type
- Rub your skin lightly when you are cleansing, toning, exfoliating or moisturising; take care for areas especially around the jaw line and your eyes, as this can lead to dark circle and wrinkles. In fact, it's better to dab rather than rub, especially around the eyes
- Use a makeup, lotion or moisturiser that includes an SPF, which will protect your skin from damage and ageing, from exposure to the sun.

Caring for your skin inside out

When it comes to skin care, what you eat matters more than what you apply on your skin. Apart from using the best moisturizers and sunscreens, you also need to eat the right food for a healthy and glowing complexion. Stock up on these fruits this summer to get a naturally beautiful skin.

Tomatoes

Tomatoes have been known long to help the skin retain a clear complexion. Lycopene (which makes tomatoes red) lowers the acne-promoting hormone and helps defend your skin against UV rays. So make sure to include tomato in your diet and arm up against the harsh rays of sun.

Berries

These gifts of nature are loaded up with antioxidants which prevent ageing and fight off blemishes. Richly coloured berries such as blueberries, cherries, strawberries apart from being fat-burning food, they also help keep your skin young and wrinkle-free.

Orange

Always available in plenty, oranges are rich in Vitamin C, which improves the skin texture. An orange a day, keeps dull skin away! So skip the deep fried burgers and French fries today and grab a few oranges for your mid-day snack. Your skin will thank you with a radiant complexion.

Papaya

Legendary beauty Cleopatra may have bathed in milk, but just a glass of fresh papaya milk can do wonders to your skin. Papaya contains a special enzyme called papain which kills dead cells and cures impurities. Don't fret if you don't find the time to head to the spa for an exfoliating session, just eat some papaya for breakfast and exfoliate your skin from inside out! 



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Fashion Flowers Along Orchard Road

Orchard Road was transformed into an outdoor catwalk and there was a special Indonesian connection at the event, reports *Priya Ramakrishnan*



Traffic was literally brought to a standstill on Orchard Road as long-legged models strutted out in their finest to a cheering crowd at the Samsung Fashion Steps Out (FSO) 2013 held on Saturday night 4 May.

Many of Singapore's favourite local and international fashion brands were paraded by 170 models, who had the whole of Orchard Road to themselves for almost two hours. The other highlight was the official Singapore launch of the Samsung Galaxy S4 LTE. The FSO was one of the closing events of the six-week long Samsung FSO series of events.

Orchard Road itself was decked in fashionable 'clothes.' Some of the trees lining the catwalk path were wrapped in gorgeous flowery prints with vivid hues and effervescent paints and some were designed by Yovani Andrian Siswanto. The 19-year old Indonesian student from Raffles Design Institute (RDI) was inspired by Singapore's national flower, the Vanda Miss Joaquim orchid. Yovani's design was part of 'Fashion Prints - A Trunk Show' that was held in conjunction with the FSO.

"I think it's beautiful and so it became the muse for my artwork. The flower represents so much about Singapore - from her young history to the many races living together in perfect harmony. It makes a good national icon," she said.

This is FSO's fourth year and was presented by Orchard Road Business Association (ORBA), with the support of Singapore Tourism Board to promote retail on the namesake street. "Orchard Road Business Association is pleased to celebrate the best of Spring Summer 2013 with Samsung Fashion Steps Out 2013, which had myriad MasterCard shopping promotions for the retail stores on Orchard Road," said Mrs May Sng, Chairman of ORBA. Ms Irene Ng, Vice President, Marketing, Samsung Asia Pte Ltd, said that the iconic event was a chance for Samsung to present a combination of style and technology with a creative fashion touch.

She added, "We worked closely with young student designers from Raffles Design Institute, and chose designs that we incorporated into the design elements of accessories for the Samsung GALAXY S 4 LTE."

Crowds of Singaporeans and tourists viewed the latest collections from brands such as Fausto Puglisi; Victoria Beckham; Coach; J.Press; Robinsons; Marks & Spencer; Adolfo Dominguez; Maria Grachvogel and Blugirl. Official Make-up Shiseido and Official Hair Shiseido Professional dolled up the models in the season's trendiest colours and hairstyles.



Photos by Priya Ramakrishnan



According to Irene Ng, Vice President, Marketing, Samsung Asia Pte Ltd, the company received an overwhelming response from consumers ever since the launch of the GALAXY S4 with LTE was announced. A high volume of pre-orders came before the retail launch on 27 April. With appealing features such as a slimmer design that has the world's first Full HD SUPER AMOLED display with an ultra-sharp pixel density, this device will be ideal for videos and images. It is also equipped with 'air gesture' that is convenient to users who can wave their hand to change a music track, scroll up and down a web page or accept a call. You can enjoy music, play games, share pictures and documents with the 'group play' function without a Wi-Fi Access Point (AP) or cellular signal. Galaxy S4 also comes with a 'smart pause,' which enables users to control the screen, useful when one is watching a video while on the move. The enriched and intuitive camera features include 'dual shot,' 'drama shot' and 'sound and shot.'

The new technology featured in the S4 is going to be matched with original cover designs created by students from RDI along with specially-designed version by Singaporean street artist Mazlan Ahmad. One of the designs of this show was incorporated into the protective cover design of S4 and is available for sale at the Samsung Experience Stores.

Samsung which is a leader in the mobile phones market in Singapore has priced the GALAXY S4 with LTE at S\$998, without contract, in retail. ©



Dress to Play GOLF!

The latest stylish and comfortable wear for the green



Munsingwear cap and socks



It's nicer to play and win in style. Munsingwear and LeCoq are no strangers to golfers. The former has been around since 1955 and are sponsors of top tournaments and players with its exclusive high-tag and high-tech golf wear. For example, Munsingwear 2013 Spring & Summer season theme 'Graceful Vacations' span new innovation and designs whether golfers are in a clubhouse or outdoors. Highlight of this new collection include Motion 3D, Gore-Tex and X Cool technologies to keep moisture at bay to allow golfers to swing with ease.

Le Coq style and pricing appeals to a larger crowd and possess an excellent ability to repel water, much more than normal windbreakers. According to Le Coq the material 'corresponds to sudden changes in weather.' Whatever the materials, both brands offer stylish and comfortable golf wear. Shown here are some of the latest range introduced in Singapore. 



LeCoq polo shirt and shorts

Savvy Apps for Shopaholics

This shopping season, arm yourself with more than your credit card. Get these savvy apps for smooth hassle-free shopping!

S4 comes with Preloaded Shopping Apps

Special shopping and lifestyle apps have been pre-loaded on the GALAXY S4 with LTE. A few have been mentioned here to give you an idea about how inseparable the S4 will prove to be.

- **Club 21** – Access style and discover the latest trends featured in more than 200 brands. A secure log-in allows Club 21 card members to access their accounts while on the go and track orders. New members can sign up to enjoy the full membership's rewards and privileges.
- **herworld PLUS** – Get the latest news, views and reviews on fashion, shopping, beauty and more from herworld PLUS, Singapore's go-to website for women.
- **Catalog** – Receive up-to-the-minute style and pop culture fix 24/7 and while on the move; enabled by CATALOG Magazine, this is a shopping guide for consumers. Swipe, click and tap for insider fashion finds and scoops on the next big talents.
- **Nylon** – Satisfy craving for all things Korean with NYLON SINGAPORE's on-the-go app, filled with curated content on the latest Korean fashion, beauty, music and food.
- **Food and Travel** – Check out the good food recommendations and locate the nearest restaurants around you. Restaurants are segmented according to cuisine types and feature the latest promotions, events and updates on food and travel happenings.
- **Escape** – Discover the best cities to visit at a glance and plan an itinerary easily with a list of options to eat, sleep, see and play.



Launch of Orchard Road Mobile App

In conjunction with Fashion Steps Out 2013, the first-ever Orchard Road mobile application "@Orchard" was launched and made available for download from 28 March onwards.

Free for both Android and iOS users, this app will help shoppers navigate around the street and provide a listing of Orchard Road stores, the latest promotions and newest events. In line with the season, the application will also feature exclusive video interviews with international and local brands on their trendiest spring / summer 2013 collection. Furthermore, users will also find up-to-date information on the availability of car park lots, as well as traffic conditions on Orchard Road.

An app to help Shopaholics Navigate inside Singapore Malls



This year round, thanks to Indoor Google Maps, shoppers can hunt their favourites during The Great Singapore Sales 2013 (GSS) without getting lost inside the sprawling maze-like malls. Google has made this application available only for android phones. Using this app, shoppers can zoom in to see detailed floor plans of 22 malls in Singapore and navigate to their shopping outlet. Similar to outdoor maps, a blue dot will indicate the approximate location and which level shoppers are on in the mall.

The technology used to achieve the indoor map is similar to Google's My Location for outdoors, which uses a mixture of WiFi and GPS signals to determine a user's whereabouts. Furthermore, this technology has been tested in other cities since 2011 by Google Maps.

The 22 shopping malls with indoor maps enabled are:

- 313@somerset
- Century Square
- Hougang Mall
- ION Orchard
- Liang Court
- Mandarin Gallery
- Marina Bay Sands
- Metro
- Ngee Ann City
- Orchard Central
- Paragon
- Parkway Parade
- Scotts Square
- Suntec City
- Takashimaya
- Tampines 1
- The Centrepoint
- Tiong Bahru Plaza
- Triple one
- Wheelock Place
- White Sands
- Wisma Atria



Medical Tourism - Getting Well in Singapore



Singapore's world class medical facilities attract many here for treatments that range from health screenings to even TCM (Traditional Chinese Medicine)

Singapore has built up a well-earned trust and reputation in health care. It is an established regional medical hub and according to statistics from Singapore's Ministry of Health and the Singapore Tourism Board in 2011 it has attracted almost 40,000 medical tourists with Indonesians accounting for almost half of them.

The World Health Organisation (WHO) ranked Singapore's health care system sixth best in the world with over 40 health care centres comprising both private and public hospitals, specialist centres and convalescent centres.

The majority of hospitals in Singapore have accreditation from Joint Commission International (JCI), an international body monitoring global healthcare standards for hospitals across the world. In April 2013, National University Hospital (NUH) became the first hospital in Singapore to achieve JCI re-accreditation under the new Academic Medical Centre (AMC) standards.

According to Dr VP Nair, a Consultant Interventional Cardiologist at Mount Elizabeth Medical Centre (Hospital), most Indonesians seek treatment for ailments related to heart, lungs and abdominal problems. "There are 10,756 hospital beds available in Singapore with 3,867 specialists and 6,358 general practitioners as of 2012. The doctor to patient ratio in 2012 is 1 : 520, one of the best in Asia," he said.

Concierge services

To aid patients who will have a longer recovery period, most health care centres provide concierge services and help in making arrangements for their stay in the country. Serviced apartments and hotel accommodations along with translation services are also arranged by most hospitals.

The spectrum of specialist medical services include utilisation of the latest medical equipment for example, the option of advance treatments for cataracts (see page 40) and comprehensive all-in-one facilities like the newly opened T32 Dental Care at Camden Medical Centre. According to Dr Wong Keng Mun, Managing Director of T32, "Just like how the National Cancer Centre



Photos courtesy of T32 Dental Care

of Singapore needs imaging and investigation, chemotherapy and radiation therapy suites and operating theatres to provide encompassing care, a proper dental implant centre needs surgical and restorative suites, 3D CT Scanner, digital workspace and treatment planning software and an in-house dental laboratory for immediate treatment plans and operational efficiency."

Apart from equipment, medical experience and expertise are just as important. Jimmi, was a patient at NUH and was happy to find out that he did not need surgery as originally diagnosed in Indonesia. The 25-year old from Medan said, "If I had undergone surgery I would have to be hospitalised for two days." Luckily, his sister had sent the photograph of his feet to Singapore and he was asked to see a dermatologist instead of an orthopedic or general surgery doctor."

He recalled, "I was then advised by Dr Derrick Aw, a NUH dermatologist, to come for laser treatment; consultation and treatment took one day and I could walk immediately after that!

For Jimmi and many others who are looking for qualitative medical care – Singapore is indeed a good place to get well.

SingaporeMedicine

SingaporeMedicine.com berisikan informasi yang berkaitan dengan rumah sakit dan dokter spesialis

SingaporeMedicine adalah kerjasama antara beberapa lembaga pemerintah dan industri yang berkomitmen memperkuat posisi Singapura sebagai pusat medis terkemuka Asia, dan mempromosikan Singapura sebagai tujuan utama untuk pelayanan medis kelas dunia. Kunjungi situs: www.singaporemedicine.com/id/index.asp untuk mengetahui lebih lanjut butir-butir rumah-rumah sakit dan pusat specialis yang berakreditasi internasional di Singapura dalam Bahasa Indonesia.

Pusat Pelayanan Pasien Internasional

Banyak rumah sakit yang menyediakan Pusat Pelayanan Pasien Internasional (PPPI). Petugas dari pusat-pusat pelayanan menawarkan bantuan dalam pilihan pelayanan yang luas termasuk mengatur perjanjian medis dan perujukan, membantu proses pendaftaran di rumah sakit dan pelayanan penerjemahan, mengatur perjalanan dan visa, transportasi, akomodasi dan bahkan acara hiburan dan rekreasi.

Rumah sakit yang memiliki PPPI:

- Alexandra Hosp. Tel: (65) 6476 8828. E: ips@alexhosp.com.sg
- East Shore Hosp., Gleneagles Hosp. & Mount Elizabeth Hosp. Tel: (65) 6735 5000 (hotline 24 jam). E: ipac@parkway.sg
- Changi General Hosp. Tel: (65) 8125 8293 (hotline 24 jam). E: international@cgh.com.sg
- Johns Hopkins Singapore International Medical Centre Tel: (65) 6880 2236. E: iplooffice@imc.jhmi.edu
- KK Women's and Children's Hosp. Tel: (65) 6394 8888 (hotline 24 jam). Em: international@kkh.com.sg
- Mount Alvernia Hosp. Tel: (65) 6347 6788. E: intpt@mtalvernia-hospital.org
- National Cancer Centre Singapore Tel: (65) 6236 9433. E: foreign_patient@nccs.com.sg
- National Dental Centre: Tel: (65) 6324 2215. E: appointment@ndc.com.sg
- National Heart Centre Singapore. Tel: (65) 6236 7438. E: ims@nhc.com.sg
- National Neuroscience Institute. Tel: (65) 6357 7095 and (65) 9637 9718 (0800 – 2000 Hrs). E: nni_secretariat@nni.com.sg
- National University Hosp. Tel: (65) 6779 2777 (hotline 24 jam). E: iplc@nhg.com.sg
- Pacific Healthcare. Tel: (65) 6887 3737 (hotline 24 jam). E: customerservice@pachealthholdings.com
- Raffles Hosp. Tel: (65) 6311 1666 (hotline 24 jam). E: enquiries@raffleshospital.com
- Singapore General Hosp. Tel: (65) 6326 5656 (hotline 24 jam). Fax: (65) 6326 5900. E: ims@sgh.com.sg
- Singapore National Eye Centre. Tel: (65) 6100 9393. E: ips@snec.com.sg
- Surgeons International Holdings Pte Ltd: Tel: (65) 6363 3939 (hotline 24 jam). E: helpmail@sgih.com.sg
- Tan Tock Seng Hosp. Tel: (65) 6779 2777 (hotline 24 jam). E: iplc@nhg.com.sg
- Thomson Medical Centre. Tel: (65) 6250 1965. E: ipc@tmc-sin.com.sg

Anda juga dapat menemukan informasi di situs web perusahaan yang berurusan dengan pelayanan evakuasi medis dan agen perjalanan medis.



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Kapankah kita mengunjungi dokter TCM?

Kapan pun! Ny Liana berkata bahwa pasien datang untuk mencari bantuan untuk kondisi seperti tekanan darah tinggi, diabetes, siklus menstruasi yang tidak teratur, tetapi juga, kelebihan dari TCM yaitu dalam menjaga kesehatan dan kesejahteraan yang baik. Apapun penyakitnya, aturan yang paling penting untuk diikuti adalah untuk mencari bantuan secepat mungkin. Semakin cepat dokter TCM dapat mengetahui penyakit anda, semakin cepat pula masa penyembuhannya.

Ny Liana juga menjelaskan bahwa obat herbal Cina membutuhkan lebih banyak waktu untuk bekerja tetapi mereka berasal dari sumber-sumber alam dan umumnya memiliki efek samping yang lebih rendah. Kita juga dapat meminta obat yang hanya terdiri dari tumbuh-tumbuhan nabati, jika kita memiliki persyaratan khusus diet.

Ny Liana juga menyoroti aspek lain dari obat-obatan Cina yang mungkin tidak diketahui orang-orang, "Obat-obatan ini dapat diminum untuk melengkapi obat-obatan barat, dan kami bekerja sama dengan dokter barat dalam melayani pasien kami. Sebagai contoh, penanganan kanker, penanganan nyeri, kesehatan reproduksi, dan lain-lain. Dalam kasus di mana pasien mengkonsumsi suplemen dan/atau obat-obatan barat, perlu setidaknya jarak dua jam untuk meminum setiap jenis obat. TCM juga dapat digunakan untuk penanganan berat badan, dengan tujuan mengurangi berat badan, dan meningkatkan tingkat kesehatan secara umum dengan meningkatkan tingkat energi dan menghilangkan efek samping dari kenaikan berat badan, seperti kelelahan, intoleransi panas, kolesterol, hipertensi, penyakit tulang dan sendi dll."



Klinik Eu Yan Sang Pengobatan ala Tradisional Cina

Baru pertama mendengar 'Pengobatan ala Tradisional Cina' atau yang biasa disebut juga TCM (Traditional Chinese Medicine)?

Konsep tradisional Cina tentang 'yin' dan 'yang' serta efektivitas ramuan Cina dan pengobatan ala tradisional Cina yang telah diterima masyarakat luas memberi dampak positif bagi kepopuleran TCM dalam beberapa tahun terakhir. Eu Yan Sang memiliki tim praktisi TCM yang berpengalaman yang berdedikasi untuk merawat kesehatan dan kesejahteraan pasiennya.

Dan saya juga baru tahu, bahkan jika kita tidak sakit, kita dapat berkonsultasi dengan dokter TCM, karena TCM juga dapat membantu kita dalam menjaga kesehatan dan kesejahteraan kita. Menurut Ny Liana, seorang dokter TCM yang terdaftar di Dewan Praktisi TCM (sebuah badan pengawas di bawah pimpinan Departemen Kesehatan Singapura), bila kita mengunjungi dokter TCM, kita akan diberi pertanyaan-pertanyaan dari ujung kepala sampai ujung kaki. Saya merasa cara penanganan seperti ini berbeda dan sangat menarik bila dibandingkan dengan cara penanganan gaya barat, di mana konsultasi dokter akan lebih memfokuskan pada penyakit langsung dan setelah itu obat langsung akan diberikan kepada pasiennya.

Ny Liana, yang aslinya berasal dari Medan, berkata bahwa dia mempelajari tentang TCM di Singapura dan di Cina dan telah menjadi dokter TCM selama lebih dari 18 tahun. Dia juga berkata bahwa kelompok pasien terbanyak yang mencari pengobatan TCM adalah penderita batuk, lalu diikuti dengan penderita sakit rematik dan nyeri. Untuk penyakit rematik dan nyeri, pasien dapat diobati secara efektif dengan cara akupunktur (atau tusuk jarum) dan/atau dengan obat.

Akupunktur juga bermanfaat bagi mereka yang merasa lesu, mengalami sakit kaki, menderita penyakit pinggang, keseleo, dan lain-lain. Bahkan, akupunktur telah diakui oleh Organisasi Kesehatan Dunia (WHO) untuk membantu kondisi seperti sakit kepala, rasa nyeri, arthritis, depresi, hipertensi, dan rhinitis alergi.

Perawatan

Setelah pendaftaran, staf di klinik akan mencatat tekanan darah, denyut nadi dan mengambil suhu tubuh sebelum bertemu dengan dokter. Tergantung pada diagnosis, terdapat sejumlah perawatan yang tersedia seperti:

Cupping: Pemanasan dan penyedotan diterapkan sepanjang meridian pada tubuh untuk menghilangkan stagnasi dan mendorong pergerakan qi (lifecycle).

Akupunktur: jarum setipis rambut dimasukkan ke titik akupunktur tertentu untuk memperoleh respon penyembuhan. Kadang-kadang, ditambah juga dengan lampu pemanas untuk meningkatkan sirkulasi darah dan meredakan kondisi seperti otot yang ketat atau kaku, kejang otot, radang, bengkak, sakit dan nyeri.

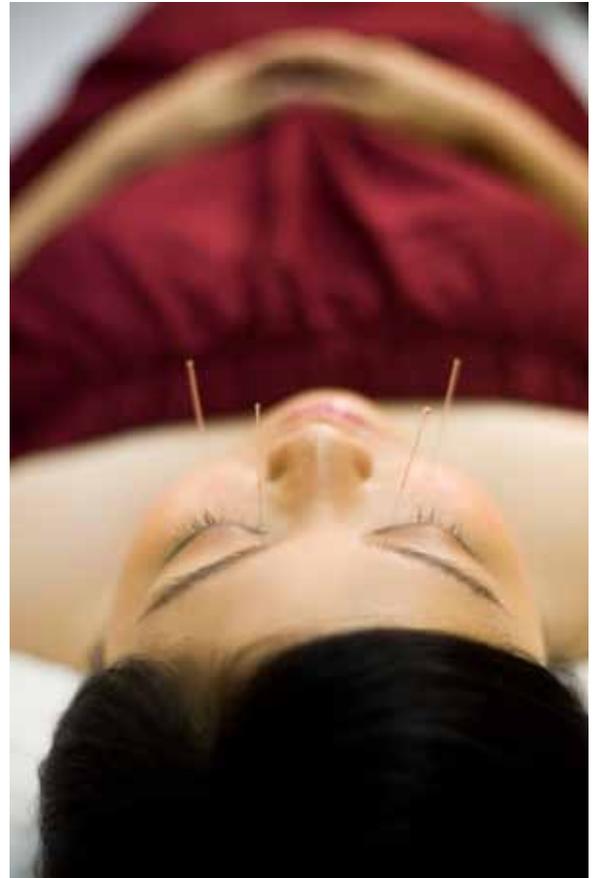
Scraping: Gosokan diterapkan berulang-ulang pada tempat yang sama pada kulit untuk memperkuat jantung dan paru-paru, mengeluarkan angin dan meningkatkan kekebalan tubuh.

Tui Na: Kombinasi pijat dan akupresur, tui na merupakan suatu bentuk manipulasi tubuh yang bekerja untuk menghilangkan penyumbatan yang mencegah aliran bebas atau sirkulasi qi dan darah, memberikan rasa relaksasi fisik dan mental serta revitalisasi.

Obat Herbal: Semua resep obat berupa bubuk di dalam sachet, dan disesuaikan dengan konstitusi tubuh dan kondisi individu yang dapat berubah dari waktu ke waktu.

Bila saya jatuh sakit pada suatu hari nanti, akankah saya mengunjungi dokter di klinik biasa atau dokter TCM? Terus terang, sekarang saya tertarik untuk mengetahui seberapa efektif TCM, terutama akupunktur karena dianggap baik bahkan oleh WHO. Saya hanya perlu mengingat nasihat Ny Liana sebelumnya, yaitu mencari pengobatan TCM pada saat kita tidak merasa baik. 📍

Klinik TCM Eu Yan Sang @ Woodlands, Woodlands MRT, 30 Woodlands Avenue 2, #01-46, Singapore 738343, Tel: 6365 6518



By Dr. Lynette Ng, Dental Director
& Prosthodontist, The Dental Studio,
subsidiary of the Singapore Medical Group.



Dental Implants: The Third Gen Teeth

After you have bade farewell to your 'baby' and adult teeth, dentures and bridges are no more the only options

Implants can restore your smile and make eating more comfortable and your smile and conversation more natural compared to wearing dentures or bridges.

You should consider a dental implant when - a tooth is beyond repair and requires an extraction; the number of teeth is insufficient for a tooth-supporting bridge; the upper and lower jaws are lacking teeth or when dentures become loose or uncomfortable.

Benefits

With tooth loss and denture use, the jawbone starts shrinking. The jawbone can be preserved with dental implants. It is a permanent procedure for tooth replacement and highly reliable with good long-term success rate. Dental implants never decay and more significantly they restore proper chewing and speech function and leads to higher levels of confidence and self-esteem.

The key to the procedure is the biologic bonding of living bone to the pure threaded titanium implants, also called osseointegration, which was developed in 1952.

Types of Prosthesis

Implant supported single crown: A dental implant and crown can fill a gap in your teeth. The dental implant is designed to look and function like your natural teeth, allowing you to regain the quality of life that you are used to. Unlike dental bridges or other treatments, there is no need to grind down healthy neighbouring teeth.

Implant supported dental bridge: A fixed bridge attached to dental implants ensures optimal stability, aesthetics and

functionality. It is more secure than traditional dentures and creates good results without damaging healthy teeth.

Implant retained denture: Dental implants offer the stability needed to anchor a removable denture. The denture stays firmly in place but can be taken out of the mouth for cleaning. Unlike full dentures, dental implants do not affect your enjoyment of food.

Treatment in Two Phases

Patients will go through two phases of treatment: a Surgical process followed by a Restorative prosthetic phase. In the surgical phase, there is a fixture placement with the appropriate number of titanium implants (fixtures) into the bone. If there is inadequate bone volume, a preceding bone augmentation procedure will be carried out. The sutures will be removed in about one week. Healing will take about three to four months as the osseointegration process (fusing of bone with titanium implants) takes place during this time.

The second Restorative phase begins after osseointegration is achieved. This will require two to four visits to your doctor; it will involve impression taking, try-in of framework and eventual issue of prosthesis. Dental implants require the same care as real teeth, including brushing, flossing and regular dental check-ups. Success of the treatment will depend on your maintenance and regular reviews.

Costs

Implant restoration starts from S\$3,210 per unit and bone grafting from S\$2,140 per unit onwards, for private dental clinics such as The Dental Studio.

Case Study for Implant Supported Crown

A 68 years old male complained of a bad smell coming from his lower teeth that were very loose. He also experienced occasional swelling and could not enjoy his food. After examining, it was found out that all his lower teeth were deemed unrestorable!

The Dental Studio specialist recommended extraction and various treatment options were discussed. The patient was not keen to wear a full denture, so a treatment plan with implant supported lower bridge was recommended. Altogether five implants were placed, and the final bridge restored the patient's function from the right first molar #36 to the left first molar #46.



(Left & below):
Successful implants
of a 68-year old patient



Garcinia Cambogia Recommended for Weight Loss

New natural slimming product takes off and keeps the weight off

t's natural and the much adulated Dr Oz called it, "The most exciting breakthrough in natural weight loss to date." And, of course, the excitement knew no bounds as health supplements containing Garcinia Cambogia (scientific name) practically flew off the shelves in stores in the US!

When a strange tropical fruit is found to reduce appetite and prevent fat cell formation, it can only be magical. This is not the first time a 'slimming solution' has established its claim to fame. However, what most researchers are agreeing on is that this is probably the first time that a natural product has been found to have a double-pronged effect on obesity. The extract of Garcinia Cambogia is now available commercially in various forms. Slimming is no more a dream. You can now eat your fat but not necessarily keep it.

Know the Fruit

Garcinia Cambogia is a small, pumpkin-shaped fruit. Grown in India, Indonesia and other South-east Asian countries and West and Central Africa, it is called by various names such as brindle berry, kokam, malabar tamarind, hydroxycitric acid (HCA), citrin, gambooge, gorikapuli, uppagi, garcinia kola, mangosteen oil tree, and others. It is a flowering evergreen tree, with drooping branches. The fruit is yellow, oval in shape and resembles small pumpkins. Garcinia is part of the same family as mangosteens; the fruit grows both naturally and can be harvested.

The fruit is acidic and mostly not eaten raw. It has been a much-used ingredient in Indian and Thai cooking. Meals become more filling with it. Used extensively in southern and central India in curries and as squashes, it is often a replacement for tamarind. The extract from the rind and fruit of Garcinia, which is hydroxycitric acid (HCA), has been proved to have natural weight-loss properties; it suppresses appetite and enhances fat-burning.

Other Than Slimming

Garcinia has been historically used to treat gastric ulcers. The rind of Garcinia Cambogia is used as an astringent, which is why it is beneficial for treatment of gastric and duodenal ulcers.

Dream to be Slim

HCA, says researchers, is non-toxic and acts indirectly. To explain it from a weight-loss perspective one can say that while it satisfies the body's demands for energy, it induces the liver to signal the brain, that enough food has been eaten. So, the sense of appetite is reduced. HCA also prevents storage of food as fat in



the body and enhances calorie burning. The double attack results in more energy but less bulk, exactly what any stable weight-loss programme would aim at! Combined with body's natural chromium content, it also cuts sweet cravings and helps control blood sugar.

Ready to Use

The extract is now available as tablets, capsules, powder and even snack bars. Though all supplements have standard fixed percentage of HCA, like with any new supplement you plan to use, consult your physician. Though Garcinia medications are not known to have side effects, it is not recommended for diabetics, pregnant and lactating women and people suffering from dementia syndromes.

While theoretically, Garcinia diets permit you to eat anything, it is recommended that alcohol and tobacco be avoided. Take the supplements but also follow the 'holy grail' of weight loss - nothing succeeds like a healthy balanced diet and regular work outs. 



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Cataracts – What You Should Know

Cataract surgery is the most common type of operation performed in the world



As we age, we will get cataracts – a grey clouding of the eyes' lens. This is part of aging. The cataract can be successfully removed by surgery and replaced by new artificial lens.

Dr Jovina See, a Senior Consultant Eye Specialist at Shinagawa LASIK & Eye Centre, explained that usually around 50 years of age, the lens in the eye becomes a little yellow (nuclear sclerotic cataract) and everything may start to look a little darker. "You will find that you need a little more light for reading or doing things. Cataracts can also cause an increase in myopia (short sightedness). The short sightedness will blur the far vision. Usually between the ages of 25 till 40 years the optic power of your specs is quite stable but after that the spec's power starts increasing and you have to keep changing glasses every one or two years. Eventually there will come a point when even changing glasses will not help clear the blurred vision. The colour of the eyes' lens will change from yellow to brown and ultimately turn totally white and then blindness will occur." However, as Dr See assures, the good news is that one can do a surgery to restore vision.

A second type of cataract grows at the back of the eye lens (posterior subcapsular) and has a different set of symptoms. She said, "Even if there's a little bit of cataract here, it will affect any light travelling through to the retina. Vision gets blurred when out on a sunny day while it improves indoors, bright lights look blurred in the dark, etc."

The third most common cataract is the cortical type where it starts growing from the sides of the lens. There are no symptoms during the early stages but when it reaches the centre, it causes blurred vision.

Treatments

For the first type of cataract, a person needs frequent change in his spectacles prescription as the vision is blurred even with spectacles. For the second type of cataract, one will usually need surgery even in the early stages. For the third type, one does not need surgery until the cataract starts to block the central visual axis.

The most important factor to decide whether to go for surgery is how your day-to-day activities, especially those related to your work and lifestyle, are affected. In fact, modern day lifestyles and occupational demands are quickening the need for surgery as the advent of blurring becomes more noticeable with the use of smartphones and computers.

In Singapore, hospitals offer two types of surgeries - 'big wound' or 'small wound' surgery. However, medical innovation has replaced 'big wound' with 'small wound' (phacoemulsification) surgery. Dr See pointed out that with phacoemulsification there is no need for stitches (only a two millimetre cut is made) and no astigmatism is induced. Patients can immediately see well on the day or night of surgery and go back to work the next day (those working in clean office environment). The operation itself takes about 15 minutes for each eye and the risk of infection from such a small wound is much lower. After a week, you can go back to your usual sports or exercises. This phacoemulsification procedure is available at Shinagawa LASIK & Eye Centre.

Latest Bladeless

Last year, femtosecond laser assisted cataract surgery was introduced in Singapore. Just like in LASIK, this is a blade-free procedure in microsurgery. A laser is used to make the two-millimetre cut. The outcome so far is as safe as phacoemulsification.



Cataract: Eye lens will eventually turn white and require an operation to replace with a new lens

Lens Implant

Only standard mono-focal lenses can be used for big wound surgery. These are simple lenses with one degree, so if you have no astigmatism before surgery, you can see far well but for near vision, you still have to wear reading glasses.

For small wound surgery, patients have the option of premium lenses. This includes multi-focal lenses to take care of reading, so you will not need reading glasses. Those suffering from astigmatism before the operation can have specially customised astigmatism lenses; so even if they have a high level of astigmatism, they won't need spectacles even for far vision.

Both standard and premium lenses once installed are permanent and lasts one's lifetime. Also, cataracts once removed, will never grow back. 



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 The image shows the Clarke Quay building at night, illuminated with warm lights. The building's facade is lit up, and the name 'clarke quay' is visible in a glowing blue font. In the foreground, several large, colorful umbrellas (blue, yellow, and red) are set up, likely for outdoor seating. The scene is reflected in the water in front of the building.

clarke quay

Discover More on Foot

Walking tours are the best way to soak up the atmosphere and see everything, reports *Priya Ramakrishnan*

Singapore has several specially organised walking tours available; whether you are a nature lover, history buff, arts and culture aficionado or outdoor enthusiast. Walking is the best way to soak in the sights, smells and sounds of the city state plus this intensive level of interaction is mixed with the knowledge and insights of expert tour guides.

Singapore may be small but there are plenty of guided tours you can choose, from the colourful lanes of Little India, bustling Chinatown, heritage homes and numerous parks. Please by all means you can also try the walking routes featured here without a guide, with just a Singapore tourist guide book or map to get around. You can't miss any of these walking tours if you want to get to know the heart of Singapore!



Chinatown – Ethnic Enclave of Singapore

A stroll around the busy by-lanes of Chinatown gives you a feel of the pulse of the Chinese community in Singapore. With its unique architecture, bustling market, heritage centre, mouth-watering food at the Hawker centre, it is ideal for a leisurely afternoon tour. The tour starts from Pagoda Street, which is a pedestrian street market with small shops selling souvenir items, handbags, clothes etc. Chinatown Heritage Centre is the next stop where one can learn about the story of Chinese immigrants who flocked to Singapore and made it their home. Just down the lane is the Hindu Sri Mariamman Temple, with its ornately carved pyramid shaped roof. The oldest temple in Singapore, it is an epitome of Indian Dravidian architecture that is prevalent in Southern India. Just a few meters away is the riveting Buddha Tooth Relic Temple with its unique and multi-tiered structure.

Best time: weekdays/weekends – 9am to 12pm. 5pm to 7pm
Duration: 1.5 hours to 2 hours



Kampong Glam – Fusion of Muslim and Malay Culture

A heritage site for Singapore's main mosque, palaces and distinct Middle-Eastern architecture, a walking tour of Kampong Glam will introduce you to the curious blend of Malay and Muslim culture. Starting at the Malay Heritage Centre at Sultan Gate, which was previously a palace of the ruling Sultans of Singapore, it now houses themed galleries, and a heritage museum. Walking down to the Kandahar Street, one can encounter the largest mosque in Singapore, the Sultan Mosque. With its glittering golden dome and stately architecture, this religious site stands firm against the backdrop of the modern glass-and-steel shopping malls. Not to be missed is the Hajjah Fatimah Mosque along Beach Road with its unique mix of Muslim Malay and British architecture. Souvenir shops along Bussorah Mall offer plenty of home accessory choices, from Malay, Indonesian and local handicrafts.

Visit to Kampong Glam will be incomplete without a walk down the Arab Street, a popular shopping destination for locals and foreigners alike. The street also houses exotic restaurants offering Turkish menu and mouth-watering halal food. Tourists can also find fashion items from the finest lace, shawls, and carpets to even semi-precious stones can be bought for a reasonable price.

Best Time: 4pm to 8pm

Duration: 1.5 hours to 2 hours



Little India – An exotic side of Singapore

One of the busiest roads in the country, Serangoon Road, starting from the Little India MRT consist of quaint little cluster of shops selling everything Indian. From saris, ethnic wears to Indian jewellery, the Little India Arcade is a treasure trove for souvenirs that have an Indian flavour. The stretch also houses three famous Hindu Temples with intricately designed pagodas. Tourists visiting the temples have to take off their shoes outside the temple entrances. The Sri Veeramakaliamman Temple houses several Hindu deities where prayers are conducted during the morning, evening and night. For some retail therapy, don't miss the famous Mustafa shopping centre in Singapore, which is open 24hrs a day and is just a few yards away. Take a break from sightseeing and shopping and have your lunch or dinner at the numerous Indian restaurants lining the street serving exotic curries, biryanis and parathas.

Best Time: weekdays/weekends – 9am to 12pm or 5pm to 8 pm

Duration: 2 - 3 hours



ENGLISH TO INDO



Kalau biasanya di Indonesia kita lebih sering berkendara, ada baiknya bila kita berada di Singapura, kita sedikit berolah raga dengan berjalan kaki karena Singapura memiliki beberapa pilihan untuk wisata jalan-jalan yang menarik. Dalam edisi IndoConnect kali ini, kita dapat melihat 3 tempat jalan-jalan menarik di Singapura yang menampilkan keragaman kebudayaan yang ada di Singapura: Chinatown, Kampong Glam, Little India. 

If you decide on a guided walking tour, check out: www.citytours.sg or call city tours at 67383338 / 67389897. For more on Singapore Tourism Board's maps and guides you can visit www.stb.gov.sg 



Top Tuition Centres

Catering to your child's need with coaching programmes

Even with Singapore's excellent reputation for public and private education systems, a large majority of students here still take tuition in subjects such as English, Chinese, mathematics and science. If you have decided that your child needs the extra coaching there are about 500 tuition centres on the island.

• Mavis Tutorial Centres

With 17 branches island wide and also in Jakarta, the Mavis Tutorial Centre is one of the most established centres in the country with 24 years of service in this sector. Started by Mr Anthony Ng, a former Ministry of Education school teacher, Mavis Tutorial Centre's curriculum and teaching methodologies are guided by C.O.R.E. (Creativity, Order, Reinforcement, and Exam-focused) principles. These guiding educational principles are based on accredited research and have been developed and shaped in Singapore over the past two decades.

Mavis provides coaching for primary level in English, Chinese, mathematics and science. Coaching in phonics for the pre-schoolers is also available especially to develop language and literacy skills.

• Kip McGrath Education Centres

An Australian franchise, Kip McGrath Education Centres has established 30 centres across Singapore and have been here since 2005. Offering tuitions to children from primary and secondary levels in English and mathematics, they provide individual learning plan customised on the learning needs of the student.

The centres also provide computer assisted learning, with qualified and experienced teachers equipped in tested motivational techniques to aid students in their learning experience. The 90 minutes long face-to-face tutoring session for a small group of 4-5 students is an integral part of Kip McGrath's system.

• Lorna Whiston Study Centres

Specialised in offering English language programmes, Lorna Whiston has been the go-to brand for English language programmes since the past two decades in Singapore. With customised programmes from pre-schools, primary to secondary, the study centre offers holistic curriculum to help students develop more advanced skill sets, and equip them with natural and sophisticated use of the English language to prepare them for school and beyond. The centres facilitate students in confidently conversing in group discussions, problem-solving activities, group presentations and debates. The programmes at Lorna Whiston have been written by a team of experienced professionals, who are familiar with the Singapore secondary school system. They also help foreign students make the transition from primary to secondary school, in terms of approach and syllabus content, nurturing greater independence and equipping students with the skills they need, to reach their maximum potential in the school.

• Adam Khoo Learning Centres

With learning centres in Singapore and Indonesia, the Adam Khoo Learning centres offer programmes in mathematics and English. Their English Mastery programme is specially developed by Dr Cheah Yin Mee who adapted strategies specifically for Singapore. During the two-hour sessions, students will learn the skills and strategies of reading, writing and test taking instead of just working on assessment papers.

For mathematics, the centre uses a whole-brain integration learning system that employs the 'Arrow Transfer Model' (ATM) to solve sums. Students are taught to use a combination of arrows, colours, shapes and directions to solve all types of mathematics questions, allowing them to maximise the use of both their left and right brains. 



In the Race of Success, Speed is the Key

MDIS has launched three new business courses (part- and full-time) affiliated to the University of Sunderland, UK

The Management Development Institute of Singapore's (MDIS) new master and degree business programmes will give you the opportunity to get an honours degree from the University of Sunderland, UK. The university is ranked 31st out of 116 UK institutions of business and management (The Guardian University

Guide 2013) and is recognised as the best university in the North East.

The Bachelor of Arts (Hons) Accounting and Financial Management and the Bachelor of Arts (Hons) Business and Marketing are two of the new courses in MDIS. Both degree programmes will be completed in a year. The courses are the perfect options for students of

MDIS Advanced Diploma in Business Management and relevant polytechnic diploma holders. The six-module course will be totally tuned to industry needs.

The Master of Business Administration is a 12-month full-time and 18-month part-time programme and is best suited for bachelor degree holders of any specialisation. The eight-module course will also require you to complete a dissertation.

The University of Sunderland is an innovative, forward-thinking university with high standards of teaching, research and support. It has strong industry links and works closely with some of the world's leading companies. The university was nominated for the University of the Year in 2013 by the Times Higher Education Awards.

MDIS's programmes are highly regarded in terms of student experience, teaching standards, and relevance to the real world. Employability is at the heart of the university courses; the students not only fair in academics but also become capable, enquiring, creative, enterprising, ethical and global in their outlook. 

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Student Life in Singapore

How is life staying in boarding schools such as United World College SEA?



Netty Fong, who works in the boarding house at UWCSEA as a 'day parent,' is responsible for the well being of students aged between 14 and 18 years and helps to ensure the smooth running of the boarding house that is home to around 200 students. In her role as a day-parent, she provides support and care for students, who come from all over the world. She enjoys the feel of a 'large family' and the opportunity to share her Indonesian culture and Singapore background with students from various countries. IndoConnect spoke to Netty about her experience at UWCSEA.

Are the students able to settle in and make friends easily?

Over time, they learn how to live, work and play together, sharing experiences with people of their own age but from different backgrounds. The friendship that develops at these formative years is extremely strong and when it is time to say goodbye, at the end of their study years, they find it really difficult to part.

Is there freedom to go off the campus and around Singapore?

Singapore is our campus and our students are able to take advantage of the many events and opportunities available island-wide. For instance, they can go for movies, music concerts, sports fixture or theatre performances. Students' off-campus arrangements involve age-appropriate regulation and are designed to support their safety.

What is the most common parental concern when children start school?

Coping with the demands of the academic requirements, adapting to the residential

life and being away from home, can be regarded as the common concerns. We try to support the students in all these areas by making them feel at home in our friendly and caring boarding community.

Would you recommend boarding school to Indonesian families for their children?

Yes. The college helps the students to reach their fullest potential and to prepare for further education. In boarding, students are able to grow as individuals and become more responsible with the support of house-parents (live-in teaching staff) and day-parents. By sharing a four-person room, students get a residential experience that helps them make friends for life - which is in line with the vision of Kurt Hahn, founder of UWC movement. They develop life skills, discipline and communication skills

that serve them later in life. At UWCSEA, Indonesian students will experience holistic education in an international setting with global perspectives. Singapore's geographical location also gives Indonesian students the advantage of being close to home.

Are the students involved in college or non-college activities that are linked to Indonesia?

Yes, there are various activities with which students involve themselves; global concern programmes such as Jakarta Street Kids (a project focused on helping under-privilege children living in Jakarta) and Bali Bridges (assisting in the provision of shelter, food and education for orphans cared for by the Widhya Asih Foundation in Bali) are two such activities.

Beverly Cahyadi - Student @ UWCSEA



First year IB Diploma student, Beverly Cahyadi, is 16 and from Jakarta. She has been living in Singapore since 2012. About her experience at UWCSEA she says it is interesting, "School can be quite demanding but I've enjoyed being around people who are keen to learn. I get homesick at times and then I call up my parents. It's also a comfort to know that I'm living only an hour and a half away from my family." She also said, "There is a

great support system with the house parents. There is a group of Indonesian students, boarding and non-boarding, from various places (Bandung, Surabaya, Jakarta, Banda Aceh, Medan). We all know each other and talk about how much we miss things such as IndoMie and Martabak. They helped me to feel at home and settle into the UWCSEA community." ©



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The school's curriculum is unique as students are offered the subject choice that fits their strengths. Teachers also monitor students' performance in class and review their progress with parents every quarter. Using differentiated learning methodology, the teachers at ISS customise learning based on the student's learning abilities and capabilities. ISS was also the first to become a fully digital school by introducing a one-to-one laptop programme in high school. This means, where appropriate, students will bring their own laptop to virtually every lesson. 

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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.

The 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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CURRENT EMBA PARTICIPANT

The program is an excellent avenue for learning and business networking and my peers in the cohort come from a wide range of backgrounds. The modular structure means that I can apply what I learnt immediately. I can understand business concepts and ideas with depth through an integration of classroom learning, case studies and real-time immersion. To date, it has been challenging, yet rewarding.

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Call for **F-O-O-D**

Home food delivery services are convenient and numerous in Singapore



Some restaurants offer home delivery services and then there are also third party food delivery companies who deliver to you from restaurants that do not traditionally deliver food. There is a slight premium charged for transport according to how far you live from the restaurant. But this opens up a huge variety of restaurants! There are also some Asian home style cooked food services which are getting popular with a growing consciousness about healthy food.

Singapore Choices

Korean, Japanese, Chinese, Indian, French, Mexican, the choices for restaurant delivery seem unending.

A whole list of names, the type of food, the price, the contact number and the hours of service are available at TheSmartLocal.com or PackITSG. Details of delivery

services from Chinese, curry to sandwiches are also available at the sites.

Singapore also has the option of nutritious, delicious and reasonably priced home-cooked food delivered at your doorstep. Tingkat Catering is one place which does this. to look at their predominantly Chinese choices. Indian home-cooked delivery comes in two categories:

corporate employee tiffin service and individual tiffin service.

Corporate services are available in Changi Business Park, Marina Bay Financial Center, Woodlands and other selected areas.



Log on to:

- PackITSG (<http://packitsg.com/>)
- TheSmartLocal.com (<http://www.thesmartlocal.com/read/a-list-of-home-deliveries-in-singapore>)
- Tingkat Catering (www.tingkatsingapore.com)
- Vegtiffin Indian Restaurant (www.vegtiffin.com)
- Café in Action (6275 9577, www.cafeinaction.com)
- Jessie Catering (6246 4644, www.jessie.com.sg)
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Carnivore Brazilian

Churrascaria



If you dig Brazilian churrascaria, then there is now more reason to be happy with Carnivore opening its third restaurant at MBS

The third Carnivore restaurant that opened at Marina Bay Sands (MBS), sometime back, features knife-wielding passadors (meat waiters), meat parades and other things Brazilian. However, there is a twist to the tale; the restaurant also has its Rio Tapas Lounge, that features an exciting line up of tapas, desserts and cocktails and a brand new dining concept. Just to acquaint you with churrascaria - traditional Brazilian way of serving meat; huge skewers and knives are brought to the table and chunks of meat are sliced off directly onto your plate. The only thing to be careful is overeating!

Meaty Experience

Here at the Carnivore, the meats are marinated following traditional Brazilian recipe and rotisserie-cooked over open fire till perfection. The wide range of meat, from topside, ribeye, lamb, roasted chicken, chicken heart, turkey ham, pork sausage, the choice is overpowering. The salad bar has a wide range; add to this a choice of international cocktails and mocktails, and over 100 labels of wines, from various countries, which promise to satisfy even the most discerning of wine connoisseurs. The grilled pineapple at the end is a showstopper.

Carnivore first opened at CHIJMES in 2004 as the first alfresco Brazilian churrascaria in Singapore, followed by a second restaurant in VivoCity in 2008. Owned and managed by Starworth Pte Ltd, Carnivore is a meat lover's

paradise; celebrating the rich traditions of Brazilian barbeque in a setting where guests are invited to dine to their heart's content. According to Tania Lim, F&B Director of Starworth Pte Ltd, "We are proud to be part of Marina Bay Sands, Singapore's unmistakable icon. This is a celebration of the vibrant culture of Brazil and Singapore, our passion for good food and the love for the best things in life."

This latest Carnivore is open for breakfast, lunch, high tea and dinner, incorporating a dine-and-dash concept for partygoers looking for some tasty and filling bites. Savoury treats include mouth-watering nibbles such as Mini Portobello Mushroom Burger with Baked Brie, Salmon Sashimi with Spicy Thai Dressing and Black Ink Pasta with Grilled Squid. Rio Tapas is incomplete without the Oxtail Soba, a rich Shiso broth infused with aromatic truffle.

For desserts, select from exquisite items such as Poached Pear with Chocolate Soup, Strawberry Cheesecake, Banana Au Tartin and other mouth-watering delights. 

Location: No 2 Bayfront Avenue, #01-77 The Shoppes Marina Bay Sands, Singapore 018972

Business Hours: Carnivore Brazilian Churrascaria: Buffet Lunch: 12pm to 3pm; Buffet Dinner: 6pm to 11pm. Rio Tapas Lounge: Sun - Thu 11.30am to 11.00pm; Fri & Sat 11.30am to 1.00am. Tapas menu starts from 6pm till close.

Contact: Tel. 6688 7429

Indo Chili



We came to this restaurant with a higher expectation of the food quality and standards because not only for its great ambience but also reputation built on their winning the Food Republic Hawker King Challenge and highly rated by local food critics.

IndoChili is situated along Zion Road and is just three units down the same row as the famous Zion Road's Nasi Padang River Valley but the ambience (and prices) set them worlds apart. IndoChili is where you will dine in style till late (it closes at 10pm) in a contemporary Indonesian restaurant setting but serving all the traditional Indonesian dishes.

All the usual Indonesian favourites are here on the menu and the restaurant also did not hold back on the spicy factor to cater to the non-Indonesian crowd or tourists. The chili was very hot and flaming good! Our usual favourites did not disappoint; Rendang Sapi is their signature dish and the Ayam Panggang Padang was my wife's favourite – charcoal grilled chicken dipped in Padang-style sauce.

I ordered the Tumpeng Mini – a combo of yellow fragrant rice with ayam bumbung rujak, perkedel, potato peanut and pickles. Practically a meal by itself but you should not pass up on their Tahu Telor and the simple but delicious Cah Kangkung – the tasty water spinach with shrimp chili paste.

All the other mouth-watering traditional side dishes you have come to expect in a traditional Indonesian restaurant or home are here: Tempe

Pete, Urap-urap salad, Lodeh Nangka – jackfruit cooked in rich coconut gravy and the humble Acar.

The IndoChili draw

So what is the draw of Chili Indo if these are the same type of food found at home? It's a good place to bring guests, or pamper or treat yourself and your loved one in its comfortable and cosy surroundings. Menu prices are as expected – mid to high range but there are enough choices so you can appreciate the ambience and take your time to have a great meal here. The image and standing of Indonesian food is certainly enhanced in such surroundings.

The restaurant is managed by the Java Kitchen Group, which is well established in Indonesia and has two Singapore branches at VivoCity and Tanjong Katong. The menu begins with many fried appetizers that include Bakwan Jagung (corn fritter), Perkedel (fried mash potato cake) and a little bit of the Dutch-legacy Rissoles with their crispy bread-crumbed croquette covering its creamy fillings.

But really the most appetizing items in the menu are the seafood grills. For a bit of everything there is the Combo Bakar: grilled pomfret, squid, prawn, satay and chicken all covered in kecap manis (sweet soy sauce)! There is another variant: Combo Seafood which consists of grilled squids, dori fish and prawns. SJA

RATING: ★★★★★ **PRICE:** \$\$\$
ADDRESS: 54 Zion Road, Singapore
TEL: 6445 1766

Bistik Daging

Ingredients:

- 500 grams beef, cut into pieces 3/4 cm wide
- 1/4 teaspoon pepper
- nutmeg and salt to taste
- 2–3 tablespoons margarine

Sauce:

- 100 cc stock
- 2 cloves
- 1/4 nutmeg, bruised
- 1 tablespoon tomato sauce
- 1–2 teaspoons sweet soy sauce

Serve with:

- 200 grams carrots, cut and boiled
- 200 grams young french beans, boiled
- 250 grams potatoes, sliced 1/2 cm thick, fried

Tenderise beef by laying the pieces on a flat surface and pounding with the back of a knife. Rub beef with pepper, nutmeg and salt. Heat margarine in a pan and fry beef until golden brown. Remove from the pan and set aside. Serve beef with carrots, french beans, potatoes and sauce.

Sauce:

Pour stock into the pan with the margarine from frying beef. Add the other sauce ingredients and simmer over low heat.



Book Title
The Best of Indonesian Cooking

Author
Yasa Boga

Publisher
Marshall Cavendish



Es Tambiring

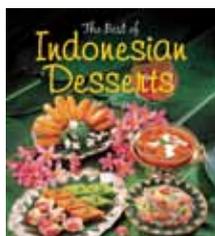
Ingredients:

- 2–3 young coconuts, fleshed
- 1 litre coconut water
- ice cubes

Sweet-and-sour syrup:

- 500 cc water
- 500 grams granulated sugar
- 100 grams tamarind
- 5 pandan leaves, cut into 5-cm pieces

- Sweet-and-Sour Syrup: boil sugar with tamarind and pandan leaves until thick. Sieve and leave to cool.
- Mix coconut flesh, coconut water and syrup, serve in glasses and add ice cubes.



Book Title
The Best of Indonesian Desserts

Author
Yasa Boga

Publisher
Marshall Cavendish

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Verdyka Kurniawan (7th from right) with Pak Dubes and members of the new IPA committee

From Singapore with Love

Undangan untuk semua profesional-profesional Indonesia di Singapura

Salam hangat semuanya,
 Berita utama di Singapura adalah perantikan komite IPA and saya bersyukur kepada semua anggota IPA dan teman-teman lainnya yang telah mendukung saya untuk menjadi Presiden IPA periode 2013-2014.

IPA adalah kepanjangan dari “Indonesian Professionals’ Association”. Asosiasi ini adalah sebuah wadah untuk “networking” dan memfasilitasi “professional development” bagi profesional Indonesia di Singapura. IPA sendiri sudah berdiri sejak tahun 1999 dan teregistrasi di “Registry of Societies” Singapura.

Sampai saat ini, IPA sudah berganti kepengurusan sebanyak empat kali. Komite yang sekarang adalah “4th IPA Committee”. Selain bermanfaat untuk para anggotanya, IPA juga menjembatani profesional Indonesia di Singapura untuk berkontribusi kepada masyarakat Indonesia

di Singapura dan juga di Indonesia melalui kegiatan-kegiatannya.

Visi dari komite IPA baru adalah untuk menciptakan komunitas yang kuat di antara profesional Indonesia di Singapura. Cara mencapainya adalah sebagai berikut:

- Meningkatkan kesadaran profesional Indonesia di Singapura akan keberadaan IPA dengan tujuan untuk menunjang keberlangsungan IPA buat ke depan.
- Mengadakan lebih banyak lagi “informative” dan “educative” seminar dan media untuk mencerdaskan para anggota IPA
- Menginisiasi lebih banyak klub-klub untuk mengakomodasi minat dan bakat dari anggota IPA
- Mempublikasikan secara aktif kegiatan IPA melalui sosial media seperti Facebook, LinkedIn, Twitter, dan lain sebagainya
- Mempromosikan kegiatan-kegiatan bagi profesional Indonesia di Singapura untuk

membaur dengan publik lokal Singapura

- Berkolaborasi dengan asosiasi-asosiasi Indonesia di Singapura yang lainnya
- Memperkuat komite IPA dengan membentuk “well established Advisory Committee”

Untuk secara detailnya kita blom ada dikarenakan diskusi untuk program kerja bakal diadakan pertengahan April.

Akan tetapi secara garis besar, langkah awal yang akan kita lakukan adalah me”review” kembali membership benefit dari IPA dan berusaha untuk menambah lagi benefit-benefit yang lebih menarik. Dari situ, kita akan bisa menarik lebih banyak profesional Indonesia di Singapura untuk bergabung menjadi anggota IPA.

Verdyka Kurniawan

President, Indonesian Professionals’ Association (Singapore)



Getting Regular Copies

Where can I get regular copies of IndoConnect? - David Lie, Mountbatten Rd

EDITOR: Presently, the best way is to drop an email, fax or snail mail to us your request and we will put you on our complimentary mailing list (for Singapore addresses). There is also an online version you can view or download at the Indonesian Singapore Embassy website at www.indonesianembassy.sg. We currently have several regular distribution retail outlets as well as in SMART taxis. Free copies can be found at the Indonesian Embassy, airport lounges (Kris Flyer, Garuda Indonesia, Malaysia), restaurants such as Sari Ratu; Belanja and Western Union outlets at Lucky Plaza. However, these are subject to available copies in stock. We have plans to eventually place the magazine on the newsstands and for subscription when the frequency of the magazine becomes bi-monthly.

Finally, don’t forget to also keep in touch with us through our Facebook page <https://www.facebook.com/indoconnectmagazine>. We welcome your thoughts and feedback on the magazine and please share with us and other readers YOUR news and activities.

A Suggestion

Thank you for all the info! The magazine is useful in keeping us up to date on activities. May I suggest some articles on the “Dos” and “Don’ts” of working and living in Singapore? That might also be useful for those Indonesians new to Singapore. - Mohd Rizul Syarufudin, Third Secretary KBRI

EDITOR: Yes, thank you we will definitely look into your proposal. Meantime, we welcome everyone to please send in your feedback – through email or Facebook.

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New students Imogen and Ryohei relax at 'home' on UWCSEA East

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