



MUZALIMAH  
SURADI

Belajar dan  
Belajar

➤ 52



ANASTASIA  
LIEW

Founder of  
Bengawan Solo

➤ 12

VANIA  
LARISSA

Miss World  
Indonesia

➤ 10



# IndoConnect

CONNECTING INDONESIANS IN SINGAPORE

VOL.2 NO.1 2013

IndoConnect  
Merayakan  
HUT Pertama!

**TOP 10**

Indonesian  
Restaurants  
in S'pore



PULANG  
KAMPUNG:  
CID 2013  
REPORT

*Plus*  
KRATON'S  
AUGUSTE  
SOESASTRO  
LATEST ISLAMIC  
FASHION

SINGAPORE  
REVS UPS FI  
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# A First for Everything!

**T**he traditional Indonesian dish of Tumpeng is 'served' on the front cover of this issue of IndoConnect to celebrate our first year as a magazine for the Indonesian diaspora in Singapore. This dish is usually served at important celebrations and milestones in life.



As expected, it has been a challenging year. New magazine titles take time to settle down in the Singapore publishing landscape. What has made our journey richer these past 12 months was the friendships and relationships we have established with many in the Indonesia community. Especially at this stage of our development we would like to put on record our most heartfelt thanks to the Republic of Indonesia Embassy in Singapore especially the Ambassador HE Andri Hadi, Minister Counsellor Pak Simon Soekarno and Third Secretary, Ibu Prairie Maharwati, Their counsel and support have made a difference.

The symbolism of the Tumpeng cover also nicely coincides with the fun (and sometimes fattening) topic of food as we gathered some contentious views and judgments to come up with the top ten Indonesian restaurants in Singapore. We hope to update this list in future so if you come across any new or improved places to eat, send us your recommendations!

We noticed along with the official book of success stories (titled 'Life Stories 2' edited by Dr Dino Patti Djalal) distributed to diaspora delegates at the recently concluded second Congress of Indonesia Diaspora in Jakarta, there was another tome titled '30 Iconic Traditional Dishes of Indonesia'. The book of recipes was a project by the Indonesian Ministry of Tourism and Creative Economy and was further testament that the language of food is universal and cuts across borders easily.

IndoConnect had a diaspora exhibition booth there and what was most gratifying to hear come out from the congress in Jakarta was the 'new language' of the diaspora. There is now official direction from the highest office in the land to tap into the 'power of the diaspora', the willingness to consider new rules and regulations and implement measures that will facilitate the exchange of views, expertise and investment in the home country. We can't see any down side to this and will continue to work on another year of providing news and views of the diaspora community in Singapore.

**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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Dr Dino Patti Djalal (left) and part of the official delegation from Singapore (above)

# Diaspora Power & Potential

## Dr Dino Patti Djalal on national development and the diaspora

**D**r Dino Patti Djalal, the current ambassador of Indonesia to the USA, is the person many credited for the initiating the Indonesian Diaspora Congress. A successful career diplomat based in Washington DC, he helped provide the platform for the voices of Indonesian diaspora from 26 countries representing almost 20 million worldwide.

In its report on the Diaspora, the Jakarta Globe reported how delegates at this year's Congress have pledged their support in helping to develop the nation. They are expected to network and exchange ideas on how to invest their knowledge and wealth gained abroad back to their country of origin.

"This is the missing link in Indonesia's development toward becoming an advanced country." In the interview with the Jakarta Globe, the ambassador said much of the Indonesian diaspora which he loosely defined as citizens and non-citizens who have Indonesian blood as well as those who consider Indonesia their second home, are eager to contribute and help Indonesia to prosper.

### Key Factor in Development


"It's time to include our diaspora as a

key factor in our development. It could be a game changer that could boost the process that enables us to become a developed nation." Unofficial diaspora statistics peg the number about 20 million round the world with only eight million officially identified (including two million domestic migrant workers who have sent US\$7 billion in annual remittance). Ambassador Dino Patti said that on the whole, there are larger money transfers that have gone unrecorded.

Although contributions from migrant workers are an important part of the diaspora, the ones with globally recognised knowledge, networking and capital would be the game changers that he referred to earlier. He said, "These people are

remarkable. They are brilliant, innovative and have networks as well as capital that will be a game changer for Indonesia. This will be huge for us."

Currently much still needs to be done to establish the groundwork for a better process on connection between people in Indonesia and the diaspora. He also feels that there are branches in the government that needs to take the diaspora seriously as a key factor for development.

"The diaspora is now an official government programme based on the President's instructions. It is now part of Indonesian diplomacy abroad so each Indonesian representative office abroad must make the diaspora part of their priority," said Ambassador Dino. 

**The diaspora is now an official government programme based on the President's instructions. It is now part of Indonesian diplomacy abroad so each Indonesian representative office abroad must make the diaspora part of their priority**





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# We are ONE!



IndoConnect celebrates its first birthday this September and a huge part of our success is down to everyone who has supported us: Readers, our friends in the Republic Indonesia Embassy and Indonesian community and our advertisers. For that, we would like to say a very big THANK YOU! Our advertisers too, are happy with the wide outreach we have and have sent in their heartiest birthday wishes to us. We share with you some of their colourful wishes to us



"My best wishes on your first anniversary. I am pleased that IndoConnect has helped in the past year to connect the Indonesian community in Singapore. I hope it will build on its objectives to highlight the achievements of Indonesian citizens and diaspora and provide a shared platform - connected through articles on news and activities related to Indonesia."

HE Andri Hadi



"Congratulations on your first Birthday and many more to come! My hope is IndoConnect grows to cover even more people, events and places of interest to the Indonesians here. Our last Congress of Indonesian Diaspora in Jakarta showed how much overseas Indonesians can contribute to our nation and their home countries. Singapore is no exception!"

Simon DI Soekarno

"Happy Birthday IndoConnect. Best of luck and may you have another good year ahead. We want to keep everyone connected and informed so we can be a closer knit community here in Singapore."

Prairie Maharwati



"Selamat HUT IndoConnect! We hope you have another successful year covering information especially our varied culture and traditions! Indonesia has a rich heritage of cultures spread over 17,000 islands"

Muhamad Alamsyah





"Update aja yang terbaru dari Indonesia, karena buat orang-orang Indonesia yang udah lama nggak pulang ke Indonesia mungkin merasa kangen tentang apa aja sih yang baru-baru di Indonesia."

Fitri Karlina



"Kalo dari BBG buat majalah IndoConnect, update-in terus pokoknya everything about Indonesia, karena Indonesia pasti ngangenin banget, baik berita politik, berita selebriti, atau berita apa pun itu."

Boys Before Girl

"Lebih dibanyakin aja informasinya tentang Indonesia, misalnya tentang wisata, tentang TKI Indonesia, tentang info-info Indonesia, dll..."

Boiyen

"Happy 1st birthday! Wishing you many good years ahead!"

A-Team Amahs & Cleaners

"Sukses selalu ya buat majalah IndoConnect-nya. Hidup tanah air kita Indonesia!"

Dimas Beck



"Happy First birthday! Wishing the publication many exciting and fulfilling years ahead! It has been great working with all of you! Have a blast with lots of music, puddings and lollies!"

Ang Eng Ling  
Great World Serviced  
Apartments

"What a ride we had together. We wish to have many more years of fruitful partnership with you. Happy 1st Anniversary to everyone at IndoConnect Magazine!"

Ace Asia Personnel Services



"The sun is shining more brightly on your first birthday. Wish IndoConnect an outstanding birthday and fabulous journey!"

Victorine P. Tengco  
Country Manager (International Business)  
Management Development Institute of Singapore



"Best Wishes to Indoconnect on her 1st Birthday"

Regina Ho  
Piano Teacher  
Aspiring Virtuoso

"Wishing you a great blessed one year birthday IndoConnect. May Indo connect continue to reach more viewers and also bring extensive resources to all your readers. Keep up the good work and once again happy birthday IndoConnect"

Aaron Soo Chan Weng  
Marketing Executive  
ERA Realty Network Pte Ltd





1

# Second Home Coming for 8,000 Indonesian Diaspora

They came to work, network and support development in Indonesia at the Second Congress of Indonesian Diaspora (CID) in Jakarta

**T**he organisers expected 2,000 but at the end of the three-day event over 8,000 Indonesian diaspora attended the CID. Many came back to make a difference and seek opportunities to contribute back to the country.

Participants came together to listen to inspiring speeches by leading members of the diaspora and then chose from 10 public forums and 11 task forces to exchange ideas with fellow members of the diaspora as well as their Indonesian-based counterparts. More importantly, each task force has agreed on a follow-ups and implementation (where ever feasible) in collaboration with the relevant ministries.

## Task Force Highlights

**AEROSPACE:** The task force agreed that diasporas will provide ideas, knowledge, funding, and network to revive the national aerospace industry, especially to raise funding for the Regional Turboprop R80 preliminary design programme. The action plan also includes collaboration with government sector and national banks to boost aerospace education as well as sales of Indonesia-made aircraft.

**1:** Plenary session on the topic: "Indonesia's Global Footprints in the World Community" had in its panel H.E. Soewarto Moestadja (Menteri Dalam Negeri Suriname); Datuk Wira Ir. Hj. Idris bin Hj. Harun (Malaysia); Brig. Gen. Richard Jean Leon Raktonirina (Madagascar); Jesse Kuijper – (the Borneo Initiative, Belanda); Ebrahim Rhoda (Cultural Historian Malay Community - Afrika Selatan). It was moderated by Dubes Wahid Supriyadi (Kepal

**LIVEABLE CITIES:** Participants pushed for urban planners and environment experts to create a prototype of liveable cities that could be implemented in all Indonesian cities. Also, part of their agenda is to encourage heritage conservations and initiation of pilot projects to revamp slums into comfortable residential areas.

**INNOVATION AND TECHNOLOGY:** It was acknowledged that many diasporas developed expertise overseas but were not keen to return to Indonesia due to the lack of conducive environment for research. It was agreed the diaspora will work with government and private sector to boost R&D, especially in the fields of chemistry, biochemistry, biotechnology, and utilization of breakwater energy conversion technology to generate cheaper electricity.

**EDUCATION:** The above initiative was in line with the work plan to increase collaborations and networks to develop expertise in research and technology.


**IMMIGRATION & DUAL CITIZENSHIP:** A resolution was passed to press for formation of a focus group where government, parliament members, diaspora, and academics can holistically evaluate the proposal for dual citizenship and to draft an academic paper to be forwarded to relevant enforcers.

As long as you have Indonesia in your mind, heart, or blood, you are an Indonesian diaspora





## Future meetings

The event ended on a high note and many felt enthusiastic in finding more ways to work together in the future among the diasporas and counterparts at home. Towards this end the organisers have decided to hold the congress every two years in Jakarta with a global chapter meeting in between. President, Susilo Bambang Yudhoyono, said, "As long as you have Indonesia in your mind, heart, or blood, you are an Indonesian diaspora." Let's strengthen this unique bond and make a difference for the progress of our beloved homeland. 

**2, 3 & 4:** Participants engaged in intense and earnest discussions on the first and second day of the Second Congress of Indonesia Diaspora

## ENGLISH TO INDO

Ada sekitar 8,000 orang diaspora Indonesia hadir di Jakarta Convention Centre untuk mengikuti acara Congress of Indonesian Diaspora 'Pulang Kampung' pada tanggal 18-20 Agustus kemarin. Di dalam acara CID ke-2 tersebut, peserta dapat mendengarkan pidato inspirasi dari ketua-ketua diaspora, IO forum publik dan II gugusan tugas di mana mereka dapat bertukar pikiran dengan sesama peserta untuk dapat memajukan kesejahteraan Indonesia sendiri. Diharapkan dengan adanya acara diaspora ini dapat mempererat rasa cinta kepada tanah air dan juga dapat menjadi wadah untuk membangun negara Indonesia tercinta menjadi lebih baik dalam segala hal.

## CID Public Forum Programme

- Plenary topic: "Indonesia's Global Footprints in the World Community"**  
**Panel:** H.E. Soewarto Moestadja (Menteri Dalam Negeri Suriname); Datuk Wira Ir. Hj. Idris bin Hj. Harun (Malaysia); Brig. Gen. Richard Jean Leon Raktonirina (Madagascar); Jesse Kuijper – (the Borneo Initiative, Belanda); Ebrahim Rhoda (Cultural Historian Malay Community - Afrika Selatan).  
**Moderator:** Dubes Wahid Supriyadi (Kepala DDI)
- Tribute To Syeikh Muhammad Yusuf** with introduction by Jusuf Kalla
- Public Forum: "Business Opportunities, Investment & Networking: The Role Of Diaspora Entrepreneurs"**  
**Panel:** Chairul Tanjung (Ketua Komite Ekonomi Nasional/CT Corp); Fify Manan (Formcase, USA); Mahmudi Fukumoto (Keihin Co. Ltd, Japan); Tonny Sumartono (ICC Indonesia Co-op); Kartini Salsilaningsih (Pengusaha-Qatar); Raja Sapta Oktohari (Ketua Umum HIPMI)  
**Moderator:** Hermawan Kartajaya (Markplus, Inc.)
- Public Forum: "Inovasi-Inovasi Diaspora Indonesia dan Manfaatnya Bagi RI"**  
**Panel:** Dr Eddy Pratomo (Dubes RI di Berlin); Dr. Freddy H. Tulung, MUA (Dirjen Informasi dan Komunikasi Publik, KOMINFO); Daliana Suryawinata (Arsitek - Belanda); Satya Witoelar (Founder Yahoo! Koprol); Andi I Sjamsu (Cari Community - AS).  
**Moderator:** Prof. Yohanes Surya (Surya Institute)
- Public Forum: "Democracy, Good Governance, Pluralism"**  
**Panel:** Dubes A.M. Fachir (Dirjen Informasi dan Diplomasi Publik, Kemenlu); Imam Shamsi Ali (Interfaith Activist - AS); Angelica Carolin Alihusain-del Castilho (mantan Dubes Suriname untuk Indonesia); Rafendi Djamin (Pakar HAM).  
**Moderator:** Robert Manan (Manan Foundation)





# CID 2013 Highlights

## Opening Ceremony

The Second Congress of Indonesia Diaspora 2013 was officially opened by President Susilo Bambang Yudhoyono, who was accompanied by the First Lady. The President said the diaspora profile was still not very well understood by many in Indonesia and the country has yet to fully tap into its potential. He said as a labour-, capital- and culture-intensive community, the diaspora is currently an international phenomenon that has significant potential to boost the country's development.

Also during the Opening Ceremony, the Minister for Foreign Affairs Marty Natalegawa in his speech said there are currently eight million global diasporas and that his Ministry has established a Diaspora Desk to work closely with 55 Indonesian Diaspora Networks found in 26 countries.

## Plenary Sessions

The task force on dual citizenship pursued further this issue which was brought up at the first CID in Los Angeles in 2012. Over 5,000 people then signed a petition for dual citizenship as current Indonesian law does not recognise dual citizenship – except for those under 18. Then they have to choose one.

However, the concept is not a constitutional impossibility. **Avina Nadhila Widarsa** writing for *Globalindonesianvoices.com* (GIV) reported that according to Iman Santoso, the former Director General of Immigration, our understanding of citizenship is changing nowadays because of the increase in inter-country migration. To accommodate this, the Indonesian government needs to consider granting dual citizenship option for the nation's diaspora. The effect

**1:** Gathering of those who attended the last day of the Congress' Consolidation Meeting.

**2:** President Susilo Bambang Yudhoyono during the official opening of the Congress

**3 & 4:** Task Force discussions on Dual-Citizenship and Education attracted full turnouts

**5:** Minister of Tourism and Creative Economy Ms Mari Elka Pangestu welcoming everyone and introducing 30 Iconic Traditional Indonesian Culinary book at the Gala Dinner

**6:** Former President BJ Habibie at the Closing Session

**7:** All smiles at IndoConnect booth at the Diaspora Congress

**According to the data from Ministry of Foreign Affairs, there are currently more than eight million Indonesians living abroad, of which three million have given up their Indonesian citizenship**

will be significant; according to the data from Ministry of Foreign Affairs, there are currently more than eight million Indonesians living abroad, of which three million have given up their Indonesian citizenship.


However, there are some concerns that need to be carefully considered before going ahead. Maruarar Siahaan, the Rector of Universitas Kristen Indonesia identified citizens' loyalty to the nation as one such concern. Additionally, if Indonesia is to grant dual citizenship, it must be based on reciprocal agreement with the other citizenship-granting country, hence the outcome depends not only on the initiative from the Indonesian government but also on the response from other countries.

An academic draft is currently being prepared prior to submission to the parliament. Countries that have already implemented the dual citizenship law, such as Philippines and India, will be used as benchmark for the draft. This was the commitment made by diaspora members in order to holistically evaluate the possibility of dual citizenship.



## Closing Session

Much of the last day of the Diaspora was devoted to brainstorming ideas and finding solutions to help Indonesia develop further with many interesting sessions. The third day's Task Force sessions were on Culinary, Business and Investment as well as Aerospace. It also included a plenary session on the topic Indonesia's Global Footprints in the World Community. Many success stories of the Indonesian Diaspora were shared that illustrated the many outstanding contributions made by Indonesians in their host countries. For example, many might not know this but the Minister of Home Affairs of Suriname and Ministry of Foreign Affairs of Madagascar belong to the Indonesian Diaspora!

One of the most prominent members of the Indonesian diaspora is the former Indonesian President Dr BJ Habibie. He is recognised as one of the great technology pioneers of Indonesia and gave an inspirational speech and was a recipient of the Diaspora Lifetime Achievement Award during the closing ceremony. The awards were presented to outstanding Indonesian Diasporas whose contribution is beneficial for Indonesia, other Indonesian diasporas as well as the countries where they reside. Indonesian Diaspora Awards were presented for Excellence, Innovation, Education, Youth Activism, Social Activism, Culture and Arts as well as Indonesian Diaspora Lifetime Achievement Award for Global Pioneering and Innovation and Indonesian Diaspora Award for International Cooperation and Harmony in Diversity. 





# Miss World 2013 Comes to Indonesia

**The first time a Miss World finals pageant comes to a Muslim dominated country and doing without a bikini-clad segment. That does not mean there will be no lack of excitement and colour**

**T**he 63rd edition of the Miss World pageant raised eyebrows when the organisers – London-based Miss World Organisation and Indonesia-based broadcaster RCTI, who is also the official broadcaster of Miss World 2013 – decided to drop the pageant's signature bikini segment and would probably go for a one-piece beach wear using sarong material to reflect Indonesian culture.


There will be 131 Miss World representatives – who are winners of their respective countries' Miss World contest – who have confirmed their attendance for the one-month long beauty extravaganza in September. During the month, the 131 head turners from all over the world will be visiting various places of interests in the scenic island of Bali as well as the capital Jakarta.

Aside from sightseeing, the Miss World contestants have to pit their wits, singing and catwalk skills, athletic ability and fashion sense against one another in a series of talent and sport challenges. While the contestants will be donning the traditional sarong for most of the challenge segments, it does not equate to boredom. Leading designers from Indonesia are on hand to jazz up the look and construct of the sarong so that it can even serve as eye-catching one-piece beachwear.

## Miss World Indonesia

Miss World Indonesia, Vania Larissa, one of the youngest contestants at 17-years, is raring to have a shot at the Miss World international crown. In February earlier this year, the Kalimantan Barat born beauty beat 32 other competitors for the national title. Now, with a bigger competitive field where she has to take on 130 international stunners, Vania has her work cut out for her.

However, Vania is not fazed as she is confident she can match them in both beauty and brains, with good reason. Vania describes herself as “a challenge seeker and a person of curiosity” and this proclamation shines through in her achievements and endeavours. She won the reality singing contest Indonesia's Got Talent in 2010 and is currently studying finance. In her spare time, Vania enjoys swimming, playing badminton and photography.

The festival will reach its climax in the grand final on 28 September at the Sentul International Convention Center in Jakarta and will be beamed live by RCTI to millions of viewers from over 100 nations. The winner of this year's contest will have the honour of being crowned by reigning Miss World, Yu Wenxia. 







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# Anastasia Liew: Founder of Bengawan Solo

**Tjendri Anastasia was a wide-eyed young woman from Indonesia when she arrived here in 1970. She never imagined she would eventually head a multi-million dollar bakery empire**

**M**rs Anastasia Liew is synonymous with the famous Bengawan Solo cake-pastry chain, having opened her first bakery in 1979 to cater to the wildly popular demand for her butter and chiffon cakes. That bakery at Marine Terrace HDB estate was the literal definition of “selling like hot cakes”, and soon, her customers were asking her to expand.

Mrs Liew’s prowess in baking could be traced to the chaos in the 1960s in her hometown on Bangka Island, Indonesia. There was civil unrest and it forced her to stop schooling in her mid-teens. Since formal education was out of her reach, she took up specialised baking and cooking classes to upgrade herself. These skills came in useful when she immigrated to Singapore to learn English 43 years ago. Here, she got married and became a homemaker.

Not content with just being a housewife doing mundane home chores and raising children, Mrs Liew put her cooking skills into practice. She made cakes by hand and sold them to friends. Word soon spread and the environmental authorities came knocking on her door, informing her it was illegal to run a baking business from home. This setback did not deter her. Mrs Liew’s undying passion for baking and high demand for her cakes meant that she got back into the act of making and selling cakes; legally this time.

Her first bakery was so well-received that it had major coverage in the weekend edition of the national English daily, *The Sunday Times* in 1981. That feature story sent her business soaring into orbit and the overwhelming demand from both existing

and new customers saw her contemplate opening a second outlet.

In an interview with IndoConnect Mrs Liew shared, “I didn’t even think that there would be a second outlet. But with customers from all over Singapore asking me to open an outlet in the city area as well as the extensive publicity, my husband and I made up our minds to open a second store in Centrepoin in Orchard Road.” That was in 1983.

Thirty years on, Bengawan Solo has grown tremendously, with over 40 outlets islandwide and millions in turnover every year. How does Bengawan Solo sustain its success? Mrs Liew attributes it to a no-compromise policy. “We insist on using premium ingredients that are fresh and natural, even if it results in costlier production. We also believe in using state-of-the-art ovens and mixers if they help raise the quality of our cakes and pastries. Most of our products are still moulded by hand. Nothing beats a home-made baked food,” says a beaming Mrs Liew.

“We also grew because of the support of our regular customers, people who trust us and come back repeatedly. Our customers are also the reason why we strive to

maintain such high standards for our bakery products because it is their quality that gained our customers’ confidence all these years and thus it is essential we always retain that trust,” elaborates Mrs Liew.

Despite announcing plans to take a backseat in the business, Mrs Liew, an energetic 66 years young, always finds herself going back to her labour of love. “I am still very hands-on and I think it is important to be, especially in the food business. This is to ensure the quality, taste and freshness of the products are always maintained and constantly being improved,” stresses Mrs Liew.

Mrs Liew goes back to Bangka Island and Palembang – where she grew up in – regularly. She also supports the communities there in “small, different ways”. For aspiring entrepreneurs who are inspired by Mrs Liew’s success story, she shares this: “Whether doing business or any endeavour, it is important to be honest and hardworking in your approach. You must be committed to your goal and persevere even in failure. Eventually, you might encounter that small glimmer of hope that could lead you to your first breakthrough”. 

**I am still very hands-on and I think it is important to be, especially in the food business. This is to ensure the quality, taste and freshness of the products are always maintained and constantly being improved**



# Samuel Samsudin

## Making His Mark in Music

Only 31 but Samuel Samsudin Ng is training teachers and students for the Yamaha Electone Festival music competitions

**S**amuel Samsudin Ng left a rewarding career in electrical engineering for music. “Engineering work was fulfilling but music was always something in the back of my mind bugging me!” said the 31-year old music teacher. He came to Singapore from Jambi in central Sumatra when he was 17 to study at Nanyang Technological University (NTU) in 2000.

His love for music was born almost by accident. The barber shop in Jambi that Samsudin’s father always brought him for a haircut was just next door to a music school. When he was 10 years old, his father asked if he wanted to join the music school. He recalled with a smile, “It was a random thing and I answered yes on impulse. So it happened by chance. My father was a businessman and no one in my family then were musically inclined.” He started learning to play the Yamaha Electone organ.

After graduation, he worked for about six years as an electrical engineer but kept up with his Electone lessons as a pastime. But he discovered something else; he was passionate about performing for competitions. He threw himself into the highly competitive annual international competition organised by Yamaha called the Electone Festival (EF).

He credits Miss Lian Hee Yoon, the Yamaha Electone Chief Instructor who asked him to enter the competition and encouraged him to compete seriously “all the way.” He said, “Actually before this in 2001, I had tried to enter the competition but crashed out in the heats. She remembered me and saw the potential I guess and encouraged me to enter EF again in 2006.”

This time he took the competition very seriously and he was given a very good trainer by Yamaha to prepare him for the competition. He recollected, “I practiced at least six hours a day while writing my thesis for my post graduate studies at NTU at that time. The trainer taught us to be independent and did not spoon-feed us everything; he might offer some options but would never tell us exactly what to do; and I think this actually helped us to build up our music skills. In the competition we not only had to perform well but also compose and arrange our own songs.”

Participants have to win at the local, then Asia level. The Asia winner then goes on to Japan to compete with Electone winners from all over the world. Samsudin won the Singapore and Asia

rounds which happened to be in Singapore that year at Victoria Concert Hall and reached Tokyo in 2006. He remembered, “I never imagined reaching the Asia round and it felt very surreal that I could compete at that level and it was a priceless experience.” However, he did not make it that year to the winners circle.

He tried again in 2008, and triumphed in the Singapore and Asia rounds to finally win the third place in Tokyo - till then the best place achieved by a competitor from Singapore! That year was also a good one for Indonesia who fielded a 16-year old performer who won the overall Grand Prix prize. Samsudin said, “Indonesia has always been traditionally strong in the competition especially in the Asia rounds.”

It was after the 2008 competition, that Samuel started feeling that ultimately music might be his calling. He said that at the point, music was something he could never stop doing and eventually joined Yamaha as a music teacher in 2011.

After three years, Samsudin was happy to report that he still loves teaching Electone and there are no regrets. He now not only teaches but he also heads the Yamaha Electone Festival projects as well as Electone usage and competition matters. This includes programmes that help teachers train students for the EF. This year he started a masterclass to prepare students for the EF and two of them have already made it through to the Singapore finals.

What lies ahead in the future? Samsudin still enjoys performing publicly. He said, “My main loves are still performing as well as training students for competitions. I am a member of a couple of bands - one playing mostly top 40 music for fun; the other band plays afro-beat, raggae and ska music and we just did a performance at the Esplanade. Learning the Electone has made it easier for me to be part of these bands as I had learnt how the music is all mixed together!”

His advice to parents and students who want to learn music is, “Many take up music just to chase the certificate. That’s sad as they don’t really appreciate the essence of learning it – it is something that you must enjoy. It is an interest and skill that will stay with you for life!”





# Expanding Horizons Beyond Borders

By Priya Ramakrishnan

## Bilateral exchanges to encourage doctors to learn innovative medical treatments at NUH has been helping medical care givers in Indonesia

In an effort to learn new practices and expand her horizons, Dr Indah Mestika Situmorang, who is a general surgeon in Indonesia specialising in liver surgeries, enrolled in a fellowship programme with the National University Hospital (NUH) in December 2011. The programme, which was established by NUH's Division of Hepatobiliary and Pancreatic Surgery in 2010, involved mainly hospitals in Jakarta, such as doctors from the Cipto Mangunkusumo Hospital or their affiliated hospitals.

Under the programme, Dr Indah was mentored by Dr Stephen Chang, Senior Consultant at the Division of Hepatobiliary and Pancreatic Surgery, NUH (see photo above). According to Dr. Chang, the exchange programme has helped immensely in building closer ties with the participating hospitals. "We have similar exchange programmes in the Philippines and some countries in the Middle East, and such programmes helped improve the standard of care in all countries, including ours here in NUH."

In an exclusive interview with IndoConnect, Dr Indah shared her learning experiences and her hopes for a future where collaboration is the key word.

### Q. How has the doctors' fellowship programme helped you in your experience?

**Dr Indah:** When I was training to be a general surgeon in Indonesia, the type of hepatobiliopancreatic (HPB) cases that were being treated in the country was not as varied as those in Singapore. We mainly dealt with gallstones, common bile duct stones, liver abscess, trauma and tumours. However, by joining the fellowship programme offered by NUH, I learnt many HPB pathologies which I did not encounter during my training or work in Indonesia, and came across diseases that were not common in Indonesia, such as chronic pancreatitis.

Most cases in Singapore were diagnosed in the early stages, and as such, the experience enabled me to learn how to diagnose conditions early, the various surgical procedures and

alternative treatments that could be used and follow-up post-operative care. The discussions in multi-disciplinary tumour board meetings in NUH also enriched my knowledge and taught me how to treat patients and customise the treatment for each patient specifically.

### Q. What was your main objective in applying for this programme?

**Dr. Indah:** I like to learn something new, and in Indonesia, HPB surgery is still rarely being done; even if it's being done, the intention is sometimes only as a palliative measure. However, having learnt a lot in this programme, I am inspired to develop a team in future where there will be collaboration of multi-disciplinary physicians who, not only treat patients, but also, impart their knowledge so that other doctors could learn to diagnose cases earlier.

### Q. How different are the practices and technologies used to diagnose patients in Indonesia? How has the exchange programme helped you?



**Dr Indah:** Technology wise, it is very different. Some of our major private hospitals are equipped with the new technologies. However, it's not easy to bring new medical instruments or technology to hospitals in Indonesia, because these tools are subject to luxury tax. Hospitals will usually think twice about bringing in such new machines, which can be very costly. Our government is now trying to help by reducing the taxes on such equipment. Hopefully, it will be easier in future to upgrade our hospitals.

When it comes to medical practices, the technologies directly affect them too. During my fellowship programme in NUH, I was exposed to new, novel treatment plans and instruments. I learned a lot and would be ready to implement it in Indonesia.

**Q. Having being exposed to medical practices in Singapore and Indonesia, can you tell us what are the common diseases and disorders that Indonesians are more susceptible to?**

**Dr Indah:** In Indonesia, there is no clear documentation of the number of people


**“Having learnt a lot in this programme, I am inspired to develop a team in future where there will be collaboration of multi-disciplinary physicians who, not only treat patients, but also, impart their knowledge so that other doctors could learn to diagnose cases earlier.”**

affected with Hepatitis B and C. This is very important as I have learnt that patients with existing Hepatitis B and/or C are susceptible to Hepatoma (cancerous tumour in the liver) in the future.

**Q. Please share with us the brief details of the hospitals you have worked for in Indonesia.**

**Dr Indah:** After I finished my training, I worked at several hospitals in different provinces in Indonesia. I first worked in West Papua, which was located in the far

east of Indonesia for about six months. Then I moved to East Borneo and worked there for one and half years. Subsequently, I moved to Jakarta and worked there for one and half years before coming to Singapore.

I have worked in different geographical locations – a very remote area in Indonesia, less rural and the big city. What I have learnt is that each place has its own challenges and the characteristics of the patients and cases which can be very different from one place to the other. 



**Dr Indah Mestika Situmorang**  
General Surgeon  
Cipto Mangunkusumo Hospital

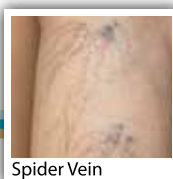


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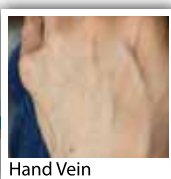
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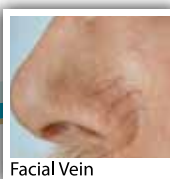
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# Ma'zani Music

By Muhamad Alamsyah

Sanggar seni alat musik Kolintang milik Jody Aray terkenal sampai seluruh dunia




**D**i Lereng bukit pegunungan dengan udara yang sejuk di sekitar kota Tomohon Sulawesi Utara, terdapat satu sanggar seni yang terkenal sebagai pusat produksi alat musik khas Sulawesi Utara, yaitu Kolintang, yang merupakan alat musik pukul yang terbuat dari kayu. Sanggar seni tersebut adalah Ma'zani Music yang dikelola oleh Jody Aray sebagai pemiliknya.

Pada tahun 2004, Jody Aray berhenti dari pekerjaannya sebagai dosen/guru, dan mulai menggeluti usaha pembuatan kolintang. Awalnya hanya dua pengrajin saja dengan produksi yang sangat minim saat itu, namun berkat keuletan dan kegigihannya, sekarang sudah memiliki 9 pengrajin tetap, dan kadang kadang sampai 15 pengrajin pada saat banyak pesanan, dengan hasil produksi 2 – 3 set (30 unit instrument).

Pada mulanya produksi tersebut hanya disalurkan untuk kebutuhan lokal saja di sekitar Sulawesi Utara, namun sekarang sudah merambah ke pulau-pulau di nusantara seperti Sumatera, Kalimantan, Maluku, Jawa, Papua, dan bahkan sampai ke luar negeri seperti Belanda, Jerman, Kenya dan Singapura.

Pada tahun 2007, atas prakarsa Institut Seni dan Budaya Sulawesi Utara, Jody Aray mendapat kesempatan untuk memimpin timnya menciptakan Kolintang Raksasa, yang memecahkan rekor Muri dan Guinness Book of the Record untuk kategori Alat Musik Tradisional Kayu (kolintang) terbesar di dunia. Sekarang kolintang raksasa tersebut menjadi koleksi museum seni di kota Tomohon yang dikelola oleh Bapak Benny Mamoto.

Selain memproduksi alat musik tradisional kolintang, Sanggar Ma'zani Music juga memiliki grup seni kolintang yang personilnya beragam usia, mulai dari anak-anak, remaja, dan dewasa. Pengalaman mereka sudah diakui di tingkat nasional sebagai pemain kolintang terbaik untuk kategori usia anak-anak dan remaja, bahkan di Sulawesi Utara sendiri. Dengan aktifitas yang sangat positif tersebut, sanggar Ma'zani mampu melestarikan seni budaya lokal di tengah isu global yang menjadi tantangan bangsa ini. Dengan demikian, target Jody Aray pun di masa depan sanggarnya akan menjadi Rumah Budaya Nusantara di Minahasa sebagai pusat pelestarian seni budaya nasional, dimana kolintang menjadi icon andalannya. 



# Fresh Fruits and Vegetables from Indonesia

**25 May 2013** - Indonesia making inroads into the Singapore market

We will be seeing more fresh Indonesia produce on Singapore supermarket shelves if the 15 Indonesian farmers and producers are successful in their participation at the Indonesian Fresh Fruits and Vegetable Exhibition held at the Pasir Panjang Wholesale Centre on 25 May 2013. Watch out for an Indonesian fruits and vegetables exhibition organised by the Indonesian Ministry of Agriculture (MoA), AVA Singapore and Giant Singapore at NTUC Fair Price on 26 Sep to 9 Oct and Giant Supermarket from 18 to 24 October 2013. 



# IAF 2013 Finale Musical on Gaja Mada



**16 June 2013** - Largest festival ever organised since inception in 2003

As promised by the producers of *All's Fair in Love & War*, the musical did not only promote Indonesian history and culture but also instilled

a great sense of nationalism and pride. The musical finale at the Esplanade was a fitting way to end the festival which started in March with visual arts, photographic and talent competitions. The arts fest was organised by Perhimpunan Pelajar Indonesia di Singapura (PPIS) and its then President Ivan Louise Barus said the performers for the musical were students from many of the institutions of higher learning in Singapore. He said, "IAF 2013 is unique as we try to achieve all this through a more modern and youthful artistic expression without sacrificing the event's historical quality. IAF 2013 is an expression of Indonesian students' love toward their country." 



# SIS P3K Graduation

**16 June 2013** - Proud moment for new graduates

For the photo album - the graduating class of 2013 from the Sekolah Indonesia Singapura 3PK (Pusat Pendidikan dan Pelatihan Kerja/Education and Training Centre for Workers) received their education certificates from Dubes on 16 June 2013. Congratulations for their hard work, achievements and best wishes for a bright future ahead! 📷



# IWSS 'Shop for a Cause' Charity Bazaar

**30 June 2013** - New society supporting welfare and training projects in Batam


The newly formed Indonesian Women's Society Singapore (IWSS) organised a Charity Bazaar at KBRI on 30 June 2013 with 30 stalls offering handmade fashion accessories, art and bags to clothes, home-made Indonesian food as well as fashion shows and musical performances. Apart from providing direct financial aid to orphans and children with special needs in Batam, there are plans to open a school there for underprivileged children. Over \$7,000 was raised at the event which was officially opened by H.E. the Ambassador Andri Hadi. 📷





# Persib Supporters Receive Special Guest

**30 June 2013** - The football supporters of Persib celebrate fourth anniversary

The Singapore chapter of Persib, the football club of Bandung also known as Bobotoh Nagara Singa, celebrated its fourth anniversary with the traditional Tumpeng dish on 30 June 2013. Special guest at the event was the Ambassador Mr Andri Hadi. 



# Funbike at East Coast



**6 July 2013** - Part of Indonesia 68th Independence celebratory programme

About 600 people showed up on Saturday 6 July 2013 wearing their 'Funbike' tee-shirts to go on a 17-km track along the East Coast. His Excellency Ambassador Andri Hadi

was also along for the ride which also featured a bike fashion show! This mass sporting event is part of the Indonesian 68th Independence Day Programme organised by the Indonesian Embassy in Singapore. 'Funbike' is co-sponsored by the Indonesian Embassy in Singapore and Garuda Indonesia. 







# New Course: Beauty – Facial & Hairdressing

The new course which started this year is attracting many students. IndoConnect talks to Lastari Rawantika who is currently learning Hairdressing


**L**astari Rawantika who has been in Singapore for the last four years has signed up for the Hairdressing course conducted under the P3K (Pusat Pendidikan & Pelatihan Kerja) for PLRTs (Penata Laksana Rumah Tangga) or Indonesian Domestic Workers, which is organised by the Republic Indonesian Embassy at Sekolah Indonesia Singapura.

The 36-year old hails from Palembang and this is the third course she has taken up at P3K. Before this, she had undergone sewing and computer classes. One good thing about learning at the school is that she wants others to know about: Although she was completely new and do not know anything about the courses she has attended, they are not difficult to understand. And in the past, whenever she had any problems learning a particular topic, “All you have to do is just ask the

teacher and they will explain,” said Lastari.

She said the hairdressing course was initially difficult; when you first start just have to observe how it is done. But once you start on the practical part, holding and using the comb and scissors become easy.

She was also appreciative of her employers who supported her in joining the classes and learning new skills for the time when she returns to Indonesia. Lastari shared her plans for the future and said, “When I go back, I want to setup a hairdressing salon business and with the computer skills I have learnt, I will teach my children at home as these skills will be useful for their studies.”

For more information on this and other courses organised by P3K for PLRTs, either visit Sekolah Indonesia Singapura at 20A Siglap Road, Singapore 455859 or contact tel: +65 83944844. 

## ENGLISH TO INDO



Apakah kalian suka dengan kecantikan? Saat ini di Sekolah Indonesia Singapura, terdapat kelas baru bagi para PLRT untuk belajar tentang pemangkas rambut. Dalam kesempatan ini IndoConnect berjumpa dengan salah satu peserta kegiatan ini, yaitu Lastari Rawantika. Laras yang sebelumnya telah belajar menjahit dan komputer di SIS berkata bahwa awalnya memangkas rambut itu sulit. Tetapi dengan banyak latihan dan bimbingan guru-guru, lama-kelamaan dia pun mulai mahir dalam memangkas rambut. Dia juga berterima kasih kepada majikannya yang telah memberikan kesempatan bagi dia untuk mengikuti kegiatan ini. Dia berharap semoga nanti dia dapat membuka bisnis salon sendiri.



# DOMESTIC HELPERS AGENCIES DIRECTORY

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

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#01-36 Bukit Timah  
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## H & R Employment Services

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# Turning Heads at *Islamic Fashion Fair*

By Priya Ramakrishnan

Breaking away from the traditional, the Indonesian Islamic Fashion Fair showed how Indonesian designers are always staying one step ahead in the Muslim fashion industry



**S**aundering down the catwalk in brightly patterned caftans, colourful pantaloons, sky high heels and eye catching head gear, Indonesian models turned heads at the Indonesia Islamic Fashion Fair 2013 - Style Unlimited held at Jakarta Convention Centre on 30 May – 2 June, 2013.

The four-day long event was organised at the initiative of Indonesia Islamic Fashion Consortium (IIFC) comprising Association of Indonesian Fashion Designers Entrepreneurs (APPMI), Shafira Corporation and Noor Magazine. Changing the face of Islamic fashion wear, 175 designers and brands participated in the event breaking conservative moulds with their creative and attractive designs in a variety of textures, colours and prints.

While Indonesia is the most populous Muslim country in the world, Indonesian fashion is a far cry from the conservative black chador and hijab, instead the lanky models sashayed down the runway in fresh pastel shades and light coloured skirts, jackets, trousers with beautiful batik motifs and prints. However, the fashion show was unique in that there were no bared mid-riff or short skirts showing off toned legs. According to Irna Mutiara, designer and head of IIFF 2013 said, "When you look at how Indonesia has created opportunities for qualified fashion entrepreneurs, it is a laudable effort. With the way the monotonous designs of the robe has evolved into fashionable caftans and the hijab transforming into scarves and hats, the


Indonesian designers are catapulting Islamic fashion to the likes of Parisian haute couture," she said.

According to the organisers, the Fair's theme 'Style Unlimited' reflected Indonesia's limitless cultural wealth and creative human resources which has established its leadership in Muslim fashion. The Muslim fashion industry has spawned many fashion entrepreneurs who contribute to the economy of the nation and they are continually offering new fashion lines. Visitors to the Fair saw how hoods have evolved, how robes are now presented in colourful designs, how creative styling and new materials have made a difference. Indonesia already has an enviable reputation of always being one step ahead in offering new styles.

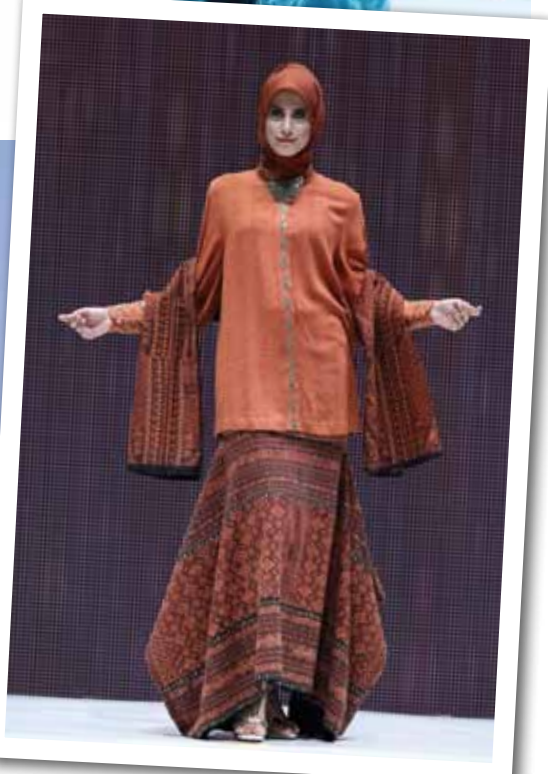
IIFF 2013, which is on its fourth edition had more than just fashion shows, it also had other elements such as talks shows, design competitions for budding fashion designers and platform for new designers to introduce their work and showcase their creativity.

One of the rising designers Ria Miranda launched her DREAM collection at the show which consisted colourful caftans which are handmade with watercolour patterns. For the upcoming Ramadan fasting month, the designer presented five casual looks based on free flowing dresses and five embroidered caftans in pastel shades.

It was not just clothes that made waves at the fashion fair, it was also the big and bold accessories, striking bags and clutches as well as svelte and strappy sandals. Indonesian designer Itang Yunasz grabbed all eyeballs with her chic and trendy accessories and bright handbags.

Other designers who showcased their collections were Irna Mutiara, Shafira, Dian Pelangi, Ghea Panggabean, Ida Royani, Hannie Hananto, Dina Midiani, Monika Jufry, Anne Avantie, Najua Yanti, Restu Anggraini, Kivitz, up2date, Zoya, Rya Baraba and Amalina Amman from Sydney. 





Photos by: Arselanz Ganin, IIFF 2013



# Promoting Luxury Ready-to-Wear

By Priya Ramakrishnan

Preview of Auguste Soesastro's Kraton Spring/Summer 2014 collection at Chatsworth



The perception and profile of Indonesian fashion were heightened when Auguste Soesastro, founder of the top luxury ready-to-wear label Kraton, showcased his latest collection here. The fully packed charity fashion show was organised by the Indonesian Women Society (Singapore) on 5 July 2013 at the Indonesian Ambassador's residence.


With design studios in Jakarta, New York and Paris, the internationally recognised Indonesian fashion designer presented muted earthy outfits, two-toned cardigan and tops, nautical stripes, batik dresses and jackets with floor length dresses dominating the fashion parade.

Kraton's Spring/Summer 2014 collection also included trendy jackets, pencil trousers and new looks for daily office and formal wear, evening gowns to smart casuals. The effortless sensuality portrayed by the flowing silhouettes and muted tones wowed everyone.

The collection also featured a songket ankle-length dress in blush and cherry blossom which brought to mind the colours of spring. Showcasing Indonesia's rich hues and multicultural lifestyle, a batik peacock silk dress in black drew applause from the viewers for its clean silhouette and modern cut.

The collection had ethnic designs interwoven among the contemporary designs and styles. Experimenting with batik print, the designer showcased his roots and source of inspiration with a batik woodgrain cotton jacket in white which was paired with pleated skirt.

Inspired by art and architecture, Soesastro launched his own line Kraton, in New York City in 2008. Known for his deceptively simple aesthetics and unique construction such as singular panel patterns, gusseted kimono sleeves and sunburst-pleated paneling, Soesastro's fabrics are also uniquely sourced and regional textiles are always incorporated into the collection.

"The hand-woven cloths from Ayutupas and West Timor are displayed in its natural state as shawls and also transformed into tops. The cloths we use are woven from organic cotton and dyed exclusively with natural dyes. Our label represents Indonesia's past and multicultural diversity," said the Jakarta-born designer. He has a cosmopolitan background and studied fashion overseas. He interned with some of the major haute couture houses in Paris and moved on to launch his own collection. He is now in the midst of setting up an e-commerce website for his collections. 

## ENGLISH TO INDO



Acara amal yang diadakan oleh Dharma Wanita Persatuan (Singapura) pada 5 Juli 2013 menampilkan koleksi-koleksi busana dari Auguste Soesastro. Ia memiliki studio busana mewah tidak hanya di Jakarta, tetapi juga di New York dan Paris. Busana-busana yang ditampilkan merupakan busana yang terinspirasi dari kebudayaan-kebudayaan Indonesia yang begitu beragam. Diharapkan dengan adanya label busana Kraton ini dapat turut mengharumkan nama bangsa Indonesia di kanca dunia.



## Ethnic Indonesian Jewellery: Distinctive & Varied

An intricately carved Kalimantan dragon earring in sterling silver, handcrafted fine Gecko motif brooch encrusted with deep azure of the lapis lazuli and the hypnotic Toraja motif necklace in ethnic silver give just a glimpse of the rich culture and heritage of the diverse Indonesian islands. With such a rich ancestral legacy, the exotic designs of traditional Indonesian jewellery is being rediscovered in more contemporary and eye catching style with the help of few Indonesian artists. Some examples of these were exhibited and for sale at the recent Charity Fashion Show organised by the Indonesian Women Society (Singapore) at the Embassy on 5th July 2013.

Ms Soraya Spiro, a jewellery designer with Joyce Spiro Jewellery in Jakarta has only one objective in mind. "I took up the legacy behind by my ancestors in the form of rich history, tradition and symbols. I studied the patterns, designs and motifs that enrich the traditional Indonesia homes. With more than 500 tribes across the archipelago, there were too many inspirations which were waiting to be carved into traditional jewellery and displayed to the world," says Ms Spiro.


With an MBA in finance and a job offer with an international bank, Ms Spiro was ready to walk a different path. However, she was inspired by her parents who opened a boutique of Indonesian jewellery in 1948 and have been promoting Indonesian jewellery across the country. Embracing her culture and background, Ms Spiro left her corporate job and took up the challenge of popularising ethnic Indonesian jewellery.

She travelled across the length and breadth of Indonesia, from Sumatra to Java to Bali and Kalimantan. She explains "Traditionally, Indonesian used to wear gold jewellery, however, when the yellow metal became expensive, the jewellery is now being worn in sterling silver. The designs are inspired from various symbols such as the Gecko, which is a symbol of protection among the people of North Sumatra."



According to Ms Soraya, the western world is just now coming to appreciate the vibrant Indonesian designs. "Indonesian brooch, with beautiful batik floral patterns, good luck symbols, dragons are very popular. Finely handcrafted and made with silver and 18k gold, Indonesian jewellery is much sought after in the world," she exclaims.

Another distinctive feature in contemporary Indonesian jewellery is the incorporation of ornaments known as 'mamuli'. These ornaments played an essential role in the ceremonial gift exchanges practiced by tribes of Sumba Island in Eastern Indonesia. Mamuli was worn in gold as earring, during those times when artificial elongation of earlobes was prominent. However, since the practice has now died, mamuli finds itself reinvented as pendants and brooches.

Other popular designs include the Garuda (eagle) and Elephant, which are used in designing necklaces and bracelets. Historians have traced the origin of Indonesian jewellery and have concluded the designs are a mixture of influences from Arabia, China and India. 



Vandana Talwar graduated in fashion design from Raffles Design Institute. She launched her own brand, AGRAGRAMI FASHION HOUSE in 2011. The Agragrami label means innovative. Agragrami is about design, development and construction. Vandana's emphasis is in cutting edge design, tailoring and treatments and manipulation of fabric. She believes in being fanatical and to have fun yet fashionable with distinctiveness and originality. She is a consultant, stylist and takes orders for custom made outfits.

She has done eight shows in Singapore and participated in the International Fashion Week in Miami, Florida, USA. She is inspired by paintings specially art by creative young artists. The challenge of trully flattering the body remains integral to her take on contemporary fashion.

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<http://agragramifashionhouse.myshopify.com/> | <http://www.agragrami.com>



# Colorectal Cancer

One of the most common cancers in developed countries and in urban areas of developing countries, it is also one of the most preventable and curable cancers today

**C**olorectal cancer can be fatal but it is also one of the most preventable and curable cancers today. The key is regular colonoscopy screening where specialists identify polyps in the colon which may turn cancerous years later if left alone.

These polyps are usually silent and do not give the patient any symptoms. A complete colonoscopic assessment requires a skilled endoscopist aided by advanced endoscopic technology such as high definition magnification and narrow-band imaging endoscopy. This combination allows identification of polyps as small as 2 mm and ensures that nothing sinister is missed during the colonoscopy.

Larger polyps can even be removed by specialized endoscopic techniques such as “endoscopic submucosal dissection” which are only practiced by skilled endoscopists in specialized centers. If a patient is diagnosed with colorectal cancer, it is highly curable in the earlier stages. The best method currently to achieve cure is surgery.

The five-year survival rate aka cure rate after surgery is 95-99% for Stage 1 and 80-90% for Stage 2 colorectal cancer. Good cure rates are achievable by surgeons skilled in colorectal cancer surgery. Today, the best methods to perform surgery are with “keyhole” methods, i.e. robotic and laparoscopic colorectal surgery.

Laparoscopic surgery has made surgery safer with fewer infection complications and faster recovery after surgery. Robotic surgery allows the surgeon to be even more precise especially when operating in a narrow space such as for rectal cancer. Good surgery, aided by advanced “keyhole” techniques, allows almost all patients to recover quickly and go home 3-4 days after surgery.

These advances also mean that very few - less than five per cent - patients with colorectal cancer operated in specialized centers need to have a stoma bag. In short, you should get regular colonoscopy screening to prevent colorectal cancer. Colonoscopy is quick, painless and extremely safe. Even if one is diagnosed with cancer, early treatment in a specialized colorectal center may give the best outcome.

## Kanker Kolorektal

Kanker kolorektal memiliki reputasi sebagai kanker yang paling umum antara orang-orang di negara maju dan juga di daerah kota dari negara-negara berkembang. Meskipun ia adalah salah satu penyebab utama kematian di banyak negara, kanker kolorektal juga merupakan sejenis kanker yang paling senang dicegah dan disembuhkan. Pemeriksaan kolonoskopi rutin memberi kesempatan untuk dokter spesialis mencari polip yang bisa menjadi kanker bertahun-tahun kemudian jika dibiarkan tanpa dihapuskan.


Polip ini biasanya muncul diam-diam dan tidak memberikan gejala bagi pasien. Untuk pemeriksaan kolonoskopi lengkap, ahli endoskopi yang unggul perlu dibantu alat-alat endoskopi yang modern seperti pembesaran hi-def (definisi tinggi) serta pencitraan endoskopi ikatan sempit. Kombinasi ini mengizinkan identifikasi

(mengenal) polip sekecil 2 mm dan memastikan bahwa tidak ada polip atau kanker yang ketinggalan semasa kolonoskopi.

Polip yang lebih besar bisa dipotong dengan teknik endoskopi khusus seperti “pembedahan endoskopi submukosa” yang hanya dilakukan oleh ahli endoskopi terlatih di pusat spesialisasi. Jika seorang pasien didiagnosa kanker kolorektal, dia masih boleh disembuhkan bila diketahui dalam stadium awal. Cara rawatan terbaik untuk mencapai kesembuhan adalah dengan pembedahan usus.

Kadar kelangsungan hidup lima tahun (atau kadar kesembuhan) setelah operasi adalah 95-99 persen untuk kanker kolorektal stadium 1 dan 80-90 persen untuk stadium 2. Kadar kesembuhan yang baik boleh dicapai oleh ahli bedah terlatih dalam pembedahan kanker kolorektal. Saat ini, cara terbaik untuk melakukan operasi adalah dengan metode “lubang kunci” seperti bedah kolorektal robotik dan laparoskopik.

Pembedahan laparoskopik membuat operasi lebih aman, mengurangkan komplikasi infeksi dan pasien pulih lebih cepat setelah operasi. Pembedahan robotik memberikan ahli bedah lebih ketelitian terutama ketika mengoperasi di ruang sempit seperti untuk kanker rektum. Pembedahan yang baik, dengan bantuan teknik lubang kunci yang unggul, memungkinkan hampir semua pasien untuk pulih lebih cepat dan pulang dari rumah sakit 3-4 hari setelah operasi.

Kemajuan ini juga berarti bahwa jarang ada pasien (<5 persen) dengan kanker kolorektal yang dioperasi di pusat spesialisasi membutuhkan kantung stoma. Singkatnya, anda sebaiknya mendapatkan pemeriksaan kolonoskopi rutin untuk mencegah kanker kolorektal. Kolonoskopi dilakukan dengan cepat, tanpa nyeri, dan sangat aman. Bahkan bila seseorang didiagnosa dengan kanker, perawatan awal di pusat spesialisasi kolorektal bisa memberikan hasil yang terbaik. 



**Dr. Lim Jit Fong**

MBBS (Spore), FRCS (Glasg), FAMS

Senior Consultant

Director, Pelvic Floor Disorder

Director, Anorectal Physiology & Ultrasound Laboratory

Fortis Hospital

Dr. Lim is one of the select few surgeons trained in robotic colorectal surgery, and is adept at managing the entire spectrum of diseases affecting the colon, rectum and anus. He has a special interest in the management of patients with functional defaecatory problems and complex functional disorder of the pelvis, including the assessment of pelvic floor function through the anorectal physiology measurement laboratory.




# Bio-Oil for Skin Care

It's the most popular skincare product for scar and stretch marks reduction



**B**io-Oil is a skincare oil that helps to reduce scars, stretch marks and improve uneven skin tone. The product uses a breakthrough ingredient PurCellin Oil. Rich in Vitamins A and E and natural oils such as Lavender, Calendula, Rosemary and Chamomile, PurCellin helps the skin to absorb the ingredients without leaving an oily residue. Bio-Oil is also highly effective for other skin problems such as ageing and dehydrated skin.

Clinical trials and skin test studies confirmed its effectiveness in reducing the appearance of scars and stretch marks, and its suitability for sensitive skin. For more information, visit [www.bio-oil.com](http://www.bio-oil.com). Size: 60ml (\$15.50). 

## Bio-Oil No.1 in Singapore

According to Nielsen survey in 2012, Bio-Oil is a leading skincare product (for scar and stretch marks) in Singapore. On 22 March, its local distributor, Cambert (FE) Singapore, hosted a celebratory brunch attended by media friends, retailers and friends of Bio-Oil, including celebrities such as Ms Wendy Jacobs, Ms Jamie Yeo and Andrea Claire. Mr Andre van Straten, Charge D'Affairs A.I. of the South African High Commission, congratulated Cambert on their achievement and expressed his pride that South African imports were acknowledged for their excellence in Singapore.

Bio-Oil has a strong international following that includes Kim Kardashian, Sienna Miller and Natalie Portman.

# AQUA Summer 2013 Collection


This professional make-up range is useful to women who need quick-to-apply waterproof make-up



**A**QUA make-up is waterproof and smudge-proof with a range of eye, lip and cheek products that produce natural looks as well as spectacular effects. It is a popular choice for many; AQUA describes its users as 'urban beauties constantly on the lookout for truly high performance, inventive make-up.'

The AQUA make-up collection can weather extreme conditions such as humidity, heat, sweat, repeated motions, pool water and glare of high-power lights. The AQUA range consists of:

- **AQUA CREAM:** Smudge-proof and transfer resistant, this multi-use cream shadow, is well known for its intense colours. Size: 6g (\$41).
- **AQUA EYES:** The soft, creamy and non-oily texture of AQUA EYES waterproof eye liner allows it to glide comfortably to create a smooth line. Size: 1.2g (\$33).
- **AQUA ROUGE:** Available in 17 brilliant colours, this high precision liquid lip colour can gently paint on a matte layer with one end and brush on a velvety topcoat with another end. Size: 5ml (\$40).
- **AQUA LIP:** A lip pencil with jojoba oils and Vitamin E, it gives a soft, supple and creamy texture. Size: 1.2g (\$33).

Check out the AQUA range in Sephora stores at ION Orchard, Ngee Ann City, Marina Bay Sands and others. 





# Teeth Whitening

By Dr Lynette Ng

## Whiten and brighten yellowing teeth

**Y**our smile is important and is one of the first things to be noticed. A whiter, brighter smile is beautiful and alleviates you to feel confident while making a memorable impression.

Your lifestyle and the aging process can stain and darken your teeth. Many things we do on a regular basis can contribute to stained teeth, such as drinking coffee, tea, cola and red wine or smoking.

Teeth whitening is one of the most popular and the least invasive of cosmetic dental treatments, to brighten and whiten yellowing teeth.

Teeth whitening systems can be divided into Take-Home Whitening systems and Chairside Whitening systems. The main difference between the take-home whitening and chair side whitening is the speed at which the patient sees the results. The take-home whitening system is a gradual process and results are usually seen

in a week. This system uses a mild solution of carbamide peroxide retained in a custom-fitted tray that is worn over teeth.

Chairside whitening on the other hand is done in-clinic by the dental professional and results can be seen in about 60 to 90 minutes. Chairside whitening systems, such as Zoom and BriteSmile, use blue wavelength light to activate the hydrogen peroxide gel to form free oxygen radicals. These oxygen radicals enter the top layer of your tooth structure known as enamel, to bleach out any discoloured substances. Teeth whitening is not harmful to the tooth. The tooth surface is not eroded or removed during the whitening process. The whitening gel contains only 25% hydrogen peroxide and is buffered at a near-neutral pH value that is compatible with tooth enamel, while the specially designed whitening lamp shines a gentle, blue light on your teeth. It emits virtually no heat and no harmful UV (ultraviolet) light. There are

no major side effects to teeth whitening.

Some patients may experience sensitivity but it is usually temporary and will disappear after 24 hours. Patients are advised to avoid anything acidic or sour to avoid sensitivity or any coloured food substances, which may stain a white shirt, e.g. coffee, tea, coke, red wine, soya sauce and curry.

The following groups of patients are not suitable for teeth whitening procedures:

1. Active gum disease
2. Uncontrolled and multiple caries
3. Pregnant or lactating female patients
4. Patients with photo sensitivity
5. Patient with enamel hypoplasia or severe attrition and erosion


Teeth whitening is like the reverse of sun tanning. The colour achieved is not permanent and slowly fades over 8 months to a year, as there are coloured substances in our diet. The speed and intensity of the



fade varies from individual and depends on their dietary, social and teeth cleaning habits.

To upkeep your new sparkling whites,

1. Have regular visits to the dentist every 6 months to a year
2. Practise proper and effective tooth brushing methods and oral hygiene habits
3. Brush and floss twice a day
4. Use a soft brush and angle it 45 degrees towards the gum
5. Brush with short strokes in a to-and-fro or rolled manner over a small section (2-3 teeth). Proper brushing should take 2 to 3 minutes
6. Maintain the results obtained with a maintenance home whitening kit.


Prices for in-chair whitening system starts from SGD\$963 and SGD\$428 for takehome whitening system. 



Dr Lynnette Ng is the Dental Director & Prosthodontist, The Dental Studio, a subsidiary of the Singapore Medical Group. Email: [enquiry@dentalstudio.sg](mailto:enquiry@dentalstudio.sg)  
Website: [www.dentalstudio.sg](http://www.dentalstudio.sg)

## ENGLISH TO INDO



Senyuman itu penting. Kalau gigi kita putih bersinar waktu tersenyum, kita akan merasa lebih percaya diri. Cara hidup kita dan penuaan dapat membuat gigi kita menjadi kuning, bahkan hitam. Selain itu, minum kopi, teh, minuman bersoda, anggur merah, atau merokok juga dapat membuat gigi kita kotor. Jaman sekarang, pemutihan gigi sangatlah populer. Ada dua cara proses pemutihan gigi yaitu Take-home Whitening system dan Chairside Whitening system. Perbedaannya adalah waktu yang diperlukan seseorang untuk dapat melihat hasil pemutihan gigi tersebut. Hasil dari Take-home Whitening system dapat dilihat dalam waktu kira-kira seminggu, sedangkan hasil dari Chairside Whitening system dapat dilihat dalam 60 sampai 90 menit! Menakjubkan bukan? Kalian dapat memiliki gigi putih yang kalian dambakan dengan biaya mulai dari S\$963 untuk Chairside Whitening system atau S\$428 untuk Take-home Whitening system. 

## Chairside Whitening systems: Before You Decide

Before undertaking any form of teeth whitening procedures that might involve bleaching, an examination should be carried out to properly assess the cause of discoloration. This examination can include a clinical intra- and extra-oral examination as well as a screening radiograph. Even a single dark tooth, should have a radiograph to evaluate for abscesses, internal/external resorption or calcific metamorphosis. Both the function and aesthetic considerations will be evaluated in the examination.



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# Important Vitamins for Hair Growth

By Chirag Savaliya

Hair care starts with good nutrition and sunshine!

**H**air is a source of satisfaction for people for ages. Remember Sampson and Delilah? Women need luxuriously wealthy, thick hair (often long). Men need heavy, rich hair too.

We're always trying to find ways to create hair more full and lively, and with less breakage. Many brush their hair 100 times each night to make sure long, silky hair, but would you need to go that far?

Supplements for hair development are essential, because they are for the health of the rest of your body. You're not just doing your skin, bones and blood a favour, but you're doing your mane a favour too, while consuming your one a day supplement.

## Vitamin A

This vitamin can be found in cheese, eggs, milk, dark-green veggies, and the fruits, apricots and peaches. Vitamin A can be an antioxidant and helps the head create healthier oil (a kind of gas essential for the shine of one's hair). Everything in moderation, the human body requires only 5000 International Units (IU), anything more than 25,000 IUs per day could be significantly bad for your quality of life.

## Biotin

Present in whole grains, liver, rice, milk and egg yolks. Helps in preventing greying and hair-loss.

## Vitamin B5

Still another of the vitamins for hair development, this vitamin can also be referred to as Pantothenic Acid. Present in egg yolks, organ meats, brewer's yeast, and wholegrain cereals.

## Niacin

Also called Vitamin B3, this encourages scalp circulation. A healthy scalp is also necessary for healthy hair. Food resources are turkey, chicken, fish, and wheat germ. It's informed that consuming excess of 25 mg of niacin a day can result in a temperature sensation referred to as a Niacin Flush.

## Vitamin B12

Present in eggs, chicken, fish and milk, this vitamin prevents hair thinning and the daily dosage is simply 2 mg.

### Inositol

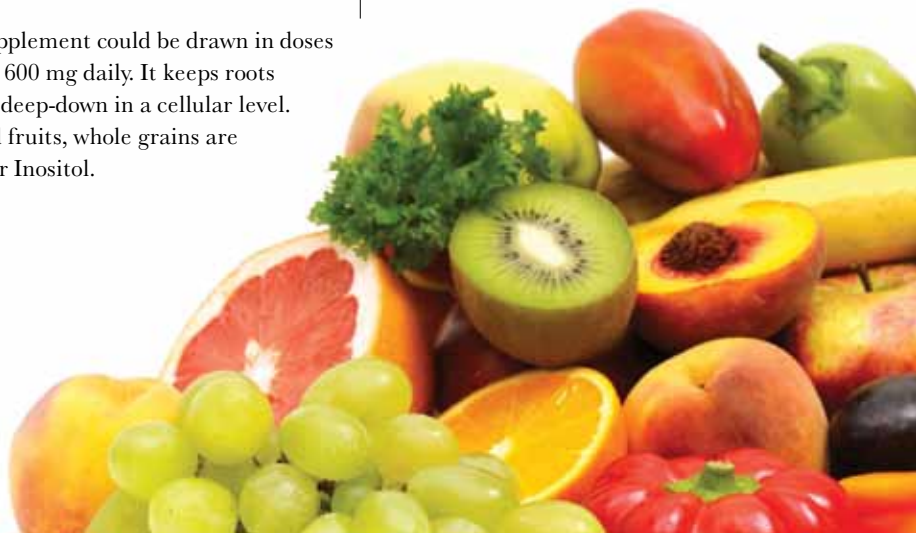
This supplement could be drawn in doses as high as 600 mg daily. It keeps roots healthier, deep-down in a cellular level. Liver, acid fruits, whole grains are sources for Inositol.

## Vitamin E

This, among the most important vitamins for hair growth, is definitely an antioxidant. It enhances head blood supply and can be found in food resources such as vegetable oils (cold-pressed), natural vegetables, dried beans, nuts and vegetables. The suggested daily dose for Vitamin E is 400 IU. Vitamin E may cause a rise in blood pressure, so those on heart medication, particularly those being treated for hypertension, must control their Vitamin E consumption carefully.

## Vitamin D

Still another antioxidant, this vitamin helps take care of the health of both hair and skin. The meals sources aren't green peppers and a number of other fruits like strawberries and kiwi, but additionally only citrus fruits and potatoes. Another source of vitamin D is sunshine! ☀







# Prita Kemal Gani

## Teaching with the Heart

Indonesia's corporate communications industry is booming and Mrs Prita, the Director of the London School of Public Relations shares her insights and background on succeeding in media studies

It was with the intention of establishing the best quality education in public relations and inspiring professionals towards ethical practices, Ms Prita Kemal Gani, Director of London School of Public Relations (LSPR), Jakarta took over the mantle of leadership at the award winning school in 1993.

LSPR is a boutique school in Jakarta focusing on communication and aiding students to become elite graduates. Multi-cultural and cosmopolitan in nature, its mixed curriculum (international and national) with a balance of practice and theory has helped the school earn global recognition. For Mrs Prita, the main challenges she faces as a professional educator is in nurturing student's discipline and encouraging them to use their energy creatively while providing a fun and engaging learning experience.

With over 14,000 graduates specialising in public relations, marketing, mass communication, performing arts and advertising, Mrs Prita has played an integral role in providing quality education in the field of creative communication.

For the director, it all started when she interned in the public relations department at Hilton Hotel while studying at the Hotel Management School in Jakarta. "This was the first time I learnt about public relations and fell in love with this field. I then studied public relations in London City College, London and my experiences there inspired me to establish my own PR school," she recalls.

**PR is the source of information for a journalist and a journalist is the gate for PR to reach their audience.**


### Important role of PR

According to Mrs Prita, it is of utmost importance that the person handling public relations gives the journalist, a good insight and the right understanding about the organisation they represent. "PR is the source of information for a journalist and a journalist is the gate for PR to reach their audience. In

my opinion, media plays a very important role in our life as it informs us of current situation in the world and also educates us about different people and culture. Through efficient PR, the media can portray the truth," she says.

Mrs Prita, who is also the chairperson of Public Relations Society of Indonesia (PERHUMAS) has been actively leading the society in gaining international recognition by establishing collaborations and friendship agreements with International PR Associations such as Institute of Public Relations of Singapore, Institute of Public Relations Malaysia, Shanghai Public Relations

Association, Public Relations Institute of Australia, etc. She has also initiated the accreditation program for public relations practitioners in Indonesia to advocate PR ethics among PR practitioners in Indonesia and the region.

However, she finds the greatest satisfaction as an educator, when she gets to be part of the student's achievement. She feels, "Knowing that my students have a successful career and their parents are thankful for the quality education that we have given to their children is the best part of my work." 



# Cooking Up a Storm in Singapore

By Foo Yong Han

Whether you are a student or a professional looking for a career change, the Food and Beverage (F&B) industry offers plenty of opportunities for work and develop your passion in cooking to managing 4-star restaurants

**F**or anyone aspiring studying to carve out a career in the F&B industry, IndoConnect presents several of the leading private education institutions in Singapore that offer different culinary programmes – what you can expect to learn in the course, at different levels from a certificate to a degree that could set you on your way.

## AT-SUNRICE GLOBALCHEF ACADEMY

### **WSQ Certificate in Pastry and Bakery (WSQ-CPB)**

This Workforce Skills Qualifications (WSQ) Certificate programme will impart the basics of pastry and bakery preparation and presentation while underlining the importance of meeting or exceeding the expectations of customers. Key skills participants can glean from the course are:

- Food and beverage safety and hygiene policies and procedures
- Maintenance of safe and secure working environment
- Preparation of Mise En Place 1
- Preparation of Pre-Mix, Frozen and Bake-off Products
- Baking Techniques, Mixing Methods and Piping

This certificate serves as a stepping stone for students to pursue career opportunities in the F&B industry or further their studies with At-Sunrice's diploma programmes. This certificate programme is conducted in English and proficiency in the language is compulsory.

## AT-SUNRICE GLOBALCHEF ACADEMY

### **WSQ Diploma in Culinary Arts (WSQ-DCA)**

Want to have the best of both worlds when it comes to cookery? This diploma might be the one. It enables the individual to learn the art and science of Eastern and Western cuisines and service standards from basic through to advanced level.

Learning is done through theory, practical workshops and extensive exposure to and interaction with a diverse heritage and culture of food. Key skills participants can glean from the course are:

- ☞ Preparation of meat, poultry, fish, seafood, vegetables, fruits, nuts and mushrooms
- ☞ Moist heat cooking and basic dry heat cooking methods
- ☞ Preparation of basic Western stocks and soups and Western foundation sauces
- ☞ Provision of basic and advanced dining room service
- ☞ Preparation of basic breads, muffins, scones, cookies as well as sweet and savoury fillings, sauces and creams
- ☞ Preparation of pasta and sandwiches
- ☞ Preparation of cold plates and garnishes
- ☞ Preparation of basic Malay Desserts and advanced Chinese desserts

This diploma is ideal for ambitious chefs-in-the-making who dream of a global career in fine dining. Applicants of the diploma also get to be an apprentice at one Asian and one Western





restaurant for a period of six months each. Graduates can also progress to At-Sunrice's degree pathway programmes. They are offered through degree articulation agreements with renowned universities such as Johnson & Wales University (USA), William Angliss Institute (Australia) and University of West London (UK), providing graduates with the right balance of academic studies, cultural exposure and work experience. This diploma programme is conducted in English and proficiency in the language is compulsory.

## SHATEC

### ***WSQ Advanced Certificate in Food and Beverage Supervision***

If individuals are interested in becoming restaurant staff at a supervisory level, this programme will deliver the fundamentals in Food and Beverage (F&B) service, F&B operations and F&B supervisory skills to them in a comprehensive syllabus. Key skills participants can glean from the course are:

- ☞ Preparation for service (Mise en Place)
- ☞ Interacting with guests and serving them food and beverage
- ☞ Inventory maintenance
- ☞ Monitoring of income and expenses
- ☞ Performance of hosting duties
- ☞ Preparation of non-alcoholic beverage
- ☞ Provision of catering and tableside services
- ☞ Supervision of bar and room services
- ☞ Supervision of staff
- ☞ Business Communications

Upon completion of the programme, students will be able to manage and service guests in the daily operations of a hotel or restaurant and adapt well to the demands of the service industry that usually involve time constraints and guests of varying temperament. Each student will be sent on a six-month attachment to a hotel or restaurant to fully test what they have learnt in a practical setting.

## The Culinary Institute of America

### ***Bachelor of Professional Studies (BPS) in Culinary Arts Management***


For individuals who have a diploma in culinary arts/management or related discipline, they might want to take up this programme. Offered by The Culinary Institute of America (CIA) in partnership with the Singapore Institute of Technology, students will gain a more in-depth understanding of global cuisine and cultivate higher management skills in the food and beverage industry. Highlights of the degree programme include:

- ☞ Close to 1,300-plus hours of hands-on culinary training in the kitchens and bakeshops to help students to develop advanced culinary techniques
- ☞ On-campus public restaurant training will put students right in the thick of day-to-day eatery operations and allows them to apply what they have learnt together with on-the-stop critical thinking

- ☞ Modules that explore global cuisines where students learn to prepare American, Mediterranean, and other international food. Students can also learn about the different languages, histories and culinary traditions of the world
- ☞ Food service management classes will give students an insight into cost control, food purchase, human resource management and human behaviour. It will help them relate business and communications principles directly to the food world
- ☞ Food, wine and agricultural trips will deepen students' knowledge about U.S. regions rich in culinary culture. It offers valuable lessons in menu development, food and beverage pairing, sustainable agriculture, produce distribution, and the impact of culture on cuisine

Eventually, this programme will let students develop as leaders, encourage critical thinking and refine and enhance cooking and baking methods they have previous learnt at diploma levels. It is conducted using cutting edge facilities on the campus of Temasek Polytechnic. This course is held in English and proficient in the language is needed.

## Other Schools & Courses

Aside from the above institutes, there are also other similar, accredited private institutions offering culinary and F&B management certificates, diplomas and degree programmes that might be worthwhile checking out. They include OSAC International College, ICASTEC, Allspice Institute: Cooking & Culinary School Singapore, Baking Industry Training Centre, JBS International College and CerealTech School of Baking Technology. 

## ENGLISH TO INDO



Entah apakah kalian mahasiswa atau profesional yang sedang ingin mencari perubahan di dalam karir kalian, industri F&B menawarkan banyak kesempatan untuk bekerja dan mengembangkan hasrat kalian dalam hal masak-memasak untuk mengelola restoran. Kali ini IndoConnect memfitur beberapa sekolah kuliner terkenal di Singapura yang boleh menjadi pilihan untuk kalian. AT-Sunrice Globalchef Academy menawarkan beberapa kelas pilihan, yaitu *WSQ Certificate in Pastry and Bakery* bagi kalian yang ingin belajar membuat pastry dan kue atau *WSQ Diploma in Culinary Arts* bagi kalian yang ingin belajar memasak makanan kuliner. Shatec menawarkan kelas *WSQ Advanced Certificate in Food and Beverage Supervision* untuk kalian yang tertarik menjadi staf restoran level supervisory. The Culinary Institute of America menawarkan kelas *Bachelor of Professional Studies (BPS) in Culinary Arts Management* bagi kalian yang telah memiliki diploma di industri F&B. Selain daripada itu, ada pula beberapa sekolah masak lainnya, antara lain: OSAC International College, ICASTEC, Allspice Institute: Cooking & Culinary School Singapore, Baking Industry Training Centre, JBS International College and CerealTech School of Baking Technology. Jadi apakah kalian sudah siap menggeluti industri F&B?



# The Masters of Your Career

A MBA and EMBA are highly sought after by fresh graduates and executives who are degree holders respectively. IndoConnect looks at their popularity

**T**he Masters in Business Administration (MBA) and Executive Masters in Business Administration (EMBA) allow an individual to have a comprehensive grasp of the different aspects of business operations such as accounting, finance, marketing, human resource and people management.

The MBA is ideal for an individual who has just graduated with a degree or accumulated a few years of working experience and aims to move into a junior management position while the EMBA is suitable for experienced managers who are looking to transit into senior management that might involve the supervision of several teams or a whole department.

Other key differences between an MBA and an EMBA is that when it comes to focus, MBAs put emphasis on the core disciplines of business management whereas the EMBA adopts a macro-view to equip candidates with advanced knowledge that are practical in a real-world setting and can help them produce feasible, measurable results.

The way MBA and EMBA classes are conducted is also markedly different. MBAs are more lecture-based with professors providing students with academic fundamentals whereas EMBA centres on case studies and team projects that entail strategic thinking, problem solving and leadership. Professors take on more of a facilitator's role than a lecturer's in EMBA, allowing the students to do most of the planning and execution of team projects. The professors will also offer guidance and share their industry experience and perspectives.

MBA and EMBA programmes in Singapore are offered by three Ministry of Education (MOE) certified government institutions: National University of Singapore (NUS), Nanyang Technological University (NTU) and Singapore Management University (SMU) – as well as a host of Private Education Institutes (PEI) such as the Management Development Institute of Singapore (MDIS), SP Jain School of Global Management, INSEAD, Kaplan and PSB Academy.


## Class sizes

Class sizes for MBA and EMBA vary from institution to institution. Some have an average class size of 10 to 20 students while others have an average of 25 to 30 students. “We try to keep the professor to student ratio low so it gives our professors the opportunity for more interaction with each student to develop their capabilities and creativity,” said Sunantha Huang, an assistant manager with the programme management department of MDIS.

Rodalyn Ramirez, a manager with the EMBA student recruitment department of SP Jain shares a similar view. “A compact class enables our lecturers to give more attention to each student so they would know exactly what areas they need to improve on,” she remarked.

PEIs in Singapore are regulated by the Council for Private Education (CPE). The Council for Private Education (CPE) was set up by MOE to ensure Private Education Institutions in Singapore offer programmes from accredited universities and adhere to stringent criteria when admitting students. PEIs that meet the standards set by CPE will get an EduTrust mark that allows them to start recruitment.

Indonesian applicants intending to take an MBA or EMBA programme in Singapore must pass an English proficiency test. In August of this year, a PEI called AEC College lost its EduTrust mark when it permitted a batch of its students to take up its MBA programme even before they passed their English proficiency test. Consequently, those students who signed up for the MBA programme before their English test results were known had to stop their studies until further notice.

Therefore, it is important for applicants to make sure the PEIs they want to enrol in have a compulsory English test in place and that the PEIs must release the results of their English test before they commit to the MBA or EMBA programme they are interested in. If applicants are in doubt of what to do or disputes arise between them and the PEIs, they should immediately seek assistance from CPE. 



The following is a list that gives interested candidates an overview of MBA and EMBA courses in Singapore:

INSTITUTE & DEGREE PROGRAMME	DURATION	ENTRY REQUIREMENTS
INSEAD MBA. Awarded by INSEAD	1 year	1. Minimum 2 years of work experience 2. GMAT Score
INSEAD EMBA. Awarded by INSEAD	17 weeks over a 2 year period	1. 7-18 years of professional work experience 2. GMAT score/ INSEAD EMBA Admissions test
Kaplan MBA. Awarded by Murdoch University	16 months	1. Recognised University degree 2. Meet Murdoch University's English Language requirements
Manchester Business School MBA. Awarded by Manchester Business School	3-5 years	1. Recognised University degree 2. Minimum 4 years of postgraduate work experience 3. Manchester Admissions Test (MAT)
MDIS MBA. Awarded by University of Wales	15 months	1. Recognised University degree with proven English proficiency
MDIS MBA. Awarded by University of Bradford	Full time: 15 months Part time: 2-6 years	1. Recognised University degree 2. Minimum 3 years of relevant postgraduate working experience 3. Minimum GMAT score of 600
MDIS MBA. Awarded by University of Sunderland	Full time: 12 months Part time: 18 months	1. Recognised University degree
NTU MBA. Awarded by NTU	Full time: 12 months Part time: 18-24 months	1. Recognised university degree 2. Minimum 2 years of working experience 3. Minimum GMAT score of 600
NTU EMBA. Awarded by NTU	12 months	1. Recognised University degree 2. Minimum 5 years of managerial experience
NTU MBA (Nanyang Fellows). Awarded by NTU	12 months	1. Recognised University degree 2. Minimum 8 years of managerial or senior professional experience
NUS MBA. Awarded by NUS	Full time: 17 months Part time: 2-6 years	1. Recognised University degree 2. Minimum 2 years of full-time postgraduate work experience 3. Good GMAT score
NUS EMBA. Awarded by UCLA-NUS	Full time: 6 sessions of 2 week courses over a period of 15 months	1. Recognised University degree 2. Minimum 10 years of full-time work experience, with a current high-level managerial responsibility
PSB ACADEMY MBA. Awarded by University of Nottingham	2-4 years	1. Recognised University Honours degree, or relevant professional qualification considered equivalent to a first degree 2. Minimum 3 years of full-time working experience 3. 2 references 4. English language requirements (with GMAT)
SIM EMBA. Awarded by University of Birmingham	2-4 years	1. Recognised University degree in a relevant Business/ Management subject with 3 years of managerial/ supervisory work experience OR 2. Recognised degree with minimum 5 years of relevant experience
SIM EMBA. Awarded by University of Buffalo	16 sessions of 2-week courses over 21 months	1. Recognised university degree 2. Minimum 5 years of management or professional experience
SMU MBA. Awarded by SMU	Full time: 12 months Part time: 18 months	1. Bachelor's Degree (all majors welcome) 2. Minimum 2 years work experience (post university) 3. Good GMAT score (above 600 will be considered competitive)
SMU EMBA. Awarded by SMU	Accelerated programme: 9 weeks over 12 months	1. Bachelor's Degree or equivalent professional qualification 2. Recognised achievements 3. Age 30 and above 4. GMAT or SMU Admission Test 5. Minimum of 10 years work experience
S P Jain Global MBA. Awarded by S P Jain	1 year	1. Recognised University degree 2. Minimum 3 years of full-time work experience 3. GMAT/SPJAT/CAT score
S P Jain EMBA. Awarded by S P Jain	15 months or 24 months	1. Bachelor's Degree 2. Minimum 3 years of post-university full-time working experience
YMCA MBA. Awarded by Strathclyde Business School	2-6 years	1. Recognised University degree, with minimum 3 years of full-time work experience OR 2. Diploma holder, with minimum 8 years of various work experience 3. Minimum age of 27 for both criteria

Note: The degree programme information listed in the above table is correct at time of print. As for course fees, they apply differently to international students. Please call up the institute of your interest for full and accurate details of its course fees.

# 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.**

**T**he 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.





# Consumer Report's Best Gadget Buys

Top phones, tablets and cameras ranked by Consumer Reports magazine

**C**onsumer Reports (CR) is the world's leading independent consumer product testing organization. It also conducts surveys of millions of consumers to find out their experiences with products and services. For more information or detailed results visit [www.consumerreports.org](http://www.consumerreports.org)

## Smartphones (up to 5-in screen)

CR tested 84 smartphones and the **Samsung Galaxy S4** (16GB) came out tops scoring high marks in voice quality, display, speed and camera. It was followed by **Motorola Droid Razr Maxx HD** and **Apple iPhone 5**. The S4 has the largest screen display with good help menus and friendly design.

## Tablets (7- to 8-in screen)

The latest generation of tablets that possessed the latest features (wi-fi enabled) and robust performance. The Android-based **Samsung Galaxy Note 8.0** (16 GB) was rated Excellent and leading in terms of overall score but it did lose out to second placed **Apple iPad Mini** with a longer battery life of 10.5 hours over Samsung's 10 hours. CR said the Galaxy Note was excellent overall and was loaded with features like a stylus and software as well as handwriting and voice recognition.

## Tablets (9- to 12-in screen)


**Samsung Galaxy Tab 2** 16GB (10.1") tied with **Microsoft Surface** that runs on Windows RT operating system. Even though they were evenly matched, Samsung was way ahead in terms of battery life of 12.4 hours compared to the Surface's 10.6 hours.

## Cameras (Basic)

Over 134 cameras were tested and were also ranked by their ease of use, LCD screen size, weight, battery life and have wide angle lenses. When it came to Subcompact sized cameras (those that can fit into a purse), the 12 megapixel **Nikon Coolpix P330** with 5X optical zoom pulled way ahead of the pack. CR wrote that the basic Nikon can appeal to advanced users who will appreciate its high quality lens which has the widest angle (24mm) with a maximum aperture of f/1.8.

In the Compact category (simple to use with advanced features) the 12 megapixel **Olympus Stylus XZ-10** with 5X zoom was the clear winner. In the Superzoom category (with extremely versatile zoom lens) the 18 megapixel **Panasonic Lumix DMC-ZS30** with 20X zoom edged over the **Olympus Stylus SP-820UZ iHS** with 40X zoom.

## Cameras (Advanced)

CR tested 73 models that has very sophisticated camera features as well as robust performance. In the Point-and-Shoot category, the 16 megapixels **Nikon Coolpix A** (with a score of 71) which edged out the 12 megapixels **Panasonic Lumix DMC-FZ200** but the Nikon cost almost double the Panasonic. In the SLR-Like category (smaller and lighter than an SLR and uses interchangeable lenses) the top rated camera was the 16 megapixel **Panasonic Lumix DMC-GH3**. In the SLR category the 24 megapixel **Nikon D7100** took top spot. 



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# Get Ready for Bintan's Lagoi Bay

New resort enclave coming up at the end of the year boasts resorts, seafront residential properties and aero adventure recreational facilities

**B**intan Resorts is already well known for its award-winning resorts, designer golf courses, and popular recreational facilities. Just 45 minutes away by ferry it is a popular go-to getaway for those living in Singapore.

By the end of this year, Lagoi Bay is scheduled to open up in phases with new five-star hotels and chic beach and lakeside villas, shopping malls and leisure facilities. Bintan Resorts is reinforcing the 'twin holiday destination' image shared between Bintan Resorts and Singapore. A new dimension is also being added to attract more thrill and pleasure seekers in years to come which includes an aviation adventure club.

Apart from attracting holidaymakers, Lagoi Bay provides opportunities for investors too. From realising exclusive commercial projects to building one's own dream villa, there is much potential to be cultivated in the 1,300ha land parcel, and all at a fraction of the price of properties found in Singapore.

## Beach Front Living

The villas at Pantai Indah are nestled within the Lagoi Bay masterplanned development on the picturesque northern coast of Bintan. Lagoi Bay will be replete with shopping, dining, entertainment and wellness facilities. Pantai Indah is a fully gated community with 24-hour security, direct access to the beach and located just 10 minutes away from Plaza Lagoi.

Pick from one and two bedroom villas. The architecture of Pantai Indah's two-bedroom villas borrows from traditional Balinese design and marries expansive bay windows, a personal pool and outdoor bathroom. A smaller, cosier version of the two-bedroom villas, the one-bedroom creates an intimate getaway for those looking for the perfect escape. Generous, light filled living spaces surround your own personal pool; and sala; lush greenery frames the private decks and generous amounts of space provide ample room to relax with family and guests.

The Resort Villas and Suites of Sanchaya (meaning "The Collection" in Sanskrit)

will be opened from November 1, 2013. Spread over 7.2 hectares of stunning beachfront location, The Sanchaya evokes romance of a period gone by. The estate's nine luxurious suites are themed in colonial splendor whilst each of the 19 palatial villas is uniquely inspired by the colourful diversity of the region. All of the suites are housed within the main building which overlooks a beautifully designed large infinity pool. To ensure privacy the villas are concealed within a generous space surrounded by lush garden.

## Shopping at Plaza Lagoi

At the heart of the Lagoi Beach Village lies the magnificently designed and crafted Plaza Lagoi. With sweeping walkways, fountains and the latest technology in public space lighting, Plaza Lagoi will have the highest concentration of commercial, leisure and recreational activities on the island. Bintan Resorts visitors will have easy access to the Mall via regular shuttle buses. A ferry check-in facility in the plaza also allows for easy check in of





luggage and collection of boarding passes. Unencumbered by luggage, visitors will then be able free to enjoy the shops and facilities of Plaza Lagoi. A shuttle bus service will also be available to take them to the Bandar Benten Telani Ferry Terminal to catch their ferry back to Singapore. Plaza Lagoi will be completed and become gradually operational from December 2013 in time for the peak holiday season.

Air Adventures Flying Club & AdvenTreez

A relaxing weekend spiced up with a thrilling adventure can be had at Southeast Asia's first seaplane facility that offers an open cockpit seaplane experience! Air Adventures Flying Club Bintan, an ultra-light aircraft ride centre and flying school will be enable guests to undergo flight training or go on introductory flights in its fully equipped two-seat amphibious aircraft, which will be operated out of an inland lake in the heart of Lagoi Bay. Besides Air Adventures, thrill-seeking Bintan Resorts' guests and Lagoi residents can experience a new canopy adventure trail, AdvenTreez, nestled within majestic rainforests. For more information on the developments of Lagoi Bay in Bintan Resorts, visit [www.lagoibaybintan.com](http://www.lagoibaybintan.com)



## MAYA IS BALI'S BEST

Maya Ubud Resort & Spa resort awarded highest accolade in Indonesian hospitality industry

The Maya Ubud Resort & Spa is already well known among the travel trade as a 'Top Green Destination.' Recently it was awarded the title of top hotel in Indonesia based on customer reviews at Zoover, a UK-based travel portal that rates and receives reviews on accommodation. Zoover Awards are highly coveted consumer prizes in the travel industry. This is the second time Maya Ubud Resort & Spa has been awarded this sought-after award (<http://www.zooverawards.co.uk/>).

The Maya Ubud Resort & Spa sits between the Petanu River valley and the verdant rice fields of Peliatan. The ten-hectare tract of land it is situated on is a tranquil haven of tropical gardens and 108 architect-designed luxury guest rooms and villas. A favourite with honeymooners and holiday-makers alike, Maya Ubud is where guests can experience peace and tranquility in beautiful surroundings with personalized service and excellent food. More about Maya at [www.mayaubud.com](http://www.mayaubud.com)







# Revving Up for Singapore F1 Grand Prix

Outside the tracks, the sixth edition has more in store in terms of entertainment

**A**n extraordinary night race set amidst the city's iconic Marina Bay Sands resort, the street track by Marina Bay framed against the jeweled night skyline of the city makes it unique, comparable to the Monte Carlo street circuit!

Race promoter, Singapore GP has kick started 'Rev Up Singapore!' campaign to unveil range of exciting activities for the event to share the excitement of the Formula 1 races across the island. New initiatives planned this year include:

- ✚ A Thursday Pit Lane Walk for non-ticketholders
- ✚ A motorsports carnival in collaboration with the Institute of Technical Education
- ✚ Free preview screenings of the new motorsports movie RUSH
- ✚ A corporate 'give-back' ticket scheme as well as exclusive behind-the-scene tours for students.
- ✚ In addition, Singapore GP will be expanding the well-received Singapore GP School Visit programme introduced last year.

Mr Colin Syn, Deputy Chairman of Singapore GP Pte Ltd said, "In an effort to share our excitement and passion for Formula One™ with even more Singaporeans this year, we have introduced a range of exciting activities. Through our campaign, we intend to include Singaporeans across the island. We invite people of

all ages to participate in our activities as we gear up for another exciting installment of the Formula 1 Singapore Grand Prix."

The Marina Bay Street Circuit will have racing cars breaking all public road speed limits up to 300km/h for two exhilarating hours. The high octane night race is also spearheaded by the Singapore Tourism Board. Speaking on the new initiatives introduced this year, Mr Lionel Yeo, CEO of the Singapore Tourism Board (STB) said, "STB is fully behind Singapore GP's efforts to introduce more activities to strengthen community engagement around the Singapore race. The line-up of activities will help to create greater interest and pride in our race, the crown jewel in the entire Formula One calendar."

## Race Highlights

F1 phenomenon, Sebastian Vettel from Red Bull Racing – Renault is a leading favourite. If Vettel continues on his winning streak, he will win a fourth title and join the only two great names to have achieved that feat – Juan Manuel Fangio and Michael Schumacher.

Among the top three, the Mercedes team with Lewis Hamilton and Ferrari with Fernando Alonso are ready to take on Vettel. Last year, the reigning world champion Sebastian Vettel scored his second successive Marina Bay victory in a nail-biting race that





By Priya Ramakrishnan

# 2013

## Entertainment Programme

**Friday 20 Sep:** Popular Korean band Big Bang will kick off the 2013 Formula I Singtel Singapore Grand Prix race weekend at the Padang Stage. K-pop fans can expect a charged-up concert with the band's record-breaking hits including 'Lies', 'Hot Issue', 'Stand Up', 'Last Farewell' and 'Haru Haru'.

**Saturday 21 Sep:** Popular American band The Killers will rock Singapore's biggest outdoor stage as part of their Battle Born World Tour with hits such as 'Runaways', 'Mr. Brightside', 'Human', 'Somebody Told Me', 'All These Things That I've Done' and 'When You Were Young'.


**Sunday 22 Sep:** The recipient of six Grammy Awards, Rihanna will perform at the Padang Stage post-race, as part of her much-raved about 2013 Diamonds World Tour. Currently holding the record as the top-selling digital artist of all time, Riri, as she is fondly called by fans, will belt up latest hits like "Diamonds" from her latest album Unapologetic as well as all-time favourites "The Only Girl in the World".

**Monday 23 Sep:** Fans and "Beliebers" can look forward to a star-studded closing on Monday night as Justin Bieber will rock Singapore's biggest outdoor stage with hits such as 'As Long As You Love Me', 'Somebody to Love', 'Beauty and a Beat' and 'Right Here'.

delivered the winner after just 59 laps as it had gone beyond the two hour time limit, a first in the country's history. It's been a stable winter for the 2013 F1 teams, with only minimal changes to the cars as we await the radical new engine rules for 2014. Fans of the Formula One Grand prix can look forward to a cliff-hanger to see who wins the Singapore Grand Prix 2013

## Entertainment – Bieber Finale

Sponsored by Singapore Telecommunications Limited (SingTel), the 2013 Singapore Formula One Grand Prix will also feature popular international artists and singers. Patrons at the GPSS can enjoy the exclusive performances of star-studded line up of headliners such as Rihanna, Korean band Big Bang, Killers and Zone 1 entertainers Tom Jones and Bob Geldof.

Featuring a closing concert for the first time on 23 September, popular Canadian pop star Justin Bieber has been roped in for a power packed performance at the Padang Stage. Named by Forbes magazine in 2012 as the third-most powerful celebrity in the world, the 19-year old YouTube phenomenon is expected to perform few of his hits such as "As Long As You Love Me", "Somebody to Love" as well as "Boyfriend" during the closing concert, which will also feature a special guest support act. 

Entry to The Closing Concert on Monday, 23 September, is separately ticketed and available at [www.singaporegp.sg](http://www.singaporegp.sg). Tickets can also be purchased at all SISTIC outlets in Singapore.

## ENGLISH TO INDO



Apakah kalian merupakan pencinta balap mobil F1 Grand Prix? Kalian sangat beruntung, karena seperti tahun-tahun sebelumnya, cara balap mobil bergengsi ini diadakan lagi di Singapura tanggal 20 - 23 September 2013.

Menurut Ms Colin Syn, Deputy Chairman of Singapore GP Pte Ltd, kali ini acaranya akan sangat meriah karena kita dapat berpartisipasi dalam banyak aktivitas menarik yang mereka adakan.

Apakah kalian juga penggemar penyanyi-penyanyi internasional populer seperti Justin Bieber, Rihanna, Big Bang, the Killer, dan lain-lain? Jangan lewatkan konser spektakular mereka dalam konser F1 Singapore Grand Prix yang tiketnya dapat kalian dapatkan di SISTIC. Ayo, jangan sampai kehabisan!

Untuk keterangan lebih lanjut dapat kalian dapatkan di situs resmi dari F1 Singapore Grand Prix di [www.singaporegp.sg](http://www.singaporegp.sg).



# Buying SG Property: Still a Goldmine?

The government introduced lending restrictions, additional taxes and regulations. Is it still a good time to buy properties? Mohd Ismail, CEO of PropNex Realty looks into the numbers and provides the context

**S**ingapore has seen its property markets rebound strongly (driven by many factors) over a short few years. It has motivated the government to intervene. Issues of sustainability and affordability for first time buyers and many still remember the serious corrections that hit the property market during the Asian Financial Crisis in 1997-8, and the Sub-prime Crisis of 2008-09.

More recently, private home prices in Singapore had risen for a fifth straight quarter, as suburban homes surged in values—amid the government's several attempts to cool the property market. The private residential property price index rose 0.8% to 214.9 points in the second quarter ended 30 June 2013, following a 0.6% increase in the first quarter according to preliminary estimates released by the Urban Redevelopment Authority (URA).

The government has initiated a range of cooling measures starting in January 2013 including a rise in the additional buyer's stamp duty (ABSD) for permanent residents (PRs) and foreign home buyers by up to 15%. As per the new rules, all PRs and foreigners have to pay higher taxes when they buy their first or subsequent homes. This is in addition to tightening the amount of money they can borrow on their second and subsequent mortgages.

Again in June, the Monetary Authority of Singapore (MAS) implemented a Total Debt Servicing Ratio (TDSR) framework for all property loans to individuals, capping property buyers' monthly payments at 60% of income.

The measure seeks to address a growing concern that too many property buyers are over-extended on their loans and will apply for loans for the purchase of all types of property, loans secured on property, and the re-financing of all such loans. In addition, the MAS also fine-tuned the loan-to-value (LTV) policy to prevent the circumvention of the tighter LTV limits that were introduced in January.

## Cooling measures necessary?

Whilst many buyers may think that the measures are harsh, Ismail sees a silver lining and believes that these measures are necessary for the benefit of Singapore's economy, as well as to safeguard investor's risk in the long term.

Despite multiple rounds of curbs, Ismail remains confident on the outlook for the nation's property market, which is ranked amongst one of the most expensive in the world. He said, "The allure of investing in properties in Singapore is still hot here. There are many investors in Singapore who don't know where to park their money. As such, property will always go up here." This is despite the fact buyers here have to pay more on stamp duty.

The intention is to moderate investment demand for private properties in Singapore and promote a more stable, prudent and sustainable property market. The ABSD rate for foreigners is necessary, in view of the large pool of external liquidity, strong buying interest abroad and land scarcity of Singapore. The government's ultimate aim is for the residential property market prices to move in line with economic fundamentals at a sustainable rate.

Even with the current economic uncertainties, the demand for private residential properties remains firm. Given the uncertainty in the stock market and low interest rate environment, private properties in Singapore continue to attract investors—both local and foreign. Excessive investment demand will, however, make the property cycle more volatile, thus increasing risks to our economy and banking system.

"The main intention of the measures is to take the foot off the accelerator rather than press on the breaks of property prices. Singapore is not the only country in Asia that has been trying to cool its property market amid capital inflows from the West that have helped push down interest rates and fuel inflation. Both Hong Kong and China for instance have also ramped up measures in



recent years to keep a lid on property prices,” he added.

“There’s a lot of strong underlying demand for properties in Singapore that is too strong to stop overnight and will continue for years to come,” he noted.

## Buyer’s market

“It is a buyer’s market now as prior to the cooling measures, sellers were not willing to negotiate and they are price setters, but that situation is changing. There are many resale properties in the Core Central Region (CCR) such as Sentosa and Orchard that are going at 10 to 20% lower to attract buyers”, explained Ismail. Together with Singapore’s tight labour market and easy liquidity conditions, purchase demand will be supported, felt Ismail.

“Prices of new projects are expected to hold up, especially for projects that are well-located near transport hubs and amenities. And with their strong balance sheets, developers are also unlikely to cut prices too much although they could offer more incentives to move their units faster,” he added.

“Singapore’s property market has proved remarkably resilient and the reality is that low interest rates and banks willingness to lend will offset government measures. For example, a buyer can buy a property and fix the loan over a period of five years at below 2%—such a low interest rate environment will mitigate the ABSD at the entry level.

“For example, a buyer takes a \$5 million loan at 1.5% interest rate for a period of five years, the interest payable will be less than \$375,000. In contrast, if the interest rate goes up to 4%, then the interest payable will be close to \$1 million for the same loan amount! Therefore, paying the ABSD to purchase a property in Singapore at such a low interest rate may still be an attractive proposition.”

In addition to low interest rates, regional trends would also support property prices, which Ismail expects to consolidate this year. He thinks, “There is still a big interest in holding properties outside of your home country. That effect has somehow multiplied and added momentum to the property market. And this has contributed to a continued rise in demand for properties in Singapore—a country with an ‘Asian reach’ for investors from neighbouring countries such as China, India, Indonesia and Malaysia”.

Policy makers however, have sent a very strong signal – stable and sustainable growth is what they desire

## On Capital appreciation

The measures that we have witnessed over the years are a result of significant price rises that have brought into focus issues of affordability and the risk of potential asset bubbles.

Policy makers however, have sent a very strong signal – stable and sustainable growth is what they desire, and while a large element of the huge price increases that have taken place across the region have been fuelled by genuine solid fundamentals and economic growth - the concern is that historically low interest rates and speculative activity have been fuelling price increases beyond this “sustainable” barrier.

However, another factor to consider is that with Singapore’s population projected to exceed six million within two decades, property demand and prices are expected to remain robust in the long run. And in conjunction with the strong economic fundamentals of land scarcity, population growth and political stability, the predicted scenario is that Singapore will continue to remain a ‘gold mine’ for any property investor from anywhere in the world. ©

*Property views: Opinions expressed in the article are those of the author and not IndoConnect Magazine.*



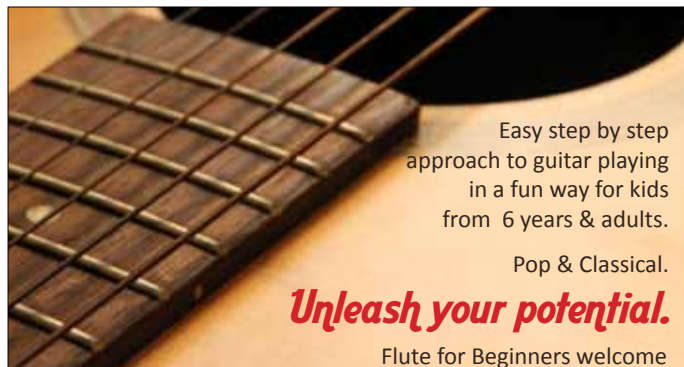
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# Top 10 Indonesian Dining Spots

If you have ever wondered where are the best Indonesian food restaurants are found in Singapore here is our top picks of popular dining spots

Ask any foodie and they will tell you there are no absolutes when it comes to the culinary arts. Taste is subjective and chefs and quality of food can (and do) change over time.

What IndoConnect has done was to compile by rave reviews, reputation and a quick survey with some leading members of the Indonesian community here, a list of the most popular Indonesian restaurants that we are confident few will argue with.

As per the norm in such compilations, protests will undoubtedly be made about how everyone's favourite restaurant was left out. Our answer to that is we hope to update this list next year so in the meantime, drop us a line and tell us which eating places have impressed you and we might just check it out for a restaurant review in the next issue of IndoConnect.



## Tambuah Mas Indonesian Restaurant

Established more than 20 years ago by a Chinese restaurateur from Indonesia, Tambuah Mas has since become a legend among Singaporean foodies and Indonesians living here or visiting the country as tourists. The key to the restaurant's success lies in its kitchen, which is managed by Indonesian chefs. They are responsible for bringing traditional dishes from the Indonesian regions of Padang, Sulawesi and Java to Singapore.

Must-try dishes are the Kapala Ikan Istimewa (fish head), Ayam Goreng Istimewa (Tambuah Mas' signature special fried chicken), Tahu Telor (fried cubed beancurd and eggs topped with sweet and spicy sauce), Rendang Lembu (beef stewed in spice blend and coconut milk) and Cumi-cumi Goreng (deep fried baby squids in dark sweet sauce).







Photo (right) Courtesy of Cumi Bali

## Cumi Bali

Cumi is Indonesian for squid and therefore, no prizes for guessing that this eatery's house special is its squid dish, which takes its name after the eatery as well. The Cumi Bali comprises a grilled squid bathed with rempah (spice paste) and topped with fried shallots. This potent combo makes the squid tender and juicy, yet firm to the bite. Other highlights of the eatery include Kambing Rendang (mutton with spices), Sapi Rendang (beef with spices), the humongous Sate Madura (chicken satay with fried shallots), Ikan Bakar (grilled fish infused with 18 different spices) and finally, the refreshingly sweet Cendol drink to wash down your meal with.

## Ayam Penyet Ria

Using marinades and spices imported directly from Indonesia, Ayam Penyet Ria ensures its high standards of preparing and serving authentic Indonesian dishes are always met. While the restaurant is named after one of Indonesia's signature dishes, the Ayam Penyet, which literally means smashed chicken, it serves more than just smashed fried chicken.

The other signature Penyet dishes consist of Bakso Penyet (smashed beef balls), Bawal Penyet (smashed pomfret), Udang Penyet (smashed fried prawn), Empal Penyet (smashed beef steak), Lele Penyet (smashed catfish), Tahu-tempe Penyet (smashed beancurd and beancake) and Sayap Penyet (smashed chicken wing).

If your mouth is watering already, head on down to Ayam Penyet Ria and let your taste buds have a smashing good time!

## Gurame Indonesian Restaurant

Located along Changi Coast Walk, what sets this Indonesian restaurant apart from others is that it affords diners a dazzling view of the Changi waterfront. If you are in the mood for a romantic candlelit dinner or simply a place to dine with cosy ambience, Gurame would provide the perfect setting.

However, where would Gurame be without its savoury fare? Kick-start your meal with Sayur Lalap (raw vegetables salad), Rujak Indonesia (indonesian mixed fruit rojak) or Karedok (raw Sundanese salad) before branching into your main course that gives you tasty choices such as Gurame Goreng (fried carp), Gurame Bakar (grilled carp), Gurame Special Saus (fried carp with specially made chilli), Ayam Bogor Gurame (fried chicken with coconut and peanuts) and Tahu Kipas (beancurd stuffed with prawns and vegetables). Round off your meal with Es Teler (young coconut, jackfruit and Avocado) or Es Alpokat (avocado juice).

## Sari Ratu Restaurant

The Sari Ratu chain of restaurants is known in Indonesia for its lip-smacking Nasi Padang fare and has now expanded into Singapore shores. For Indonesians, especially those from West Sumatra, who miss their home-cooked Nasi Padang dishes, they can now relive the aromatic and flavourful moments when they had their Nasi Padang meals right here in Singapore.

Among the mouth-watering line-up of Nasi Padang dishes are the Udang (prawns), Daging Rendang (dry beef with spices), Ayam Goreng Bumbu (fried chicken with seasoning), Gulai Daging (dry beef swimming in spicy sauce), Gulai Ayam (chicken drenched in spicy sauce), Dendeng Balado (thinly sliced sweet and spicy beef), Sop-Buntut (oxtail soup) and Gulai Kikil (cattle foot tendon and skin), among others.



Photo (right) Courtesy of Sari Ratu Restaurant





Photo Courtesy of Sari Ratu



Photos (above to right) Courtesy of Warung Lele Restaurant



## The Rice Table

At this restaurant, Indonesian dishes are served using a Dutch dining concept called Rijsttafel, which means rice table. It was introduced by the Dutch during Indonesia's colonial era to allow them to sample a wide variety of dishes in small portions at one go.

Likewise at Rice Table, diners are able to mix and match their meals from a diverse array of Indonesian dishes placed on their table in one sitting. Highlights include Soto Ayam (Indonesian chicken soup), Ikan Goreng (fried fish in spicy-sweet sauce), Ayam Panggang (grilled chicken), Tahu Telor (beancurd omelette), Sayur Lodeh (vegetables stewed in coconut gravy), Achar Ketimun (pickled cucumber), Otak (fish cake), Terong Kecap (brinjal in soy sauce), Ayam Kalio (spicy curry chicken) and Kangkong Belachan (spicy fried kangkong).

## The Moluccas Room

This restaurant offers Indonesian fine dining by the picturesque Marina Bay. It takes its name after the former name of present day Maluku, an Indonesian province made up of islands that produce spices such as nutmeg, clove and mace. This spicy heritage also influences the restaurant's menu items. While its cuisine is totally Indonesian, the restaurant has added a little twist to be in line with its fine dining image; it incorporates French cooking methods.

Whet your appetite with entrees like Risoles Ayam (breaded crepes filled with creamy chicken ragout), Bitterballen (egg battered croquette with chicken ragout béchamel sauce) and Bakwan Jagung Kepiting (sweet corn crab fricadel) before going in for the big kill with main dishes like Sate Angus Rica-Rica (angus beef sate with a fragrant blend of ginger, lemongrass, lime and red chilli), Sate Buntel Kambing (lamb sausage sate served

with sweet soy sauce), Mie Goreng Jawa (a classic Indonesian wok-fried egg noodles with chicken, prawns, egg and vegetables), Nasi Goreng Moluccas (Javanese traditional fried rice served with fried coconut flakes, shrimp belado, shredded chilli, Angus beef sate, fried egg and crackers), Angus Steak Rendang (tender beef steak tenderloin topped with delicious Javanese rending curry sauce) and Ayam Bakar Kecap Urap Urap (grilled herbed caramelised chicken served with coconut-spiced seasonal vegetable).

## Rumah Makan Minang

This humble eatery serves authentic Nasi Padang food influenced by the Minangkabau people of West Sumatra. While there are no Minangkabau cooks in the kitchen, the recipe used by the current cooks of the eatery was passed down to them by a Minangkabau native who migrated to Singapore in the 1940s.

Reasonably priced while retaining the spirit of Minangkabau cookery, specialties you should not give a pass are Soto Padang (cellophane noodles served with crispy beef in spicy soup), Indo Mee Kuah (yellow egg noodles in gravy based chicken broth), Botok-botok Ikan (mashed and steamed Tenggiri fish marinated in a spicy paste wrapped in banana leaves), Ayam Belado Merah (tender chicken in signature red chilli marinade), Ayam Bakar Padang (barbecued marinated tender chicken), Beef Kalio (marinated beef similar to Beef Rendang but flavoured with different spices), Dendeng Belado (marinated beef jerky with chilli slices), Siput Sedut Gulai (small snails cooked in chilli based broth), Sotong Udang Sambal (marinated calamari and prawns cooked in chilli based sauce), Boncis Goreng Telur (haricot beans stir-fried with egg) and Taugeh Masak Kucai Tahu (fresh bean sprouts stir-fried with chives and dried beancurd).






## Warung Lele Restaurant

With its kitchen operations overseen by an experienced Indonesian head chef, this restaurant offers Indonesian dishes that are specially prepared to please everyone, from Muslims to non-Muslims and vegetarians to meat lovers.

Start off your meal with a selection of its tasty soups – Sop Ayam (chicken soup), Sop Buntut (Jakarta oxtail soup) and Sop Asam (Asam mixed vegetable soup) – before moving to heavier fare such as Sate Ayam (barbecued skewered chicken), Ayam Penyet Idola (Jawa Timor fried smashed chicken) and Gulai Kambing (Central Java curry mutton). Lastly, you can go all out with crowd favourites like Cumi Sambal (chilli squid), Udang Sambal Petai (sambal prawns with bitter beans), Gurame Special (grilled carp with chef's sauce), Lele Tauco (patin fish in bean sauce), Nila Goreng (crispy “flying” Nila fish), Gulai Kepala Ikan (fish head curry), Kailan Tiram (oyster sauce baby kailan) and Karedok (vegetable salad with peanut sauce).

## Medan Town

The first restaurant in Singapore to serve food native to Medan, Indonesia's fourth largest city, it gives diners a literal taste of home-style cooking and famous street food associated in Medan. Unlike most Indonesian dishes, Medan cuisine has significant Chinese influence. This is evident in its Dumpling Soup containing a mixture of pork and shrimp dumplings and Kwetiauw Bebek (dry/soup) – Indonesian styled kwetiauw topped with layers of slow-cooked duck and sprinkled with fried garlic and spring onion and served with herbal duck soup on the side.

Other specialties include Soto Medan (Medanese chicken or beef broth with coconut milk served with noodles or steamed rice), Emie (egg noodles served with homemade shrimp gravy and topped with prawn fritters and crackers), Nasi Rendang Sapi (beef rendang, sambal potatoes and cabbage served with steamed rice), Medanese Curry Rice (special Medanese homemade chicken or beef curry infused with spices and topped with potatoes and served with steamed rice). You can end your hearty meal with the Es Campur Medan (Medanese dessert with shaved ice and mix of red beans, grass jelly, fermented tapioca and atap seeds topped with palm sugar and coconut milk. 

## Where to Go

### Tambuah Mas Indonesian Restaurant

Main: Tanglin Shopping Centre  
19 Tanglin Road #04-10/13  
Branch: The Paragon #B1-44  
290 Orchard Road  
Tel: +65 6733 2220

### Ayam Penyet Ria

Bedok Point Mall  
799 New Upper Changi Road #01-05  
Tel: +65 6441 0025

### Cumi Bali

66 Tanjong Pagar Road  
Tel: +65 6220 6619

### Sari Ratu Restaurant

20 Pahang Street  
Tel: +65 6294 9983

### Gurame Indonesia Restaurant

11 Changi Coast Walk  
Tel: +65 65422038

### The Rice Table

International Building #02-09  
360 Orchard Road  
Tel: +65 6835 3782

### The Moluccas Room

L1-81, 2 Bayfront Avenue  
The Shoppes at Marina Bay Sands  
Tel: +65 6688 7367

### Rumah Makan Minang

18 & 18A Kandahar Street  
Tel: +65 9457 7384

### Warung Lele Restaurant

#01-16, 8 Shenton Way  
Tel: +65 6423 1552

### Medan Town

253 Tanjong Katong Road  
Tel: +65 63489227



# 30 Ikon Kuliner Tradisional Indonesia

A collection of 30 dishes have been compiled to highlight traditional Indonesian culinary icons. IndoConnect brings you a selection of these dishes that raise the awareness and richness of the country's culinary culture.

## Ayam Panggang Bumbu Rujak

*Jogjakarta*

### Bahan (4 - 6 porsi):

800	gr (1 ekor) ayam untuk dipotong 4 - 6
2	sdm air asam, dari 1 sdt asam jawa dan 2 sdm air
3 - 4	sdm minyak goreng
3	gr (3 lembar) daun jeruk purut
3	gr (3 lembar) daun salam
20	gr (2 cm) lengkuas, dimemarkan
26	gr (2 batang) serai, dimemarkan
500 - 600	cc santan dari 1 kelapa tua (tergantung banyaknya kuah yang diinginkan)
2	sdm gula merah

### Bumbu (dihaluskan bersama):

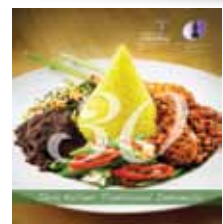
100	gr (10 butir) bawang merah
8	gr (4 siung) bawang putih
20	gr (5 butir) kemiri, disangrai
240	gr (12 buah) cabai merah (bisa buang biji)
1½ - 2	sdt garam
7	gr (1 - 1½ sdt) jahe cingang

1. Bersihkan ayam, lalu lumuri dengan air asam, diamkan kurang lebih 20 menit
2. Panaskan minyak, tumis daun jeruk purut, daun salam, lengkuas, serai dan bumbu halus. Setelah harum dan bumbu matang, masukkan ayam, aduk selama 5 - 10 menit.
3. Tuang santan 500 cc dulu, berikut gula merah. Masak sampai ayam matang, tambahkan sisa santan, teruskan memasak sampai kuah mengental, angkat.
4. Panggang ayam dengan bara, atau dengan oven, sambil diolesi kuah, angkat. Hidangkan bersama sisa kuah kentalnya.



**Book Title**  
30 Ikon Kuliner Tradisional Indonesia

**Book by**  
Ministry of Tourism and Creative Economy



30 Ikon Kuliner Tradisional Indonesia is a publication by the Ministry Tourism and Creative Economy under the advocacy of the Minister Ms Mari Elka Pangestu. Written by Bondan Winarno and Linda Adimidjaja



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IndoConnect





Muzalimah Suradi (sixth from the left) at HPLRTIS AGM

M

asih segar di ingatan saya ketika Krisis Moneter 1997-1998 melanda Indonesia, banyak karyawan-karyawati pabrik yang di-PHK secara

besar-besaran pada waktu itu, bahkan ada juga yang dirumahkan tanpa diberi uang pesangon. Dengan kenyataan ini, akhirnya saya berpikir bahwa untuk mendapatkan kesempatan kerja di tanah air sudah tidak ada lagi bagi saya dan saya harus berani mengambil keputusan untuk menjadi PLRT di Singapura demi mengubah nasib dan kehidupan saya. Berpegang pada prinsip bahwa nasib seseorang tidak akan berubah kecuali seseorang itu sendiri yang mengubahnya, akhirnya pada tahun 1998 saya bertekad sepenuh hati untuk menjadi bagian dari jutaan TKI yang bekerja di luar negeri. Walaupun pada saat itu saya tidak mempunyai bekal skills yang mencukupi dalam melakukan hal pekerjaan rumah tangga dan juga kemahiran berbahasa Inggris yang nol, saya tetap melanjutkan langkah saya untuk menjadi PLRT di luar negeri; tidak sedetik pun saya mempedulikan apa yang akan terjadi jika saya sampai di Negeri Singa nantinya. Yang saya tahu bahwa saya hanya ingin menjadi PLRT yang sukses, itu saja.


Detik pahit pun melanda saya ketika saya bekerja di majikan saya yang pertama. Tidak mempunyai skills yang mencukupi untuk melakukan pekerjaan rumah tangga dan ketidakmahiran saya di dalam berbahasa Inggris membuat saya harus rela dikembalikan ke agensi lagi oleh majikan saya. Masih segar di ingatan saya juga sebuah peristiwa yang lucu tapi menjengkelkan yang sampai sekarang tidak terlupakan, yaitu ketika majikan saya menyuruh saya untuk memasak ayam goreng. Karena ketidaktauan saya tentang bagaimana cara menggoreng

ayam yang benar akhirnya saya menggoreng ayam dengan api yang kelewat besar, lalu apa yang terjadi dengan nasib ayam goreng tersebut? Ayam tersebut ternyata masak luarnya saja dan dalamnya masih diselimuti darah segar. Kejadian ini akhirnya membuka mata hati saya bahwa saya masih harus belajar, belajar, dan terus belajar untuk memperbaiki performance bekerja saya. Dan untuk menghindari misunderstanding dalam berkomunikasi dengan majikan, saya juga harus belajar memperbaiki bahasa Inggris saya.

Alhamdulillah! Akhirnya sewaktu di agensi saya mendapatkan ganti majikan yang kedua yaitu majikan berbangsa Melayu. Mereka baik dan pengertian, dan sampai sekarang saya sudah terhitung bekerja bersama mereka selama 15 tahun. Walaupun dalam segi komunikasi, saya tidak mengalami kendala, namun majikan saya terus memberi encouragement kepada saya agar saya terus memperbaiki bahasa Inggris saya karena bahasa Inggris adalah bahasa terpenting di dunia jika kita ingin membuka jendela dunia. Untuk memperbaiki bahasa Inggris saya, majikan saya mendaftarkan saya untuk mengikuti kursus-kursus bahasa Inggris, dan salah satunya adalah WISE course (kelas malam) di Institute of Technical Education (ITE), selain itu saya juga belajar memperbaiki performance kerja saya agar majikan saya tidak kecewa dengan kinerja saya.

Majikan saya selalu berpesan kepada saya bahwa, Singapura adalah tempat yang sangat bagus untuk menimba ilmu karena negara ini adalah negara yang sangat maju baik itu di bidang ekonomi, pendidikan, teknologi, dan lain-lain. Pokoknya ilmu apa saja bisa kita pelajari dari negara “Titik Merah” ini dan nantinya kita bisa

terapkan di tanah air jika kita sudah tidak bekerja lagi di sini; contoh terdekat ilmu yang bisa kita terapkan jika kita sudah tidak berkerja di Singapura adalah ilmu membersihkan rumah. Menimba ilmu sendiri itu tidak seharusnya kita duduk di bangku sekolah; dari pengalaman-pengalaman kita sehari-hari, sharing pengetahuan dengan orang-orang terdekat, belajar dari berbagai media juga merupakan bagian dari menimba ilmu.

Tahun 2009 sampai 2010 saya menjabat sebagai ketua Perhimpunan Mahasiswa Universitas Terbuka Kelompok Belajar Singapura (PMUT) Pokjar Singapura. Kemudian pada tahun ini, yaitu tahun 2013-2015 saya terpilih secara demokratik sebagai Ketua Himpuan Penata Laksana Rumah Tangga Indonesia di Singapura (HPLRTIS). Misi utama saya menjadi ketua di dalam HPLRTIS ini adalah mempererat tali silaturahmi antara sesama PLRT di Singapura serta membantu KBRI dan Pusat Pendidikan dan Pelatihan Kerja (P3K) yang berlokasi di Sekolah Indonesia Singapura meningkatkan kualitas PLRT. Bagi saya, yang terpenting di dalam berorganisasi adalah saya bisa mendapatkan ilmu berorganisasi dan ilmu bagaimana kita harus bergaul dengan banyak orang yang nantinya ilmu-ilmu ini bisa saya terapkan jika saya sudah pulang ke kampung halaman. Hakikatnya, di dalam hidup ini kita jangan mudah berputus asa dan kita harus terus belajar dan belajar untuk memperbaiki diri bak kata pepatah “carilah ilmu dari buaian sampai ke liang lahat.” 

## Muzalimah Suradi

Ketua Himpuan Penata Laksana Rumah Tangga Indonesia Singapura (HPLRTIS)



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