

# IndoConnect

CONNECTING INDONESIANS IN SINGAPORE

VOL.3 NO.2 2014

**The Joy  
of Giving**

> page 10

**Handy Medical  
Guide 2015**

> page 27

**RINGING IN THE**

**NEW YEAR**

**IN STYLE**

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## EDITOR'S NOTE

# NEW YEAR, NEW CHALLENGES



**A**s we countdown to welcome 2015, the customary retrospection of the last twelve months has begun. While few memorable moments elicit a philosophical shrug, others are etched permanently in our mind. Bringing its share of joy and sorrow, 2014 has nevertheless been one of the most memorable years for Indonesia. The mid-year Presidential elections hijacked headlines across the globe and continued to gain international attention with the swearing-in by President Joko Widodo.

In this year-end issue, we bring you the highlights of major events of 2014. You can also check out our traditional festive recipes and cook up delicious meals for the whole family. Holidays are time for family, but for those who are far away from home, we bring you the best deals and bargains to shop a memorable gift for your loved ones.

While some spend time bonding with their family, many of our readers are interested in taking that long-awaited vacation and enjoy the year-end holidays far away from the heat of tropical Singapore weather. If you are one of those who would like to welcome the New Year in a new destination, we have exclusive feature on travel, affordable flights and more. For those readers who are looking to enjoy the entertainment and theatre scene in the Lion city, we bring you reviews on the latest shows, concerts, parties and musicals.

This festive season also brings with it the season of giving. In this holiday-issue, we are also highlighting conscientious individuals and organisations, who are tirelessly working for the less-privileged and disadvantaged. We hope you like the collection of features and interviews that we have highlighted for your reading pleasure in this issue.

As we close the last issue of the year, we are proud of being the go-to magazine for Indonesian expats in Singapore. Bidding adieu to 2014, we look forward to once again walk with you, our loyal readers, shoulder-to-shoulder through all the trials and travails that 2015 will bring.

Wishing all a Merry Christmas and Happy New Year!

**Nomita Dhar**  
*Editor-in-chief*

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# INDONESIA IN RETROSPECT: HIGHLIGHTS OF THE YEAR 2014

It was a year full of challenges, memorable events and decisive changes for Indonesia

**H**ow time flies! It seems like yesterday we were listing down our New Year's resolutions (and counting the ways to get rid of the holiday weight gain) and boom! It is the holidays once more and they are lighting up that tree again. Indeed, another year has passed. A new government was installed, marking a significant shift in Indonesia's political scene. The country's first female mixed martial artist claimed victory in her international debut. Local films and culture witnessed pulsating revival and new developments are in the horizon. Good times, indeed.

But 2014 also brought the eruption of Mount Sinabung and Mount Kelud, which affected thousands of Indonesians, controversial issues that dragged prominent celebrities and political figures, and economic and social hurdles that tested the bravado and resilience of the Indonesian nation. As we bid adieu to 2014, it is but fitting to look back and reflect on the triumphs, transitions, and tragedies that transpired this year.

## Triumphs

The year 2014 kicked off with Indonesia's official advent into satellite technology and the space race. Joining the elite group of countries that sent expeditions and voyages to space like the United States, Russia and China, Indonesia completed its first domestically made satellite early this year. Chief Engineer Mohammad Mukhayadi of the National Aeronautics and Space Agency told Jakarta Globe that they spent two years developing the satellite and although they purchased some of the components from other countries, the satellite was entirely manufactured in Indonesia.

In the field of sports, Indonesian athletes brought home new titles and victories that made every Indonesian proud. Desi Rehayu, the country's first female MMA fighter, showed off her takedown tactics and defeated Malaysia's Ella Tang, former Southeast Asian Games medalist, in the ONE FC: Era of Champions, held in Jakarta.

Another title-holder, Indonesian para-swimmer Mulyana, broke the world record



Photo: Lapan

A Lapan engineer performs maintenance on microsatellite Lapan-A2 at the space agency's Satellite Technology Center in Rancabungur, Bogor

by posting an astounding 39.44 seconds in men's 50 meters butterfly S4 event at the Asian Para Games held in Incheon, South Korea in October.



Photo: The Jakarta Post



Desi Rahayu

Photo: The Jakarta Globe



Mulyana



Jokowi won the Presidential election

## Transitions

The year 2014 will definitely be remembered as the year of great political change in Indonesia. The month of April saw the victory of the Indonesian Democratic Party of Struggle (PDI-P) in the country's parliamentary election. Although there were fewer votes than expected, PDI-P dominated the parliament beating the Party of the Functional Groups (Golkar) and the Great Indonesia Movement Party (Gerindra).

July 22 was a turning point in the political history of Indonesia. Weeks of contestations and challenges following the 2014 Presidential Elections finally ended with the declaration of Joko Widodo as the new President of Indonesia. The General Elections Commission (KPU) confirmed that Jokowi garnered a total of 53.15 per cent of the votes, winning a close fight against former general, Prabowo Subianto who received 46.85 per cent.

The elections also witnessed a remarkable participation among the Indonesian youth and the middle class. As Jokowi claimed the highest political honour in the country, his humble beginning, simplicity, and passion to serve the Indonesian people is seen as a feat against the long-standing traditional political elites that held the reins of the government.

In a short span of time as the President of the country, Jokowi has already successfully asserted Indonesian interests



and presence in the international arena, making his countrymen proud. In the recently concluded APEC Summit in Beijing, China and East Asia Summit held in Naypyitaw, Myanmar, Jokowi proved his detractors wrong by delivering widely applauded keynote speech and encouraging foreign businesses to invest in Indonesia. Certainly, with the inauguration of the new government, a new era of governance and politics is emerging in Indonesia.

## Tragedies

Indonesia is no stranger to calamities and natural disasters. Earlier this year, Mount Kelud, located 85 miles south of Surabaya, created havoc and sent a trail of volcanic ash up to 360 miles throughout Java. More than 100,000 people were displaced and seven casualties were recorded. Ratno Pramono, an affected resident, told Associated Press, "The eruption sounded like thousands of bombs exploding," and he thought it was the end of the world.


In October, North Sumatra experienced the rage and fury of Mount Sinabung, one of the country's most active volcanoes. It first erupted in September 2013, dislocating more than 33,000 locals. After a year, Mount Sinabung began spewing pyroclastic flows and emitted volcanic ash up to about three kilometers.

Indonesia, like the rest of the world, was also heart-broken with the fates of two Malaysian Airlines flights MH17 & MH370.

In March, seven Indonesians were confirmed to be on-board the Malaysian Airlines flight MH 370 bound for Beijing from Kuala Lumpur. The plane was carrying 239 passengers and is now believed to have crashed in the Indian Ocean. Up to this day, the location of the plane and the victims remains undetermined.

In another ill-fated crash, the Malaysian flight MH17 was shot down in Ukraine in July. The tragedy hit close to home once again when the Transportation Ministry spokesman J.A. Barata confirmed that 12 Indonesians were on-board the plane, including one infant.

## Moving on

What a year you were, 2014! Without a doubt, it was a year full of challenges, memorable events and decisive changes for Indonesia. Despite the tragedies and controversies, Indonesia has proven its strength, unity and harmony and has emerged victorious. Now, it is time to look forward and see what the New Year will bring. Bring it on, 2015! 




# PRESIDENT JOKOWI VISITS SINGAPORE FOR SON'S GRADUATION

Flying to Singapore in Economy class and attend son's graduation, President Jokowi sets an example

Indonesian President Joko Widodo and First Lady Iriana flew to Singapore on 21 November along with their daughter Kahiyang Ayu to specially attend their youngest son Kaesang Pangarep's graduation ceremony at Anglo-Chinese School (ACS). The President flew economy class along with ten men entourage and attended the graduation ceremony. The President's 19-year old son successfully completed his International Baccalaureate (IB) diploma at ACS.

The Indonesian first family accompanied by Indonesia's Ambassador to Singapore Andri Hadi, proudly cheered their youngest family member receives his diploma on stage. President Jokowi – as he is fondly known- refused to use his presidential aircraft for his trip as the purpose of his visit was personal.

Mr Jokowi's eldest son, Mr Gibran Rakabuming, 27, also finished his schooling in the city-state, graduating from the Management Development Institute of Singapore in 2007 before attending the University of Technology in Sydney. He now owns and runs Chilli Pari, a Solo-based catering service. The President's daughter Ms Kahiyang, graduated from Sebelas Maret University in Solo in 2013 majoring in food technology. She is waiting to enter the civil service in Solo.

At ACS, the President with his family were received by Principal Mr Rob Burrough and introduced to the directors and teachers of the school. Mr Jokowi also took efforts to sign a message in the school's graduation book. 







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# BETTER HALVES WORKING TOWARDS A BETTER SOCIETY

**Dharma Wanita Persatuan (DWP) enables wives of Indonesian civil servants to give back to society**

**A**n organisation that inspires everyone who comes in contact with it by spearheading various programmes for the betterment of society and self, the Dharma Wanita Persatuan (DWP) has been empowering the better halves of Indonesian civil servants since August 5, 1974 when it was founded. With an aim to promote and develop activities in education, economy and culture, DWP gathers and develops a network of wives of civil servants to contribute to society and aid them in their varied roles.

Since its inception, DWP has initiated several noteworthy events, programmes and activities and helped garner support for various charitable organisations. Promoting Indonesian culture is one of its primary objectives and DWP has succeeded in this goal through the sheer dedication,

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hard work and networking capabilities of its members.

The organisation has also provided an encouraging platform for fresh and new talents to showcase their work. From supporting artists and other creative talents and promoting them at global events, DWP has been lauded for its altruistic work.

According to Mrs Lita Ridwan Hassan, Vice President of DWP, being a part of the organisation has helped her expand her network and learn something new every day. She says, "First of all, I am able to support my husband's work through DWP, be it by organising events aligned to the Embassy's interests or simply supplying food for the Embassy events. I am also able to expand my contacts, learn new things, share my experience and help others through DWP."



Recently, DWP had sponsored the Indonesian Fashion Show and Culinary Trends in May 2014 to celebrate everything Indonesian and promote the pluralistic Indonesian culture. The event was held with an aim to enhance people-to-people contact and develop closer relations to understand one another. It presented the creative wealth of five well-known Indonesian designers such as Batik Komar, Iva Latifah and Ernie Kosasih. The programme also brought the cultural diversity of the Archipelago through demonstration of its authentic Indonesian food which was part of the “30 Indonesian Traditional Culinary Icons”.

The 30 traditional dishes included Sate Ayam Madura, Surabi Bandung, Kue Lumpur Jakarta and several others. Part of the funds raised through the sale of tickets, approximately S\$21,000 went towards various charity organisations that help those who are less fortunate in society such as Yayasan Sahabat Orang Sakit (Close Friends of the Sick Foundation), Yayasan Sahabat Rekan Sebaya (Peer Companion Foundation), Yayasan Permate Batam (Permate Batam Foundation), Yayasan Azizi Raudhah Sipatuo (Azizi Raudhah Sipatuo Foundation) and Persatuan Pemudi Islam Singapura (PPIS).

Sharing her experience, Evi Simon Soekarno, secretary, DWP says, “I discovered that there are many aspects of DWP such as acquiring and sharing knowledge, understanding other’s characters and also planning and running events.” Echoing similar sentiment, Utanti Sukmo, treasurer feels that working for DWP has expanded her horizons and introduced her to people from diverse background. “DWP has allowed me to share my knowledge and experience with others and learn from them too,” she explains.

Hailing from Semarang, Head of Economy Division at DWP, Maya Mirza, says that her reason for joining the organisation is to contribute something for other like-minded ladies.

Through DWP, the members are given an opportunity to help the less privileged sections of the society. “I joined DWP because it organises several social events aimed to help others. I believe as a privileged human being, I have to share what I have with others who might be less privileged than me,” feels Yanti Yosef, Deputy Head of Social Cultural Division.

## HIGHLIGHTS OF EVENTS ORGANISED DURING 2013-2014

### DWP Educational Events 2013-2014



#### Religious Class Sessions with Indonesian Communities in Singapore

DWP Indonesian Embassy in Singapore, ladies of the Government Agencies’ Representative Offices and ladies of IMAS organised religious class sessions held in the Ambassador’s Residence or the DCM’s Residence. The sessions were held five times until September, namely in February, April, June, August and September. The sessions were attended by approximately 80 people.

#### Workshops for the Committee Members of DWP Indonesian Embassy

In order for the committee members to gain knowledge and expand their horizons, DWP Indonesian Embassy organised internal workshops. From January – September 2014, four workshops were held for the members.

#### Domestic Workers Training at Embassy Shelter

DWP Indonesian Embassy, in order to share knowledge and impart life skills to the domestic workers, undertook training for them at Embassy Shelter. The initiative was started in July 2013 and four training sessions were held this year.

#### Mandarin Tuition Sessions

Emphasising the importance of learning the local language, mandarin tuition sessions were held for the Indonesian Embassy children. In 2014, there have been 15 sessions, which are organised mostly on Mondays for primary and secondary students.

### Charity Events 2013-2014



On July 2013, DWP Indonesian Embassy in Singapore, together with the Chinese Women Association organised a charity event titled Charity Afternoon Tea – High Couture Fashion Show which showcased the creation of Kraton Auguste Soesastro, an upcoming Indonesian young designer. Through the event, as much as S\$20,000 was collected and subsequently donated to National Museum of Singapore, Sekolah Kami and House of Mercy (HOME) in Indonesia.

Afterwards, in March 2014, the organisation held a charity event in form of a talk show with the theme, “Miracle of Talk show” with Dr. Ryan Thamrin of Dr. Oz Indonesia as the host of the event. Around S\$17,000 was collected and donated to victims of the eruption of Mount Kelud in East Java and floods in Manado. 📷



# THE JOY OF GIVING

Philanthropy is ingrained in most societies across the world and both psychological and social factors determine why we give. As initiatives are launched to encourage the society to embrace the less fortunate, more organisations and individuals now have the opportunity to make meaningful contributions to causes that they believe in

**C**ome December, the charitable acts increase and regardless of the individualistic faith, the season brings out the most benevolent and philanthropic side of the nation. Whether it is Fullerton Hotel's Charity Buffet Dinner that pledges part of its proceeds to empower and enrich the under-privileged youths or the Deutsche Bank's Christmas Charity Bazaar that supports various charities; Christmas endorses the very best of giving back to the society. The season constantly reminds us to count our blessings and to look after those who are less fortunate than we are. In this individualistic and materialistic world, the season helps us to discover the joy of giving.

Philanthropy is described as the practice of giving money and time in order to make life better for other people. In that sense, giving has always been an intrinsic part of human nature. Of course, the methods of giving have differed considerably across the world and traditions, community rules

and cultural norms have played important roles in how gifts or donations are given as well as received. The humanistic point of view believes that the very act of giving is an avenue for self-growth and self-actualisation, but giving in the modern world is more multi-dimensional than before and even though philanthropy is ingrained in us, we find some more inclined to give than the others.

The World Giving Index 2014 placed several Southeast Asian countries in the top 20 positions, among them Myanmar, Malaysia and Indonesia. The Index is a poll of 130 countries on how charitable they are. The region has always ranked highly when it came to volunteering time and when it came to helping a stranger. In donating money, Asian individuals have been traditionally more active than corporations. However, a recent survey indicates that corporate philanthropy, which was not very prominent earlier, is slowly catching on. In Indonesia, the Corporate Forum for Community

Development (CFCD) has been set up to encourage this trend and the government in Singapore has taken similar steps to encourage corporate philanthropy too. Generally, Indonesians and Singaporeans are no strangers to the notion of donating, but few individuals always stand out for their philanthropic endeavours. Indonesian businessman Tahir is one of them. Tahir recently pledged US\$206.5m to the Gates foundations to assist in five critical areas of public health. "Philanthropy is about setting an example," he says. "I want to be the inspiration for others to follow."

Similarly in Singapore, Ho Bee Land Chairman, Chua Thian Poh, who donated close to US\$10 million towards college-level education in Singapore, is a philanthropist who has gone the extra mile. Another Singaporean philanthropist is ex-stockbroker, Peter Lim, who has donated close to US\$16 million over the past six years in the areas of sports and education. Such examples encourage people to embrace generosity and increase giving.





Photo: Kompasiana

Indonesian businessman Tahir with Bill Gates

## What prompts us to give?

According to René Bekkers and Pamala Wiepking of Vrije Universiteit Amsterdam, there are eight determinants of philanthropy or simply put, there are eight reasons why we give.

- \* **Awareness:** The very awareness that help is needed prompts giving and therefore, awareness creation is a necessary requirement, if a cause needs support.
- \* **Solicitation:** Giving is also initiated by solicitations. This means that most people would donate when asked directly.
- \* **Benefits and services:** There is an increased inclination to donate when benefits are possible in return. These benefits could be in the form of either services or special grants.
- \* **Altruism:** The simple act of altruism is also reason enough for many to give back.
- \* **Reputation:** Philanthropy is seen in a positive light in the society and often an elevated status is conferred to the donors. This increased social standing serves as an impetus to contribute to charity.
- \* **Psychological Benefits:** Philanthropy promotes the psychological well being of an individual and it assists in developing a positive self-image. People who volunteer or donate have also been known to exhibit positive frame of mind.
- \* **Values and Efficacy:** These are the final determinants of philanthropy and they refer to the donors' perception that their donation can make a difference to a cause. This is also the reason why people contribute more easily to charitable organisations deemed 'transparent' and 'safe.'

## PHILANTHROPY IS DESCRIBED AS THE PRACTICE OF GIVING MONEY AND TIME IN ORDER TO MAKE LIFE BETTER FOR OTHER PEOPLE

### Corporate Philanthropy

At the opening of the Sixth International Singapore Compact Corporate Social Responsibility (CSR) Summit, Minister for Culture, Community and Youth, Mr Lawrence Wong said that responsible corporate behaviour and the pursuit of profitability must go hand in hand. He also commented that many companies have shown their willingness to operate their businesses profitably, while still being responsible and in a manner that is sustainable. The Singapore Apex CSR Awards have been created to recognise these companies that are committed to giving back, thus further encouraging corporate philanthropy and responsible behavior.


Johnson & Johnson, SPC and Singapore Press Holdings are examples of companies that have actively engaged in

giving back to the community and many other corporations island-wide have adopted different causes and charities as well. The School Pocket Money Fund (SPMF) is one such drive by The Straits Times, which received its charity status in November 2011. Since then it has helped more than 120,000 cases of needy children and youth in Singapore. Ostensibly, corporate philanthropy is on the rise and it has succeeded in ushering in a new kind of giving, which has a greater reach and a greater impact when it comes to making a difference.

### The Individual Donor

The Individual Giving Survey suggests that those who earn below S\$1,000 in Singapore give the highest proportion of their income to charity while those who earn between S\$5,000 to S\$5,999, donate the smallest proportion. This shows an obvious gap in giving among people. Keeping this gap in mind and in order to facilitate an environment where more people can be charitable, organisations are now encouraged to provide their employees with opportunities where they can get involved in social, charitable and environmental causes easily. Initiatives such as The President's Challenge have managed to galvanise the nation to think of others. Though fundraising continues to be at the heart of the Challenge, the campaign has recently moved beyond the giving of money, to encompass the giving of time, skills and talent as well. Additionally, The President's Challenge Social Enterprise Award recognises the outstanding social enterprises for contributions in the social service sector. On a similar footing is the National Volunteerism & Philanthropy award that honours those who set benchmarks in the spirit of giving.

### Where to donate?

Once the nation is galvanised to give back to the society, the challenge is to find charities and causes that match the individual and corporate giving needs. National Volunteer & Philanthropy Centre (NVPC) has stepped up its efforts to facilitate the matching of companies with charities, VWOs and non-profit organisations. Community Development Councils (CDCs) also try to match the companies with critical needs in the community. 



# BUDI SOEHARDI: 'LIFE IS GOOD. PLEASE BE IN IT!'

Singapore based, Budi Soehardi received international acclaim when CNN featured his story in 2009. The pilot who runs an orphanage in West Timor with his own salary was hailed as a hero. Budi though, remains insulated, to both fame and hardships alike as he continues to help those in need

In 2009, Budi Soehardi was hailed as a CNN Hero for founding an orphanage in West Timor and for funding it with his own salary. Captain Soehardi, who was a pilot with Singapore Airlines at that time, was moved by the plight of the refugees from East Timor. He and his wife helped deliver more than 40 tons of food, medical supplies and toiletries to the refugee camps and later set up an orphanage. Roslin Orphanage was officially opened on March 6, 2002 and since then has provided free education, clothing, housing and food to children, ranging from newborns to teenagers.

When CNN Heroes first aired their story, the orphanage had 47 children. Today, the orphanage houses 178 children, has a Montessori school and is self-sufficient on rice. Currently a pilot with Scoot and seconded to be a part of the new airlines launched in Thailand, Budi Soehardi is still as upbeat, positive and committed as he was in 1999. "Life is good," he says. Presenting our conversation with CNN Hero, Budi Soehardi.

## How has life changed after CNN featured your story in 2009?

The main purpose of building the orphanage was not to get public approval, however, the CNN heroes opened many doors for the growth of the orphanage. As far as our lifestyle is concerned, it remains the same. We are just ordinary people and will never change.

## How has your orphanage expanded since 2009?

The orphanage strength is 178 now and the children who have arrived in the past few months are older kids, who aspire to attend university. We are also awaiting the arrival of 40 more children under the age of 12, from Flores.

We also support 29 villages around the orphanage by providing school utensils, vitamins and advices on the happenings around the world. On an average, only 10 students graduate for every 100 children enrolled into a primary school. So, we are trying our best to ensure that the 3,200 children in the villages around us stay in school.

## Do people come forward to help your project?

We have had individuals from all over the world offering help. There have also been many groups, mainly from Singapore, who have come and shared their gift of love with us. They spend quality time with the kids that otherwise could not be provided fully for each child. So, it has been a real blessing to have so many people wanting to be a part of the Roslin family.

## What made you decide on a Montessori school?

A Montessori school is a good choice because it teaches a child to be disciplined and follows a strict 'no-tough-love' approach. The system is also fully nature-friendly. Our school equipment is Montessori approved and the teachers are well trained. The school also provides a new platform for children to learn life skills from and it's a completely new perspective, rather than the usual common curriculum.

The school is for families who are less financially able, however, there are children from well-off families that attend the school too. This is very effective in teaching the children not to differentiate and thus avoid instilling discriminating behaviour from childhood. This helps them be unbiased towards all in society when they grow up.

## What is the usual routine at the school?

At the moment, we have 10 children from the orphanage in the school and around 70 from the village. When the children come in at 7 am, the teachers bathe and change them into our Roslin school uniform, give them a healthy breakfast of boiled egg and a glass of milk. Then, they start their class. After lunch the children take a nap and drink a glass of milk before they go home at 4 pm. The children do not pay school fees but the teachers are fully paid. I hope I remain healthy enough to work, so that I can finance this arrangement for a long time.

## The orphanage is self-sufficient in its rice consumption. Is self-sufficiency a more sustainable model for NGOs?

Self sufficiency is a life skill that we instill into Roslin kids. Since young, they are on a tight schedule throughout the day, with responsibilities given to each child, however small. We teach them to be independent in the sense that they can be the captain of their own ship. It is a common perception that



orphanages are always on the lookout for donors and people who can help, but that's not what we want to teach our kids. We don't want them to always beg and ask for something they need. Rather, we teach that they have to work hard to get what they want. So yes, self sufficiency is a sustainable model for an orphanage or a non profit organisation because there is plenty that can be done in order to achieve great success.

### Were you and your wife always inclined to volunteer?

During the big tsunami, I was with some friends, organising help and we sent 4 x 40 foot containers from Singapore to Aceh and other affected areas. At that time, I was not a member of any organisation. Even when there was a big earth quake in Jogja in 2004, my wife and I tried to make an effort to help. We collected funding and bought 22,000 bags of cement to directly distribute to the affected areas around Bayat village in Central Jawa (near Klaten). During Merapi mountain eruption, my wife and I along with some local friends, made six trips (up and down) to the Merapi area and distributed two trucks of goods for free directly. Basically if we are able to, we do our best to help people, regardless of their backgrounds, race, location, group etc, as we believe that all should be treated the same.

### What events and experiences have shaped your desire to help?

## WE DO OUR BEST TO HELP PEOPLE, REGARDLESS OF THEIR BACKGROUNDS, RACE, LOCATION, GROUP ETC, AS WE BELIEVE THAT ALL SHOULD BE TREATED THE SAME

Roslin was named after two elderly ladies who gave my wife good advice and values to follow as a little girl. They told her to be a good person. We wanted to remember them and to make the good values a life. My dad's sudden departure shaped me as well. Our life became tough, but now we see it as a blessing because those experiences made us what we are today. Togetherness is our strength. By doing things together, our family was able to pull through and our closeness is well kept even now. These are the endless blessings in life.

### What are your future plans for the orphanage?

Five years from now, 40 children from the orphanage will be completing their university studies. By then our orphanage will be too small for everyone, so we plan to clear some jungle. On that land, we will encourage the children to apply their knowledge and will create jobs. We want to make it as an ECHO VILLAGE in the near future and we want to teach the children

to be self sufficient, to be productive and to be entrepreneurs.


We also dream that one day, we will be able to host 1000 children and sustain the cost through our agriculture efforts. My wife is a bigger dreamer actually, she is aiming for 5000 children.

### Did you ever doubt your decision to start the orphanage?

My wife, Peggy, is an amazing lady with ideas and passion to love others. The orphanage would not be there if she was not committed to it full time. In fact, she just went shopping for 100 trucks of cow dung! But, when we started, we had no idea what we were going to do. We just knew that we were trying our best to help people who needed help. We did not know the place, the people or anything about the area. People thought that we were "crazy" to be building the orphanage at the time when the whole world was facing economic hardship. We spent all the money and till now have no official help, but we didn't become poor. This is a solid proof that we can rely on God for help.

### What advice would you give to those who want to give back to the society but are unsure how to start?

If your intentions are good, somehow the good will return to you in more abundance.

You are not rich, until you possess something that money can't buy. 



# THE VOICE OF INSPIRATION

**Candra Darusman, band member of Chaseiro and Indonesian representative of WIPO has been working tirelessly to protect musician's rights**

A man who wears many hats, Candra Darusman successfully juggles the responsibility of being the Deputy Director of World Intellectual Property Organization (WIPO) in Singapore as well as being the Secretary General of The Indonesian Musicians Foundation (YAMI). Born in Bogor, West Java in 1957, Mr Darusman is an Economics graduate of the University of Indonesia. On the other hand, he has also studied music from a number of renowned musicians such as Jack Lesmana, Mus Mualim, Nick Mamahit, Idris Sardi, Bubi Chen and Isbandi.

Born to state department 3-time Ambassador, Mr Darusman has lived in many countries during his childhood including Yugoslavia, Russia and Mexico, where he finished his secondary education. Being a keyboard player and singer, he joined hands with musicians and formed a vocal group Chaseiro in 1978. The group comprises Mr Darusman (vocal, keyboard), Helmie Indrakesuma (vocal), Aswin Sastrowardoyo (vocal, guitar), Edwin Hudioro (flute), Irwan B. Indrakesuma (vocal), Rizali Indrakesuma (vocal, bass, current Ambassador of Indonesia to India) and Omen Norman Sonisontani (vocal). Chaseiro soon became a household name and is popular for their catchy melodies and lyrics which is inspiring and conveys important social and politic issue. "Pemuda", is one of their best songs, memorable, inspirational and the lyric is still relevant for the younger generation.

Meanwhile, he also pursued his education and after acquiring his degree in economics, he worked as researcher, lecturer and served as Assistant Professor at the faculty, specialising in macroeconomics and micro economics from 1982 to 1985. Dexterously switching from one role to another, Mr Darusman enjoys both logical and creative aspects of his life.


Being a socially conscious citizen, Mr Darusman served as Director of the Indonesian Musicians Cooperative (KOSMINDO), a small and medium enterprise cooperative with the task of seeking venture capital for artist-entrepreneurs. At the same period he was also an active member of the Anti-Piracy Coalition of the Indonesian copyright industries. "Juggling both diverse roles, I try to make sense of all these hats. While I am an international civil servant, I am also a musician and I work at WIPO because my vision and belief of the Right to Intellectual Work. It aligns closely with the organisation's vision," he says.

When asked about his group Chaseiro which has recently released a new album Retro 2, he explains, "RETRO 2 is our latest album and it is a 'renovation' of eight old songs plus 3 very new songs. The album is very special and close to our hearts. The whole album is a tribute to three of our dearest friends who have passed away in the last three years, namely Uce Hariono, Ade Hamzah and Helmie Indrakesuma.



*Candra Darusman*

We are also contributing the proceeds from sale of a song in the album to a humanitarian cause."

Playing a key role in counselling and helping to protect rights of young Indonesian musicians, Mr Darusman shares his hopes for Indonesian music industry. "Indonesian music is one of the most diversified with variety of musical genres found across various parts of the country. While K-Pop and Western Music have gained popularity in recent years, the local music still retains its relevance. I feel Indonesian music will always be irreplaceable in the home country. It is actually doing better compared to its neighbours. It is a domestic sector where 70 per cent of the whole market is of local music (modern and traditional). But like in other parts of the world, the music industry is undergoing tremendous challenge in migrating from the sales of physical formats (cassette and cds) to the digital format in the internet." While Mr Darusman's hands are full with music and work, he is also a doting father to three children and a loving husband. 



# NUANSA '14 SPOTLIGHT ON INDONESIAN CULTURE

The huge success of the recently concluded Nuansa'14—an alluring showcasing of Indonesian culture, is a case in point



**N**UANSA is an annual arts and cultural event produced by a group of Indonesian students. This year's event was eagerly supported by the Indonesian Embassy with Ferial Hadi, the spouse of the Ambassador of the Republic of Indonesia and the Deputy Chief of Mission, Ridwan Hassan, who were prominent celebrities in the audience. It was also attended by the Director of Internalisation of Value and Cultural Diplomacy, Diah Harianti.

The two hour musical, inspired by the novel *Para Priyayi* (written by the late Indonesian novelist Umar Kayam) and packed with the versatile range of live music, singing and dances (performed entirely by the Indonesian students), left the audiences clapping wildly. It took the 130 students, who were involved in the production of the show, almost 6 months of intensive preparation to create such a slick performance.

The Director of Internalisation of Value and Cultural Diplomacy, Diah Harianti., who had clearly enjoyed every minute of the show said that she was really happy that even though those involved in NUANSA are studying in Singapore, these students made time to contribute to Indonesian culture in their own style. Adding to these well-deserved plaudits Deputy Chief of Mission, Ridwan Hassan said, "I think the show is an excellent one, especially as it is performed by the students, who are not professional actors,

but the quality [of the performance] and the acting are professional."

For the Director of External Affairs NUANSA'14, Laura Novilia Gunarso, this was a very special event. Talking about NUANSA on the occasion and of the efforts in raising the quality of cultural offerings she said, "This year we have managed to raise more awareness about NUANSA by securing more media partnerships. Hopefully, more people in the future will know about NUANSA and be inspired to preserve Indonesian culture in their creative ways regardless of where they are."

For Bernadette Natalia Pekerti, NUANSA'14 producer, the role of the sponsors in making the show such a huge success deserves much praise. She wanted to thank in particular the huge support given by Indonesian Embassy and the Ministry of Education and Culture, 'who believe in the cause and enable NUANSA to continue promoting Indonesian culture to international audiences.'


The showcasing of Indonesia astonishing culture is a continuous process. Though the journey of NUANSA'14 has reached its logical conclusion there is so much that still needs to be done to raise the awareness level of the rich repository of cultural delights which are yet to be shared with audiences. The forward movement from now on rests in the hands of Rianda Gracia Jacobs, Justin Hadinata and Deiver Theofilus, who hold the baton as producers of NUANSA'15. Rising to the occasion Rianda said, "Seeing the amount of talented and committed individuals that we have, we are certain that NUANSA'15 can get bigger and better." 



Photo: Art Stage Singapore



# TOM TANDIO HEADS ART STAGE SINGAPORE IN INDONESIA

Appointment of Tom Tandio as the Regional Director is a welcoming move

**A**cknowledged as one of the most prestigious events of contemporary art in Southeast Asia, the 2015 Art Fair, of Art Stage Singapore, was a timely occasion for the announcement the appointment of Tom Tandio, as its new Regional Director of the art fair, for Indonesia. This further underpins its continued efforts to strengthen art partnerships and networks in the region. Mr Tandio who spent his growing years in Singapore is one of the most prominent art collectors and promoters of Indonesian art in the region. His appointment underscores the appropriateness of capitalising on a solid reputation where it comes to understanding the contemporary art of the country in the context of the Southeast Asian market and its ripples in the world art market.

The Indonesian art scene is considered one of the most active in the region and offering Mr Tandio, a prominent businessman and collector, the coveted post is an acknowledgement of his commitment to this segment of the art world in Southeast Asia. He had recently returned from the two art events he's organised in Bandung. In fact Mr Tandio, is also the co-founder of the nonprofit IndoArtNow which is aimed at archiving contemporary artist out of Indonesia




and showcasing their works on an online platform readily available to the world's art loving community.

The smiling new Regional Director, who will represent and work exclusively with Art Stage Singapore in Indonesia, on the occasion said "Indonesia is a prominent market for Art Stage Singapore with its Southeast Asian focus. As a presence of Art Stage Singapore in Indonesia, I would like to further develop a personable relationship with the arts community locally whilst facilitating greater exchanges between Indonesia and the region. I am truly excited to introduce the ever-

expanding collecting community in Indonesia to other artistic talents in the region via Art Stage Singapore."

Lorenzo Rudolf, Founder and Fair Director, Art Stage Singapore pointed out that, "Art Stage Singapore is not only showcasing Southeast Asia in an international light, but one of its most important responsibilities is to connect and match-make the Southeast Asian art scenes among themselves. In the interest of the entire region, its mission is also to strengthen Singapore as the central hub. I am therefore very glad that Tom is joining us. Indonesia is Southeast Asia's biggest market and Tom is the right man to help us strengthen our ties with Indonesia. In having him as part of the team, Art Stage Singapore is taking the next important step as Southeast Asia's flagship and top international event."

Mr Rudolf while underpinning the importance of the art event in the region said "As Asia's most innovative fair, Art Stage Singapore continues to focus on Southeast Asia, presenting the region's energy and dynamic creativity." The art show, scheduled from January 22-25, 2015, at Marina Bay Sands Expo and Convention Centre, has confirmations from 153 galleries from 29 countries. 



# TOPENG CALONARANG

## ENTHRALS AUDIENCES

NUS Department of Southeast Asian Studies, with support from the Embassy of the Republic of Indonesia and NUS Office of Student Affairs, presented to a packed audience Topeng Calonarang – A Story of Magic and Power on 12, November, 2014

**T**he production Topeng Calonarang told the story of the exploits of the widow witch of Dirah and King Erlangga of Kediri, East Java. Derived from classical texts composed in the fourteenth century, the story of Calonarang is very well-known in Bali. Performances of Calonarang include a host of actors playing different roles ranging from witches, animals, students of magic, comedians and the lion-like Barong. The play is traditionally associated with death and resurrection and is often performed as part of temple ceremonies.

“We are very happy to bring such a production to Singapore, with the support of the Embassy of Republic of Indonesia, all the props were specially designed in Bali and the production saw an amazing response, we hope to bring more of these kinds performances to Singapore”, said Associate Professor, NUS, Johnson Irving. Produced and directed for the first time by students in the class SE3230 Seen and Unseen: Explorations in Balinese Theatre, this student led production is a Bali-Singapore (NUS) first was held. It is an excellent opportunity to showcase the close bilateral ties Singapore has with Indonesia as well as the

fascinating beauty of Balinese dance drama, rarely seen in Singapore. The performance also featured guest dancers from Singapore’s only Balinese dance group, Eka Suwara Santhi.

The Department of Southeast Asian Studies is a department under the Asian Studies Division of the Faculty of Arts and Social Sciences. As a department located in a university and has extensive resources in the field of Southeast Asian Studies, with proximity to the region a major advantage to students interested in the region.

According to their website - The department offers inter-disciplinary approach which draws on different disciplinary perspectives and methodologies from the humanities and social sciences. We emphasise inter-disciplinary learning that is thoroughly informed by local experience and knowledge; this is accompanied by a fluency in a Southeast Asian language (currently, Bahasa Indonesia, Malay, Thai and Vietnamese). We offer BA, BA (Hons), MA by coursework, MA by research and PhD degrees. The Department of Southeast Asian Studies offers an ideal alternative to students who find conventional approaches unsatisfactory or who prefer a more subject-oriented curriculum. 





# SERVICED OFFICES: BUSINESS ADDRESSES ON HIRE

**Serviced offices are seen as cheaper and easier alternative to traditional offices. As they gain popularity, the multinational companies expanding to newer markets and the smaller ventures hoping to reduce overhead costs, are opting for these readymade office options**

**B**usinesses are increasingly exploring the option of serviced offices in Singapore. Also known as managed offices or executive centers, serviced offices are located in the central business districts and are managed by a facility management company. The offices are fully equipped, fully operational and suitable for immediate occupancy. In other words, a team of experts ensure that your office is stylish, centrally located and efficient, so that you can concentrate on other things. This has been a boon for companies, struggling with the challenge of locating an ideal office space and grappling with the rules that require them to occupy spaces zoned only for commercial use. It has also made things easy for companies who want to avoid the high start-up costs and for those who are drawn to the advantages that such offices offer.

A typical serviced office operation in Singapore caters to a wide range of office sizes and businesses, with an option for both smaller unit as well as larger set ups. Most serviced offices packages are customer friendly and they offer tenure and payment flexibility, making it ideal for companies that are unsure of their future business goals and also for companies with short- term projects. Businesses venturing in to a new geographical area as well as the new business

set ups, find serviced offices as an easier alternative to setting up a traditional office. Rather than investing long term in expensive office spaces with high set-up costs and overheads, the serviced offices offer the cheaper option. Executive Centre, Corporate Serviced Offices, Servcorp and Compass Offices are few serviced office providers in Singapore.

Compass Offices started its operation in 2009 and now operates from three centres in Singapore: Prudential Tower, Land Tower and The Quadrant at Cecil. Globally, they have has 50 operations in 10 countries and offer solutions in serviced offices, virtual offices, along with facilities like meeting rooms with video conferencing and telepresence. Customers are also allowed to choose from a variety of other services, ranging from secretarial support, businesses registration, HR to multilingual receptionists and services to handle calls and mails. These services however, are optional and customers can choose what they would like to avail. This flexibility of back- office support is one of the reasons for the popularity of the serviced offices, as customers are allowed the 'pay as you use' model.

## Traditional Office vs. Serviced Office

Most traditional office spaces require fit-outs by the tenant, who





also needs to invest in furniture and facilities, to make the business operational. In contrast, the serviced offices come with the essential facilities and services that are needed for running a business and most serviced offices are equipped with work tables, chairs, cupboards, decorations, telephone system, internet connection etc. These are the benefits missing from a standard office. Another advantage is the ease of shifting locations or upgrading your business, so that a new office location can move to 'business as usual' at the earliest. Thus, a serviced office is a flexible, cost-effective and timesaving option that allows the companies to remain productive without having to worry about the logistics and the set-up.

According to Stella Ong, the Country Manager of Compass Centre- Singapore, opting for serviced offices provide companies with the possibilities of managing their offices on a flexible basis in terms of time and space. "They do not need to commit to long term contracts anymore," she says as there are different packages to suit different needs. With the serviced offices, the companies also save on time taken to find the right location, manage the renovation works, insurance, utilities, and all the other tasks and elements that need to be taken into account before the space becomes fully operational.

As opposed to a traditional office, the serviced office providers also offer their clients the option of back-office support. Compass Offices, for example, not only provides its clients with professional business support, like administrative and secretarial support, but also offers additional help with services, like managing accounting, payroll or visa application. Video conferencing is another service provided by such offices, which enables the customers to save time and cost that they would have otherwise incurred, travelling for these meetings. The telepresence systems additionally allow a bigger scale of conferencing in real time. Thus, serviced offices provide businesses the option that is ready-to-use. Clients only need to plug in and start work.

## Virtual Offices


Another solution offered by the serviced office providers, is the virtual office. A virtual office is a business location that exists only in cyberspace and this setup allows the business owners and employees to work from any location by using technology such as laptop computers, cell phones and internet access. Since the employees can work from locations most convenient to them, the business is not restricted to hiring local employees and nor are the employees restricted to applying for jobs available only in their physical geographical location. The virtual office, therefore, expands job options for both the employees and the employers.

According to Stella Ong, virtual offices are a good option for Start Ups and Offshore companies, as it provides them with a business address as well as the staff support. Also, since a virtual office has



no physical office, it can be an ideal option for mobile workers, SMBs or corporate multinationals wishing to explore new markets, but without taking risks prior to the actual business setting.

## The new trend

Though serviced offices can get expensive in the long run or the 'uniformed format' may not work for businesses with specialised space requirements, they are still considered a 'smarter choice' for small and medium sized businesses. In fact, more and more companies are turning to serviced offices across the world. This comes as no surprise because such office solutions help businesses to move across geographical locations seamlessly. It also aids the small and medium businesses to take the leap in to new markets and helps new ventures to keep their set up cost low. Thanks to these office solutions, running a business is a little easier. No wonder then that the trend of serviced offices is catching on worldwide and new solutions providers are constantly entering the market space, ready to ride the wave. 



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# CONTEMPORARY BY STYLE

Houses that indulge in the boldness of shapes and textures while embracing the subtleties of the meaning of home

**E**nigmatic by nature, Contemporary style homes covers a wide spectrum of design styles beloved by present-day living. IndoConnect brings you on an exclusive peek into two diverse yet Contemporary Lifestyle Homes brought to you by Singapore-based design & build company Nic & Wes Builders. From welcoming living areas to cozy and functional kitchen, warm and comfortable bedrooms to stylish dining areas, home is where the heart is! Get inspired with these beautiful designs which have redefined style and comfort - aimed at complementing your lifestyle.



Sand-hued granite paves the focal-point of the façade setting the character of the home - strong yet homely.



While strength lies in the stone, an integrated swimming pool and accompanying greenery softens the look.



A similar palette of neutrals trends throughout the interiors while the complementing textures from the soft furnishings create an overall bold impact.



Carefully mixing two complimentary homogeneous tiles results in a minimalist bathroom versatile to remain clean-lined or glammed up with bold accessories.





Mirroring the more common imagery of Contemporary style, this simple rectangular-shaped façade breaks into an interesting profile through the juxtaposition of textures and angles.



The nature of customizing a bathroom to include a pre-cast bathtub maximises the layout of the space, merging this feature into the overall look.



A main feature of design within this home comes from the play on levels which can be for aesthetics or functionality. Doing both, an air-well emerging from the center of the home provides a natural light source.



Honey-hued parquet stairs warm up the identifiable white washed walls in Contemporary homes. A beauty on its own the stairwell is designed to coil in a fluid motion from the first to the final floor.




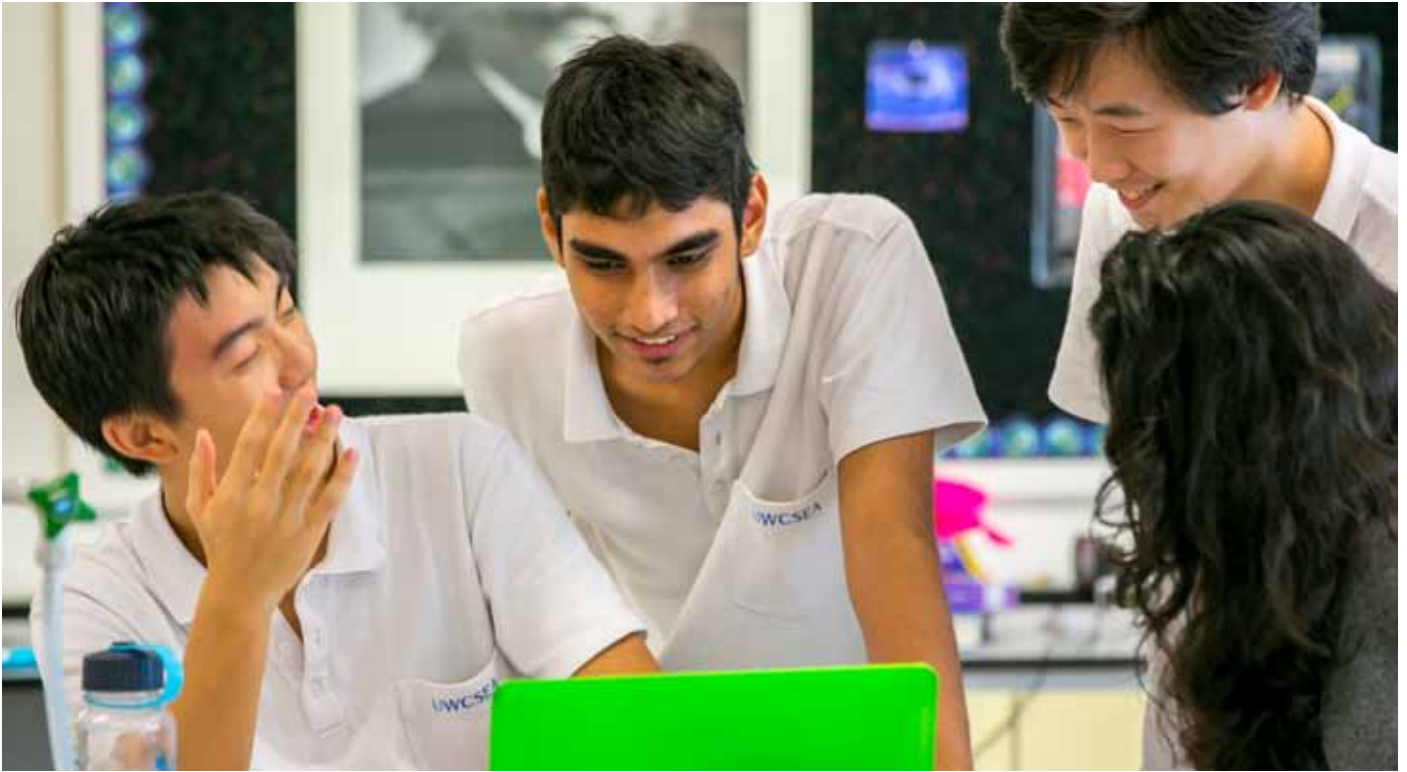
Unusual gradient plots break the boundaries of conventionality. Propping the first storey at a higher level creates a natural basement of privacy for its pool and car park space.

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

### Designing & Building Lifestyle Homes to be Proud Of

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

- Kinokuniya, Ngee Ann City
- Times the Bookshop, Centre Point
- Times the Bookshop, Paragon. 



# ENHANCING LEARNING THROUGH TECHNOLOGY

In the field of education, awards bring with them recognition – and the prospect of changing the lives of many young impressionable minds. This year, the 21st Century Learning School of the Year, a worldwide award sponsored by Pearson, was bagged by UWCSEA.

A question that would logically come to any parents' mind is "why UWCSEA?" What do they do differently and of how can it benefit my child? We asked this question to the "much sought after" school. "As a part of the United World College movement, UWCSEA offers a holistic and experiential education, with a mission to make education a force to unite peoples, nations and cultures for peace and a sustainable future. This is an ambitious claim, and we concluded that if it is to be made manifest in the 21<sup>st</sup> century, the College has to be a leader of, not shielded from, the digital learning environment", says Chris Edwards.

Cutting edge technology counts for nothing unless a school knows exactly how such innovations can enhance its pedagogy. Just as some children would rather play with the cardboard box rather than the expensive toy that came inside it, so the best lessons, even in the 21<sup>st</sup> century, sometimes involve only elements that have existed for hundreds of years. "A pencil maybe, something to write on perhaps, a great teacher for sure. So, at UWCSEA we were determined to leverage technology if - and only if - it supported approaches to teaching and learning that were proven to improve student outcomes," explained Mr Edwards.

In 2010, the College launched its iLearn programme, after asking questions such as "how can technology help our students develop skills through flexible progression, critical thinking, innovation and collaborative learning?" Technological wow factors played no part in the development of the iLearn programme, unless they supported the educational philosophy of the College.

With this focus on learning first, the institution invested heavily in teachers' professional development. Towards this end, the school has invested in a robust infrastructure of digital literacy coaches and technology mentors helping teachers find the best ways to use technology in their classrooms. "There is no teacher at UWCSEA whose practice has not altered as a result," shared Mr Edwards with pride.

The quest for the best did not just stop at that. They went in search of an online learning platform that would maximise a crucial factor in the success of online learning today - the ability of students to collaborate, even if they are not all in the same place at the same time. "In effect, a post-social media learning platform, the social nature of which was necessary not just because it would engage students, but because without it we were missing out on one of the best and most important aspects of online learning," said Mr Edwards.





"A PENCIL MAYBE, SOMETHING TO WRITE ON PERHAPS, A GREAT TEACHER FOR SURE. SO, AT UWCSEA WE WERE DETERMINED TO LEVERAGE TECHNOLOGY IF - AND ONLY IF - IT SUPPORTED APPROACHES TO TEACHING AND LEARNING THAT WERE PROVEN TO IMPROVE STUDENT OUTCOMES."

Chris Edwards

As a result of these initiatives "two solutions" that offer a true extension of the classroom environment have emerged benefitting the students immensely. The solutions have a common focus on students engaging and collaborating with one another online, both in class and during homework time. Teachers can observe these conversations, comment, set short quizzes, post homework and reflect on their own practice (if everyone is asking the same question, perhaps it's time to revisit the concept!). "While we are still in early implementation, study of previous platforms has reflected a positive correlation between online participation and attainment," shared Mr. Edwards.

Chris Edwards joined the College in August 2014, bringing an unwavering commitment to the values-based approach to education that is at the core of UWCSEA. He is driven by a belief in the power of education to transform lives and in the good of young people.


Mr Chris Edwards  
Head of UWCSEA



### What's going on?

What practical benefits of technology are evident as one walks around the College? Most obviously the ubiquitous presence of iPads in the Infant School and laptops for all Grade 3-12 students. The digital literacy coaches and technology mentors are tasked with smoothing the process of integration into the learning programme. Digital literacy and e-safety are crucial elements in the transition process, and the College is part of an international accreditation system, Generation Safe, to ensure appropriate support is provided to students and staff.

But what has this taught the school in the last few years? First, when beginning a process like this, the need to demonstrate to faculty the value of technology in practice. If people think it's a gimmick, they'll treat it like a gimmick. The way to do this links back to the original point: develop curriculum and strategy first and then use technology as an aid to that strategy. Second, ensure that implementation is slow and steady and that you stop for feedback from teachers, students and parents. Accept that changing practice takes time and be realistic about how long this takes. And finally, include parents: if they understand the place of technology in student learning, they will be able to support the work at home (and advise the student whose homework unaccountably requires extensive amounts of time on Facebook...).

The school certainly hopes that technology will play an important role in helping the students live their mission and bring more people together in peace. 



# SINGAPURA – HARAPAN TERANG BAGI MURID-MURID INTERNASIONAL

London School of Business and Finance adalah salah satu tujuan utama bagi murid-murid yang mengejar kesempurnaan

**D**engan banyaknya perguruan tinggi ternama di Singapura, negara ini telah menjadi salah satu tujuan utama bagi pelajar yang hendak melanjutkan pendidikan ke jenjang selanjutnya. Salah satu yang paling ternama di Singapura adalah London School of Business and Finance Singapore (LSBF), yang memiliki lebih dari 7,000 pelajar dari 150 negara semanjak Jun 2011. Untuk lebih dalam memahami pengalaman dari pelajar-pelajar luar negeri, kami mempersembahkan hasil dari sesi tanya jawab kami bersama Christine Karina Tejo yang berasal dari Medan, Sumatera mengenai kehidupan sehari-harinya sebagai pelajar asing di Singapura. Di Singapura, ia sekarang tergabung dalam program ACCA, analisis bisnis dan program pelaporan perusahaan dengan LSBF sejak Juli 2013.

## Tolong bagikan pengalaman anda di Singapura sebagai pelajar asing. Apakah ini pertama kalinya anda belajar di luar negeri?

Sebelumnya saya belajar Teknologi Informasi di Australia. Walaupun saya senang dengan sekolah saya, saya merasa sulit untuk beradaptasi dengan budaya barat di Australia. Saya lebih memilih untuk belajar di Singapura karena budaya Asia yang lebih terbiasa dan juga Singapura memiliki lingkungan yang sangat nyaman dan aman bagi para pelajar. Terlebih lagi, Indonesia terletak sangat dekat dengan Singapura dan sangatlah mudah untuk menemukan makanan Indonesia di sini.

## Apa yang membuat anda LSBF untuk program kualifikasi ACCA?

ACCA adalah kualifikasi tertinggi bagi para akuntan. Saya telah banyak mencari tahu dan mencari saran mengenai hal tersebut. Saya merasa sangat terkesan karena saya bisa mengajukan aplikasi dan mendaftarkan diri di program LSBF Singapura melalui internet. Respond dan dukungan

dari LSBF sangat membantu di proses penerimaan dan permulaan program saya. Hal ini sangat menyenangkan terutama bagi pelajar asing yang mungkin tidak dapat langsung datang ke Singapura untuk proses penerimaan.

## Apa yang anda sukai mengenai belajar di LSBF?

Saya sangat menikmati gaya mengajar di LSBF. Kurikulumnya sangat praktikal dan membantu kami untuk mengerti lebih dalam mengenai pelajaran kami. Para professor yang sangat berpengalaman juga mengajarkan kami banyak hal yang berdasarkan pengalaman, bukan hanya teori-teori di buku teks. Ini adalah keunggulan besar bagi saya karena saya hendak mencari kerja di Singapura setelah saya berhasil lulus dari program ini dan meraih gelar diploma.

## Apa hal terbaik mengenai LSBF?

Bagi saya, hal terbaik mengenai LSBF adalah sistem komunikasi yang dimiliki LSBF Singapura. Bahan-bahan kuliah tersedia bagi kami melalui email sehingga kami bisa mengkaji ulang pelajaran. Kami juga menerima pengumuman terbaru mengenai jadwal kelas. Para professor di LSBF juga sangat terbuka dan mudah diajak berkonsultasi. Hal ini sangatlah penting dalam memilih perguruan tinggi.

## Bagaimana pengalaman anda tinggal di asrama di Singapura?

Saya bertemu dengan banyak sekali pelajar dari berbagai belahan dunia. Suasana yang sangat mendorong saya untuk mengenal berbagai macam kebudayaan dan kepercayaan dari banyak Negara di dunia. Kami sering kali memasak bersama dan berbincang mengenai perbedaan dan kesamaan yang kami miliki. Akan tetapi, saya tetap rindu tinggal bersama keluarga saya dan juga rindu akan kenyamanan di rumah. Saya pulang ke Indonesia setiap 6 bulan sekali sewaktu liburan.





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# A BRIEF GUIDE TO HEALTH AND MEDICINE

**H**ealthy lifestyle includes many factors. Among these are balanced diet and regular exercise. Contrary to belief, eating right does not require absolute abstinence from chocolates or fatty food, but it is more about moderation and about being conscious of how certain foods impact your body. It is also about choosing healthier options over high-caloric, sodium-pumped, greasy fast foods. Moreover, it is important to exercise regularly and maintain an active lifestyle. This does not necessarily mean spending long hours in the gym or hiring a personal trainer. In fact, it could involve simple and fun activities like brisk walks, swimming, or jogging. The important thing is to follow regular cardiovascular activity to keep your heart and body in good shape as these two factors are considered to be essential pillars for a healthy lifestyle.

Needless to say, more than eating right and jogging, it is also vital to constantly monitor your health and to know when to seek for a physician's or medical expert's advice. There are health topics and concerns that can only be explained and therefore best understood through consultation with specialists. Self-diagnosis or worse, self-medication, though may be

inexpensive, does not always promote good health. In fact, in certain cases, this it can even exacerbate the problem.

The following articles contain expert advice and opinions from various well-respected and renowned health specialists as they tackle different health questions and concerns in the fields of gynecology, orthodontics, children's skin allergy, dental health, child growth, and prostate health, among others.

**Dr. Ananda Kumar Chinnayya** from **Antenatal Diagnostic Centre and Well Women Clinic** answers fundamental questions on fertility, pregnancy, pre-natal and post-natal care. He also provides succinct advice on how to ensure the health of the mother as well as the baby before delivery.

A leading specialist on **Orthodontics**, **Dr. Catherine Lee** shares her professional opinion concerning orthodontic treatment. She explains why it is important to get treatment both for young and adult patients and describes the different types of braces available.

In another article, **Consultant Pediatrician and Allergist, Dr. Chiang Wen Chin** sheds light on the nature and symptoms of food allergy among children. She reveals the common sources of food

allergy and busts common myths about it.

**Dr. Ang Chee Wan**, a **Visiting Faculty** at the **National University of Singapore**, answers common concerns and questions regarding dental implants. He gives details on the procedure and method for dental implants as well as the healing process involved.

Advances in medicine and technology have also paved the way for new means to cure various diseases. The doctors of **Tan Tock Seng Hospital**, one of the leading medical institutions in Singapore, are utilising avant-garde method called cryoablation to treat kidney cancer. Cryoablation is a minimally invasive surgical treatment, using extreme low temperature in the form of ice-ball to freeze and kill the tumor.

In another case, the Urology Center at the **National University Hospital** provides a cutting edge and minimally invasive treatment that offers fast-recovery for patients. Transurethral Needle Ablation of Prostate Gland is designed to cure Benign Prostate Hypertrophy with lower risks of complications and minimal blood loss. Both of these new innovations in health and medicine afford patients reliable alternative treatment options to set them on the right track to recovery.



# FERTILITY AND PRE/POST-NATAL CARE

If you are looking to start or grow your family, getting your body into optimum shape is the ideal

**A**s Singapore struggles with low fertility rate and delayed marriages, more couples are seeking medical advice on fertility and conception. **Dr. Ananda Kumar Chinnayya** from **Antenatal Diagnostic Centre and Well Women Clinic** answers commonly asked questions on fertility, pregnancy, pre-natal and post-natal care.

## When is the best time to get pregnant?

The best time to get pregnant is straight away after you get married as the peak fertility in women is between 18 to 24 years of age.

## Why can't couples conceive and what are the common mistakes made by couples when trying to conceive?

Age is the most important determining factor. After the age of thirty, about 25 per cent to 30 per cent of the women will not be able to conceive. And once they conceive,

the likelihood of miscarriages also increases. In-vitro Fertilization (IVF) does not solve the problem as only 20 per cent of women will actually end up having a child. There is also 40 per cent increased risk of having abnormal babies with IVF. Hence, the best way to avoid heart ache is to settle down early and start your family early.

## What are the best ways to ensure good pre-natal health?

All women who are planning to have a child should start taking folic acid with Vitamin B12 as they cut down certain birth defects. Ultrasound should not be done to confirm pregnancy. Confirmation of pregnancy is done by performing urine pregnancy test within 2 to 3 days of missing a period. There is no place need to perform scans unless the patient has bleeding or lower abdominal pain before 8 weeks (i.e. within the first two months of pregnancy). A scan done between 8-10 weeks is the most accurate period to determine the age of the pregnancy.





## What are the common problems experienced by women during pregnancy?

Common problems include:

- Gestational Diabetes which is usually associated with family history of diabetes
- Pre-eclampsia which is elevated blood pressure in pregnancy
- Growth retarded foetus (Underweight foetus)
- Post term (pregnancies going beyond 42 years)
- Antepartum Haemorrhage (Bleeding in pregnancy after 24 to 26 weeks).

There is about 2 to 3 per cent chance of having abnormal foetus. The most common abnormalities are physical defect, which accounts for 2.5 per cent of all pregnancy, chromosomal aberrations like Down's syndrome, which accounts for 0.5 per cent, and genetic diseases like thalassemia that can occur in 0.5 per cent of pregnancies.

## How can these be prevented?

These can be prevented by conducting scans at different stages of the pregnancy.

The first screening scan for prenatal diagnosis should be done between 13 to 14 weeks, when 90 per cent of all major physical defects can be excluded and the risk of chromosomal aberration would be decreased by 85 per cent to 90 per cent. The second scan should be done round 21 to 22 weeks when 99.5 per cent of all major physical defects can be excluded. and If the scan at 14 weeks and 21 to 22 weeks are both normal then the risk of the foetus having Down's syndrome would be decreased by 95 per cent. Hence, the risk of losing a foetus following the amniocentesis will be significantly higher than the risk of the foetus to be with a Downs, until the age of 46 years old. Trisomy 13, 18 and 45XO can also be excluded on the genetic scan. The scan for growth is best done around 33 to 34 weeks.

There is no evidence that scanning at every check is beneficial for the foetus. There are in fact, some evidences that it might cause some problems to the foetus, so in most well established medical practices; only 3 to 4 scans throughout

the pregnancy are performed. Scanning for prenatal diagnosis of congenital malformation must be done by highly skilled sonographers or doctors with high end ultrasound machines. The gold standard is the 2D scan and not 3D or 4D scans. All international bodies do not recommend routine 3D or 4D scan as there is a worry that it may harm the foetus. If the 3D scan is normal, then, there is no place for 3D (?) or 4D scan. 90 per cent of the pregnancy, after crossing 20 weeks will not encounter problems.

## What should women expect for labour and how should they prepare?

Await labour pain (pain coming every 5 minutes regularly for half an over hour is the first sign of labour), or leakage of liquor liquid through the vagina or bleeding through the vagina. Once you experience any of the above, you should go to the hospital.

## What are the most common post-delivery issues faced by women and how to avoid them?

- Breastfeed on demand which is the best for the new born, it takes around 10 days for the good flow to be established. Mothers should drink at least 3 liters of fluid a day.
- If heavy bleeding occurs after delivery, go to the hospital straight away.
- If the woman is unable to sleep the first 24 hours after delivery, then it is the first sign of post partum depression. In this case, the patient needs to immediately see a psychiatrist otherwise she may harm herself and the new-born.



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# TREATING FOOD ALLERGY IN CHILDREN

A key part of relieving the symptoms of food allergies is identifying the foods responsible and eliminating them from diet if necessary

**M**ost allergies in children are caused by a few common allergens. **Consultant Pediatrician and Allergist, Dr. Chiang**

**Wen Chin** talks about the nature and symptoms of food allergy among children.

## What is food allergy and what are the common symptoms of food allergy amongst children?

Food allergies are the result of a reaction that starts in the immune system. For instance, if you have an allergy to egg, your immune system identifies a protein found in egg as an allergen. Your immune system reacts by producing antibodies called Immunoglobulin E (IgE). These antibodies attach to cells in your skin, lungs and gastrointestinal (GI) tract. If you come in contact with the allergen again, the cells release chemicals including histamine, which cause food allergy symptoms such as itching, hives, swelling, diarrhea, wheezing and a potentially life-threatening reaction called anaphylaxis.

## What are the common food allergies amongst children?

The most common food allergens are the proteins in cow's milk, eggs, peanuts, wheat, soy, fish, shellfish and tree nuts.

In some food groups, especially tree nuts and seafood, an allergy to one member of a food family may result in the person being allergic to other members of the same group.

## How do I know if my child has a food allergy?

We will take a thorough medical history, followed by a physical examination. We will enquire about the foods you eat, the frequency, severity and nature of your symptoms, and the amount of time between eating a food and any reaction. The above history will help the allergist to determine if you have a risk of food allergy. We can help confirm this food allergy by performing skin tests or blood tests which may determine which foods, if any, trigger your allergic symptoms. In skin testing, a small amount of extract made from the food is placed on the back or the arm. If a





raised bump or small hive develops within 20 minutes, it indicates a possible allergy. If it does not develop, the test is negative. It is uncommon for someone with a negative skin test to have an IgE-mediated food allergy.

### What are the common foods that cause food allergy amongst Indonesian children or children in general?

Egg, milk and peanuts allergies are typically the most common childhood food allergies in most parts of the world, including Indonesia and Singapore. Different regions have different ethnic allergenic food: eg. Shellfish allergy is common in South East Asia. Locally, Singapore has children and adults presenting with birdnest allergy and Japan commonly has children presenting with buckwheat allergy.

### How have trends and frequencies of food allergies in Singapore changed over the past several years?

The trend of food allergy has been on the rise in Singapore. Almost a decade ago, the rates of peanut sensitisation and allergy had not been as common as what we have experienced in the last 5 years. There is a wave of food allergy sweeping through Singapore. We have recent studies locally to show that children who are expatriates in Singapore have a different and increased risk of peanut allergy as compared to the local children living in Singapore. It appears that geography, migration and ethnicity, all play a role in the predisposition of food

FOOD ALLERGIES ARE THE RESULT OF A REACTION THAT STARTS IN THE IMMUNE SYSTEM. FOR INSTANCE, IF YOU HAVE AN ALLERGY TO EGG, YOUR IMMUNE SYSTEM IDENTIFIES A PROTEIN FOUND IN EGG AS AN ALLERGEN

allergy in children. Conversely, shellfish allergy, in our local studies, appears to be higher in local children as compared to expatriate children. In fact, the likelihood of shellfish sensitisation is high in our local population of children. The current

immigration patterns are changing rapidly in this age of global travel and opening of economic gateways, and definitely, this will have an impact on the prevalence of food allergy in Singapore.

The problems of determining if these observations are true, is a lack of these provocation challenges in these studies of food allergy, hence this makes the determination of true prevalence in these areas difficult. There are severe limitations in using only skin-testing or questionnaire-based self reported food allergy.

### In a local context, what are the most important points to note in allergy management?

If a young child suffers from eczema and food allergy is suspected, it will be better to get a specialist to advice on proper and appropriate allergy management and food elimination and reintroduction.

### What are the most common misconceptions about allergies?

Myth: Milk results in phlegmy cough, therefore the baby is allergic to milk?

Fact: Infants and children may have rhinitis and this may contribute to the symptoms and not the food consumed.

Myth: Food allergies are the cause of eczema asthma and rhinitis:

Fact: Environmental factors, infections and genetic factors contribute to the severity of eczema. There are only a small number of very young children, whose eczema may worsen with ingestion of that specific food. This group of children should have their food allergies evaluated properly and parents should not restrict food unnecessarily in young children.



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# NEW TREATMENT FOR ENLARGED PROSTATE

The Transurethral needle ablation (TUNA) of the prostate is a new treatment for patients suffering from Benign Prostate Hypertrophy and it is often seen as an effective option

**M**en with mild to moderate prostate enlargement, or Benign Prostate Hypertrophy (BPH), can now be treated in the clinic using a new minimally invasive procedure called the Transurethral Needle Ablation of Prostate Gland (TUNA). This procedure offers faster recovery, enabling patients to return to their normal day-to-day activities within a week.

## What is BPH?

Benign Prostate Hypertrophy (BPH), or commonly known as prostate enlargement, is a non cancerous enlargement of the prostate gland. This enlargement is due to exposure to male hormones and is one of the most common urological problems affecting men over fifty years old. Globally, it is estimated that BPH affects 40 per cent of men aged 60 and above.

This condition can affect the quality of life of both men and their spouses, with interrupted sleep at night and disruptions to daily routines due to the frequent need to visit the toilet.

## What and where is the prostate gland?

The prostate is a walnut-size gland present only in males. It is situated at the outlet of the bladder, encircling the lower urinary outlet like a doughnut. It produces secretion, which nourishes the sperm in the semen.

Problems with urinating and discomfort occur when the enlarged prostate squeezes the bladder outlet and the lower urinary passage like a clamp around a garden hose. In severe cases, this blockage may damage the bladder and kidneys.

## How Prostate Problems are Diagnosed?

Patients with prostate enlargement may present with the following urinary symptoms:

- Difficulty in starting urination (hesitancy)
- A weak urinary stream
- Interruption of the stream ('stopping' and 'starting' effect)
- Sensation of incomplete bladder emptying
- Urgency (the person has difficulty in holding the bladder)
- Frequent urination.
- Waking up frequently at night to urinate (Nocturia).

Prolonged blockage of the urine tract over time can cause serious problems. These include:

- Sudden inability to urinate (acute retention of urine)
- Urinary leakage/ incontinence (chronic urinary retention)
- Recurring urinary infections
- Bladder stone formation
- Presence of blood in the urine.

Some of the tests that may be helpful to pinpoint the cause of the symptoms include a digital rectal examination, ultrasound scan, uroflow test. Specialised tests like cystoscopy and urodynamics study may be needed in selected cases.

## Treatment of BPH

The treatment would depend on the severity of the condition. In mild BPH, there is no significant blockage of the bladder and the symptoms are not bothersome. Most of these patients can be managed with an adjustment in their fluid intake, regular exercise, and a proper diet. In moderate BPH, the blockage of the bladder is not severe but the symptoms are bothersome. Medication can be used to treat these cases to either relax the bladder outlet or help to shrink the prostate, to improve the flow of urine. In a more serious condition, the blockage is severe and patient



is unable to empty the bladder completely. Surgery will then be considered. The gold standard for surgical treatment for prostate enlargement is transurethral resection of the prostate (TURP).

In TURP, the obstructing part of the prostate gland is removed using a special instrument called the resectoscope, that is inserted via the urinary passage. This procedure is done under general anaesthesia or regional anaesthesia. The amount of prostate tissue removed will depend on the size of the prostate gland.

This is an in-patient procedure with an average length of stay of 3 days.

The latest procedure that is available now is transurethral needle ablation of prostate or TUNA in short. It is minimally invasive and can be done under local anaesthesia in the outpatient setting. The prostate gland is ablated using radiofrequency waves. The heat generated causes the prostate gland to shrink. As the prostate is not resected or cut, this procedure is less invasive and has a lower risk of complications like bleeding, retrograde ejaculation and urinary incontinence.

## How Does TUNA work?

Using radiofrequency waves, two needles are inserted into the prostate. The heat generated causes the prostate gland to shrink. The procedure takes about 30 minutes. Patients will be discharged a few hours later with a urinary catheter (i.e. to have a tube inserted into the urinary bladder to drain the urine), which can be removed within two to three days after the procedure.

Main advantages of TUNA compared to TURP:

- Can be done under local anaesthesia
- Shorter procedure time
- Lower risk of complications (e.g. incontinence, retrograde ejaculation)
- Less invasive with minimal blood loss.

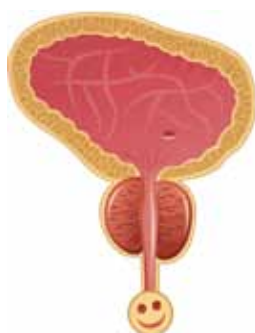
## Who can be considered for TUNA?

Patients with mild or moderate bladder obstructive symptoms, who are not able to tolerate the side effects of medication (which can include giddiness, lethargy and drop in blood pressure) and/or do not wish to continue with long-term medication because of cost considerations.

## Our Experience with TUNA

TUNA has been increasingly used in the United States and it has shown to be safe and effective in relieving the symptoms of BPH. Our initial experience with

## Benign Prostatic Hyperplasia



Normal Prostate



Enlarged Prostate

TUNA has shown it to be a safe clinic-based procedure. Patients treated with TUNA have shown statistically significant symptomatic relief from bothersome symptoms. We noted though, that not all patients on medication experience significant voiding improvements. Some men face undesirable side effects and prefer a different management rather than remaining on a long-term medication. TUNA fills a void between medical therapy and TURP by being a compromise between the limited efficacy of drug treatment and the invasiveness of surgery.

While TUNA may not necessarily reach the same efficacy as TURP, it has the advantages of low treatment related morbidity. Instead of competing with medical treatment or TURP, TUNA can be included as one of the treatment options for suitable patients with enlarged prostate. We proposed TUNA as a second line treatment when medical therapies fail to improve patient's obstructive and irritative symptoms. In addition, TUNA can be considered for patients who wish to avoid surgical treatment or who are not fit for surgery.

## TUNA in Progress



For more information or appointments, please contact us at:  
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# COMMON CONCERNS ABOUT DENTAL IMPLANTS

A popular and effective way to replace missing teeth, dental implants are designed to blend in with your teeth

**D**ental implants are replacement tooth roots and if properly cared for, these implants can be long lasting. **Dr. Ang Chee Wan, a Senior Adjunct Lecturer in National University of Singapore** answers common concerns on dental implants, its procedure and the healing methods.

## How do I know if my health permits dental implant treatment?

In general, if you are healthy enough to have routine fillings and tooth extractions, you can undergo dental implant treatment. However, individuals with conditions like uncontrolled diabetes and high blood pressure are not suitable for dental implant treatment. The same individuals can still have implant treatment once they have brought those conditions under control. My advice is to have a thorough examination (including 3-dimensional x-rays) with your dentist or specialist. It is often not advisable to proceed with implant treatment without first having a detailed discussion with your dentist or specialist.

**I consulted a dentist many years ago about using dental implants to replace some missing teeth and he told me that I did not have enough bone to place dental implants.**

## Hence, I had dentures made. Are there newer techniques or implants that can be used in my situation?

With advances in the field of dental implantology, there are now newer techniques and materials. It is rather rare for an individual not to be able to receive dental implants due to lack of bone. New techniques can now allow missing bone to be re-built in a predictable way. Also, newer materials are now available to minimise the need to get bone from another surgical site. Implants with new designs can also improve the chances of success when the individual has insufficient bone. Hence, it is important for your dentist or specialist to be constantly upgrading to learn these new techniques. You can enquire about these newer techniques and materials used to re-build bone and discuss the pros and cons of each option.

## What are the steps involved if I were to have implant treatment?

You should have a thorough examination done by your dentist or specialist. The examination should also include a 3-dimensional x-ray to accurately assess the amount of bone available. After the examination, your dentist or specialist will discuss the various options as well as their pros and cons. You can and should seek a second opinion whenever you have any doubts. Finally, a personalised



treatment plan can be decided. In general, the implant treatment commences with the placement of the implant fixture.

However, some individuals require a separate procedure to rebuild the bone and the whole treatment duration can be increased. After placement of the implant fixture, a sufficient healing period is required for the bone to integrate with the implant fixture. The healing period can take between 6 weeks to 6 months depending on the bone quality and quantity. After successful integration, the teeth are made and fixed onto the implants.

**My mother has dental implants placed many years ago, and she mentioned that some of the artificial teeth (attached to the implants) are cracking. Does she need to have the implants removed? What can we do for her?**

From your description, it sounds like a case of wear and tear of the teeth rather than problems with the implant fixture. In most cases, the artificial teeth can be removed and new set of teeth placed. However, it is important to have the bite of the new set of teeth well designed and adjusted to avoid future cracking. Most of these cases do not need to have the implants removed unless if they are infected or fractured. I would suggest bringing her to see a dentist or specialist and he/she will give the appropriate advice based on the examination.



Periodontics, Oral Plastic Surgery  
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- Served as Deputy Chief Doctor (Associate Professor) at Fujian TCM Hospital
- Registered TCM Practitioner in 2006 and worked at major hospital
- Set up private practice in 2011

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# ORTHODONTICS 101

People of any age can benefit from orthodontic treatment

**O**rthodontic treatment is a series of processes to move poorly aligned teeth to a desirable position. **Dr Catherine Lee** from **Camden Medical Centre** explains more on this dental treatment.

## Why is orthodontic treatment important?

Crooked and crowded teeth may cause tooth decay, gum disease, tooth lost, abnormal wear of tooth surfaces, and excess stress on supporting bone and gum tissue, or misalignment of the jaw joints with resultant chronic headaches or pain in the face or neck. Many orthodontic problems become worse and often more costly to treat in later years. The importance of an attractive smile should not be underestimated. A person's self-esteem often improves as treatment brings teeth, lips and face in harmony. In this way, orthodontic treatment can benefit social and career success as well as improve one's general attitude towards life.

## When should the treatment begin?

The American Association of Orthodontists recommends that every child first visit an orthodontist by age 7 or earlier if there is orthodontic problem detected by parents, the family dentist or the child's physician. Although orthodontic treatment is usually associated with teenagers, an early examination, however, allows the orthodontic specialist to determine when a child's particular problem should be treated for maximum improvement with the least time and expense. In many patients, early treatment achieves results that are unattainable once the face and jaws have finished growing.

## What about adult treatment?

Orthodontic treatment can be successful at any age. In fact, 25-50% of adults in developed countries received orthodontic treatment. The biological process involved in tooth movement is the same in adults and children. Because an adult's facial bones and teeth are no longer growing, certain corrections cannot be accomplished with braces alone. However, very dramatic facial

changes are now being achieved with a combined approach of surgery and orthodontics for individuals who elect to receive this type of treatment.

## What are the types of braces available?

There are basically 3 types of braces: metal and tooth-coloured braces on the outside, and the invisible braces on the inside (Lingual braces). Invisalign® is the latest development of invisible braces in the field of orthodontics, where a series of clear aligners are used to move teeth. The metal braces are usually used on children and teenagers due to reasons like poor oral hygiene attention; the tooth-coloured braces are usually used in individuals who want to have a more natural look. The invisible braces are usually used on individuals who do not want to have braces showing during treatment due to reasons like work constraints and aesthetics.

## Why should you choose a specialist?

Teeth, and sometimes, faces are permanently changed by orthodontic treatment; therefore, it is very important that a qualified orthodontic specialist does the treatment and times the treatment properly from the beginning.

### Dr. Catherine T. Lee

BDS (Adelaide, Australia)  
Cert. Orthodontics (New York)  
Specialist Orthodontist

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- Visiting Consultant, Dept of Surgery, National University Hospital



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# NEW TREATMENT FOR KIDNEY CANCER PATIENTS

DOCTORS in Tan Tock Seng Hospital (TTSH) are using a new technique to help destroy tumours in kidney cancer patients.

This minimally invasive surgical procedure is known as cryoablation, where extreme low temperature in the form of an ice-ball is used to freeze and kill the tumour. The procedure is suitable for renal cancers smaller than 4cm in size and in patients who cannot undergo conventional surgery.

Started in February this year, cryoablation is performed by a multi-disciplinary team of specialists, which includes a trained urologist working with an interventional radiologist in a surgical suite equipped with an advanced computed tomography (CT) or magnetic resonance imaging (MRI) scanner.

Adjunct Assistant Professor Pua Uei, a Consultant with the Department of Diagnostic Radiology in TTSH, explained that the recovery is fast due to the small 3mm incision and could be performed as an outpatient procedure.

"Patients can expect less post-operative pain and faster healing because there is no need for general anaesthesia. They are able to resume their regular diet almost immediately. The whole procedure takes about an hour and patients need to stay for only one night in the hospital for observation." said Adjunct Assistant Professor Pua Uei. He added that this method could also be applied to other common cancers including lung, liver and bone cancers.

Dr Png Keng Siang, a Consultant at TTSH's Department of Urology, stated, "Some patients may not be suitable for surgery due to their age and current medical conditions. It causes a lot of anxiety to them every day, knowing that there are cancers in them. With cryoablation, TTSH has a range of treatment options for kidney cancer such as traditional open and robotic kidney surgeries and ablative therapy including cryoablation."

During cryoablation, a thin, wand-like device (cryoprobe) is inserted into the skin directly into the tumour and rapidly cooled to -40°C.

The temperature of the frozen water in the cancer cells is then raised, causing the tumour to expand rapidly and thus destroying the cells completely.

Cryoablation is a promising approach to kidney cancer. It is safe enough to be performed on elderly patients in their 80s and 90s. Patients who have other complications such as diabetes and stroke may not be suitable, but for those who cannot undergo surgery, this is indeed a new treatment for them.



From left:  
Adjunct Assistant Professor Pua Uei (Interventional radiologist) and Dr Png Keng Siang (Urologist) performed cryoablation successfully on the first patient in February 2014.

# PRECOCIOUS PUBERTY, GROWTH AND DIABETES: SENSITIVE AND TIMELY SOLUTIONS

The condition when a child's body begins changing into that of an adult too early no longer needs to bring distress. Medical technology now has come up with workable solutions for those who develop puberty too early and also for people with diabetes

**A** was quite tiny from birth, but by the time she arrived at the school-going age, she made up in height, despite the fact that she was not as tall as the kids in her class.

By the time she was 8 her breasts had already started developing, but since she had gained a bit of height her parents weren't too worried. But then things started changing then...She was menstruating by the time she turned 11— and then, by the time she was 14 years old, she just stopped growing. As she entered adulthood she was still shorter than her school mates.

So when she found her own daughter starting to show signs of precious puberty by the time she was seven A decided to seek help for her. This is not a rare phenomenon...in fact it's quite a common condition — and if one can catch it in the early stages, the right treatment

can do much to help these children achieve normal height.


Too early — or precious puberty, one should know, can occur both in boys and girls for many reasons. Those most at risk are children — children who are born small for gestational age, (IUGR or SGA) or premature babies. This can be controlled if caught when they are just beginning to show the signs of precocious puberty. It can also be reversed to allow normal childhood growth patterns. There are growth hormone injections which can help children who are short, in spite of the of more advanced bone development to grow taller and achieve a more normal adult height.

## Diabetes Solutions for All Ages

People of all age groups can get affected by diabetes mellitus. Because of their lack of height

along with different levels of activity, it is hard to deliver the correct doses of insulin — as one unit of insulin could bring down the blood glucose by over 100 - 200mg/dl (5-11 mmol/l).

One method used to achieve better glucose control is to bring down the frequency of low blood glucose levels. The way to prevent long-term complications is to use an insulin pump — that's because an insulin pump can deliver tiny doses of insulin (as little as 0.05 units) not only accurately but also consistently.

Adults with Type 2 diabetes, who face problems with glucose control, can opt for insulin pump —or go for the Continuous Glucose Monitoring Sensor (CGMS), which can measure and record glucose levels every 5 minutes for one week. One can then download the resultant information to later analyse it when their glucose levels are too high or too low. 

## Dr Warren Lee's

Paediatrics, Growth & Diabetes Centre

One Orchard Boulevard  
#02-06 Camden Medical Centre | Singapore 248649  
Tel: 6235 3678 | Email: [enquiries@drwarrenlee.sg](mailto:enquiries@drwarrenlee.sg)

## We welcome patients from all over the world

Our clinic is based in Singapore, but we regularly see patients from all over the world, and try our best to understand and meet the medical and emotional needs our patients and their families. Get in touch with us to make arrangements!

**Growth Issues:** Paediatric Endocrinology, Growth Disorders, Puberty Disorders, Abnormal Breast & Penis Development in children and teenagers, growth problems in ex-premies and IUGR/SGA babies

**Diabetes & Eating Disorders:** Diabetes Mellitus in children, adolescents and young adults starting on treatment and trouble shooting for Insulin Pumps Users & Continuous Glucose Monitoring for difficult to control disorders, Pre-diabetes, Infants of mothers gestational diabetes, Thyroid and Cholesterol Disorders

**Rare Conditions & Complex Disorders, including:** Shared Management of Children with Eating Disorders, ADHD children with Growth Problems, Hormone Replacement Therapy after Chemotherapy, Brain Therapy or Trauma



### Dr Warren Lee Wei Rhen

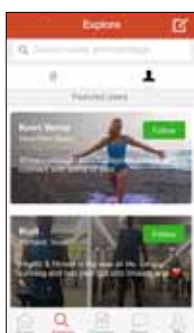
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Fellow of the Royal College of Paediatrics and Child Health (UK)  
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# THE WONDERFUL WORLD OF APPS

With world of apps is getting bigger and bigger, it spoils us with choices. IndoConnect introduces some apps to simplify your life



## Cody



Cody offers users inside connections to a fitness community

where they can share and discover workouts by following new and old friends.

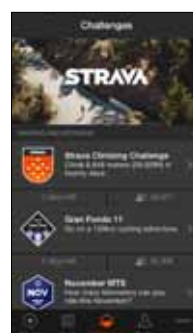


## Argus



Argus produces detailed charts that can help you make sense of numerous bio-

feedback data points to reach your health goals and improve overall wellbeing.



## Strava



Turn your training into a game with this cycling tracking app. Connect

with other cyclists and challenge them to rides that will push both of you further.



## Lose It!



As the most successful comprehensive weight loss program, Lose

It! makes it easy to choose how you want to lose weight.



## Mindshift



Struggling with anxiety? Tired of missing out? This coaching app is designed

with you in mind, as it works to help teens and young adults cope with anxiety.



## Sleep Time



Utilising the iPhones accelerometer, Sleep Time by Azumio,

senses your subtle movements throughout the night and graphs your sleep cycles.

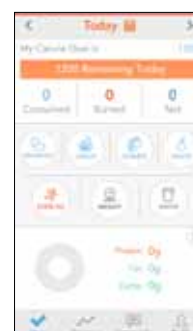


## Nike+ Training Club



This app features more than 100 full-body, 15-, 30-, and 45-minute workouts

from some of the world's most inspirational female athletes, trainers, and celebrities.



## Calorie Tracker



LIVESTRONG.COM Calorie Tracker can help you reach your diet, weight loss

and fitness goals by tracking your daily calories and exercise.



# IN THE SPIRIT OF GIVING

Last minute Christmas shopping? Head to **KEEPERS: Singapore Designer Collective**, a multifaceted retail showcase where you can find the best xmas gifts for your loved ones

**A**s the festive season draws near, over 50 resident and guest designers at **KEEPERS: Singapore Designer Collective (KEEPERS)** – Singapore’s largest and longest pop-up designer retail showcase – gathered to share their talent with shoppers looking to purchase gifts that are not only meaningful, but personalised. From furniture, fashion and food to architecture, millinery and home wares, the multi-disciplinary group of designers plans to helm featured events, a workshop and a designer showcase centred round the monthly theme of “Creating Meaning”.

**KEEPERS: Singapore Designer Collective** works to build an environment where Singapore craftsmanship and independent design are valued and desired. **KEEPERS** presents over 50 Singapore designers and artisans in a multifaceted retail showcase and event series that highlights the diverse range, capabilities and craftsmanship of designers and artisans in Singapore in one easily accessible location. Designers and artisans connect with guests giving insight into the creative and development process of the community. Diverse disciplines come together to spur collaboration, exchange ideas and strengthen the community in the long term.


**KEEPERS** pops-up in a purpose-built structure for 5 months at Orchard Green (opposite Robinsons Orchard). This project is spearheaded by TaFf (Textile & Fashion Federation) and Carolyn Kan, founder and designer of Carrie K.; with support from Singapore Tourism Board (STB) and SPRING Singapore.

## About Textile & Fashion Federation (TaFf)

Textile & Fashion Federation (TaFf) is the only official association for the textile and fashion industry in Singapore. TaFf plays an active role in the development of the industry, supporting its members from manufacturing to retail and fashion. The association aims to support the growth of local fashion designers and retailers, and promote the nation’s pride to ‘Buy & Wear Singapore’.

The kind of programmes that TaFf champions include capability development, marketing and expansion of Singapore’s fashion and textile businesses to the world through overseas mission trips, and promote the betterment of business by adopting eco-friendly business practices via the Apparel Singapore programme.

Textile and Fashion Federation (TaFf) advocates the importance of raising the visibility

of homegrown brands locally, as well as assists overseas expansion of fashion enterprises. TaFf partners and connects government bodies like SPRING Singapore and Singapore Tourism Board. Indonesian fashion enthusiasts can find great collaboration opportunities here. 

## For more information

 Orchard Green, Singapore  
 [info@keepers.com.sg](mailto:info@keepers.com.sg)  
 [www.Keepers.com.sg](http://www.Keepers.com.sg)  
 [Facebook.com/KeepersSG](https://www.facebook.com/KeepersSG)

## STB

The Singapore Tourism Board (STB) is a leading economic development agency in tourism, one of Singapore’s key service sectors. Known for partnership, innovation and excellence, STB champions tourism, making it a key economic driver for Singapore. We aim to differentiate and market Singapore as a must-visit destination offering a concentration of user-centric and enriching experiences through the “YourSingapore” brand.

For more information, please visit [www.stb.gov.sg](http://www.stb.gov.sg) or [www.yoursingapore.com](http://www.yoursingapore.com).





**Biro**



**DS Label by Supermama**



**Dzojchen**



**Gnome & Bow**



**Hansel**



**Heads of State Millinery**



**In Good Company**



**MU**



**Womb**

# HOT NEW LOOKS OFF THE RAMP

Wow your friends with this a whole new look this holiday season

**G**et a fresh new look this season with these new trends and get totally updated with what's in and can make you stand-out in the crowd. With these few tips you can go from girl-next-door to gorgeous beauty without emptying your wallet.

## Bold and Pouty Lips

Time to clean out those neutral, safe peachy shades. Hot red, neons and bright coloured pouts are in. So go get yourself a bold shade, some shiny lip gloss and a reliable lip balm. Applying lip gloss in the middle of your cupid's bow makes them look pouty. Pair bright lips with smokey eyes for extra hot look!

## Braids are Back!

Say good bye to bad hair day. From fishtails to waterfalls, dutch and mermaids braids, it's the beautifully braided hair that's catching everyone's attention. No more sticky gelled hair, instead check out some how-to tutorials of braiding your hair and pair it with a trendy hair accessory such as crystals and hairclips and voila, you are all set to rock the party!

## Extended Liner

Eyeliner is something that will never go out of fashion. Give your peepers some tender loving care and get that sexy look

by simply extending the eyeliner out to make your eyes look bigger. Just use your good old eyeliner and extend the line paralleling the end of your brow. Make sure the extended line is turned up and not down!



## White Highlights on Your Water Line

Drawing a white line on your waterline will make your eyes look more open and fresh. Just use a white highlighter pencil under your bottom lash line and take it three quarters of the way in towards the inner corner of the eye. Smudge the line to get a natural look.


## Glittering Cheeks

Highlight your make up with some glittery powder over your cheekbones, below your brow bones and inner corner of your eyes to get that hot holiday look. This makes you look sexy and sophisticated. It is not just the Christmas tree that glitters this season!

## Gold All the Way

Get the unique sheen that emanates from a simple gold necklace and make a style statement this holiday season. Forget decking yourself out in head to toe jewellery and go for that one piece- an eye-catching bracelet, a pretty pendant or your mother's classic gold earring, the simplest of gold jewellery will take your nice boring outfit to stunning classic.

## Amp Your Oomph with Ear Jackets

One sure-fire way to turn heads this season is to wear an eye-catching ear jackets. They are the hot new accessories that will make heads turn this season. These are small studs on the front side of the lobe which drops down from the back. Unique and versatile, the ear jacket drops down from the back to make the design visible from under the lobe. 





# GET A FLAT BELLY THIS HOLIDAY SEASON

Five tips to get the maximum out of your workout routine

**H**ave you been eyeing that midriff-baring crop top for a while, but worried about your flabby tummy. Try these moves and get yourself in shape this holiday season. These exercises will help you to get a flat tummy and stay that way. Remember the basic formula for successful weight loss is fuelling your body with the right foods and using physical movement to burn up the fuel it's been fed.

## Resistance Training

This type of exercise is often considered one of the best to achieve successful weight loss. Women can often be uncertain about exercising with weights because they don't want to develop big muscles. But resistance or strength training provides one of the best exercises to get a flat tummy because muscles burn more calories, even while they are at rest. The best way to burn fat is with resistance training that work your entire body.

## Interval Training

Aerobic exercises are designed to condition the heart and lungs and use up fat stores from all over the body for energy. To get the highest possible results from your aerobic exercises, alternate between high intensity exercises with low intensity recovery periods. Using this interval style training on treadmills, stationary bikes, rowing machines, cross trainers etc, can help you to build more stamina and burn more calories.


## Running and Walking

This exercise helps you shed weight while keeping your heart rate up and giving your lungs a good work out. Walking and running are two great exercises to get a flat tummy. Furthermore, the only equipment you need is a good pair of training shoes. Obviously running burns more calories, but brisk walking is not too far behind. Integrate interval training into your running and walking routine and don't forget to warm up and cool down.

## Swimming

Most people enjoy a dip in the pool, so why not turn that dip into some laps as a form of exercise? Swimming is one of the best exercises to get a flat tummy because it makes you work many other parts of your body while working your midsection. Swimming helps your lungs build endurance so that you are able to hold your breath longer and it works your legs and arms at the same time.

## Cycling

Riding your bike is another one of the best exercises to get a flat tummy. Depending on the speed and intensity, the average person can burn between 250 to 500 calories during a 30-minute bike ride. Riding your bike gives your body a lot of variety. Cycling not only works your tummy, but your legs and arms as well. Remember when biking, always be safe; wear a helmet and reflective clothing and take a water bottle with you. 



Roasted & Caramelised Pear Salad (Photo: thecafesucrefarine.com)

#### APPETISER

## ROASTED & CARAMELISED PEAR SALAD

W/ DRIED  
CRANBERRIES,  
PISTACHIOS &  
CHAMPAGNE-  
HONEY  
VINAIGRETTE

**Serving size:** 2-3 servings

Put arugula and pears together for a great balance of sweet and piquant. The arugula is lightly dressed with vinaigrette to accentuate the natural flavor of the pears.

### Ingredients

2 medium firm pears, halved and cored and cut into ¼ inch slices  
2 teaspoons butter, melted  
1 teaspoon extra virgin olive oil  
2 tablespoons sugar  
4 cups arugula, 4 cups butter lettuce  
½ cup dried cranberries  
½ cup crumbled Gorgonzola cheese  
½ cup roasted pistachios  
Champagne-Honey Vinaigrette or any Vinaigrette sauce

### Directions

#### Instructions for the pears:

1. Pre-heat oven to 500°F. Line a sheet pan with heavy-duty foil and spray generously with cooking spray.
2. Place pears on prepared sheet pan. Toss with the melted butter, oil and sugar. Spread out in a single layer. Roast for 5 minutes then flip slices to other side. Continue to roast until tender and caramelised, about 10-15 minutes more. Remove from oven and allow to cool to room temperature.

#### Instructions for the salad:

1. Combine lettuces and arrange on 6 salad plates. Divide dried cranberries and gorgonzola evenly over the greens. Drizzle lightly with vinaigrette then scatter pistachios evenly over the salads. Pass extra dressing at the table.

Recipe by Chris Scheuer at [www.thecafesucrefarine.com](http://www.thecafesucrefarine.com)



Apple Walnut Stuffed Pork Roast (Photo: foodstylingbydiana.com)

#### MAIN COURSE

## APPLE WALNUT STUFFED PORK ROAST

**Serving Size:** 8 servings

An apple-walnut-breadcrumb stuffing is wrapped inside a pork roast, making an easy to cook and serve meal.

### Ingredients

5 tablespoons butter  
1 apple - peeled, cored, and chopped  
1 small onion, chopped  
1 celery stalk, diced  
½ cup chopped walnuts  
1 cup unsweetened applesauce, 1½ cups water  
5 cups dry bread crumbs  
½ teaspoon ground cinnamon  
½ teaspoon kosher salt, ¼ teaspoon ground cloves  
¼ teaspoon ground nutmeg, ¼ teaspoon ground ginger  
1 (3 pound) boneless rolled pork loin roast

### Directions

1. Preheat oven to 325 degrees F (165 degrees C).
2. Melt the butter in a medium saucepan over medium heat. Stir in the apple, onion, celery, and walnuts, and cook 5 minutes, until vegetables are tender. Mix in the applesauce, water, and breadcrumbs. Cook and stir until the breadcrumbs have absorbed the liquid. Season with cinnamon, kosher salt, cloves, nutmeg, and ginger.
3. Unroll the pork roast, and place in a baking dish. Spoon the stuffing mixture over the roast. Arrange any excess stuffing around the roast. Roll the roast so that the fatty side is on top, and tie with kitchen twine.
4. Bake 45 to 50 minutes in the preheated oven, to an internal temperature of 145 degrees F (63 degrees C).

Recipe by Chris Hatin from [www.allrecipes.com](http://www.allrecipes.com)





Eggnog (Photo: shutterstock.com)



Dutch Speculaas (Photo: www.blossomjan.com/)

## BEVERAGE

CHRISTMAS  
EGGNOG**Serving Size:** 4-6 servings

Eggnog is an American invention that appeared in the late 1700s. Over the years, this rich and creamy drink, spiked with rum, has become an American Christmas tradition.

**Ingredients**

- 4 eggs\*, whites and yolks separated
- ½ cup sugar
- 2 cups milk
- 1 cup heavy cream or half and half
- ½ to ¾ cup rum or brandy
- 1 teaspoon nutmeg

**Directions:**

1. In a large bowl, use a whisk to beat the egg yolks until they lighten in color. Add the sugar and beat until it is fully dissolved. Stir in the milk, cream or half and half, rum or brandy and a pinch of nutmeg. Chill well.
2. In a clean bowl, beat the egg whites until they form soft peaks. Add 1 tablespoon of sugar and beat some more until they form stiff peaks. Fold the whites into the yolk-cream mixture with a spatula. Pour into a serving pitcher and chill.
3. When ready to serve, pour into individual serving glasses and sprinkle with a pinch of nutmeg.

*\*Be sure to use fresh, clean, high quality eggs to reduce the small risk of food-borne illness. To be safe, do not serve the uncooked version to the very young, the very old or to those with compromised immune systems.*

- Vary the amount of sugar and liquor to your taste. Versions of eggnog are also made with bourbon, rye, hard cider or cognac.
- Substitute all milk for the heavy cream if you want a lower fat version.
- Eliminate the alcohol and make the cooked version for children.

Recipe from [www.whats4eats.com](http://www.whats4eats.com)

## COOKIES

DUTCH  
SPECULAAS**Serving Size:** 3½ dozen cookies

Speculaas is traditionally served on the Feast of St. Nicholas (a.k.a. Sinterklaas) but are popular all during the Christmas season.

**Ingredients**

- 1½ cups (195 grams) all-purpose flour
- ½ cup (45 grams) almond flour/meal
- 1 teaspoon baking powder, 1 teaspoon ground cinnamon
- ¼ teaspoon ground ginger, ¼ teaspoon ground nutmeg
- ¼ teaspoon ground cloves, ¼ teaspoon salt
- ½ cup (113 grams) unsalted butter, room temperature
- ¾ cup (160 grams) firmly packed light brown sugar
- 1 large egg
- 1 large rind of lemon (outer yellow skin of lemon) finely grated
- 1 cup (80 grams) sliced or shaved almonds for garnish

**Directions**

1. In a separate bowl, whisk together the flour, almond flour, baking powder, spices, and salt.
2. In the bowl of your electric mixer (or with a hand mixer), beat the butter and sugar until light and fluffy. Beat in the egg and lemon zest until well combined. Add the flour mixture and beat until combined. Flatten the dough into a round, wrap it in plastic wrap, and refrigerate for at least an hour, or overnight.
3. Preheat the oven to 350°F (177°C) and place the rack in the middle of the oven. Line two baking sheets with parchment paper.
4. Remove the chilled dough from the refrigerator and form into 1 inch (2.5 cm) balls. Place the balls of dough on the prepared cookie sheet, spacing about 2 inches (5 cm) apart. Then, using the bottom of a glass dipped in sugar, flatten each ball of dough to about 1/4 inch thick (can also use a cookie stamp). Sprinkle each cookie with the shaved almonds. Bake for about 10-12 minutes, or until lightly browned around the edges. Remove from oven and transfer to a wire rack to cool completely.

Recipe from [www.joyofbaking.com](http://www.joyofbaking.com)

# HOT NEW HAUNTS FOR NEW YEAR'S DINNER

Singapore does spoil one for a choice.  
Here are few options you may include in your list

**C**heck out our hand-picked venues to celebrate a memorable New Year's dinner. Whether you are planning a casual boisterous dinner or a sophisticated fine-dining experience, there is no dearth of quality restaurants in the Lion City. Make your holidays more special and create more memories at these hot new haunts.

## ALT PIZZA

*Suntec City, Tower 4, #01-602, Singapore 038983*



With an open kitchen and a design-it-yourself section, the Alt Pizza – short for 'Alternative', is winning over the gastronomes in the city. Offering a wide range of delicious 11-inch pizzas, appetizers, desserts and drinks, the casual pizza joint with an innovative twist provides guests an opportunity to customise their own pizzas with a selection of delectable ingredients. The open concept setting allows guests to watch the chefs at work. With chef Matthew White at the helm, the pizza joint has several signature pizzas such as Old School with organic tomato sauce, Sicilian oregano, roasted garlic chili oil topped with mozzarella and parmesan, Crabby Ninja, a 11-inch pizza with red pepper, cream sauce, blue crab and smoked cheddar.



## SEASON'S BISTRO

*111 Somerset Road, #01-11/12, Singapore 238164, Tel: (65) 6836 5841*

Inspired by the multi-faceted cuisine on his gastronomic jaunts to Europe, the Mediterranean and Americas, executive chef Benjamin Fong has created the innovative Seasonal Menu. At his tastefully decorated bistro, guests can feast on seasonal food at its prime, and in doing they could also reduce the carbon footprint of the meal wherever possible. Changing with each new season, the menu features appetising options that include seared albacore tuna, seared yellowtail tuna taco and surf & turf gumbo. Only the freshest ingredients of the season are used to prepare the delicious offerings listed in the four menus, one each for brunch, lunch, dinner and deli. Popular drinks include American craft beers, Sangria Loco and cocktail pitchers.



## BABETTE RESTAURANT & BAR

*165 Tyrwhitt Road, Singapore 207569, Tel: (65) 6341 7727*

Singapore's first casual French-Japanese resto-bar, Babette is Jalan Besar's latest new resident. Taking its intriguing name from the food-centric 1980s Danish film *Babette's Feast*, the resto-bar is all set to jazz up Singapore's dining scene with its offering of urban industrial swank. This 64-seater restaurant puts a spotlight on simple and honest food with the menu drawing inspiration from familiar flavours and comfort dishes. Conceptualised by owner Darren Wee, who moonlights as a local radio DJ by day, the restaurant primarily focuses on preparing dishes with classic French techniques. 





Photos: Alive Museum

# COME ALIVE AT ALIVE MUSEUM


Welcome to the World's Best 4D Museum!

**A**live Museum recently made its debut in Singapore with an amazing showcase of 3D handpainted art pieces. Alive Museum Singapore, located in Suntec City #03-372 (Between Towers 3 and 4) breaks the 'see but no touch' directive to museum visitors. Not only can you touch and feel the exhibits, you can also hop into the frame and become a part of the art masterpieces that play on optical illusions. In fact, we insist you do so for a laughter-filled visit, and hope you snap loads of amazing "how did you do that photos!"

Alive Museum is the original 3D visual illusion museum from South Korea. Alive Museum has grown to be the world's largest chain of interactive museums. The Singapore branch is the 15<sup>th</sup> branch.

Alive Museum Singapore is the largest of such an attraction in Singapore. Sprawling over more than 10,000 sq ft, there are more than 80 art pieces, of which 8 are Singapore themed. All the artworks are hand-painted and handcrafted by Alive Museum's own team of talented artists, so as to ensure unparalleled quality. Alive Museum also boasts its own dedicated R&D team, which studies different techniques and paints for the best quality art pieces. All the contents are

curated specially to provide a unique experience.

Christmas Comes Alive 2014 - Featuring the Penguins of Madagascar. Walk into the first ever Penguins of Madagascar 3D photo experience! Made possible by a partnership with Dreamworks. Catch the first ever movie set featuring the famed penguins quartet and their counterparts, and pose with Skipper, Kowalski, Rico and Private, and their North Wind Team. Have a hilarious time at Alive Museum posing and taking photographs with the exclusive 3D artpieces from the actual movie itself. Catch them before they're gone because after all, these cinematic fellows belong to the Antarctica! 

## There are 3 genres of artworks for your enjoyment:

**3D Art:** Using 3D painting techniques, these art pieces trick your eyes and stimulate your mind into seeing both illusion and reality at the same time.

**Object Art:** Touch and be part of the sculpture pieces, for an immersive experience and picture stories that will surprise your friends!

**Digital Art:** Enjoy art like never before through fun and engaging interactions made possible by the latest technology.



*Save me, Superman!*



*Row, row, row your boat*



*Blow the pinwheels and make Marilyn Monroe's skirt fly*



# MAMMA MIA RETURNS TO SINGAPORE

**A mother, a daughter and three possible dads. It is a trip down the aisle one will never forget!**


It's been over 10 years since the popular musical Mamma Mia! performed in the Island city. But the mother of the musical genre, Mamma Mia! has wowed the audience once again with its gripping story and foot-thumping music. The ultimate feel-good show, the musical has managed to capture the hearts of 54 million people all around the world. The strong characters, the gripping story and the melodious music have been received warmly by the Singaporean music aficionados.

Writer Catherine Johnson's vivacious and funny story unfolds on a Greek island paradise. It is about a daughter's quest to discover the identity of her father on the eve of her wedding. Featuring three men from her mother's past at the Green Island, the gripping story-telling magic of ABBA's timeless songs propels this captivating tale of love, laughter and friendship.

After a successful run in Singapore in 2004, ABBA's greatest hit is produced by Judy Carylmer, Richard East and Björn Ulvaeus for Little star in association with Universal, Stage Entertainment and NGM. The International Tour of Mamma Mia! Is presented by Canon and BASE Entertainment Asia, Lunchbox Theatrical Productions and David Atkins Enterprises. It is an energetic performance that has an engaging plot written by founding Abba members Benny Andersson and Bjorn Ulvaeus, and story written by Catherine Johnson, the production is a musical romp through the Swedish pop quartet's chart-topping playlist.

With a beautiful flow to its script and the songs segueing into the drama in the most natural way, the storyline advances smoothly. With a stellar cast and crew of more than 60 people from London, 'Mamma Mia!' features 28 Abba hits including 'Dancing Queen', 'I Have a Dream', 'The Winner Takes It All', 'Voulez Vous' and 'Super Trouper'.



Previously adapted into a 2008 Hollywood film starring Meryl Streep, Colin Firth, Pierce Brosnan and Amanda Seyfried, Mamma Mia! has been performed in over 14 languages and is celebrating 15 years in London's West End and holds the record for being the ninth longest-running show on Broadway. 

## 'Mamma Mia!'

Date: 13 Nov-14 Dec 2014

Time: 8pm Tue-Fri, 2pm, 8pm Sat, 1pm, 6pm Sun

Venue: MasterCard Theatres, Marina Bay Sands, 10 Bayfront Avenue

Ticket: From \$95 via Sistic



# WHAT'S HAPPENING?

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

Nov 27, 2014 - Jan 20, 2015

## Peter Pan, The Never Ending Story

Venue: Resorts World™ Theatre  
Ticket: from S\$58  
Contact: SISTIC (65) 6348 5555

Dec 16, 2014 - Feb 11, 2015

## Leonardo da Vinci's 'Earlier Mona Lisa'

Venue: The Arts House, 1 Old Parliament Lane  
Ticket: S\$20  
Contact: SISTIC (65) 6348 5555

Dec 31, 2014

## Siloso Beach Party

Venue: Siloso Beach, Sentosa  
Ticket: S\$80  
Contact: guest\_services@sentosa.com.sg

Jan 9, 2015

## OMM Goes to the Movies

Venue: Esplanade Concert Hall, 1 Esplanade Drive  
Ticket: S\$12  
Contact: enquiries@orchestra.sg

Jan 15, 2015

## Tycho Live in Singapore

Venue: Victoria Theatre, 11 Empress Place  
Ticket: S\$65  
Contact: info@nowlive.sg

Jan 17, 2015

## Leo Slayer Live in Singapore

Venue: Esplanade Concert Hall  
Ticket: from S\$50  
Contact: SISTIC (65) 6348 5555

Jan 21-22, 2015

## Glamorous Giving 3

Venue: Hollandse Club, 22 Campden Park  
Contact: str@stonesthatrock.com

Jan 24, 2015

## AustCham's ANZ Australia Day Ball

Venue: Swissotel the Stamford  
Ticket: S\$230  
Contact: events@austcham.org.sg

Jan 24, 2015

## St Jerome's Laneway Festival 2015

Venue: The Meadow, Gardens by the Bay  
Ticket: S\$165  
Contact: singaporeinfo@lanewayfestival.com.au

Jan 24, 2015

## Asia Pacific Breweries Foundation Signature Art Prize 2014

Venue: Lobby, SAM, 71 Bras Basah Road  
Ticket: S\$15  
Contact: SISTIC (65) 6348 5555

Jan 29, 2015

## Erth's Dinosaur Zoo

Venue: SOTA - Drama Theatre  
Ticket: from S\$42  
Contact: info@kidsfest.com.sg

Feb 2, 2015

## Lily Allen in Singapore

Venue: The Star Theatre, 1 Vista Exchange Green  
Ticket: from S\$128  
Contact: SISTIC (65) 6348 5555

Feb 5-8, 2015

## The Princess and the Pea

Venue: SOTA - Drama Theatre  
Ticket: from S\$42  
Contact: info@kidsfest.com.sg

Feb 8, 2015

## Terry Fox Run Singapore

Venue: Big Splash at East Coast Park, 902 East Coast Parkway  
Contact: TFRSingapore@gmail.com

Feb 19 - Mar 1, 2015

## Horrible Histories Barmy Britain Part Two

Venue: SOTA - Drama Theatre, 1 Zubir Said Drive  
Ticket: from S\$42  
Contact: info@kidsfest.com.sg

20 Feb 20-28, 2015

## Horrible Histories Vile Victorians

Venue: SOTA - Drama Theatre, 1 Zubir Said Drive  
Ticket: from S\$42  
Contact: info@kidsfest.com.sg

Mar 14, 2015

## Ed Sheeran Live in Singapore

Venue: The Star Theatre, 1 Vista Exchange Green  
Ticket: from S\$88  
Contact: SISTIC (65) 6348 5555

Mar 11, 2015

## One Direction Live in Singapore

Venue: Singapore National Stadium  
Ticket: from S\$168  
Contact: contactus@sportshub.com.sg

Mar 14, 2015

## Future Music Festival Asia

Venue: TBC  
Contact: nabeel@heatbranding.com

## HUT TNI

Acara perayaan Hari Ulang Tahun ke-69 Tentara Nasional Indonesia “Patriot Sejati, Profesional, dan Dicintai Rakyat” di KBRI Singapura



## MoU KBRI UPI

Acara penandatanganan Surat Perjanjian Kerja Sama (MoU) antara KBRI Singapura dan Universitas Pendidikan Indonesia yang dilaksanakan di Bandung





## MoU KBRI KEPRI

Acara penandatanganan Surat Perjanjian Kerja Sama (MoU) antara KBRI Singapura dan Kepri yang dilaksanakan di KBRI Singapura

## SUMPAH PEMUDA

Upacara perayaan Hari Sumpah Pemuda yang dilaksanakan di KBRI Singapura





## GLOBAL COMMUNITY TEMASEK POLY

Acara kebudayaan Indonesia di  
Temasek Poly



## HARI PAHLAWAN

Upacara perayaan Hari Pahlawan yang  
dilaksanakan di Sekolah Indonesia di  
Singapura (SIS)





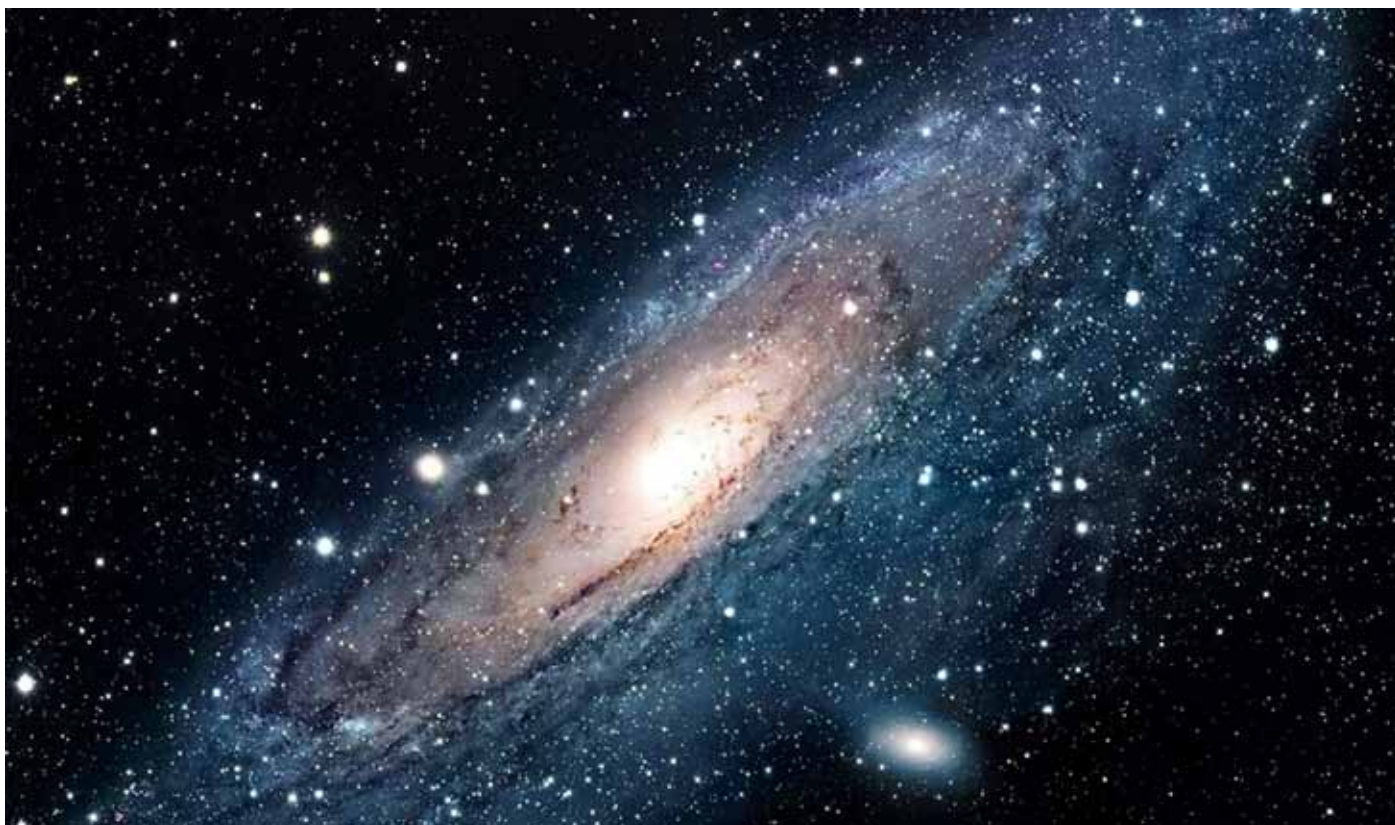
## SBY'S VISIT TO SINGAPORE

Acara kedatangan Bapak Susilo Bambang Yudhoyono ke Singapura



## MENLU VISIT TO SINGAPORE

Acara kedatangan Ibu Retno Marsudi, Menteri Luar Negeri Republik Indonesia ke Singapura



# HOROSCOPE 2015 ASTROLOGY PREDICTIONS

By Acharya Raman

Horoscope 2015 is here to unfold the mysteries of the entire year. Want to ride the time-machine and know every possible way to amend your fortune in 2015? Here we are! Read your astrology 2015 horoscope and enlighten yourselves

## ARIES

(21 Mar - 19 Apr)



This year will be giving you a lot of things to accomplish, but they might get delayed. Due to this, you might get exhausted running after your dreams.

Many of you will celebrate marriage after Jupiter going direct. There will be quest for supreme knowledge and some of you may also think to renounce the material world. Health is likely to be a concern for you. From academic point of view, horoscopes 2015 foresee a favorable time; there will be good marks in exams. However, you might find yourself in a dilemma quite often. You are also likely to do many activities secretly. You are likely to gain hereditary properties.

## TAURUS

(20 Apr - 20 May)



You will be having a good year ahead in many respects; there will be accomplishments of many delayed projects and wishes during this period.

Pregnant women need to be really cautious. Personal life might get difficult, but not beyond control. There will be many love affairs in 2015 for people under this sign. Luck will favor you in many ways. There will be progress in work and business. Promotions and accolades are predicted for you this year. You will befriend new people and they will prove to be very helpful. Offshore travels are plenty this year. However, there might be losses in speculative activities, so it is better to avoid them.

## GEMINI

(21 May - 21 Jun)



You will spend money on new purchases, new gadgets, electronic items, etc. Health might be a troubling point for many of you. Work might tend

to be discouraging and there are likely to be job changes or loss of job. You may change your work-stream in 2015. There may be some problems to elders of the family. According to horoscope 2015, things might get delayed and there are chances of being trapped in false accusations or you may face defamation. You will be having critical viewpoint for each and everything or person; this might happen due to your frustration. Travels might prove useless and there will be a loss of time and money.



## CANCER (22 Jun - 22 Jul)



You may face some challenges in personal life in 2015; however, you will manage as you are a family person. You might have to make many compromises

for the sustenance of your relationship. There will be an increment in the number of family members; you will be happy because of many other things. There will be progress in work. Luck might not favor you much, but you will continue with your agenda and you will succeed in the end. There are chances of some acute diseases this year. You should wear yellow-colored clothes and observe a fast on Thursdays for a better time. There might be some problems in your vehicle leading to increased expenses.

## LEO (23 Jul - 22 Aug)



This year is demanding hard work; you might be having some sort of problems. Personal life will also bring you some challenges. Health will need

special attention. You are likely to invest in real-estate and purchase properties. You will also get involved in renovating your present residence. There are chances of some losses. Health might get affected due to delicate stomach; hence, horoscopes 2015 predictions suggest you to take care. There is a lot of traveling in store for you this year. There is likely to be a rift with the family members and relatives. Your professional efforts will go in vain in 2015. Walk carefully in every respect this year.

## VIRGO (23 Aug - 22 Sep)



In females, monthly cycle may get a little disturbed in the context of time. There can be some rift in personal life. Affairs might face some problems this year. There

are chances of theft and losses in long travels. Some of you might have a problem of headache, which might turn into migraine for some if not taken care of properly. You may be having very high hopes and will talk a lot about yourself, but the result might not be satisfactory. Males might not perform very well during acts of union. Luck may not favor you in many respects, so you need to do hard work. Professional efforts will be usual in every task, including business, as mentioned by astrology 2015 horoscope.

## LIBRA (23 Sep - 22 Oct)



Your sleep might stay a little disturbed due to nightmares. 2015 horoscope predictions are indicative of some financial loss, as your ego may

affect your work. You may face a professional downtrend in 2015. Your priorities in life will change all of a sudden; you might have a different attitude altogether this year. You will somehow manage to find a place for yourself even though times might be troubling you because of Jupiter in 10th house. You are likely to become popular and talk worthy; however, it may also occur due to wrong reasons. There are likely to be health related issues.

## SCORPIO (23 Oct - 21 Nov)



There will be a complete change in your personality in 2015. You are likely to shift to a new home and many Scorpions will get engaged in a marital

bond. There will be long travels, which will be conducted for your benefit in 2015. Students may decide for a break to study for competitive exams, but it might become a tough task to clear due to lack of attention in studies. Some issues related to pregnancy are seen, and some couples may go for adoption this year. There will be acute problem in stomach from time to time. 'Eat simple, think simple, live simple' should be your motto in 2015, no matter who you are.

## SAGITTARIUS (22 Nov - 21 Dec)



This year will prove to be of sudden gains and losses financially. You might not be able to hold what you will earn. Abroad travels are there; you may suffer

from eye related problems. Hospitals might be getting much of your attention. You will be able to clear many of your old debts and there will be relief also to many from chronic diseases. Your superiors might not be able to come at your wavelength and there will be misunderstandings. You may not enjoy your work place as you used to do. There is likely to be some stress upon you this year. In the end, there will be a better understanding between you and your circle.

## CAPRICORN (22 Dec - 19 Jan)



In general, this will be a good year for all round success and achievements; there will be reunion to those who were separated, there will be peaceful

domestic atmosphere for married couples and there will also be a growth in business. There might be some problems with your siblings. Your throat can also be a bit problematic in 2015. Communication gadgets such as mobile, tablets, pendrives, memory cards, etc. may get misplaced all of a sudden. Better create a backup before it gets too late. You will achieve a win over your opposition, by force and legal route. Your self-confidence will be high and you will have increased circle of friends this year.

## AQUARIUS (20 Jan - 18 Feb)



There will be divine help in resolving many issues. You will also find the right cure for your acute problems. Start doing regular exercise before sunrise

without fail. There will be professional growth and happiness in your life. Your income will increase and you may shift job or may be sent to another department in the same company. In the meanwhile, you may become insensitive to other's problems. There will be last minute escapes from bad situations. There will be an unknown factor working for your good, but that does not mean that you begin testing it. Be good to others, take care of stray animals, and feed the poor, as this will turn things good for you.

## PISCES (19 Feb - 20 Mar)



You might be lacking clarity in thoughts. You may end up losing self esteem. There could be an unknown feeling of fear within you throughout this year. You

are likely to be confused and indecisive. There are strong chances of getting separated or divorced mutually. Your spouse's family might face some problems. However, you will get favors from seniors and your efforts will be realistic and determined. Many of your problems will be rectified this year, but not all of them. Many of you will be able to repay long-going debts. There will be a good beginning and some of you will get increased profits and salary hikes. Students will also be able to clear major exams.

# SOMETHING FOR EVERYONE

If you are visiting home this holiday season and you are taking some of your Singaporean friends along Trans Studio Centre, Bandung is an exciting option to explore



Covering 100,000 sqm of land, the complex is packed with world-class meetings facilities and exciting lifestyle and entertainment options, including two celebrated hotels with 900 rooms on offer, a convention centre, indoor theme park and shopping mall.

The Trans Luxury Hotel, a creation by Trans Corpora, is a sophisticated blend of Indonesian tradition with a refined contemporary interpretation, right in the heart of the city of Bandung. Conveniently located in close proximity to Bandung's Central Business District, this iconic 18-storey hotel with 280 guest rooms and suites is situated in the heart of the Trans Studio Centre, Bandung, with direct access to the convention centre, shopping mall and theme park.

All the facilities and services at The Trans Luxury Hotel have been designed to set the property in a class of its own. The panoramic restaurant and lounge on Level 18 with sweeping views of the city, the open-air sandy beach pool with sun lounges, the elegant day spa, the high tech fitness center, the luxurious room amenities, all ensure the most memorable stay at a successful, impeccably run event.

The outdoor setting is perfect for smaller

gatherings of 80 persons or stylish parties complete with live entertainment. Let the truly unique terraced garden creates a picturesque backdrop for your event. Decorated in modern stylish elegance, this intimate setting is uniquely suited for a romantic dinner, a lavish private party, or even an intimate solemnisation.

The VIP room can accommodate up to 60 guests with its private services to make your event as memorable as it is seamless. Specially designed to complement the most exclusive private events.

The Trans Convention Centre (TCC) is the largest premium meeting conference and exhibition venue in Bandung. It provides the perfect setting for up to 6,000 guests as well as offers event organisers the ideal place to turn their wildest ideas into reality. Capitalising on its position, located on the 3rd floor with convenient access to the Trans Studio Mall.


Trans Studio Bandung Theme Park is one of the biggest indoor theme parks in the world. It has two floors with 20 exhilarating rides. Divided into three zones; Studio Central: the classic glamour of Hollywood and New York City; Lost City: the amazing lost land of the daring explorers and adventurers; Magic Corner: the place of a million never-ending wonders.

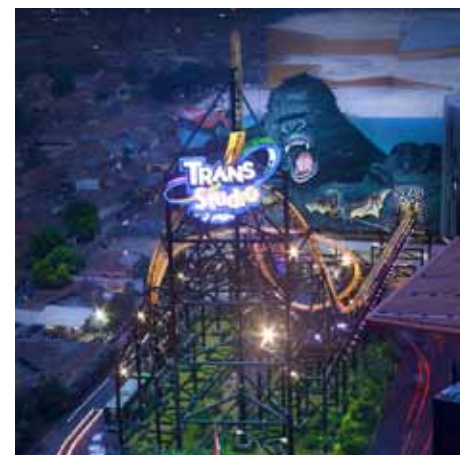
Bandung's most exciting retail and lifestyle destination, offering an unparalleled dining and shopping experience. Trans Studio Mall offers a seamless retail experience spread over four floors, with three anchor tenants - Metro Department Store, Hero Supermarket and TSM XXI cinemas, complemented by the most popular brands of lifestyle shopping.

One of the leading retailers in Indonesia, Metro offers a wide variety of merchandise from well-known international labels to famous local brands in a convenient and friendly shopping atmosphere.

Trans Studio Mall pampers shoppers with international high end fashion such as Salvatore Ferragamo, TOD'S, Red Valentino, Tommy Hilfiger, Hugo Boss, Aigner, Versace Jeans, Armani Jeans, Furla, Francesco Biasia and many more. It is the ultimate luxury shopping destination in town.

Located on the Lower Ground level, Hero supermarket Trans Studio Mall is the largest in Indonesia. It offers premium products and fresh food everyday.

From international to local cuisine, mouthwatering foods and beverages can be found throughout Trans Studio Mall. Experience flavours from around the world at over 50 dining outlets, including Straits Kitchen, The Duck King, Sushi Tei, Jun Njan, Takigawa, Bakerzin, Pepper Lunch, Ta Wan, Starbucks, The Coffee Bean and Tea Leaf and many more. So let's go! 







# THIS HOLIDAY SEASON FLY WITH AIRASIA FOR BARGAIN DEALS

While everyone is busy shopping for the holidays, don't miss this opportunity to grab up on the promotional air fares offered by AirAsia


**T**he season of goodwill is bringing cheers to everyone who is on the lookout for bargain deals. This holiday season, treat yourself to an exotic vacation or fly home on a budget and spread the cheer around. The world's best low cost airline, AirAsia is celebrating its 13<sup>th</sup> anniversary this holiday season and the promotional fares are sure to put the sparkle back in your eyes.

Start the New Year on a good note and spend a romantic weekend in a beautiful hideaway. With promotional fares starting from S\$45, you can plan to welcome 2015 lazing at the paradise island of Langkawi, soak in the rich beauty of Siem Reap or explore the beaches of Krabi and Phuket.

If you choose to miss the tourist destinations and want to explore an offbeat hideout, worry no more. AirAsia is also helping you fly out to locations such as Lombok, Miri, Kuching and more at bargain prices ranging from S\$50 onwards.

The travel period is flexible with dates ranging from January 1, 2015 to November 20, 2015. If you are looking for more bargains and farther locales, take a connecting flight from Kuala Lumpur, Malaysia to Melbourne, Perth, Sydney in Australia or book an adventurous holiday in Beijing, Chengdu, Shanghai in China. AirAsia's promotion also extends to fliers looking at Japan, South Korea, Sri Lanka, Nepal and Taiwan.

Spoilt for choice, there is no time to waste as the promotional fares are only for a limited period. Keep your bags packed and spend a rollicking Christmas and New Year at an exotic locale far away from the maddening crowd and city lights.

Keep yourself updated with more of such AirAsia's promotional airfares at its Facebook page: <https://www.facebook.com/airasiapromotion2014>. 

## Check out AirAsia's Low Fares Deals:

### INDONESIA

Bali	SGD 99.00
Bandung	SGD 49.00
Jakarta	SGD 49.00
Lombok	SGD 79.00
Semarang	SGD 99.00
Surabaya	SGD 79.00
Yogyakarta	SGD 109.00

### INDIA

Hyderabad	SGD 109.00
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### CAMBODIA

Siem Reap	SGD 129.00
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### MALAYSIA

Kota Kinabalu	SGD 55.00
Kuala Lumpur	SGD 45.00
Kuching	SGD 48.00
Langkawi	SGD 45.00
Miri	SGD 65.00
Penang	SGD 45.00

### THAILAND

Bangkok – Don Mueang	SGD 58.00
Krabi	SGD 50.00
Phuket	SGD 55.00

# ADDRESS BOOK

## HOSPITALS

### ALEXANDRA HOSPITAL

378 Alexandra Road  
Singapore 159964  
(65) 6379 4383

### ANG MO KIO - THYE HUA KWAN HOSPITAL

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

### BRIGHT VISION HOSPITAL

5 Lorong Napiri  
Singapore 547530  
(65) 6248 5755

### CHANGI GENERAL HOSPITAL

2 Simei Street 3  
Singapore 529889  
(65) 6788 8833

### CHANGI GENERAL HOSPITAL, WARD 3B @ PARKWAY EAST HOSPITAL

321 Joo Chiat Place  
Singapore 427990  
(65) 6344 7588

### COMPLEX MEDICAL CENTRE

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

### FORTIS COLORECTAL HOSPITAL

19 Adam Road  
Singapore 289891  
(65) 6672 5900

### GLENEAGLES HOSPITAL

6A Napier Road  
Singapore 258500  
(65) 6470 3461

### INSTITUTE OF MENTAL HEALTH

10 Buangkok View  
Singapore 539747  
(65) 6389 2000

### JOHNS HOPKINS SINGAPORE INTERNATIONAL MEDICAL CENTRE

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

### KHOO TECK PUAT HOSPITAL

90 Yishun Central  
Singapore 768828  
(65) 6555 8000

### KK WOMEN'S AND CHILDREN'S HOSPITAL

100 Bukit Timah Road  
Singapore 229899  
(65) 6293 4044

### MOUNT ALVERNIA HOSPITAL

820 Thomson Road  
Singapore 574623  
(65) 6347 6688

### MOUNT ELIZABETH HOSPITAL

3 Mount Elizabeth  
Singapore 228510  
(65) 6731 2828

### MOUNT ELIZABETH NOVENA HOSPITAL

38 Irrawaddy Road  
Singapore 329563  
(65) 6933 0000

### NATIONAL HEART CENTRE OF SINGAPORE

17 Third Hospital Avenue  
Singapore 168752  
(65) 6436 7800

### NATIONAL UNIVERSITY HOSPITAL

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

### NUH WARD 1@JURONG

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

### PARKWAY EAST HOSPITAL

321 Joo Chiat Place  
Singapore 427990  
(65) 6344 7588

### RAFFLES HOSPITAL

585 North Bridge Road  
Singapore 188770  
(65) 6311 1111

### REN CI COMMUNITY HOSPITAL

71 Irrawaddy Road  
Singapore 329562  
(65) 6358 0777

### REN CI LONG TERM CARE

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

### SINGAPORE GENERAL HOSPITAL

Outram Road  
Singapore 169608  
(65) 6222 3322

### SINGAPORE GENERAL HOSPITAL REHABILITATION MEDICINE

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

### ST ANDREW'S COMMUNITY HOSPITAL

8 Simei Street 3  
Singapore 529895  
(65) 6586 1000

### ST. LUKE'S HOSPITAL

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

### TAN TOCK SENG HOSPITAL

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

### TAN TOCK SENG HOSPITAL REHABILITATION CENTRE

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

### TAN TOCK SENG HOSPITAL SUBACUTE WARDS

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

### THOMSON MEDICAL CENTRE

339 Thomson Road  
Singapore 307677  
(65) 6256 9494

### WEST POINT HOSPITAL

235 Corporation Drive  
Singapore 619771  
(65) 6262 5836





# ISLAND OF A THOUSAND TEMPLES

Bali is known as an island of thousand temples. The architecture of these temples is unique. Pura Ulun Danu Bratan, or Pura Bratan, is a major shivaite and water temple in Bali, Indonesia. It stands enchantingly backed by the magnificent Mount Batur, overlooking lake, Pura Ulun Danu, Batur.

Photo: Ministry of Culture &  
Tourism, Republic of Indonesia



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



# WHAT IF...

**AUGUST  
2015  
APPLICATIONS  
OPEN**

Ella and her Middle School classmates, UWCSEA Dover

## ...A STUDENT WANTED TO BUILD A SCHOOL?

Would she have to wait until she's grown up to do it? When UWCSEA student Ella was in Grade 4 and she wished all children had a school, her teachers encouraged her to get to work.

Ella began planning how she'd raise the S\$28,000 needed to build a school in Svey Reing Province, Cambodia. True to the UWCSEA service ethos, the school community pitched in to help her. Two years later, Ella achieved her

dream. And today, 893 children in Cambodia attend the two schools Ella has built so far. Because of her, they can have an education that will help them have a better future. As for Ella, she's on to even bigger dreams, and UWCSEA is giving her the skills to achieve them.

*What if your child joins UWCSEA?*

Visit [www.uwcsea.edu.sg](http://www.uwcsea.edu.sg) to find out more.





Kirimkan cinta  
Anda ke Indonesia  
dengan 22 menit  
panggilan SLI  
dan 50 SMS  
global.

Untuk mulai  
berhemat, cukup tekan

# 100 \* 4 #

pada ponsel Anda dan  
pilih paket SLI \$5 untuk  
Indonesia.

Rasakan cinta dan  
senyumnya ketika  
Anda terhubung dengan:



[m1.com.sg/mcard](http://m1.com.sg/mcard)

Paket SLI Indonesia adalah layanan nilai tambahan bagi pelanggan M Card untuk paket Talk 8 dan Panggilan Masuk Gratis. Biaya pembelian akan dipotong dari Akun Utama pelanggan. Pembelian beberapa paket diperbolehkan dan sisa pulsa akan bergulir asalkan paket baru dibeli sebelum paket terkini kadaluarsa. Berlaku 3 hari sejak tanggal aktivasi. Dalam kasus pembelian beberapa paket, tanggal kadaluarsa akan dihitung kembali berdasarkan tanggal dan jam aktivasi terakhir. Panggilan SLI dan SMS global yang termasuk dalam paket SLI Indonesia hanya berlaku untuk panggilan ke Indonesia (tarif tetap untuk seluruh jaringan), dan untuk penggunaan selama di Singapura. M1 berhak merevisi Syarat dan Ketentuan ini. Bila memungkinkan, kami akan memberitahu dimuka mengenai perubahan tersebut. Kunjungi [m1.com.sg/mcardtnc](http://m1.com.sg/mcardtnc) untuk seluruh ketentuan. Syarat dan Ketentuan Umum M1 Limited serta Layanan Selular Prabayar yang tersedia di [m1.com.sg](http://m1.com.sg) akan berlaku.