

IndoConnect

CONNECTING INDONESIANS IN SINGAPORE

VOL.3 NO.3 2015

Andri Wongso on Success from Scratch

> page 08

GAYA 2015 - Showcasing Diversity

> page 16

BINTAN TRIATHLON: ASIA'S TOP TRIATHLON FESTIVAL

VOL.3 NO.3 2015 | \$4.00

ISSN 2345-7325



9 772345 732007



Your Home at Great World

Step into the welcoming embrace of your home at Great World Serviced Apartment, carefully designed for your ultimate comfort and enjoyment.

Whether it is spending precious time with your loved ones, relaxing in an oasis of calm or hosting a cosy dinner for close friends, Great World offers the perfect setting to create these exquisite and unforgettable moments.

So come home to intimate moments with your loved ones and friends, come home to Great World.



GREAT WORLD
SERVICED APARTMENTS

A KERRY RESIDENCE
Beijing · Shanghai · Singapore



BCA GREEN MARK

BCA Platinum Award for
Great World Serviced Apartments, Singapore.

For more information visit us at:
www.greatworld.com.sg,
contact us at: **+65 6722 7766**
or email:
apartments@greatworld.com.sg



CELEBRATING THE COMPETITIVE SPIRIT



As we step into the Year of the Goat, we look forward to exciting new opportunities and challenges that await us. Predicted to be a year that focuses on competition and success, the Year of the Goat also coincides with Singapore's hosting of the 28th Southeast Asian games (SEA Games). While the nation and its neighbours gear up to battle it out in competitive sports, IndoConnect in this issue shines the spotlight on sports and the competitive spirit.

Supporting Singapore's Vision 2030, "Live Better through Sport", we have laid out special features, news and interviews on everything you wanted to know about sports. From the right diet to excel in sports to developing the winning attitude, to choosing the right sport to introduce to your toddler, we have covered the topic in extensive detail. In our cover story, we introduce you to Singapore's billion dollar state-of-the-art Sports Hub which will be key to expanding the scale and scope of complementary spaces for sports in the city which is notorious for its limited land space.

This year, Singapore is also celebrating 50 years of independence and it is time to stand shoulder-to-shoulder and join in the revelry by participating in the various events planned by the local community and government. That is not all, we also have an exclusive feature on the latest properties being developed and launched in the real estate market along with some great tips on putting your money in the right property. Don't miss reading about the latest happenings at the Indonesian Embassy and our features on the movers and shakers in Indonesia.

With increasing number of Indonesians looking at critical sectors such as health, education and investment, in this issue we have included information and interesting reads on the various sectors that interests you. We hope you enjoy reading this issue as much as we did creating it. Do keep sending us your feedback. We value them and try to incorporate your suggestions in our subsequent issues.

Nomita Dhar
Editor-in-chief

CONTRIBUTORS



**PRIYA
RAMAKRISHNAN**

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



**MUHAMAD
ALAMSYAH**

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



SURESH NAIR

Suresh Nair is a multi-award winning journalist with more than 35 years experience in the print-media, broadcast industry and online communications. He has written and edited for The New Nation, The Singapore Monitor, The Straits Times and The New Paper in varied fields from current affairs, foreign news, business, entertainment, lifestyle and sports since the late 1970s.



10



12



14

CONTENTS

EDITOR'S NOTE

01 Celebrating the Competitive Spirit

COVER STORY

04 Singapore's State-of-the-art Playground

FEATURE

- 06 SMU's Presidential Distinguished Lecture Series presents Former Minister Professor Mari Pangestu
- 07 Au Revoir Singapore
- 08 Success from Scratch
- 10 Leaving a Legacy for Indonesian Music
- 11 In Memoriam: Yoga Dirga Cahya

ART & CULTURE

- 12 A Look into the World of the Ancient Batak
- 14 An Urban Experience
- 15 Building Bridges to Connect Hearts
- 16 Bringing Culture and History to Life!
- 17 Indonesian Artist Honoured with Inaugural Freedom Award

PROPERTY

- 18 The 'Hot Potato' Status of Property
- 20 Coveting an Address in Singapore
- 24 Living In Paradise

EDUCATION SUPPLEMENT

- 26 Kesempatan Bagi Pekerja Migran
- 28 The Sports Leaders
- 30 Decoding Singapore's Pre-School Programmes

HEALTH

- 34 Orthodontic Treatment for Growing Children
- 36 Too Tired for Sports? Get Yourself Checked!
- 38 Dental Braces – A Moment with the Specialist
- 39 An App that Feeds the Belly
- 40 Of Greens and Beans
- 41 Fitness routine for the Elderly

PARENTING

- 42 Do You Really Need it?

BUSINESS

- 43 Workforce Trends to Watch Out in 2015

TECHNOLOGY

- 44 Glitzy Gadgets Coming Your Way in 2015
- 45 Must-have Apps for Sports Fans

FASHION

- 46 Kebaya's American Debut
- 47 Look Good While Sweating it Out



50

44



54



60

36



43

FOOD & BEVERAGE

- 48 The Land of Haute Cuisine
- 49 A la Carte: Famous French Joints
- 50 Food for the Gods

SPORTS

- 52 Indonesian Sport: Marriage of Tradition and Contemporary
- 53 Be a Sport
- 54 Beating for the Offbeat
- 55 A Racing Holiday

PRODUCTS

- 56 Spring in Full Bloom

EVENTS

- 57 What's Happening?

HAPPENINGS

- 58 Embassy Events

TRAVEL

- 60 Sendang Sono: the Lourdes of Southeast Asia

LISTINGS

- 61 Sports Listing

ADDRESS BOOK

- 62 Telephone Directory

PICTURE POST

- 64 Whaleshark of Teluk Cenderawasih

30



PUBLISHER
Sun Media Pte Ltd

EMBASSY EDITORIAL BOARD
Ismunandar
Hosea Richardo Manurung

EDITOR-IN-CHIEF
Nomita Dhar

EDITORIAL
Priya Ramakrishnan
Vithya Rajasegar
Zuraidah Ismail

CREATIVE PROJECT MANAGER
Valerius Reza Boenawan

ADVERTISING & MARKETING
Jamie Ho

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

PRINTING
Stamford Press Pte Ltd

MICA(P) 071/05/2014

©Copyright 2015 by Sun Media Pte Ltd. All materials in this publication are strictly copyrighted and all rights reserved. No part of this publication may be reproduced in whole or in part without prior written permission of the copyright holder. All facts are correct at the time of publication. While every effort has been made to ensure the information that appear in this publication is correct at the time of production, changes do occur and Sun Media Pte Ltd shall not be liable for any errors, omissions or inaccuracies that occur.

A PUBLICATION OF

SUNMEDIA
communication with soul

20 Kramat Lane
#01-02 United House
Singapore 228773

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

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



SINGAPORE'S STATE-OF-THE-ART PLAYGROUND

by Priya Ramakrishnan

An inspiring structure built to enhance Singapore's status as a global sports city, Singapore Sports Hub is a fully integrated sports, leisure, entertainment and lifestyle arena.

Catapulting Singapore's status as a global sports city hosting world-class international events, the state-of-the-art Singapore Sports Hub stands tall at 82.5m. Located in Singapore's riverside Kallang district on the site of the former national stadium, which was fondly referred to as Singapore's "Grand Old Dame" is an iconic addition to the Little Red Dot's carefully sculpted skyline. The Singapore Sports Hub's new National Stadium has a capacity of seating 55,000 audience and is also the only stadium which can host a multitude of sporting events from football, athletics, rugby and cricket, as well as concerts.

One of the most architecturally challenging and technologically progressive projects to be ever built in Singapore, the Sports Hub built at a cost of \$1.33 billion also boasts world's largest free-spanning dome. Its cutting edge energy-efficient cooling technology also makes it one of the world's green structures with zero impact

on the environment. Conferred with the Green Mark Gold Plus for its eco-friendly sustainable design, the stadium and Sports Hub is home to a 3,000-capacity multi-purpose indoor arena, a 6,000-capacity indoor aquatic centre along with a water sports centre suitable for hosting dragon boating, kayaking and canoeing at the Kallang Basin. That's not all, it also features a 41,000 sq. m retail skate park, lawn bowl green, climbing wall, beach volleyball court, hard courts, and waterfront area as well as a sports museum and sports library.

Singapore Vision 2030

A fully integrated space where Singaporeans can play, watch, shop, train and cheer, the Singapore Sports Hub has set the stage for the Island-city's grand entry into the exclusive club of international sports hosting countries. Key to providing additional energy and impetus for Singapore's Vision 2030 - "Live Better through Sport", the world-class Sports Hub has expanded the scale and scope of complementary spaces for

sports in the city which is famously known for its limited land space. The Singapore Sports Hub was inaugurated in a grand ceremony on 30 June, 2014 and the National Stadium which replaced the old stadium in Kallang is the pride of the nation providing sports enthusiasts to develop interest in competitive sports.

The National Stadium saw its first three events – World Club Rugby 10s (21- 22 June, 2014), Singapore Chinese Orchestra which presented Our Music, Our People 2014 (28 June, 2014) and Stefanie Sun, Kepler World Tour 2014 (5 July, 2014).

Community Programmes Fostering Unity

Going beyond just spectator events, the Singapore Sports Hub will provide an opportunity to integrate into community programmes and also experience sports with several innovative initiatives and host of public facilities for daily use. In his speech at the inaugural ceremony of the stadium and arena conference, Mr Lim Teck Yin, CEO

UPCOMING EVENTS

QUE SINGAPORE OPEN 2015

Started in 1987, the Singapore Open has proven to be a success as a marquee sporting event in promoting badminton around the region, and helping companies enhance its branding and presence in Singapore. Misbun Sidek was the very first Men's Singles champion, while the legendary Liem Swee King was the first Men's Doubles champion when he partnered Bobby Ertanto in 1987.

VENUE : Singapore Indoor Stadium
DATE : 07-12 April 2015



The Script Live in Singapore

Meet The Script: Danny O'Donoghue (vocals, piano), Mark Sheehan (vocals, guitar), Glen Power (vocals, drums). Three Irish men who are as direct – as impassioned – as their songs.

VENUE : Singapore Indoor Stadium
DATE : 21 April 2015

28th Southeast Asian Games Opening Ceremony

Returning after 22 years, the 28th Southeast Asian Games, held from 05-16 June 2015, will be the biggest regional multi-sport event to be staged in conjunction with Singapore's 50th anniversary celebrations.

VENUE : National Stadium
DATE : 05 June 2015




of Sport Singapore said, "As Asia continues to make history in the sporting arena, with various world cups and championships and the Olympics featuring in the region over the next decade, it is timely that we encourage discussions and sharing around sports venue design, management and technology." He further added, "Our objective is to provide Singapore residents and their families with innovative, affordable, relevant and accessible public sports facilities for their sporting and recreation needs and also provide common spaces for the community to build social capital and rally behind local sporting heroes."

Jewel in Singapore's Crown

Located on a 35-hectare site in Kallang, the Singapore Sports Hub is well-connected to the MRT network, connecting pathways and major expressways that will offer Singaporeans low-cost and hassle-free access to everything the hub has to offer.

Designed by London-based design and engineering firm Arup — a part of the designing team of the iconic "Bird's Nest" Olympic Stadium of Beijing — the National Stadium Stadium has an ingenious structure of a horseshoe, with one side opening up to a view of Singapore's glittering waterfront business district.

Experiencing Sports

Are you planning to learn a new sport or yearn to have a go at fun try-outs? You might even be thinking of joining one of those fitness groups exercising with such enthusiasm. If 'yes' is your answer, then the Singapore Sports Hub is your go-to place. Check out the official website of Singapore Sports Hub and participate in fun activities for free. From yoga to Pilates to even Zumba, there are plenty to choose. You can also join free-to-play session of games such as Kin Ball, Lawn Bowls and Giant Chess on certain days of the month. 



Singapore Sports Hub

Diresmikan pada tanggal 30 Juni 2014, Singapore Sports Hub adalah arena olahraga, rekreasi, hiburan, dan gaya hidup arena yang terintegrasi. Terletak di Kallang dengan dengan luas 35 hektar, Singapore Sports Hub mudah diakses karena terhubung dengan MRT. Apakah kalian berolahraga atau ingin bersantai? Atau ingin bergabung dengan kelompok kebugaran yang berantusiasme seperti kalian? Singapore Sports Hub adalah jawabannya.



SMU'S PRESIDENTIAL DISTINGUISHED LECTURE SERIES PRESENTS FORMER MINISTER PROFESSOR MARI PANGESTU


by Zuraidah Ismail

In an ever-changing world, we have to be extra innovative, creative and smart. That is one of the key messages Professor Mari Pangestu conveyed to the audience at the Presidential Distinguished Lecturer Series held at the Singapore Management University (SMU).

With a population of about 250 million and a vast land area of almost two million square kilometers, Indonesia faces a challenging journey towards economic growth. The Mochtar Riady Auditorium was fully packed with an audience which consisted of mostly Indonesian staff and students coming from various institutions, all eager to listen to the insightful opinions of the eminent speaker.

Professor Mari Pangestu was the Minister of Trade for the Republic of Indonesia from 2004 to 2011. As Minister of Trade, she played an active role in the WTO; initiated various Ministers of Trade meetings; and provided leadership in regional cooperation at ASEAN in 2011. Before becoming minister, she provided policy advice on international trade and

investment issues, political economy of reforms and sustainable development issues. In her speech, she mentioned that one of Indonesia's social issue is on poverty and inequality.

Having to be part of the government for more than a decade, the topic on the 'New Normal' is dear to her heart as an economist as well as an Indonesian. 'New Normal' is a terminology based on post 2009 global crisis. As the economy recovers from the crisis, it comes back to a 'New Normal', with more uncertainties for many countries like Indonesia. 

Here are some of the important issues Prof. Mari mentioned that Indonesia needs to take note of:

- Indonesia needs to develop more on creative industries
- Indonesia needs to diversify exports and focus lesser on commodity-based trading
- More focus to be put on infrastructure and logistics
- Indonesia needs an investment stimulus
- Bureaucratic reforms are important

Prof Mari Pangestu

Profesor Mari Pangestu memberikan ceramah dalam acara Presidential Distinguished Lecturer Series yang diadakan di Mochtar Riady Auditorium, Singapore Management University (SMU). Beliau berkata bahwa walaupun Indonesia akan menghadapi tantangan dalam pertumbuhan ekonomi, dengan kebijakan dan institusi yang tepat, kehendak dan kepemilikan politisi, ekonomi Indonesia akan dapat tumbuh.

AU REVOIR SINGAPORE

IndoConnect shares with you highlights of a fruitful conversation with the Minister Counsellor for Information, Social and Cultural Affairs.

Simon D.I. Soekarno bids goodbye to the embassy family and IndoConnect after years of being an integral part of the magazine, supporting, guiding and nurturing it with his valuable insights. We wish him all the best in his future endeavours.

Please share with our readers few details about yourself and your family.

I'm happily married to my lovely wife of 18 years, Evi. We have two sons, Jason and Diego. It has been hard for our family during my overseas postings and I appreciate every sacrifice they made for me. In return, I commit myself to their happiness.

Describe your experience in Foreign Affairs, especially during your posting in Singapore. What are the things you like from Singapore?

Singapore is the third country I'm posted to after Chile and Madrid. I received cultural shock previously. Fortunately, it took me hardly any time to adjust myself here in Singapore. The food is lovely; the weather is pretty friendly despite the occasional heatwaves. I also admire Singaporeans law-abiding nature very much. As a newcomer, I was amazed at the small things people here do like queuing up for the MRT and keeping left on escalators.

What is the one thing that you miss most about Indonesia?

I miss Indonesian food, especially its sambal. I sometimes find the food here slightly lacking on the spice department. Then again, I guess chili crab, braised chicken feet and chicken rice has compensated for that.

Please share with us highlights of your tenure here in Singapore.

One of the highlights is Panggung Gembira – a free open-air concert dedicated to all Indonesians residing here. Last year, I was the Chairperson for the organisation

committee for the celebration of the Independence Day. Although the process was tiring and stressful, seeing how much fun they had was worth it.

In your few years here, how has the relationship between Singapore and Indonesia changed?

I notice a tremendous growth of people-to-people contact lately. Indonesians and Singaporeans are pretty much close, geographically and demographically. The relationship has grown to be a close-knit one.



With events held almost every weekend at the Embassy, share with us your mantra on achieving work-life balance.

I don't see those events as work because I see the Indonesian community as my friends. The gatherings are opportunities for me to socialise and wind down from my daily hectic schedule.


When I do have a time off on weekends, I would be sure to spend quality time with my family. Simply being around them recharges me.

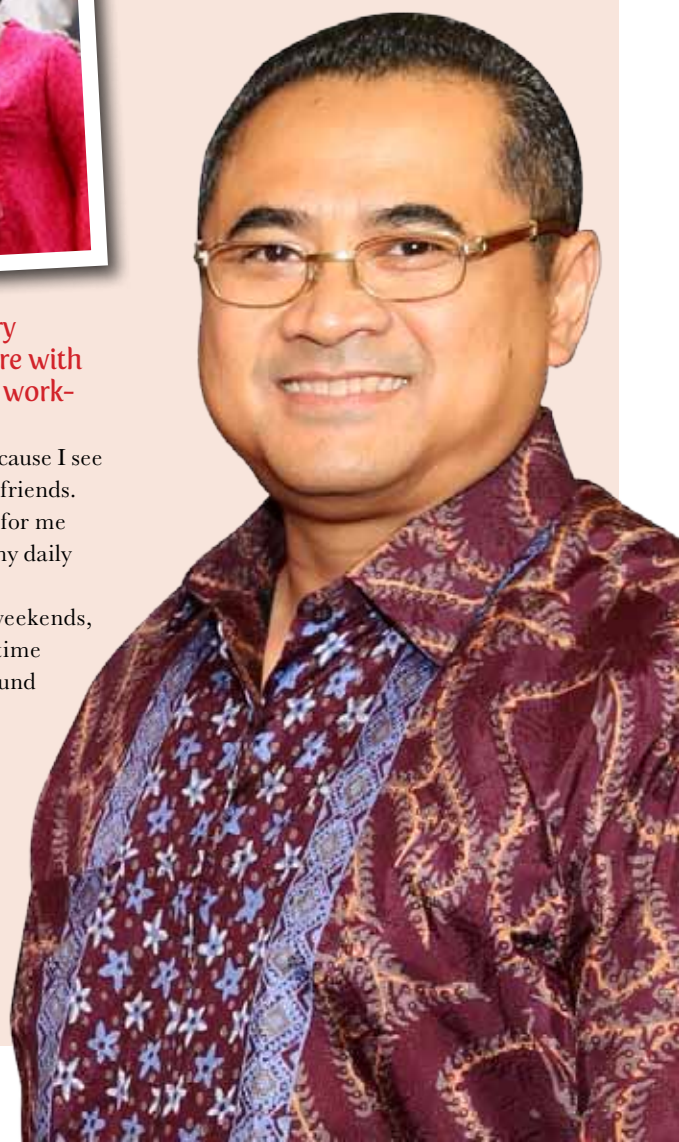
Tell us about your new posting.

I am given a new challenge as the Director of Protocol for the Ministry of Foreign Affairs. My job is to liaise and coordinate with many parties with regards to VVIPs movements and

arrangements. To begin with, it is already a challenge for me to be firm, precise and accurate, yet graceful in my actions.

What are your hopes for the future of IndoConnect and what message would you like to convey to its readers?

I hope the cooperation between IndoConnect and the Embassy would tighten and that they continue to produce well-executed issues. As for the readers, always remember to prioritise your well-being although life in Singapore may be fast-paced and tough. I wish that you would continue to lend your support to the Embassy and my future successor. I also thank you for the wonderful time and apologise for any mistakes made. 



SUCCESS FROM SCRATCH

Andrie Wongso recounts his story of transformation from a man Friday to motivational speaker.

by Zuraidah Ismail



From an odd job worker to a celebrated and renowned motivational speaker — one of Indonesia's influential man Andrie Wongso tells us how he made that possible at his seminars "Success is My Right" at the Embassy and "Esok Penuh Harapan" held at Sekolah Indonesia Singapura in January. His 400-strong audience comprised of Indonesian domestic workers and students, as well as Mr Ismunandar, Education and Culture Attaché from The Embassy of the Republic Indonesia, Singapore.

Coming from a poor family in the city of Malang with an incomplete educational background, Andrie had to climb his way up to success the hard way starting from ground zero. At a young age, he helped his parents sell cakes at the marketplace. At 22, he tried his luck in Jakarta and prepared himself to overcome all challenges with courage and honesty. It was there, that he began his career as a salesman. Today, he spreads inspiring messages to youths who come from the same boat and ignites hope in them for a better tomorrow with his principle 'Success is my Right'. Andrie also seems to be one who does not shy away from sharing with the audience about his difficult early life. Through it all, he remained resilient and regarded his challenges as an opportunity to build his strength.



Andrie's Inspiration

As an enthusiast in Kung fu, Andrie believes that it is the Chinese martial arts that has taught him to do ethical business dealings. According to him, Kung fu shapes up a positive mind, teaches an individual to be a responsible and disciplined person, and develops leadership qualities. It was also Kung fu that sharpened Andrie's motivation and perseverance.

Apart from Kung fu as an inspiration, what is his secret? IndoConnect picked up very important points from his seminar.


Andrie Wongso's Recipe for Success:

1. Be optimistic
2. Instil a good character
3. Utilise opportunities fully
4. Put in 100 per cent effort
5. Never stop learning
6. Never underestimate the power of prayer

Organised by the Indonesian Training Center and Media Transformation Ministry in collaboration with Indonesian Student Association in Singapore (PPIS), the talk received positive feedbacks.

"I have heard a lot about Andrie as he is a well-known speaker. I look forward to more of his seminars in the future. PPIS has done a good job," says Marvin, a business student from Singapore Institute of Management (SIM).

The collaboration of Andrie's team with PPIS and the Indonesian embassy was a pleasant experience for all parties and Andrie wishes to visit Singapore again. He wrapped up the three-hour long seminar with a note of advice – "To achieve the best future, we have to begin with ourselves; and that applies whenever and wherever we are."

Andrie also hopes that Indonesian youths wouldn't undervalue themselves and that they should be proud of their identity, dare to fail, move forward and always be optimistic. 



Andrie Wongso

Siapa yang tidak mengenal Andrie Wongso, seorang motivator Indonesia ternama? Pada bulan Januari, beliau memberikan seminar yang diberi judul 'Esok Penuh Harapan' di hadapan ratusan penonton yang didominasi oleh penata laksana rumah tangga dan murid-murid di Sekolah Indonesia Singapura. Beliau menceritakan pengalamannya dari pekerja kasar sampai dengan menjadi motivator. Walaupun jalannya berbatu-batu, tapi dengan semangat yang berkobar-kobar, beliau dapat meraih kesuksesan.

SIR STAMFORD RAFFLES 1819



GAYA 2015

MALABERO

SOTA DRAMA THEATRE

15.03.15

ORGANISED BY



IN CELEBRATION OF





LEAVING A LEGACY FOR INDONESIAN MUSIC

by Vithya Rajasegar

Popular music critic Denny Sakrie added a monumental work to his vast array of achievements before his death.


Indonesia lost one of its most popular music critic on January 3, 2015 with the premature death of Denny Sakrie at age 51 due to a sudden cardiac arrest. The news of his demise met with an outpouring of grief from not just his family and friends but also music fans who were guided by his historic knowledge and passion for music. A renowned musical critic, he kick-started his career as an announcer at Makassar's Madama Radio, before juggling a string of jobs including screenwriter and judge for music competitions. Besides engaging in voice-over for big commercial names such as Citibank, Panasonic and Marlboro, Denny Sakrie was also part of various musical bands. A multifaceted individual, he soon began contributing articles to several publications such as Tempo, Kompas and Rolling Stones Indonesia. But his greatest accomplishment, in all his years as a music connoisseur, is an oeuvre that treats the evolution of Indonesian music over the past century. Published by Gagas Media, his book, "100 Tahun

Sejarah Musik Indonesia 1905-2005", (100 Years of Indonesian Music) exhaustively documents the history of the Indonesian music scene and the lives of those who left an astonishing impact — musically speaking — on the country's psyche.

A product of his dedication and passion for music and Indonesian culture, his book makes quite a number of startling observations, one of which is how several radio stations started mushrooming all over the country at a time when political upheavals plagued the nation; and in a bold fashion, Denny Sakrie links this promotion of the South-East Asian country's musical culture with the state's systematic and contrived effort to draw people's attention away from the burgeoning political problems.

Furthermore, the book also features Wage Rudolf Soepratman, the composer of Indonesia's national anthem along with his half-brother, Van Eldik, both of whom belonged to the well-known group, Black and White Jazz.

All in all, 100 Years of Indonesian Music is but Sakrie's hope and dream of imbibing

in the people of Indonesia, the knowledge and awareness of their country's music. With that, he left behind not only a wife and an 18-year-old daughter but also a nation that is all the more rich for his immense contributions. 

Denny Sakrie

Indonesia kehilangan salah satu kritikus musik populer pada tanggal 3 Januari 2015 lalu dengan berpulangnya Denny Sakrie (51) dikarenakan serangan jantung mendadak. Berita sedih ini bukan hanya pada keluarga dan teman-temannya, tetapi juga para penggemar musik tanah air. Bukunya yang berjudul '100 Tahun Sejarah Musik Indonesia 1905-2005') mendokumentasikan sejarah musik Indonesia dan orang-orang yang berpengaruh terhadap industri musik di Indonesia. Selain itu, buku ini juga bercerita tentang Wage Rudolf Supratman, sang pengarah lagu kebangsaan Indonesia bersama saudara tirinya, Van Eldik, yang merupakan anggota dari grup Black and White Jazz.

In Memoriam




Yoga Dirga Cahya
(1986 – 2015)

Our hearts are broken by the sudden departure of Yoga Dirga Cahya, a promising young man who had a burning passion to change Indonesia. We miss his charm, his charisma, and the way he connects so easily with us and people. He had touched the lives of many in Singapore, especially the domestic workers whose plights he had felt so much for. He had so much compassion and love in his heart that his departure has left an emptiness in our hearts.

Shortly after his passing, Singaporeans and Indonesians gathered together for a prayer at the Embassy of Indonesia in Singapore. The crowd consists mostly of Indonesian domestic workers and professionals residing in Singapore. Many kind words were shared about the charming man who had so much hope for Indonesia.

He had a burning passion to change the reputation of Indonesian politics, and formed Kampanye Putih (White Campaign) with an aim to encourage transparency in the government. As a graduate of Nanyang Technological University (NTU) and having spent nine years in Singapore, Yoga was inspired by the efficiency of Singapore's governing system.

Yoga had a promising start to his career as the former President of the Forum Komunikasi Masyarakat Indonesia di Singapura (Communication Forum for the Indonesian Community in Singapore) and the President of Asosiasi Profesional Indonesia di Singapura (Indonesian Professionals Association in Singapore). Although young, he had a life filled with impressive accomplishments. He wished to see many young professionals step forward and participate in politics and had hopes for a better Indonesia.

Yoga Dirga Cahya left behind a family who was fully supportive of his ambitions and thousands of Indonesians in Singapore who looked up to him as an exemplary individual. We will forever remember this man who had inspired us all. Yoga will be greatly missed. 

Yoga Dirga Cahya

Pada tanggal 20 Februari 2015, masyarakat Indonesia, khususnya yang berada di Singapura, dikagetkan berita yang sangat memilukan karena kita kehilangan seorang teman, saudara, dan calon pemimpin bangsa, yaitu Yoga Dirga Cahya. Sebelum mencalonkan diri menjadi anggota DPR pada pemilu 2014 untuk Dapil II Jakarta, ia sangat aktif di beberapa organisasi, antara lain Persatuan Pelajar Indonesia di Singapura, Forum Komunikasi Masyarakat Indonesia di Singapura, dan Indonesian Professionals Association. Dia memiliki harapan untuk Indonesia yang lebih baik. Selamat jalan, Yoga!

A LOOK INTO THE WORLD OF THE ANCIENT BATAK

By Zuraidah Ismail

The untold story of Batak people comes alive in this extraordinary exhibition of Batak sculpture.

It is a world filled with mysteries and masterpieces rooted in intriguing culture of ancient Southeast Asian traditions.


IndoConnect takes you on a tour of the special exhibition at the Asian Civilisations Museum (ACM) showcasing the extraordinary sculptures of the Batak people of northern Sumatra.

The Batak people were notorious for being head hunters and sorcerers, a reputation intentionally cultivated to drive away strangers. ACM lets us peek into the whimsical world that is rich in art and magic at their exhibition 'Beginning of the Becoming' – a direct translation of the name of Batak's supreme god, Mula Jadi Na Bolon. The works of art display the Batak religion, architecture and many other fascinating facets of their lives.

On display are 20 masterpieces of wood, stone and bronze which have been donated by the Mandala Foundation alongside the works that are already owned by the museum. As you enter the exhibition, you would be greeted by a seated sandstone male figure dating back to the 17th century, sculpted in a pose that may have been inspired by Hindu-Buddhist sculptural traditions of neighbouring communities. Some of the pieces were made together with Chinese porcelain, a hint on the traces of their southern Chinese or Taiwanese origin. One of them is a medicine container or guri-guri, made from a Chinese porcelain jar. A regal figure

carved out of wood sits atop the jar and fixed to the stopper. The artistic heritage of the Batak people are evident in the intricate pieces exhibited.

Director of the ACM, Dr. Alan Chong points out, "The gift of 20 important Batak sculptures to the ACM allows our audiences to fully appreciate the artistic and social heritage of a special culture that continues to live and flourish in northern Sumatra, a short distance away from Singapore. These artworks were not produced in isolation, but show a dynamic exchange with Hindu-Buddhist art, Chinese trade porcelain and other nearby cultures."

The exhibition, scheduled to run until 29 March 2015 at the ACM, is free for the public's admission. 

Patung Batak

Sampai dengan 29 March 2015, Asian Civilisations Museum menampilkan berbagai macam patung dari kebudayaan Batak, Sumatera Utara. Patung-patung yang kebanyakan disumbangkan oleh Yayasan Mandala tersebut ada yang terbuat dari kayu, batu, dan perunggu.

Where

Asian Civilisations Museum

1 Empress Place

Singapore 179555

Front desk hotline: 63327798

nhb_acm_vs@nhb.gov.sg

Guardian Figure (pagar)

Toba Batak, late 19th century
Wood, palm fibre, metal, rattan, textile, resin, saga seeds
Mandala Foundation

About the Asian Civilisations Museum

The Asian Civilisations Museum is dedicated to explore the rich artistic heritage of Asia, especially Singapore's ancestral cultures. Through a collection of works of art and a varied exhibition programme, it hopes to deepen the understanding of Southeast Asia, China, South Asia, West Asia, and the Peranakan world. Rare among museums in Asia, the ACM connects audiences with many cultures.



Mortar (panduduan)

Toba Batak, 10th century
Wood
Mandala Foundation



Seated Male Figure

Toba Batak, 17th or 18th century
Sandstone, natural pigments
Mandala Foundation



Rider Figure (hoda-hoda bakkuwang)

Toba Batak, 19th century or earlier
Sandstone
Mandala Foundation



Medicine Horn (naga morsarang)

Toba Batak, 19th century
Horn, wood, animal hide,
fur, metal
Mandala Foundation



Medicine Container (guri-guri)

Toba Batak, 19th century
Wood, porcelain, rattan, palm
fibre, metal
Mandala Foundation



AN URBAN EXPERIENCE

by Vithya Rajasegar

Art Apart Fair 2015 brings urban art from the streets to the bedroom.



If glorious civilization could be pared down to a single defining moment, Art Apart Fair 2015 would be it. The annual events, which is in its fifth year, gathers artworks from around the world in an attempt to offer a paean to the vivid exchange of ideas, diverse set of riveting perspectives and the epiphanic artistic experiences.

During an impassioned speech about the state of contemporary urban art, Ms. Rosalind Lim, Founder and Director of Art Apart Fair, narrates that the idea of “providing a platform for emerging artists” struck her like a bolt of lightning; and quite a bolt it is, for Art Apart 2015 continues its tradition of bringing to the public a wide range of promising new artists.

Sauntering into the presidential suite and the different rooms the entire 14th floor of Park Royal Hotel comprises,

everyone marvels at and revels in the ingenious work propped on walls and beds. In this fair, urban art has never looked this awe-inspiring and stimulating; hence, it is but little wonder that Ms. Lim has an assured fondness for that particular movement, as “it can be interpreted in any way”. From mixed media paintings that juxtapose the image of Emperor Hirohito with that of a digitised human to capture the increasing tyranny and fear of technology to whimsical works, which, through delicate curved lines, retain in them a sense of timelessness and magic, the fair truly elevates urban art to the level of high culture.

But the most enduring feature of Art Apart Fair has to be its “Adopt an Artist” programme that has resulted in the promotion of artists such as Bruno Tanqueral and Ernest Zacheravic; and the latter who is Lithuanian is more than eager to speak about his works — one of which is the controversial “Crime in Legoland”. Like the German artist Kaja El Attar, he too thrives on spontaneous bursts of inspiration and eschews the independent function of the intellect. One work that finds itself obeying Zacheravic’s principles of art is a stretched brown sack that has a hand drawn illustration of a mother carrying her child; and according to the Lithuanian artist, it is a depiction of an endearing moment he encountered in Indonesia.

And Zacheravic’s paintings are but part of the motley collection of artworks that Ms. Lim has carefully and meticulously curated. When posed with the question of what her favourite piece is, she points to a grand assemblage of wire mesh sculptures, which under dim lighting resemble the gods of Thebes. And with artists from far flung countries such as Mexico and Russia, one naturally ponders the ‘whys’ of a limited range of works from Southeast Asia, to which Ms. Lim smiles and responds, “We would love to develop a closer relationship with Southeast Asian artists, especially Indonesian ones.” It’s a statement that evokes interest in wanting to watch the ship of art traverse the Southeast Asian waters. 

Art Apart Fair

Art Apart Fair adalah tempat berkumpulnya karya seni dari seluruh dunia dalam upaya untuk menawarkan nyanyian pujian untuk pertukaran ide, perspektif beragam yang memukau, dan pengalaman artistik. Tahun ini adalah tahun kelima bagi Art Apart Fair mengadakan acara serupa, dan melanjutkan tradisi dalam memperkenalkan artis baru kepada publik. Pengunjung sangat terpujau dengan hasil-hasil karya yang dipajang di sepanjang lantai 14 Park Royal Hotel.

BUILDING BRIDGES TO CONNECT HEARTS

by Priya Ramakrishnan

Singapore International Foundation (SIF) reaches out to connect Singapore with its expat communities through culture.

A heart-warming community programme launched in October 2011, Little by Little has captured the imagination and hearts of Singapore's expat communities. A monthly series of cultural exchanges, the programme involves the partnership of Singapore International Foundation (SIF) and the international communities within the island in an effort to promote understanding and appreciation of different cultures. Bridging Singaporeans and world communities together, the programme focuses on engaging the diplomatic and professional communities in Singapore.

In the January edition of Little by Little, SIF partnered with Indonesian Embassy in Singapore to teach students of the social enterprise 10 Square, how to play the Angklung, a traditional Indonesian instrument. Seeking to bring people from multiple cultures together to share and revel in the differences and similarities, these programmes enrich the lives and infuse positive attitude and change. Instructors from the Rumah Budaya Indonesia also introduced the students to Indonesian art and handicraft. Furthermore, the students led the audience in performing the popular Indonesian tune, Ande-Ande Lumut with the Angklung. "Culture is a means to connect Singaporeans and Indonesians so that they can better understand each other and is also a very important tool to increase collaboration and partnership between the countries," explained Mr Ismunandar, Indonesian Education and Culture Attaché, who attended the event along with Singapore arts veteran Dr Chua Soo Pong and Professor Pudentia Purenti, President of Asosiasi Tradisi Lisan and also lecture at Faculty of Ilmu Pengetahuan Budaya Universitas Indonesia

The programme also featured an excerpt from the Indonesian folktale of Panji

adapted to Hokkien opera. The Tale of Panji was scripted and directed by Dr Chua Soo Pong and performed by the Jade Opera Group. It illustrates how cross-cultural theatre provides an alternative avenue to understanding other's culture.

Guests were further offered a gastronomic treat of Nasi Tumpeng, a dish with a cone shaped mound of rice surrounded by assortment of other dishes. The delicacy was officially chosen as the Indonesian national dish in 2014 as it binds the diversity of various Indonesian culinary traditions and symbolises the social unity of those participating in the communal feast.

To date, in-Singapore FOS communities that have participated in such programmes include the embassies of Belgium, Indonesia, Japan, Mexico, Thailand and US, Australian, Indian and Malaysian High Commissions, as well as the American Association Singapore, Expat Kitchen, Japanese Creative Centre, ReDot Fine Art Gallery, Sekolah Indonesia Singapura, Temple of Fine Arts, Thai Association Singapore, Thai Dance Society, The Japanese Association, Singapore, Korean Association, Korean Art Professionals, SIF Indonesian alumni network, Vietnamese community at the National University of Singapore and friends from the Peruvian and British communities in Singapore. 



Little by Little

Pada acara Little by Little kali ini, SIF bekerja sama dengan Kedutaan Besar Indonesia di Singapura mengajar cara bermain angklung kepada siswa dari 10 Square. Selain dari itu, tampil juga kutipan cerita rakyat Panji yang dipertunjukkan dalam opera Hokkien. Ini menggambarkan bagaimana kebudayaan dapat memberikan jalan alternatif untuk memahami budaya satu sama lain. Diharapkan dengan acara seperti ini dapat mempererat hubungan antara Singapura dengan Indonesia.





BRINGING CULTURE AND HISTORY TO LIFE!

Bring talented actors, singers and dancers from SMUKI together and you'll get yourself a fantastic production!

GAYA2015: Malabero presents a fresh new take on the life of Sir Thomas Stamford Raffles and his contributions to Indonesia. Though many know him as one of the founding fathers of Singapore, this play portrays him in his lesser known role as the governor who struggled to build and unite the people of Bencoolen, a small province in Indonesia that was once under British rule.

GAYA2015 is a yearly effort to showcase the diversity brought by the Indonesian diaspora in Singapore. A vibrant and dynamic production featuring dance and musical elements of various genres, this production promises to captivate audiences.

IndoConnect visited their rehearsal held on Sunday, 8th February 2015 and got the scriptwriter and casts of GAYA2015: Malabero to give us a gist about the production.

Brief us through the storyline:

GAYA2015: Malabero showcases the fighting spirit of Indonesians and their history with the founder of Singapore, Sir Stamford Raffles. It takes us back to the time when Raffles was deported to Bencoolen as Thomas Par was assassinated by the Bugis. Raffles attempted to solve racial tension between the people of Bengkulu and Bugis.

What elements are involved in GAYA2015 and how different is it from the previous years?

We inculcate traditional dances like the Saman, which is like a trademark of GAYA. Besides that, singing and dancing are weaved in the drama. In 2013, we had Hip-Hop dances. This year is different, as we include some history of Singapore into our performance, in celebration of the SG50!


Tell us about the character you're playing.

Nameless Girl: I play a local Bengkulu girl who is very quiet and is closely attached to her father. She lost her mother at a young age. She is naïve, sincere and strong, and is a fast learner. There is a character development later on in the act as she matures. She learns to forgive and becomes more aware of the society. She has a passion in uniting the Bencoolen and Bugis communities.

Sir Stamford Raffles: I portray Raffles' personality as a random individual, not just as a Governor. In the scene, Raffles undergoes a dilemma between prioritising his King (the King of England), his family, and his job and empire. We thought about what might go through his mind at that point of time. To do this, I had to do my research about Raffles. He was a strong self

confident man. He just wanted his work done, and he knew it would be done.

How will GAYA benefit you and the audience?

As performers, we receive satisfaction from this. We develop qualities such as patience and we learn about commitment and dedication to work. We also enjoy being on stage. It's like magic; being on stage is different compared to real life. At the end of the day, we aim to spread awareness among students and the public about Indonesia's unique culture, especially in a multi-racial Singapore. 

About

Venue : SOTA Drama Theatre

Date : 15 March 2015

Price : \$19 (Standard), \$25 (Priority)

For more information, visit gelarbudaya.com

GAYA2015: Malabero

GAYA2015: Malabero bercerita tentang peran dan kontribusi Sir Thomas Stamford Raffles kepada Indonesia ketika beliau berjuang untuk membangun dan menyatukan orang-orang dari Bengkulu.




All photos: Art Stage Singapore

INDONESIAN ARTIST HONoured WITH INAUGURAL FREEDOM AWARD

Jakarta-based FX Harsono is the first to receive the Joseph Balestier Award for the Freedom of Art.

Awarded for his active commitment to the ideals of freedom of art, expression and liberty, 65-year-old Indonesian artist Mr FX Harsono was conferred the inaugural Joseph Balestier Award for the Freedom of Art on 20 January 2015. Nominated by Art Stage Singapore along with six other artists, Mr Harsono bagged the award as his work was recognised by the organisers to be portraying pro-democracy dissent and experiences of ethnic minorities in Indonesia.

The award was presented to him by the U.S. Ambassador to Singapore, HE Kirk Wagar along with Art Stage Singapore's director Mr Lorenzo Rudolf. The Joseph Balestier Award for the Freedom of Art, pays tribute to the first Consul General of the United States of America to Singapore, Joseph Balestier, who served from 1836 to 1852. The prestigious award recognises artists from Southeast Asia committed to promote and portray freedom of expression through their artwork. Consisting of a trophy, certificate and a grant of US\$5,000, the award will encourage more artists to create works that are thought-provoking. 

Mr Harsono who was born in 1948, studied painting at STSRI "ASRI", Yogyakarta (Indonesia) and at IKJ (Jakarta Art Institute). He has been a lecturer at the Faculty of Art and Design, Pelita Harapan University, Tangerang (West Java) since 2005. Recent solo exhibitions include *Things Happen When We Remember / Kita Ingat Maka Terjadilah*, Selasar Sunaryo Art Space, Bandung, Indonesia (2014), *What we have here perceived as truth/we shall someday encounter as beauty*, Jogjakarta National Museum, Jogjakarta, Indonesia (2013), *Writing In The Rain*, Tyler Rollins, New York, USA (2012), *Testimonies*, Singapore Art Museum, Singapore (2010), and *The Erased Time*, National Gallery of Indonesia, Jakarta (2009).

Art Stage

Dunia kesenian Indonesia boleh berbangga karena artis kawakan FX Harsono mendapat penghargaan Joseph Balestier Award for the Freedom of Art pada tanggal 20 Januari 2015 di Art Stage Singapore.



(From top to bottom) *Rewriting The Erased* (2009), Screen shot from video *Pilgrimage to History* (2013), *Writing in the Rain* (2011)



THE 'HOT POTATO' STATUS OF PROPERTIES by Suresh Nair

Property is a “hot potato” and a key component of household wealth in Singapore, with 47 per cent of household assets tied up in real estate.

Looking forward to 2015, the market will continue to contend with headwinds from a glut of supply and buyer caution, say analysts. Prices are set to continue their downward trend, but don't expect a crash, they note.

“This year is not only Singapore's 50th year of Independence but also potentially an election year,” Ms Yvonne Voon, an equity analyst at Credit Suisse Group AG, told Bloomberg Business.

As such, the government, knowing the hot potato-status of properties, will work to ensure prices do not rise or “crash meaningfully” by keeping property cooling measures intact and fine tuning them if necessary, she said.

While Singapore's property market has shown signs of cooling, with volume of new private home sales halving this year, it has defied expectations of a sharp correction.

Developers sold 7,500 private residential units in the first 12 months of 2014 – a 50 per cent on-year drop, driven by weakening demand.

Prices, in contrast, have proved relatively resilient as developers and private home sellers stand their ground.

Edge down for private home prices

Private home prices edged down just 0.7 per cent on-quarter in the three months to September, marking the fourth straight quarter of falling prices. Declines, however, have been measured. For the first three quarters, prices decreased by 3 per cent.

The big question: Where are prices headed?

While Ms Voon predicts prices will remain “flattish” overall, there may be pockets of weakness in the market. Prime property prices could decline 5-10 per cent, she said, given vacancy risks arising from weak rental demand and unsold units.

“Declines may be steeper especially the larger units (those with over three bedrooms), but partly offset by stronger demand for the smaller units,” she said.

Mass market prices, on the other hand, will trend sideways, she says. She adds: “We expect the projects with better offerings (such as close proximity to MRT stations) to experience more resilient pricing levels (potentially up 5-10 per cent) while less attractive projects may see some pressure from relatively poor demand.”

Ms Voon cautions that the record completion of public residential projects could also deter some demand from mass market private housing, which could again pose risk to prices within the segment.

Burgeoning supply

Burgeoning supply is on the cards with an estimated 50,300 new residential units set to be added to the market in 2015, followed by 71,500 in 2016 and 37,200 in 2017.

This points to a heavy oversupply situation ahead, Mr Eli Lee, Investment Research analyst at OCBC, warns, in an interview with The Business Times.

With average population growth at around 75,000 individuals per annum from 2014 to 2020, and assuming a conservative three



persons per household, this translates to an incremental demand of 25,000 physical homes per year, he calculated.

Mr Lee expects the supply overhang combined with the prospect of higher interest rates will keep buyers on the back foot over the next couple of years. He forecasts home prices to fall 10-15 per cent over 2015-16.

A price crash in excess of 20 per cent is improbable, he says, given the high price elasticity of demand in the housing market. "We will likely see significant buyer demand coming into the market at lower price points," he said.

If you are buying a private home in 2015, avoid making these three common mistakes, says The Online Citizen website.

Mistake #1: Rush in and get burnt

According to URA, there are 88,627 uncompleted private residential units, including Executive Condominium (ECs) in the pipeline. As at 3rd Quarter 2014, 28,120 units (excluding ECs) are launched but remain unsold. For public flats, Housing Development Board (HDB) will launch another 16,900 Built-to-Order (BTO) flats this year.

Do the math. Ninety per cent of resident households already own their homes. Population growth in Singapore is a record-low 1.3 per cent in 2014. For the past five years, the annual increment in the number of resident households ranges from 3,000 to 22,500. Assuming there are two persons in each new household, every year only 1,500 to 11,250 new homes are needed.

Mistake #2: Be caught unprepared

We've heard the Fed talking about raising interest rates too many times. Just when everyone grows tired of the cry wolf game, the untamable animal is getting ready to attack in 2015. It stalks the prey silently in the dark. And when it finally attacks, it bites agilely and furiously, pouncing on it repeatedly in a short period of time.

For those who have an existing home loan, call the banks now to ask for their latest housing loan packages. Don't wait till your bank sends you the letter on interest rate revision.

Paying higher interest takes effect the following month, but repricing and refinancing will take time to process. Even after approval, it needs another three months to be effective. You have no choice but to pay higher interest before the adjustment takes place.


Mistake #3: Expect to get rich quick with properties

If someone tells you that you can buy properties with little money or using other people's cash, don't be too carried away.

They promise to share with you where the money is. But these 'profitable investment opportunities' and 'undervalued assets' are most likely unsold units of overseas property projects being marked-up and marketed to you.

You can close one eye, buy any property and still make a handsome profit in a growing market. But prices in many foreign property markets are currently at their all-time highs. There are also countries with structural economic problems but no turnaround in sight.

The problem of these get-rich-quick property seminars is that they tend to over-simplify the strategies. There is no shortcut and no magic pill in property investment. And you really don't have to pay so much for a course and go around in circles to learn that.

Lastly, don't be distracted by all the noises around you. Make sure that all the fundamentals are sound before you make any decision. 



UPCOMING UPTOWNS

Home sweet home it shall be with all these upcoming major residential launches. From exclusive themes to designs of sophisticated luxury, these swanky condominium apartments are most likely going to be the talk of the town!

Ardmore Three

Modern yet timeless, Ardmore Three is a freehold development that will offer a perfect combination of prestige, style and the convenience of being a stroll away from Orchard Road.

For more information, visit www.wheelockproperties.com.sg/residential_upcoming.html

South Beach Residences

A sanctuary for environmentalists who also love futuristic architectures, the development adopts an environmentally friendly approach and green technologies that are specially adapted to our tropical climate.

For more information, visit www.southbeach-sb.com

Sims Urban Oasis

An oasis indeed where people can come home to peace and quiet, away from the urban hustle and bustle.

For more information, visit www.urbanoasis-simsdrive.com

Symphony Suites

Symphony Suites would be a favourite among music aficionados who live and breathe music! Nestled in the heart of Yishun, Symphony Suites close to the heartland and would no doubt be a convenient place to live in.

For more information, visit www.symphonysuites.com.sg

Properti di Singapura 2015

Para analisis memprediksikan bahwa harga pasar properti di Singapura akan turun. Tahun ini bukan hanya ulang tahun ke 50 bagi Singapura, tetapi juga tahun di mana pemilu dilaksanakan, oleh sebab itu, Ms Yvonne Voon berkata bahwa Singapura akan berusaha agar harga properti tidak naik atau turun secara drastis. Apabila Anda hendak membeli rumah pribadi pada tahun 2015, hindari kesalahan berikut ini menurut situs The Online Citizen: 1) terlalu terburu dan akhirnya rugi. Kalkulasikan terlebih dahulu sebelum membeli. 2) tidak mempersiapkan diri pada perubahan yang tiba-tiba. 3) berharap untuk menjadi cepat kaya dengan investasi properti.



COVETING AN ADDRESS IN SINGAPORE

by Priya Ramakrishnan

Whether you are a home buyer looking for an urban oasis for your family to grow in or a savvy property investor looking for a good investment opportunity, here is what you need to know before you buy a house in Singapore.

As the saying “strike while the iron is hot” goes, the time is just right for those looking to own a private property in the Island city. With limited land and property-cooling measures in place, it is now a buyer’s market with plenty of high quality properties with top-class facilities available for the picking. According to a report published in CNBC, an estimated 50,300 new residential units are set to be added to the market in 2015, followed by 71,500 in 2016 and 37,200 in 2017. The massive supply of new properties flooding the market and the private residential sales and rental prices declining throughout Singapore, buyers can expect stronger negotiating power and discounts. Furthermore, experts predict that government’s cooling measures will continue to dampen property prices in the residential sector in 2015.

However, with one of the best infrastructure in the world with a high standard of living, the Lion City ranks high as an attractive place to live, work and play while also being conducive


for businesses and other opportunities, essentially keeping the fundamentals for investing in property intact. Moreover with bank interest rates remaining low, it is the time to land a bargain deal and ensure a good buy.

With multiple launches of luxury properties and high-tech comfort on sale in previously unexplored areas, buyers and investors can also look at buying that coveted home in a setting away from the hustle and bustle of the city centre. Properties such as the Santorini with beautiful quarry views and proximity to Bedok Reservoir Park, the Terrace located near the upcoming Waterway Point, the first suburban waterfront mall in Singapore offer opportunities to set up home in peaceful and tranquil parts of the busy Island city.

The availability of luxurious yet affordable properties in Singapore is giving an impetus to those who are looking to upgrade their homes. But it is important to do research before investing in property as it is a huge financial commitment. Topping the list is the location. Being close to public

transport systems such as MRT, LRT, Bus Interchanges etc. is an added advantage reducing the cost and time spent travelling to and fro. It is also important to consider its proximity to available amenities such as schools, hospitals, recreational areas and retail centers.

While there is no denying that buying a property in Singapore is equivalent to purchasing one of the most expensive addresses in the world, the profitability offered by the Island city’s vibrant yet politically stable market is invaluable.

Putting your money in property not only creates wealth in the long run, but also provides financial stability and security for future. It is a well-known fact that most affluent people around the world have a significant portion of their investment in the property market. The average wealth of the people in Singapore comes from the appreciation of the property value more than from any other assets. Singapore is an ideal market for young working adults who can benefit from the top class facility as well as attractive returns in the future. 



A GREAT STAY CLOSE TO THE CITY

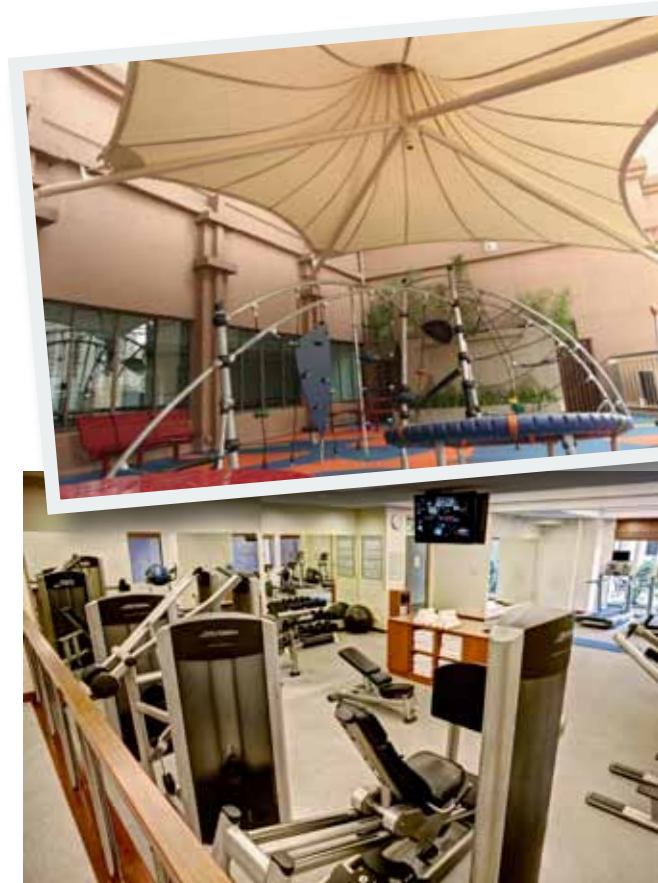
Moving and relocating cost both money and time.

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

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

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

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





BASK IN THE CITY OF THE SUN: DISCOVERING NATAL'S INVESTMENT POTENTIAL

Brazilian realty developer Ritz Property takes you through a tour of Natal, one of Brazil's most promising investment assets.

Thanks to international exposure from the 2014 FIFA World Cup, Natal, the capital city of Rio Grande Do Norte in northeastern Brazil, is now an internationally recognised coastal city set to become a popular attraction, not only for tourists from around the Americas, but Brazilians of rising affluence looking to purchase premium residences for themselves.

Holding a strong and growing population of 800,000 people, Natal boasts over 400 km of coastline, framed by dunes and cliffs. For its part in hosting the 2014 FIFA World Cup, Natal was injected with multi-billion pound government funding for infrastructure development to boost Brazil's construction and tourism industries. As a result of the games, tens of thousands of international fans streamed through the Greater Natal International airport and the brand new 42,000-seating capacity Arenas das Dunas stadium. As the country continues to grab the world's attention in anticipation of the 2016 Rio Olympics, the country's real estate market only stands to benefit more.

Managing director of Ritz Property Investment Asia Pte Ltd, Arun Rama

observes, "Brazil is a continent of great opportunities, and Rio Grande Do Norte and its capital Natal is an ideal location, Natal's economy is growing faster than Brazil's national average, and the second-tier city's real estate prices are relatively moderate giving it huge potential to appreciate."

Natal may still be a relatively underdeveloped city, but it's future is bolstered by a large housing demand from the emerging middle class, looking to live in some of Brazil's best beachside condominiums.

Shariah Compliance

In February 2015, Ritz Property began offering its Natal-based premium residential project Majestic Village as a Shariah-compliant investment, the first independent investment product in Brazil to be eligible for Shariah-compliant funding. Previously, Islamic funds in Brazil have primarily been the domain of equity houses and banks such as Banco do Brasil SA.

"Having explored the possibilities provided by this region for the last two years, this certificate marks an important milestone for us," says Arun. "The regional Islamic finance market is very strong, and with our worldwide presence,

our offering will enable us to tap a much larger funding pool."

About Ritz Property

Established in 2008, Ritz Property has earned itself a reputation as a leading property developer in Natal, with an extensive portfolio of residential and commercial projects that include Palm Springs, Majestic Village, Costa Azul, Dunas de Muriu, the Mercure Natal and the Piramide Natal Hotel. The company launched its flagship Palm Springs project in Singapore for Asian investors in 2012, and has since a successful performance, resulting in prompt earnings payouts and even a number of early exits.

"We owe our success in Singapore to the loyal clients whom we have earned trust from through Ritz Property's reputation and track record. To date, our clients have been extremely pleased with receiving their payouts on time," says Arun. "We are now in the midst of tapping into the greater Asian market, and the response we have received in Singapore has given us the confidence to continue our expansion."



Artist's Impression

THE PANORAMA

2014 TOP SELLING PROJECT

CONVENIENT, LIVEABLE, AND AFFORDABLE

A masterpiece comprising six residential towers is set to greet the skylines of a highly sought-after residential enclave in Singapore.

Nestled amidst the landed estates of Thomson and Sembawang Hills, the sparkling new 698-unit condominium, The Panorama, is steps away from the future Mayflower MRT station on the much talked about Thomson-East Coast line operational in 2020. This MRT line links the development seamlessly to Orchard Road, Chinatown, Marina Bay Sands, the Central Business District and all the way to the East Coast.

The Panorama is situated near Ang Mo Kio Hub and Thomson Plaza, surrounded by a wide array of food choices and amenities. Besides being next to the reputable CHIJ St Nicholas Girls' School, the condominium is surrounded by a cluster of established tertiary educational institutions such as Anderson Junior College, Nanyang Polytechnic, ITE College Central and Australia's James Cook University Campus.

A grand entrance surrounded by lush gardens and water features are the first welcomes to the residents and guests. The sprawling central green with wide open space promises boundless enjoyment for the young and old. An extensive 155,000 sq ft of communal space are dedicated to lush landscapes interwoven with a myriad of ground and roof facilities.

Lofty double-volume lift lobbies extend the luxurious sense of arrival upon returning home. Families with children can treat

themselves to a galore of family fun at the Kids' Riding Loop, Sand Play Corner or even the Mini Putting Green and Garden Chess. An iconic feature of the condominium is its Panorama Trail where evening strolls and morning jogs are ideal. Sky parks cantilevered between two pairs of towers, form large communal decks where residents can relish breathtaking views of the Lower Pierce Reservoir and Bishan Park while enjoying a rooftop party or working out in the Sky Gym.

A wide selection of home choices are available from 2 bedroom (700 sq ft), 2+study (786 sq ft), 3 bedroom (990 sq ft), 3+study (1109 sq ft), 4 bedroom (1313 sq ft) to the 5 bedroom (1561 sq ft), not forgetting the Penthouses from 1841 sq ft to 2411 sq ft. The diverse yet inclusive unit mix caters for the savvy investors looking for good rental yield, the working professionals who appreciate layout efficiency as they traverse between work and home, small households and large multi-generational

families for which liveable space is paramount. Every home has been thoughtfully designed, accompanied by the most functional selection of fittings and branded appliances.

All of the 1 bedroom units in The Panorama are fully sold. There are however still attractive buys starting from \$892,000 for a 2+study. The showflat is located along Ang Mo Kio Avenue 8.

This brand new condominium is developed by Wheelock Properties (Singapore) Ltd, a reputable developer with an impeccable track record for prime developments such as Ardmore Park, Ardmore II, Ardmore Three, Grange Residences and Scotts Square.

Article contributed by Dr Tan Tee Khoon, Executive Director, Residential Services, Knight Frank Pte Ltd.



Artist's Impression

LIVING IN PARADISE

Venturing into a sanctuary of serenity basking in rich woods, diverse textures and lush greenery within the confinements of a Tropical Lifestyle Home.

Returning to a perpetual vacation isn't impossible. Tropical style homes create that very nature of paradise within the home for a constant getaway feel. IndoConnect brings you on an exclusive peek into one such Tropical Lifestyle Home brought to you by Singapore-based design & build company Nic & Wes Builders.



Resort Tropical homes lean towards a more clean-lined design. Textures in of wood and dark tones accentuate the design style creating dimension to the overall façade.



A secluded aquatic jeweled tone turquoise pool complete with trickling water features and palimanan stone carvings sets the tone of a private luxurious villa feel.



Greenery protruding over a low wall creates the illusion of an al fresco bathroom in the forest.



A balcony space converted into a tranquil sanctuary with the element of wood from the gazebo that is surrounded by a pond.

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

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

- Kinokuniya, Ngee Ann City
- Times the Bookshop, The Centrepont
- Times the Bookshop, Paragon

“Designing & Building Lifestyle Homes To Be Proud Of”

www.nicnwes.com



Asia's Leading
Serviced Apartment
Brand

Fraser
FRASERS
HOSPITALITY



FRASER SUITES SINGAPORE

ENVIABLY LOCATED, TASTEFULLY APPOINTED

Revel in modern home comforts as you experience the award-winning Fraser Difference and enjoy easy access to Singapore's abundant charms, renowned shopping and vibrant business scene.

FRASER SUITES SINGAPORE • FRASER PLACE ROBERTSON WALK
FRASER PLACE FUSIONOPOLIS • FRASER RESIDENCE ORCHARD

Central Reservations (Singapore): +65 62 700 800 Email: reservations.singapore@frasershospitality.com

FRASERSHOSPITALITY.COM

THE FRASER COLLECTION

Bahrain • Bangkok • Barcelona • Beijing • Budapest • Chengdu • Doha • Dubai • Edinburgh • Glasgow • Guangzhou • Hanoi • Ho Chi Minh City • Istanbul
Jakarta • Kuala Lumpur • London • Manila • Melbourne • Nanjing • New Delhi • Osaka • Paris • Perth • Seoul • Shanghai • Shenzhen • Singapore • Suzhou
Sydney • Tianjin • Wuhan • Wuxi • Al Riyadh (2015) • Bangalore (2015) • Brisbane (2015) • Frankfurt (2015) • Abuja (2016) • Berlin (2016) • Geneva (2016)
Gurgaon (2016) • Kunming (2016) • Yangon (2016) • Balikpapan (2017) • Dalian (2017) • Hefei (2017) • Johor Bahru (2017) • Lagos (2017)
Nanchang (2017) Tokyo (2017)

A Member of the Frasers Centrepoint Group



Discover exclusive privileges with
our guest recognition programme



Look us up, wherever you are at
m.frasershospitality.com



Connect with us at
facebook.com/FrasersHospitality



KESEMPATAN BAGI PEKERJA MIGRAN

HOME Academy memberikan sebuah pengalaman belajar kepada pekerja migran di Singapura yang tidak mereka dapatkan sebelumnya.

Humanitarian Organization for Migration Economics (HOME) merupakan sebuah organisasi non pemerintah di Singapura yang didirikan pada tanggal 6 September 2004 oleh Bridget Tan. Di awal pendirian, HOME lebih menitikberatkan pelayanannya kepada advokasi dan pendampingan pekerja migran untuk menyelesaikan persoalan-persoalan menyangkut ketenagakerjaan baik oleh pekerja perempuan yang pada umumnya berasal dari Philipina, Indonesia Myanmar, India, Bangladesh dan oleh pekerja laki-laki yang berasal dari Cina, India, Bangladesh dan Myanmar.

Di tahun 2006, HOME bekerjasama dengan Microsoft melakukan kursus komputer yang kemudian dilanjutkan dengan kursus bahasa Inggris. Inilah yang kemudian menjadi cikal bakal berdirinya HOME Academy. Bulan Desember 2009, sekelompok pekerja migran dari Filipina menyampaikan ide untuk membuka kursus-kursus keterampilan kepada Bridget Tan sehingga February 2010 dimulailah HOME Campus dengan jumlah siswa 80an orang dengan durasi

HAL YANG SANGAT MENARIK DARI HOME ACADEMY INI ADALAH KONSEP PEMBERDAYAAN PEKERJA RUMAH TANGGA "DARI KITA UNTUK KITA". PEKERJA RUMAH TANGGA TIDAK HANYA DIBERIKAN KESEMPATAN BELAJAR SEBAGAI MURID, MEREKA JUGA DIBERIKAN KESEMPATAN BELAJAR SEBAGAI VOLUNTEER PENGAJAR

kursus selama 8 bulan untuk minggu pertama dan ketiga. Nama HOME Campus kemudian berubah nama menjadi HOME Academy di tahun 2012. Lokasi HOME Academy sendiri telah beberapa kali mengalami perpindahan.

Menyikapi permintaan yang terus bertambah atas keberadaan lembaga pelatihan di Singapura, HOME kemudian

membuka Academy 2 untuk kelas minggu kedua dan keempat sehingga jumlah murid pun bertambah setiap tahun dari 80an orang di tahun 2010 menjadi 500an orang di tahun 2012. Selanjutnya di tahun 2013, Bridget Tan berniat memberikan pendampingan khusus untuk komunitas pekerja rumah tangga Indonesia sehingga dibentuklah Academy 3 yang jumlah muridnya saat ini mencapai 240 orang. Sehingga HOME Academy 1, 2 dan 3 bisa meluluskan 700an siswa per semester dan 1400an siswa per tahun.

Jenis pelatihan yang diberikan pun semakin bervariasi. Pada awal tahun pendirian, HOME hanya menyediakan kursus komputer, bahasa Inggris, Baking dan Cooking. Sekarang HOME Academy memberikan kursus lainnya yaitu Caregiver, Cosmetology, Dressmaking, Aromatherapy, Mandarin, Financial Planning, Javanese Bridal Styling, Guitar Class, Modern Dance dan bahkan Martial Arts. Hal yang sangat menarik dari HOME Academy ini adalah konsep pemberdayaan pekerja rumah tangga "dari kita untuk kita". Pekerja rumah tangga tidak hanya diberikan kesempatan belajar sebagai murid, mereka juga diberikan kesempatan belajar sebagai



volunteer pengajar karena HOME percaya bahwa banyak pekerja rumah tangga sebenarnya memiliki keterampilan tetapi tidak mendapatkan kesempatan untuk memperoleh pekerjaan yang sesuai dengan latar belakang pendidikan mereka di negara asal. Tetapi beberapa jenis kursus memang masih diajar oleh non pekerja rumah tangga seperti kelas komputer, bahasa Inggris, bahasa Mandarin, Martial Arts dan Guitar.

HOME juga merupakan mendapat sertifikasi dari pemerintah menjadi penyedia training caregiver sehari. Training ini disubsidi oleh pemerintah sehingga peserta training hanya perlu membayar \$10.- jika mereka merawat orang tua. Bagi yang tidak merawat orang tua dapat juga bergabung dengan biaya kursus \$50.-

Saat ini HOME Academy 1, yang menyediakan kursus di minggu ke-1 dan ke-3 berlokasi di ISS International School, 25 Peterson Road, Singapore 238510 sementara HOME Academy 2, yang menyediakan kursus di minggu ke-2 dan ke-4 berlokasi di Chinese International School (CNIS), 60 Dunearn Road Singapore 309434. Khusus untuk para pekerja rumah tangga yang berasal dari Indonesia, Academy 3 menyediakan kursus di minggu pertama dan kedua juga di Chinese International School.

JENIS PELATIHAN YANG DIBERIKAN HOME ADALAH ANTARA LAIN KURSUS KOMPUTER, BAHASA INGGRIS, BAKING DAN COOKING, CAREGIVER, COSMETOLOGY, DRESSMAKING, AROMATHERAPY, MANDARIN, FINANCIAL PLANNING, JAVANESE BRIDAL STYLING, GUITAR CLASS, MODERN DANCE DAN BAHKAN MARTIAL ARTS

Jadi untuk Anda pekerja rumah tangga yang ada di Singapura, mari meningkatkan kapasitas dengan aktif mengikuti kegiatan-kegiatan kursus salah satunya HOME dengan harapan sekembalinya ke Indonesia, kita memiliki bekal yang cukup untuk membuka sebuah usaha untuk menjamin kemandirian keuangan Anda dan keluarga. Salam Perubahan!

Home Academy

When Bridget Tan founded Humanitarian Organisation for Migration Economics (HOME) in 2004, the non- governmental body only provided advocacy and advisory services to migrant workers. Following a collaboration with Microsoft, computer and English courses became the organisation's forerunner. Today, HOME has three academies under its wing, graduating about 1400 students a year. The last school, Academy 3 provides special assistance to Indonesian domestic workers. Domestic workers are given the opportunity to learn interesting skills like cosmetology, Javanese bridal styling, guitar playing and even martial arts! It provides life empowerment to these workers and opportunity for them to learn not just as students, but also as volunteer teachers. HOME believes that many domestic workers already have talents in them, but unfortunately, couldn't afford proper education back at home. Check out www.home.org.sg for more information on courses available or call (65) 6333 8356.





THE SPORTS LEADERS

by Muzalimah Suradi

On the 18 January and 25 January 2015 the Sports Leaders, formed by several joint leaders of team sports, organised the Volley Ball Sports Leaders Tournament.

The quarterly tournament was held at the hall of Sekolah Indonesia Singapura (SIS) with a total of 19 participants in the volleyball team — 17 in the female team and 2 in the male team. This tournament will be held every three months.

The Sports Leaders is made up of domestic workers. Seamen teams, founded on 26 October 2014 and pioneered by the Himpunan Penata Laksana Rumah Tangga Indonesia Singapura (HPLRTIS). The member of the Sports Leaders are Himpunan Penata Laksana Rumah Tangga Indonesia Singapura (HPLRTIS), Mega Buana, Bobotoh Nagara Singapura (BNS), Advokasi, Pekerja Indonesia Singapura (PIS), Bunga Katulistiwa Plus (BK Plus), Indonesia Family Network (IFN), Home Kartini, Kendedes, Indo Zoo Extra, Ganesia, New Girl Cap Cay (NGCC), West Java, and Garuda.

The Sports Leaders was founded with the aim of strengthening the friendship between domestic workers and the seamen as well as to express their hobbies, to enhance their

achievements, and to foster the sporting spirit.

In the tournament which was held on 18 January and 25 January 2015, the winners of the tournament for the female volleyball teams were the Indo Zoo Extra followed by Bunga Katulistiwa Plus in second place, while for the male teams the winners were West Java, having defeated the Garuda.

Nunk Haris, a Public Relations Executive Committee of HPLRTIS and also a member of the Sports leaders Committee, said, "With the founding of the Sports Leaders, when a volley ball tournament the migrant countries is held, for example the Migrant Olympics it is easier for us to select the best volleyball players to represent Indonesia, thus the Volley Ball Sports Leaders Tournaments is a barometer to measure the quality among the volley ball teams."

Besides that, Vice President of the Sports Leaders Ani Rustiaty added, "The Sports Leaders is an opportunity for communication among sports teams. It also manages the schedule for the usage of SIS hall."



The Sports Leader

Turnamen bola voli 'Sports Leaders' diadakan di aula Sekolah Indonesia Singapura pada tanggal 18 dan 25 Januari 2015. Acara ini diikuti oleh 17 tim wanita dan 2 tim pria. Turnamen ini diadakan dalam rangka untuk mempererat hubungan antar sesama penata laksana rumah tangga dan pelaut Indonesia di Singapura. Menempati urutan pertama dalam turnamen kali ini adalah Indo Zoo Extra, lalu diikuti oleh Bunga Katulistiwa untuk kategori wanita. Sedangkan untuk kategori pria dimenangkan oleh West Java.



PUSAT PENDIDIKAN DAN PELATIHAN KERJA (Indonesian Training Centre)



KEDUTAAN BESAR REPUBLIK INDONESIA
SINGAPURA

Sekretariat: Sekolah Indonesia Singapura, 20A Siglap Rd Singapore, 455859
website: itc.sekolahindonesia.org.sg; : [faceebook.com/p3k.singapura](https://facebook.com/p3k.singapura)

Kursus yang Ditawarkan:

1. Kejar Paket B (Setara SMP)
2. Kejar Paket C (Setara SMA)
3. Bahasa Inggris
4. Bahasa Mandarin
5. Komputer
6. Facial
7. Hairdressing
8. Menjahit
9. Baking
10. Culinary



Offered Courses:

1. SMP Equivalency Package
2. SMA Equivalency Package
3. English
4. Mandarin
5. Computer
6. Facial
7. Hairdressing
8. Sewing
9. Baking
10. Culinary

Lama kursus 6 bulan
2 x pertemuan per bulan @ 90 menit
tersedia pilihan waktu:

Length of course is 6 months
2 x meetings per month @ 90 minutes
timing options as follows:

10:00-11:30, 11:30-13:00, 13:00-14:30, 14:30-16:00

(kecuali untuk kejar paket @ 180 menit)
(180 mins per meeting for equivalency packages)

Syarat Pendaftaran:

1. Fotocopy Workpermit
2. Fotocopy Passport
3. Pas foto ukuran 3 x 4
4. Fotocopy ijazah terakhir
(untuk pendaftar Kejar Paket)

Application Requirements:

1. Photocopy Work Permit
2. Photocopy Passport
3. Passport sized photograph 3 x 4
4. Photocopy of last certificate
(for Equivalency Package)

Pendaftaran dibuka hingga Juni 2015
(setiap hari Minggu).
Awal kursus Juli 2015

Registration opens until June 2015
(every Sundays)
Courses begins July 2015





DECODING SINGAPORE'S PRE-SCHOOL PROGRAMMES

by Priya Ramakrishnan

Choosing the right pre-school programme for your children is one of the most important decisions in life.

With a diverse and rich educational landscape in Singapore, choosing the right curriculum is often confusing.

It is even more so, when it comes to selecting your child's first school. While the task may be daunting, we have made it easy for you by compiling pros and cons of popular pre-school programmes available in the Lion City. We hope this will help you make an informed decision about your child's future.



The Pre-school Curriculum

While there are numerous pre-school curriculum and study programmes available, we make it easy for you by shortlisting five popular approaches found in Singapore pre-schools. They are Montessori, Waldorf Steiner, the Play-Based curriculum, the Reggio Emilia approach and the Theory of Multiple Intelligences. A new addition is the Whole Brain Learning which is fast becoming widely popular.

What is common among the different curriculums is that they are all child centred despite being unique in their teaching methods and philosophy. As parents, it is important to pick and identify a compatible philosophy among all the various approaches. Making the right decision would ensure parents' satisfaction with the school and their child's learning pace.

The Montessori Approach

The Montessori's education method calls for free activity within a prepared environment emphasising on children's independence, freedom within limits and respect for their natural psychological, physical and social development. Here, the teachers act as the facilitator to prevent children from developing incorrect habits. A Montessori preschool would have classrooms of children with ages ranging from 2½ or 3 to 6 years old learning together.

Brainy Child Montessori

Orchard Plaza #05-38 to 43,
150 Orchard Road, Singapore 238841
Tel: (+65) 6733 7669

Brighton Montessori

370 River Valley Road,
Singapore 248279
Tel: (+65) 6341 9336

The Reggio Emilia Approach

Originating from northern Italy, this approach is based on a self-guided curriculum where children are viewed as being active constructors of knowledge. Rather than being seen as the target of instruction, children are regarded as apprentices. This method considers the teacher a co-learner and the children's collaborator more than just an instructor. Teachers encourage the child's learning by planning activities and lessons based on the child's interests, asking questions for further understanding, and actively engaging in activities alongside the child instead of merely observing.

Blue House Nursery and International School

2 Turf Club Road, Singapore 287988
Tel: (+65) 6734 0824
Website: www.bluehouseinternational.com

Broadrick International School and Pre-School

51 Broadrick Road
Singapore 439501
Tel: (+65) 6346 6922
Website: www.etonhouse.edu.sg

Waldorf Steiner Approach

Instead of going against the child's natural inclination to be active, this approach works in tandem with it. Children up to age seven

are taught to imitate by examples rather than being given verbal instruction. The child's learning experience and well-being are supported through the use of rhythm and repetition. Sufficient time, space and equipment are allowed for creative play to unfold. Television and exposure to large amounts of media is discouraged in Waldorf Steiner schools as they are believed to limit the children's development of imagination and creativity. Here the teacher is treated as a mother figure whose goal is to allow the child's innate self-motivation to predominate.

Waldorf Steiner Education Association

72 Elite Park Avenue
Singapore 458895
Website: www.waldorfsingapore.com/

Play-based Curriculum

A common curriculum used in pre-schools, it focuses on allowing the child to learn through play based activities. Examples include matching games and puzzles which support fine-motor skills, social skills and memory skills. Blocks and discovery activities cultivate perception, spatial reasoning and cognitive skills. Creativity is fostered through activities such as painting, music, dance and more. Here the teacher's role is that of an observer where she sets the classroom environment which stimulates the children's interests and aid in learning.

Theory of Multiple Intelligences

Proposed by Howard Gardner, this philosophy helps develop the eight categories of intelligence in a child namely musical-rhythmic, visual-spatial, verbal-linguistic, logical-mathematical, bodily-kinesthetic, interpersonal, intrapersonal and naturalistic. This approach supports the belief that each child possesses a unique blend of intelligences and empowers different areas of learning and does not restrict them to one modality of learning.

ChildFirst @ Dunearn

896 Dunearn Road #04-02
Sime Darby Centre S (589472)
Tel: (+65) 6469 4466
Website: www.childfirst.com.sg

Whole Brain Approach

This is a radical new curriculum that combines best of both world- the play based curriculum and multiple intelligences theory. "Explore, Experience, Experiment and Enjoy" is central to the theme and the teacher helps the child in understanding concepts and aids in achieving learning goals.

MindChamps PreSchool

480 Lorong 6 Toa Payoh
Level 17 HDB Hub East Wing
Singapore 310480
Website: www.mindchampspreschool.org



COACHING GENERATION Z

Times have changed but have the needs of our students? In a plugged-in century, UWCSEA ensures that the emotional, physical and mental wellbeing of students is still at the heart of the education.



From the ascetics of the ancient East to the athletes of the first Olympic Games in Greece we can trace a fascinating history of the complex relationship between mind and body. In order to achieve the perfect balance some ancients starved themselves, others ran huge distances or built mighty muscles, and another group – most famously manifest in the Buddha – sought a middle way.

But the pressures on our young people today are multifold and evolving at unimaginable speed. Parents are often busy; conversation at home is sometimes confined to the mechanics, not the possibilities, of life; extended families no longer live near one another. And so the screen, whether it is on a computer, a telephone or a gaming device can too easily become teacher, friend and advisor for good or ill. Young people are told, via their screens, to conform, be different, be beautiful, lose weight, succeed, buy a hair product, follow a tribe. You don't need a classroom – you don't even need to move. A chair or even a floor is enough. The back hunches, the fingers and thumbs start pressing and swiping, and a brave new world is available. At the United World College of South East Asia (UWCSEA), we believe a passive response to this situation is unacceptable.

It is not enough simply to play sport and “run off” your frustration. Of course sport is an essential part of a UWCSEA education

and, unlike some schools, we encourage competition as well as participation. However letting off steam is not the same as channeling energy positively, and that is why we have a Personal and Social Education (PSE) programme that seeks to promote safe, healthy and positive living. We want our students to be secure, valued and encouraged in their learning, growth and social development, and we do not leave that to chance. Our programme allows students to explore how they are connecting to their learning, friends, family, technology and the outside world.

Broadly speaking, there are three components to the programme: individual, interpersonal and global wellbeing. Age appropriate units of study explore these areas and, crucially, we have devised a detailed and modern PSE curriculum that contains standards and benchmarks (learning goals) that proceed logically from kindergarten years through to Grade 12. Of course PSE can never be assessed in exactly the same way as, say, Maths, but our approach is no less rigorous for we believe the programme to be just as important as any core academic subject. The benchmarks include digital citizenship: technology can all too easily promote the trivial and demeaning when it should help deliver our values.

Our parents are of course vital in this process, and we ask that as well as maintaining as close a relationship as

possible with their child, they help build resilience and promote learning from experience. This last point is significant because at UWCSEA we know our many small failures offer as valuable a learning experience as our mightiest successes. In every young person's life, assailed as it is with demands from so many sources beyond the need for academic success, failure has to be a tool for progress and not a shameful defect to be hidden away. We ask that our teachers and parents soothe, reassure, empathise and listen to our young people, but we also ask that they do not engage in platitudes. Saying “everything will be all right” or “it will work out” is often counterproductive if one is to encourage a growth mindset. A much better position is to ask “what have you learned from this experience?” or “how would you do that differently next time?” We offer no soft options: but we do present opportunities to learn, to develop self-awareness and become resilient in the future.

We must be vigilant. Many 21st century children can be easily pacified with video games, junk food and a promise not to keep going into their bedroom. That is an abandonment of responsibility. There is a short story written nearly one hundred years ago by the English writer E. M. Forster, called *The Machine Stops*. I won't spoil the ending, but the tale is set in the future where men and women have little direct contact with one another and instead they learn all they think they need to know from screens. They have no need of family or friends. And then, one day, the machine stops. The results make for interesting reading.

So, the 21st century illuminates a worrying disconnect. Young people's phones and computers are living up the dreams of earlier science fiction writers, but our children's emotions, neurology and physical requirements are no different from those of the ancient Indians and Greeks. There is no easy answer to this problem, but at UWCSEA, a sympathetic, modern and clearly articulated Personal and Social Education Programme offers an imaginative and collaborative way forward in the development of the mind as well as the body.



BINTAN TRIATHLON

TROPICAL TRIATHLON 50MINS BY FERRY FROM SINGAPORE

CHALLENGE YOURSELF AT
ASIA'S
top triathlon
FESTIVAL

23 & 24 MAY 2015

- ▶ Situated on beautiful Bintan Island, Indonesia
- ▶ Festival atmosphere with beach party & awards
- ▶ Line up with the region's best athletes
- ▶ Clear blue sea & white sand
- ▶ Scenic one lap bike course and excellent swimming conditions
- ▶ Action packed weekend for all family



Registration now open at www.bintantriathlon.com

MetaSport

NIRWANA GARDENS

bintan
Breakfasting Journey

wonderful
indonesia

BINTAN
ResORTs

Julbo
The world needs your vision

bikehaus
SWIM - BIKE - RUN

IndoConnect



ORTHODONTIC TREATMENT FOR GROWING CHILDREN

It is crucial to treat dental problems at an early stage so as to prevent permanent damages. Dr Catherine Lee, Visiting Specialist Orthodontist with SGH and NUH addresses every parent's concerns with teething and their treatments.

When a child reaches age 7, sufficient permanent teeth and jaw growth occur, allowing the Orthodontist to identify current problems, anticipate future problems and alleviate parents' concerns, if all seems normal. The first permanent molars and incisors have usually come in by age 7; and crossbites, crowding and developing injury-prone protruding teeth can be evaluated.

Some signs or habits that may indicate the need for an early orthodontic examination are:

- early / late loss of baby teeth
- difficulty in chewing or biting
- teeth out of alignment
- teeth not meeting normally
- jaw that shifts sideways when closing
- thumb / finger sucking
- mouth breathing
- biting the cheek or roof of the mouth
- jaws and teeth that are out of proportion to the rest of the face

A check-up with an Orthodontic specialist no later than age seven enables the Orthodontist to detect and evaluate problems (if any), advise if treatment will be necessary, and determine the best time for that patient to be treated.

What are the benefits of early treatment?

For those patients who have clear indications for early orthodontic intervention (*Phase I treatment*), it allows an opportunity to:

- guide the growth of the jaw
- regulate the width of the upper and lower dental arches (the arch-shaped jaw bone that supports the teeth)
- preserve / gain space for new teeth
- lower risk of fracture of the new front teeth that "sticks out"
- correct harmful oral habits (e.g. thumb-or finger-sucking)
- reduce / eliminate abnormal swallowing and speech problems
- improve appearance and self-esteem

- simplify an/or shorten treatment time for full braces (*Phase II treatment*)

What is a "Space Maintainer"?

Baby molar teeth, also known as primary molar teeth, hold needed spaces for new permanent teeth. When a baby molar tooth is lost prematurely, an Orthodontic device with a fixed wire is usually put between teeth to hold the space for the permanent tooth, which will grow in the later stages.

Why do baby and adult teeth sometimes need to be pulled?

Pulling baby teeth may be necessary to allow the bigger new teeth to come in at a proper time and place.

If the teeth are severely crowded, it may be clear that some new teeth (usually the canine teeth) will either remain impacted (stuck in bone), or grow in to a highly undesirable position.



To allow crowded teeth to be aligned into better positions, sequential removal of baby teeth and new permanent teeth (usually first premolars) can dramatically improve the situation. This sequential extraction of teeth, called serial extraction, is typically followed by comprehensive orthodontic treatment (*Phase II treatment*) after tooth eruption has improved as much as it can on its own.

How can a child's growth affect Orthodontic treatment?

Orthodontic treatment and a child's growth can complement each other. A common Orthodontic problem among Asians is the growth of the lower front teeth ahead of the upper front ones (The contrary for Caucasians). Usually this problem is due to upper jaw growing slower than the lower jaw. During the growing stages, interceptive orthodontics can help the growth of the upper jaw catch up with the growth of the lower jaw.

This problem can be treated quite successfully in a growing child no later than age 10 for girls and age 12 for boys. If the child misses his growing stages, a corrective surgery might be required eventually after the spurt of final growth or during adulthood. The AAO recommends that all children have an orthodontic screening no later than age seven as growth-related problems may be identified during that period.

What kinds of orthodontic appliances are typically used to correct jaw-growth problems?

The correction of jaw-growth is called "Dento-facial orthopedics". Some of the more common orthopedic appliances used by Orthodontists today that help the length of the upper and lower jaws become more compatible include:

Headgear: This appliance applies pressure to the upper teeth and jaw to guide the rate and direction of upper jaw growth and upper tooth eruption. The headgear may be removed by the patient and is usually worn 10 to 12 hours per day.

Palatal Expansion Appliance: A child's upper jaw may also be too narrow for the upper teeth to fit properly with the lower teeth (also called a 'crossbite'). When this occurs, a palatal expansion appliance can be fixed to the upper back teeth. This appliance can markedly expand the width of the upper jaw.

The decision to when and which of these or other appliances can be used for orthopedic correction is based on each individual's problem. Usually one of several appliances can be used effectively to treat a given problem. Patient cooperation and the experience of the treating orthodontist are critical elements in success of dentofacial orthopedic treatment.

Can my child play sports while wearing braces?

Yes, however, wearing a protective mouthguard is advised while playing any contact sports. Ask your Orthodontist for a recommendation of a mouthguard that fits your needs.

Will my braces interfere with the playing of musical instruments?

Playing wind or brass instruments, such as the trumpet, will clearly require some adaptation to braces. With practice over time, braces typically would not hinder the playing of musical instruments.

Why does orthodontic treatment time last longer than anticipated at times?

Estimation of treatment time can only be that — an estimation. Patients grow at different rates and will respond in their own ways to orthodontic treatment. The Orthodontist has specific treatment goals in mind, and will usually continue treatment until these goals are achieved. Patient cooperation, however, is the single best predictor of staying on time with treatment. Patients who cooperate by wearing rubber bands, headgear or other needed appliances as directed, while taking

care of appliances, will most often lead to on-time and excellent treatment results.

Why are retainers needed after orthodontic treatment?

After braces are removed, the teeth can shift out of position if they are not stabilised. Retainers provide that stabilisation. They are designed to hold teeth in their corrected, ideal positions until the bones and gums adapt to the treatment changes. Wearing retainers exactly as instructed is the best insurance that the treatment improvements last for a lifetime.

Will my child's teeth alignment change later?

Research studies have shown that as people age, their teeth may shift. This variable pattern of gradual shifting, called maturational change, probably slows down after the early 20s, but still continues to a degree throughout life for most people. Even children whose teeth developed into an ideal alignment and bite without treatment may develop orthodontic problems as adults. The most common maturational change is crowding of the lower incisor (front) teeth. Wearing retainers as instructed after orthodontic treatment will stabilize the correction. Beyond the period of full-time retainer wear, night-time retainer wear can prevent maturational shifting of the teeth.

What about the Wisdom teeth (third molars) — should they be removed?

In about three out of four cases where teeth have not been removed during orthodontic treatment, it is good to have the wisdom teeth removed, usually when a person reaches his or her mid- to late-teen years. Careful studies have shown, however, that wisdom teeth do not cause or contribute to the progressive crowding of lower incisor teeth that can develop in the late teen years and beyond. Your Orthodontist can determine what is right for you.

Dr. Catherine T. Lee

BDS (Adelaide, Australia)
Cert. Orthodontics (New York)
Specialist Orthodontist
• Camden Medical Centre
• Visiting Consultant, Plastic Surgery Dept,
Singapore General Hospital
• Visiting Consultant, Dept of Surgery,
National University Hospital



Camden Medical Centre | #06-05 1 Orchard Boulevard, Singapore 248649
Tel: (65) 6835 9571/9647 | E-mail: enquiries@drcatherineleecorthodontics.com



TOO TIRED FOR SPORTS? GET YOURSELF CHECKED!

There can be underlying reasons for your constant fatigue and lethargy.

Modern lifestyles and hectic work schedules mean that many feel tired after work and are less inclined to exercise. However, there might be real health reasons why people constantly feel tired, anxious or suffer from poor sleep. Some of these can occur when the hormones in your body are disrupted, in particular, thyroid and parathyroid hormones.

THYROID DISORDERS

The thyroid is an endocrine (hormone secreting) gland in the neck. Thyroid disorders can subtly affect your mood, sleep and physical well-being without you knowing of it. Changes in thyroid function are more common in women and blood tests are required to diagnose thyroid hormone problems.

Low thyroid function (Hypothyroidism)

Low thyroid function can often manifest with non-specific symptoms such as fatigue, loss of energy, lethargy, sleepiness and

weight gain despite decreased appetite. More specific symptoms include cold intolerance, depression, hair loss, dry skin, emotional lability, forgetfulness, inability to concentrate, constipation, menstrual disturbances, impaired fertility, decreased perspiration and muscle weakness.

How do I know if I have hypothyroidism?

Apart from the symptoms above, some patients might have a neck lump. It is important to do a blood test called thyroid function test to confirm if you have the condition.

What are the causes of hypothyroidism?

The most common cause of hypothyroidism worldwide is iodine deficiency. However, in places where there is adequate iodine in the diet, the most common cause is Hashimoto's thyroiditis, an autoimmune thyroid disease which damages the thyroid gland and causes a reduction in thyroid hormone released by the gland. On top of that, use of some drugs and thyroid removal surgery can also cause hypothyroidism.

How is hypothyroidism treated?

The treatment is done by replacing the thyroid hormone with levothyroxine, a synthetic thyroid hormone. Blood levels of thyroxine needs to be monitored in a few weeks after levothyroxine treatment starts to ensure that the thyroid function is adequately replaced. The symptoms of hypothyroidism may take months to resolve.

What if hypothyroidism is left untreated?

Normally, the symptoms of hypothyroidism are mild and not obvious. However, if left unchecked, a patient can suffer from a myxoedema coma in the long term – a dangerous state where a patient can go into a coma. Furthermore, if there is a thyroid lump, it needs to be monitored with an ultrasound of the thyroid every year and initially with a needle test (fine needle aspiration cytology – FNAC).

High thyroid function (Hyperthyroidism)

What if I have hyperthyroidism?

Patients with hyperthyroidism will exhibit symptoms opposite to those who have

hypothyroidism. Some symptoms include anxiety, heat intolerance, weight loss with increased appetite, increased perspiration and palpitations, to name a few. You should seek help from your doctor if you have these symptoms and should be treated with medications.

PARATHYROID DISORDERS

High Parathyroid Hormone (Hyperparathyroidism)

Another endocrine disorder that can also cause lethargy and fatigue is when the parathyroid hormone, secreted by the parathyroid gland in the neck, is unusually high. This causes your blood calcium level to rise and can cause a wide variety of symptoms including fatigue, feelings of thirst and the frequent urination, nausea, loss of appetite, muscle weakness, cramps, stomach pain, bone pain, anxiety and depression. At high levels of calcium, it may cause the heart to beat irregularly and may cause coma or even death.

Some patients may experience abdominal pains and blood in the urine due to urinary tract stones caused by saturated calcium in the urine. Although there are many causes of high calcium in the blood, it is important to check your blood calcium and parathyroid hormone if you have persistent tiredness that is unexplained by physical activity.

How is hyperparathyroidism confirmed?

Blood tests and scans need to be done to confirm if the high calcium symptoms are caused by hyperparathyroidism. The tests performed can identify the different types of hyperparathyroidism available. Ask your doctor for an advice on the appropriate treatment needed.

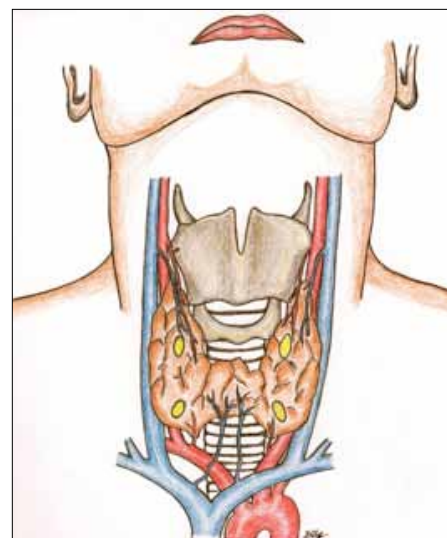


What is the treatment of hyperparathyroidism?

Surgery can treat hyperparathyroidism caused by the overgrowth of one or more parathyroid glands. Although medical treatments can suppress high calcium levels, surgery is required to remove the abnormal glands.

CONCLUSION

If you have persistent fatigue and lethargy unrelated to physical activity, it is time to visit your doctor to have your hormones checked for these conditions. These conditions are treatable and can change the lives of patients who might be silently suffering from it.



Thyroid and parathyroid glands

For more information please contact us at:

University Surgical Centre
Kent Ridge Wing, Level 5 National University Hospital

Operating Hours:

Mondays to Thursday: 8.30am - 6pm, Fridays: 8.30am - 5.30pm
Appointment: (65) 6772 2002 | Enquiries: (65) 6772 5083
Email: usc@nuhs.edu.sg | Website: www.nuh.com.sg/usc

Asst Prof Ngiam Kee Yuan

MBBS (London), MRCS (Glasgow),
Mmed (Surgery), FRCS
(Edinburgh)

Consultant, Division of General
Surgery (Thyroid & Endocrine),
University Surgical Cluster,
National University Hospital



Asst Prof Ngiam Kee Yuan is a Consultant, Thyroid and Endocrine Surgeon at the National University Hospital. Following the completion of the Advanced Specialist Training in General Surgery, he was awarded a fellowship from the Royal College of Surgeons of Edinburgh and was accredited as a surgical specialist by the Specialist Accreditation Board, Singapore in 2012. He received the Higher Manpower Development Program Award in 2012 to complete a Fellowship in Metabolic Surgery.

Dr Ngiam's specialty is in general surgery, with special interests in endocrine surgery, bariatric and metabolic surgery, advanced endoscopy and laparoscopic surgery. He was awarded the ExxonMobil-NUS Research Fellowship for Clinicians in 2007 and his research interests include obesity, surgery for type-2 diabetes and thyroid cancer.



DENTAL BRACES – A MOMENT WITH THE SPECIALIST

Brace yourselves, readers. Expert Dr Pui Yuun Boey brings you orthodontic advices.

As an orthodontist, Dr Boey has attended to many patients who request to have nicely aligned teeth with braces treatment. Dr. Pui Yuun Boey answers some common queries among patients.

It is common to see people having dental braces these days. Does everyone need them? Why do they have to wear braces?

People wear braces for a variety of reasons. The most common reason for orthodontic treatment with braces is to straighten out crooked teeth. Sometimes, teeth may protrude and require orthodontic treatment for correction as well. Other problems requiring treatment include spaced out teeth, missing teeth, improper bites and jaw disharmonies. Young children may occasionally have problems with tooth eruption, which may necessitate early orthodontic treatment.

When is a good time to start braces?

For most people with crooked teeth but normal jaw growth, treatment can commence when most of the permanent teeth are out. This usually occurs around the age of 11 to 13 years.

However, there are some instances when early intervention is needed. Some children have developing jaw disharmonies with abnormal jaw growth. Some have problems with permanent tooth eruption, either due to lack of space or misdirection of the teeth. In these situations, early braces treatment is

required to assist the growth of the jaws or teeth. This can take place anytime from 7 to 11 years of age.

Very often, these problems go unnoticed, which is why the American Association of Orthodontists recommends that children should see an orthodontist no later than 7 years of age.

Are braces only for teenagers? Am I too old for braces?

Braces treatment is commonly done during the teenage years. This is a good age as tooth movement is more efficient in younger patients. In addition, the growth potential in adolescents may be beneficial during braces treatment.

Adults too, can benefit from braces as there is no age limit. Teeth can also be moved and straightened out successfully during adulthood.

I want to straighten my teeth but I feel conscious wearing traditional metal braces.

Are there other options available?

With more adults having braces nowadays, there is often concern about the visibility of metallic attachments on their teeth. Many adults request for braces that are less obvious, hidden or invisible. Indeed,

there are numerous aesthetic alternatives to traditional metal braces.

One common solution is to use ceramic braces. These are tooth-coloured braces and are less visible at a glance. Up close, a thin metal wire may be seen threading through the braces. A new clear wire is now available in the market and this complements ceramic braces to create a totally tooth-coloured system.

Another solution is the use of lingual braces. These braces are attached on the inner part of the teeth. As the metal and wires are all hidden behind the teeth, one can see hardly anything when looking from the outside.

Invisible braces treatment is another aesthetic option for people who wish to straighten their teeth. This system consists of numerous clear plastic aligners that are worn over the teeth. Each of these aligners is custom made and helps move teeth into their desired positions. The aligners are hardly seen when worn over the teeth due to the transparency and clarity of the material used. In addition, Invisible braces are convenient and hygienic as patients can remove the aligners during mealtimes and whilst cleaning their teeth.

I have heard that retainers need to be worn after braces treatment. Why is that so?

When orthodontic treatment is completed, the teeth are slightly unstable in their new positions. Teeth that have been moved have a tendency to return to their original positions due to the nature of the surrounding gum tissue.

In order to minimise this tendency, retainers are worn over the teeth to maintain their corrected positions. In the first few months, they are worn throughout the day, only to be taken out when eating and brushing. When the teeth positions stabilise after a few months, the retainers may then be worn only at night.

T32 Dental Centre

梅佩茵医师
Dr Pui Yunn BOEY

BDS (Singapore)
MDS (Orthodontics) (Singapore)
M Orth RCS (Edinburgh, UK)

Dental Specialist in Orthodontics



Orthodontist

T32 Specialist Division

AN APP THAT FEEDS THE BELLY

by Vithya Rajasegar

Launched by a firm based in Singapore, the HalalTrip app has made the search for the perfect Halal restaurant just a click away.

Navigating around a particular district in search of a good halal restaurant has always been a huge challenge for Ms Nurul Atiqah Rusdi. Although there are dozens of halal restaurants scattered around Singapore, “The real ordeal,” says Ms Rusdi with a huge sigh, “lies in finding one that is situated in an easily accessible location.”

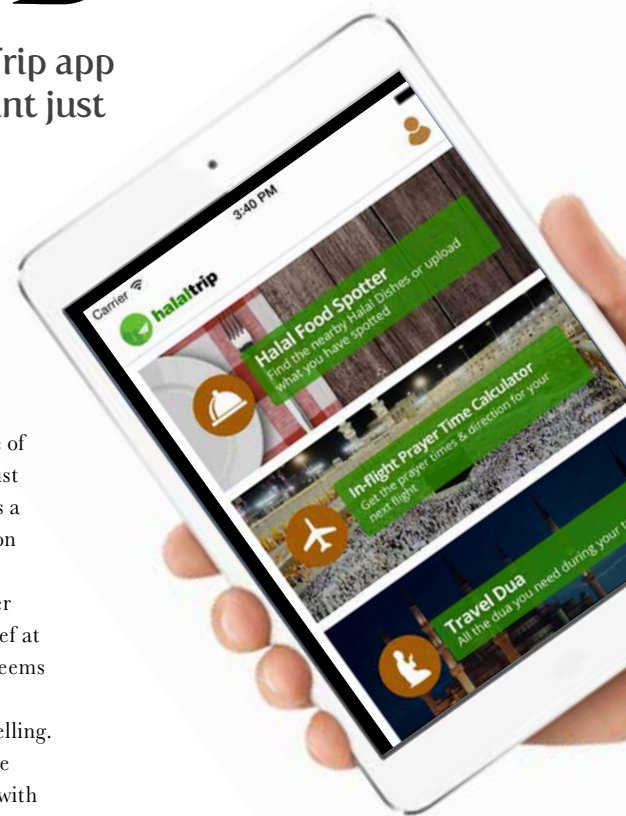
HalalTrip App to the Rescue


Bearing in mind the difficulties many Muslims face when sourcing for the nearest halal restaurant, a Singaporean firm has introduced an app that allows Muslims to not only find nearby halal restaurants at any time but to also share via social media networks reviews of restaurants. In addition to that, one can also view photos of hundreds of tantalizing dishes that may appeal to one's taste buds; and when clicked upon, those photos provide a detailed outline of the dishes served as well as information about the dining location. However, the most rewarding thing about HalalTrip is that it covers halal restaurants around the globe, hence, rendering it an app that proves incredibly handy for Muslim travel junkies.

“It will definitely prove useful each time I visit a new country,” quips Ms. Nur Hidayah Ahmad. She also recalls glumly how her last trip to her favourite country, Japan turned out to be “a tad bit depressing” as she and her friends ended up feasting on cup noodles alone. She further adds with a smile, “One of my friends who happened to be in Japan just last week has told me that she came across a halal sushi restaurant near a railway station with the help of this app.”

Several Muslims, who often travel, either for work or for leisure, have expressed relief at having found this app; and one user who deems HalalTrip a “lifesaver” is Mr Motto Hariz Osman, who harbours a penchant for travelling. The free app that was developed for iPhone and Android devices has, Mr Osman adds with much certainty, “definitely assuaged my fear of travelling to far flung countries and not chancing upon a halal restaurant.”

But what really makes this app attractive is the feature that enables Muslim travellers to calculate prayer times and directions during their flight journey. Moreover, HalalTrip also boasts a complete and thorough collection of Islamic prayers in both English and Arabic. Plus in a few months time, the app is planning to



introduce a self-service tool that will help one find a hotel as well as make a reservation in advance. Regarding this upcoming feature, Mr Osman enthusiastically remarks, “It will be a bonus, for sure! I can't wait for it, for making a hotel booking via the web can be quite a bit of a hassle at times.” In a time when convenience is a virtue, the HalalTrip app is certainly a discovery indeed! 

Edward J. Benjamin Optometrist

OPTOMETRISTS • CONTACT LENS PRACTITIONERS

- Full comprehensive eye examination with the latest up-to-date digital instrumentations
- Member of the British Contact Lens Association
- Member of the Singapore Contact Lens Society
- Member of the Singapore Optometric Association



Edward J. Benjamin
F.A.A.O. (USA) F.A.C.L.P. (LOND.)

Camden Medical Centre | One Orchard Boulevard #07-07, Singapore 248649
Tel: (65) 6735 2931, (65) 6735 2425 | Fax: (65) 6735 5416 | Email: info@EdwardJBenjamin.com.sg

OF GREENS AND BEANS

by Vithya Rajasegar

The appetite for broccoli, brown rice and almond milk is growing but has the Garden of Eden really flourished in Singapore? Let's just say that the seeds have sprouted.

The popularity of veganism amongst the developed nations as well as several international athletes has banished fad diets such as those of Neolithic and Paleolithic to the realm of transience, simply because things have changed. Animal rights and environmental ethics have been foregrounded as people yearn to return to a transcendent prelapsarian state. However, despite the philosophical and ethical foundations of veganism, the “go green” movement in Singapore is still in its infancy.

Mr Chua Jing Zhi, a local athlete attributes the unpopularity of a meat and dairy free diet amongst Singaporean athletes to a milieu, wherein the relatively “limited exposure to veganism” has not resulted in many pledging allegiance to vegan revolution. Compounding the lack of appetite for vegan dishes is the misconception that veganism does not provide one with the essential nutrients our body needs.

To Be or Not To Be


In an email interview with Ms Joanna Tan, a Senior Dietician at Changi General Hospital, the fact that vegans “may be at risk of developing iron deficiency anaemia” is emphasised through and through. With this requirement in mind, a surging influx of plant-based protein supplements has infiltrated the sports nutrition market. One particular supermarket that carries vegan protein powders is Four Seasons Organic Market, which operates two outlets



in Great World city and Parkway Parade respectively. Designating itself as a haven for a rapidly growing number of people who are demanding a healthier lifestyle, Four Seasons Organic Market's shelves are filled with a panoply of organic products; and its in-house nutritionist, Ms Catherine Wong, when asked whether the organic industry is thriving on people's fear of allergens (dairy, gluten, wheat, etc.) and their distrust of the mainstream food industry, explains that although the human body reacts better to milk protein, commercial milk protein supplements have been deemed by some athletes and bodybuilding enthusiasts, particularly who are lactose intolerant, to have adverse effects on their bodies.

Furthermore, vegan protein supplements,

offer other essential nutrients — such as iron — as well. And the iron that is found in meat may not be ideal for everyone; as Ms Tan puts it, “a meat-based diet tends to be higher in fat and cholesterol”.

In fact, Ms Wong relates a particular incident whereby a Japanese customer raved about how consuming Garden of Life had boosted her energy level but surprisingly, they have yet to gain a massive following amongst the local population. When quizzed as to why Singaporean society has yet to get a taste of veganism — both literally and figuratively —, Mr Jing Zhi says that in order for that to happen, there needs to be a strong advocacy for veganism. However, with the tide turning towards a healthy meat-free diet, the Island city is witnessing a sea change in preferences of its residents with many popular joints and hangouts boasting a vegan menu. 

Veganisme

Veganisme kini sangat populer di antara negara-negara maju bahkan sampai kalangan atlit-atlit internasional. Di Singapura sendiri, gerakan ‘go green’ masih dalam masa pertumbuhan. Four Seasons Organic Market yang beroperasi di Great World City dan Parkway Parade menjual barang-barang organik yang walaupun lebih mahal dari harga barang biasanya, tetapi lebih sehat.



FITNESS ROUTINE FOR THE ELDERLY

by Priya Ramakrishnan

It is never too late to keep fit and we have out listed best exercises to keep you in shape!

Regular exercise, healthy diet and a passionate hobby is often the secret ingredients for those who are young at heart. In today's hectic world, enjoying your retirement years in good health without regular visits to medical practitioners is a coveted state. These are some exercises that are recommended for senior men and women to keep in good health.

Shoulder Rotation

Take up a relaxing position in a chair or a flat surface. Stretch your arms downwards for a few seconds. Next, stretch arms in the upward position for some seconds. This gentle exercise is very beneficial for keeping shoulders flexible and fluid.


Correcting Posture

This exercise helps stretch the vertebra as well as our spine. Stand with your legs apart, take a deep breath and gently stretch your back and neck. Now gently stand up on your toes and balance for few seconds while stretching your hands up. Breathe out and come down to your normal position gently. Repeat this thrice.

Calf Exercise

This is a good exercise for supporting the calves and thwarting fall outs. In this exercise, you need a chair or a table for support. While properly holding on to the chair, stand with your feet together and stretch up on toes while tightening your calf muscles. Hold this position while breathing in and out for few seconds. Relax and come down to normal position. Repeat thrice daily.

Neck Rotation

Neck stretches for the elderly are a great way to warm joint fluids and deep muscle fibres. For this, sit comfortably in your chair. Take a deep breath and slowly let it out. Now, look to the right as far as comfortable and hold for five seconds then look to the left as far as comfortable and hold for five seconds. Bring your right ear to your right shoulder and hold for five seconds. Then bring your left ear to your left shoulder and hold for five seconds. Try to hold your shoulders still when turning your head. If this is painful, stop the exercise and only bend your neck in the range that is pain free. If you feel any dizziness when bending your neck, stop the exercise. Only perform neck movements that do not cause any pain or dizziness. 

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

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

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



DO YOU REALLY NEED IT?

by Anny Rodjito, Singapore

Juggling with Needs and Wants is an onerous task, even as adults. How do we inculcate that habit in our children? We bring you an extract from Part 3 of *Raising A Smart Kid* by Rosina Simon that may teach you a lesson or two.

Savings... savings... savings... It's almost as though as if I say it often enough, my savings would increase; that I would reconsider twice before buying something (or have to work extra hard to overcome the guilt of spending!); or whatever or not I really needed that "certain something." So I guess this is basically how I have passed on my values on savings to my children. It was not by way of anything scientific or profound.

My husband and I have always emphasized never spending more than we can earn, spending on necessities versus the "nice-to-have" spending, and never borrowing if we have no means to pay it back.

We explained to our children that if they really needed something, they did not have to worry and that we would try our best to obtain what they needed. All they have to do was ask, and we would figure out together how important it was for them. When the children were younger, we would always ask a few questions, whether they had a similar toy at home, whether they really needed another one, and what was so special about this particular toy. As they become older, we would ask questions similar to there, e.g. what was special about this hand phone

versus another, why the feature was useful or better, and was it worth having more than something else they also wanted etc.?

My daughter liked playing with Barbie dolls and often longed for new dolls. So after some negotiation, she agreed to use the same couple of dolls but have new outfits for the dolls. We limited the outfits to about six or seven and ensured that they had a completely different purpose to justify the purchase, be it casual, formal, office wear or a doctor's uniform and so on.

This became quite a struggle when electronic gadgets and new toys continued to flood the market and became popular with their friends, so we asked them to be patient, to wait awhile until the product became more common and the price would have begun to drop before we bought it. We also asked them to check and compare the products, before deciding which one they really thought would be great to have or that would be best for them. My son learnt to share games (i.e. cartridges) with friends when we bought him a Gameboy; having only bought two cartridges, he ended up having access to a lot more.

Somehow, now what they are in their late teens, they have been able to balance their budgets. When my son was still at school,

he refused to ask for extra money if he calculated that his pocket money was able to cover his expenses. Today he has monthly earnings and has rejected his pocket money; in fact, he has a savings goal in mind. My daughter goes bargain hunting on-line-markets, and has in fact stopped me from buying clothes by commenting that she has seen something very similar sold on-line for a fraction of the price!

This does not mean that we never bought gifts for our children. It just means that when they wanted something, we wanted them to think carefully and not just satisfy their immediate whims. We wanted them to learn to compare products and be able to learn to evaluate what is the best value for money. Finally, we wanted to instill in them the discipline not to spend money they do not have and to spend within their budget.

About the Author and the Book

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



WORKFORCE TRENDS TO WATCH OUT IN 2015

by Priya Ramakrishnan

The year will open more doors and help break out the mould to set new trends.

While 2014 was a year of breakthrough with the world economy turning around and the petrol prices plummeting down, it was also a year when recruitment and employment rate touched a new high. As the New Year begins on an upbeat note of better things to come, IndoConnect helps you catch up with noteworthy workplace trends that is set to make our jobs even more challenging and interesting.

Gen Z makes an entry into workplaces

Gen X and Gen Y made an indelible impact at workplaces, but it is the Gen Z's (born between 1994 and 2010) who will be wooed by corporates and the big guns. They will be the major target for internships and training programmes as this generation has been born during a time when technology boomed. The tech savvy generation comes with an updated knowledge and informal work style. Gen Z is a group to watch out for as they will soon change the job market with their nimble skills and innovative ideas.

Telecommuting

The year 2014 set the tone for better work-life integration with technologies such as affordable video conferencing, group calls and high speed internet facilitating flexible work hours without loss of productivity. Employees will take out more time for family and home while also be willing to work during weekends from home or during vacations. The

option of work from home is also on the rise with employees saving commuting time and working flexible hours.

More companies join the social media bandwagon

The trend which has caught everyone's imagination is the social media advertising. A novel and effective way to reach target audience through the ever pervasive social media is attracting more corporates and organisations. Companies are investing heavily on social media advertising and also employing personnel to keep the organisation's name visible in social media. Imagine your work involved posting on Facebook, Google Circle, Twitter and Instagram!


Mobile Hiring

Last year saw the job search shifting to social networks such as LinkedIn and Facebook. This year, more number of jobseekers will search for work through their smartphones and get hired through them. With more websites creating apps for smartphones, the market for mobile hiring is one with untapped potential. The new generation, Gen Z will be one of the first ones to benefit from the latest trend.

Increased Job Hopping

The attrition rate will be even worse this year as employees will jump jobs in search of greener pastures. Corporates will brace themselves as employees will have no compunction in moving to a better and bigger opportunities within months or even days of joining a company. With the job market opening up, this trend is set to continue in the years to come.

More women join workforce

This is a no brainer as more and more women are already joining the workforce every day. Whether it is after a long hiatus due to family commitments or coming back from a sabbatical, increasing number of women are joining the workplace due to encouraging atmosphere and demand for their skills. Added to that, more women are graduating from college every year and joining the workforce, the established ones move up the ladder to assume leadership positions 

Trend Bekerja

Tahun 2014 merupakan tahun dengan terobosan ekonomi dunia terbaik dan harga bensin turun, di tahun ini pula, tingkat perekrutan dan lapangan pekerjaan mencapai titik puncak. Gen Z (generasi yang lahir antara tahun 1994 dan 2010) akan menjadi target utama untuk pekerjaan magang dan program pelatihan sebagai generasi yang lahir pada waktu teknologi menggelejar. Keseimbangan bekerja dan kehidupan akan lebih baik dengan kemajuan teknologi seperti konferensi melalui video, internet berkecepatan tinggi, dan lain-lain. Selain daripada itu, iklan media sosial akan merambah cepat di tahun ini. Bahkan sejumlah perusahaan mulai beralih ke jejaring sosial seperti LinkedIn dan Facebook. Pencarian kerja akan bertambah melalui jaringan sosial tersebut.



GLITZY GADGETS COMING YOUR WAY IN 2015

by Priya Ramakrishnan

Get ready to welcome some of the revolutionary tech gadgets that are highly anticipated in 2015.

Gear up to bring in some of the most awaited tech gadgets that are set to become the hottest things on the market. Tech companies are leaving no stones unturned to unravel new gadgets hoping to create bigger frenzy than their previous models. In this exclusive feature, we list down some of the coolest gadgets that every tech geek would be proud to own.

The Apple Watch

Apple's most anticipated gadget, the Apple Watch is the company's first foray into wearable technology. Touted as one of the most innovative smart watches in the market, the Apple Watch is rumoured to be unveiled before April in the United States. The long-haired device is expected to let users customise with over 200 watch faces that will be available in different styles. It will cost a cool US\$349 for the metal and glass model. The Apple Watch will come in three collections, standard, sport and edition along with several distinct

wristband designs. Set to have innovation in every interaction, the Apple Watch will have multiple functions besides email browsing, chatting, and communicating.

Virtual Reality at Home

Sony's Morpheus VR, the Oculus Rift and an unnamed Microsoft device are set to cause commotion in the tech market. Opening doors to revolutionary technology, the gadgets are being feverishly developed and fine-tuned. With Microsoft's device rumoured to be set for a 2015 launch, consumers can expect an exciting year with competition such as Rift and Morpheus VR following with launches of their own. These devices have a longer-term appeal and will change the way we experience the world.


The Connected Home

Imagine that you are opening your door via your smart phone and even switching on the coffee maker while parking your car. This is not far from the reality as soon your

smartphone or tablet could be the central hub for controlling your entire home. Right from the door locks to light switches to even your washing machine, the smart home revolution is fast gaining ground. With technology majors such as Apple, Google and Samsung spearheading the charge, smart home products are set to hit the market this year. Apple already has its own Home Kit standard within iOS 8, while Google owns Nest (the makers of the revolutionary learning Thermostat) and Samsung recently purchased SmartThings, which is already allowing early adopters to create smarter homes.

Project Ara

Tired of upgrading your phone every time Apple or Samsung brings in the new one? Buying a new phone to upgrade will soon be passé as Google and Motorola are set to introduce what will be the only phone you will ever need. Project Ara is a phone with modular upgrading where you can just swap the parts that needs upgrading. For example, if a new camera were to come out with higher pixels then all you have to do is buy only the camera and assemble. With this technology, you can save yourself the cost of buying a whole new phone every year.

So gear up for an exciting 2015 and be sure to get one of these revolutionary gadgets to up your cool quotient! 

Teknologi Terkini

Bersiaplah untuk menyambut beberapa gadget berteknologi yang paling ditunggu-tunggu. Perusahaan teknologi berlomba-lomba untuk menciptakan gadget yang akan memukai pembeli. Apple Watch diluncurkan sebelum bulan April di Amerika Serikat. Jam tangan ini selain dapat digunakan untuk memeriksa email, chatting, berkomunikasi di telepon, juga dapat diinstal aplikasi termasuk peta dan GPS. Teknologi lain yang dinantikan adalah Virtual Reality. Sony Morpheus VR, Oculus Rift dan perangkat Microsoft yang belum diberi nama akan menjadi gebrakan dalam teknologi 3 dimensi ini. Project Ara adalah ponsel gabungan Google dan Motorola yang ditunggu-tunggu. Bagaimana tidak? Siapa pun akan tertarik dengan ponsel yang dapat dilepas pasang bagian yang perlu diupgrade.

MUST-HAVE APPS FOR SPORTS FANS

Keep updated with your favourite game on the go with these top apps for iPhone and android.



ActiveSG



Start exploring sports and activity venues located throughout

Singapore. Real-time access to all facilities and programmes by Sport Singapore.



LiveScore



This app comes directly from LiveScore Ltd., the leaders and inventors of real-

time delivery of live sport data and owners of the no.1 ranked football website globally.



FootyLight



It's your complete Football Delight. Must for a true Football fan!! It features

highlights of almost all major leagues and games, livescores, audio commentary, etc.



ESPN FC Football



This app delivers comprehensive coverage of all the major club leagues with

highlights and personalised reports so you can stay on top of your favorite teams.

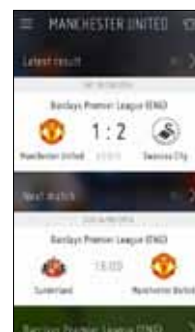


NBA GAME TIME



It is the official mobile app of the NBA. It features 50+ new video clips per day and

access to live and on-demand games through League Pass (blackouts may apply).



FIFA



Download this app to keep right up to date with live scores from across the globe,

breaking news and photos, and exclusive videos, interviews and features from FIFA.com.



Yahoo Sport



This app is designed to be incredibly fast while still providing the

in-depth sports coverage. Easy access to scores, news and stats in a clean, simple layout.



Goal.com



Goal.com the world's number one football website brings you the most up

to date and comprehensive football news app for iPhone and iPad.



KEBAYA'S AMERICAN DEBUT

by Priya Ramakrishnan

Indonesian Designers showcase the versatile Kebaya in the heart of the Big Apple.

A traditional blouse dress worn widely by Indonesian women, the Kebaya, grabbed all eyeballs at the Couture Fashion Week (CFW) 2015 held in New York on 14 February. Reflecting the archipelago's rich cultural and ethnic diversity, Indonesian designers Asri Welas's and Barli Asmara's designs drew collective awestruck sighs from audience seated at the Broadway Ballroom of the Crowne Plaza Times Square.

Founded in 2005 by Andres Aquino, the bi-annual CFW offers an opportunity to designers from across the world to present their exquisite garments, designs and accessories on an international platform. The fashion week is widely covered by international press and fashion-savvy audience. The growing popularity of Indonesian fashion is already well-known and the success of Indonesian designers' inspired collection will further catapult it to international fame.

House of Asri Welas

Both designers are well-known in Indonesia with established fashion brands. Asri Welas, who is a well-known television actress, presenter and broadcaster in Indonesia, launched her own exquisite fashion brand – the House of Asri Welas in 2007. Promoting the Kebaya and its native artisans who help preserve the cultural legacy of

Indonesia's rich history, Asri Welas has helped the traditional Indonesian attire gain international attention.


The theme for her collection, "Back to Nature" brings alive a soothing and harmonious palette of natural plant and animal colours, while showcasing unique fabrics and accessories inspired by Indonesian culture. Supported by iB Hasanah Card BNI Syariah, Asri Welas intends to make the Kebaya as popular as the Kimono from Japan, Saree from India and the Scottish pleated kilts.

Having previously wowed audiences at Indonesian Fashion Week (IFW), Asri Welas now plans to conquer American and European market with her elegant and stunning designs of the versatile ensemble Kebaya.

Award-winning Collection by Barli Asmara

The young Indonesian designer has made his home country proud by winning several awards including AMICA Young Talented Designer Award, ELLE Designer of The Year, Bazaar Wedding, one of the Best 20 Designers for High End Masterpiece, Kartika Magazine's Best Designer of The Year, as well as Dewi Magazine's best Indonesia Fashion Designers of 2008. Barli Asmara, who is a graduate of London School of Public Relations- Jakarta showcased his stunning collection of high-end ready-to-wear couture womenswear with inspired touches

of Indonesian designs. His beautiful and eye-catching designs include couture, bridal, muslimwear, business and menswear. He has previously exhibited his designs at the prestigious fashion events such as Jakarta Fashion Week, Indonesia Fashion Week, Mazda Marie Claire Fashion Show, and Bazaar Movie Textra.

Renowned for his skilful and creative use of beads, jewels, gems, pearls, fringe and feather, Barli Asmara is devoted to the cause of globalising Indonesian fashion. His collections always include the richness of Indonesian handicrafts and classic artisan techniques, which are known for their exquisite detailing. Known for his aesthetic use of beads, pearls, jewels, fringe and feathers as alluring fashion details, along with macramé, smocking, and embroidery, Barli Asmara's collection were hailed as fashion forward and elegant. 

Couture Fashion Week

Desainer terkenal Indonesia, Asri Welas dan Barli Asmara menunjukkan kebolehan mereka dalam merancang busana bermotif batik dalam acara Couture Fashion Week (CFW) 2015 yang diadakan di New York pada tanggal 14 Februari 2015. Semoga keikutsertaan mereka dalam ajang bergengsi tersebut dapat membawa nama harum dunia fesyen Indonesia.

LOOK GOOD WHILE SWEATING IT OUT

by Priya Ramakrishnan

Contrary to popular belief, you can look cool as a cucumber even while sweating it out at the gym. Here's some helpful tips to achieve that hot look!

So you are already giving up on your new year's resolution of losing those extra pounds just because you don't look good yet in your sports bra and leather workout shorts. Don't give up yet as IndoConnect comes to the rescue with some simple and innovative tips to make you rock a sporty chic outfit at the gym! So don't throw your gym card yet. Read on for more!

Comfort is King:

Always dress for comfort when it comes to picking your workout clothes. Pick outfits with fabrics that allow you to move, twist, bend, stretch, sweat and lift comfortably. You don't want to keep covering your cellulites, thanks to that short shorts. Remember if you feel better at the gym, you will look better! Choose breathable materials such as cotton and artificial fibres designed for athletic wear to keep comfortable while working up a sweat.

Mix Whites with a Bit of Grey or Blue

The secret to looking cool and comfortable is in playing with cool colours such as blue, white and grey. These classic colours when combined together makes you look fresh off the shower. So pair up that white tee with your hot blue track pants and get a white headband and look chic effortlessly.

Learn to Layer

You can look slim and trim while you are working out to achieve that look. Start layering to get that slim look. Sport a cool track jacket over an inner tee or even a tank top and pair your colours accordingly. You can get your halter tops that you hardly wear and pair it up with a mesh cropped top in black to look slimmer. Pair it with slim fitting track pants or tuck it in your capri.

Gym Basics

Stretch tees and hoodies are gym basics that you shouldn't miss out. These look good on everyone and the hooded jacket looks minimalist and trendy when combined with tank top and yoga pants.

Accessorise Your Look

Stock up on some cool sports and fitness accessories such as headbands, wristbands, sports watch, knee pads and even cute sporty hairbands to tie up your hair. These add a touch of glamour and up your oomph factor. 



THE LAND OF HAUTE CUISINE

by Vithya Rajasegar

France, with its fascinating history of culinary affairs, has made its cuisine an international phenomenon.

If there is one country, where extraordinarily elaborate preparation of food is profoundly expressed in its cuisine, it has to be the alluring land of Baudelaire and the Eiffel Tower. Famous for developing haute cuisine, which has its genesis tied to the dominance of the aristocracy, its exquisite cuisine has triumphantly spread over the world of gastronomy like waves. The French region gave rise to several epochs which in turn revealed the metamorphoses of a cuisine that has long been regarded as the emblem of French civilization itself. In the medieval era, highly lavish and ostentatious banquets were held in the noble court, whereby haute cuisine was preoccupied with over the top food displays and its dishes incorporated into them a wide array of ingredients, which were dictated by different seasons of the year. The sauces were devoid of oil and butter and meats highly spiced. Plus the number of dishes which were served to members of the royal court were dependent on the rank and status that they occupied. In short, food came to represent the distinctions as well as the relations between the different social classes.

United as One but Composed of Many

When one mentions French Cuisine, the images that are

conjured up are that of French onion soup, poached wild salmon steaks as main course and a nice dessert dish of crème brûlée. While one's idea of a unified, homogenised French cuisine is technically right, what's food for thought here is that France has a history of distinct regional foods that have danced their way, so to speak, into the swanky restaurants in Paris.

The regional coasts of Brittany and Normandy boasts great quality seafood, which includes scallops, lobster, crayfish and mussels; whereas looking south, one will find fields of lavender and green herbs growing side by side, presenting us with a view of a beauty that is almost fairy tale-like. Thus, quite naturally, foods in southern France are impregnated with herbs such as thyme and basil. On top of that, olives, which the south provides a fertile ground for, also make an appearance on the southern French cooking scene. Plus, the Mediterranean climate in this region is particularly conducive for growing tomatoes, leeks, zucchini and peppercorns; and one dish that incorporates all of these is soupe au pistou.

Meanwhile, the central region of France is the cultural heart of everything French and hence, cuisine are at its most authentic. But since central French cuisine tends to make

extensive use of butter and cream, it does make for a prominent feature in mainstream French cuisine, which parallels contemporary societal inclination towards diet and health.

Therefore, most French dishes embrace fresh ingredients, lighter dressing and smaller servings while eschewing flour-based sauces. Moreover, with the rise of multiculturalism, the modern French restaurant serves international dishes, too; and some of the popular ones are couscous and pizza.

The Regional Still Rules

A distinct trend that is occurring in the French gastronomy world is that of cuisine du terroir or regional cuisine. Although nouvelle cuisine and variations of international cuisine remain in vogue, native ingredients and regional foods are considered the heartbeat of modern French cuisine. A perfect example of an old regional dish would be blanquette de veau, which is served in white sauce.... and it becomes a complete meal when served with wine.

And French wine, be it white or red, sets the benchmark by which all wines are judged. The French invented the art of wine appreciating and rightly so, as a glass of wine is the perfect accompaniment to French cuisine. As one delves into the nuances of French gastronomy, what becomes apparent is that in every other way, both French food and wine do indeed justify their appellation "world class cuisine".

Makanan Perancis

Perancis adalah salah satu negara di mana makanannya dipersiapkan dengan rumit. Yang terlintas ketika mendengar kata 'Perancis' dalam hal makanan, yang pertama muncul pasti Sup Bawang Perancis, Steak Ikan Salmon, dan Crème Brulee. Padahal, Perancis menyediakan makanan yang sangat beragam di setiap penjurunya. Tetapi yang pasti, hampir semua makanan Perancis menggunakan bahan-bahan yang segar, saus ringan, dan porsi yang lebih kecil. Dan sebagai teman dalam bersantap makanan Perancis, biasanya disajikan juga anggur Perancis, baik putih atau merah.

A LA CARTE: FAMOUS FRENCH JOINTS

by Vithya Rajasegar

So what if you are in the heart of Asia? You can still dig into these popular French delicacies here!

LES AMIS RESTAURANT

1 Scotts Road, #01-16 Shaw Centre, Singapore 228208. Tel: (65) 6733 2225



Les Amis evokes the finest and most elegant dining experience with Chef Sebastien Lepinoy's beautifully crafted dishes. The foods are fundamentally French, yet they possess an exclusive Japanese influence. Le Saumon Fume, for example, has smoked salmon served with wasabi dressing. Another dish which celebrates the synthesis of east and west is Le Veau: charcoal grilled veal accompanied by green vegetables and a subtle touch of white miso.

Plus, a prominent feature that complements the high quality dishes is not one but two wine cellars: where convenes a grand collection of Old World wines. For those who are looking to satisfy their sweet tooth, pastry chef Cheryl Koh, whips up an assortment of desserts. And one mouth-watering delight is Le Soufflé: chestnut flavoured soufflé paired with Bourbon vanilla ice-cream.

There is no doubt that this is a place which is certainly worth visiting!



GUNTHER'S RESTAURANT

36 Purvis Street, #01-03, Singapore 188613. Tel: (65) 6338 8955

The epitome of Frenchness, Gunther's Restaurant demonstrates simplicity and purity in a brand of cooking that has bestowed upon it the award of "New restaurant of the Year" in the World Gourmet Summit Awards of Excellence 2009. Whether be it roasted Maine lobster or truffle soup with pumpkin, Chef Gunther yields dishes, which are defined by well-rounded flavours and sophisticated food plating.


As for those who love their meals to be downed with caffeinated drinks, look no further, for Gunther's Restaurant serves the quintessentially urban cappuccino along with French and Irish coffee. Besides a main dining room that boasts the ability to accommodate up to 25 guests, there is also a small bar, promising a wide array of champagne. All in all, Gunther's Restaurant is one which embraces the best of what the French world has to offer.

SAVEUR GROUP

Saveur@Purvis Street, 5 Purvis Street, #01-04, Singapore 188584. Tel: (65) 6333 3121
Saveur Art, Ion Orchard, 2 Orchard Turn, #04-11, Singapore 238801. Tel: (65) 6634 1141

The Saveur group of restaurants was founded with the goal and determination of providing modestly-priced French food to the general public. Largely motivated by the need to cook up, a new interpretation of French cuisine, two dynamic and ambitious individuals mused on the possibility of opening an establishment that would offer sea bass and Monkfish and Scallop at attractive prices. Having whipped up a wide of range of dishes at Guy Savoy, Fifty Three and Tetsuya's in Sydney, Dylan Ong and Joshua Khoo then decided that Saveur, with its strong preference for local products, would be the way to go!

When skimming through the menu, one notices that apart from regular dishes such as Garden Salad and Foie Gras, unorthodox options — namely Creamy Basmati Rice — are also available. Desiring to "elevate the food that we serve", Saveur Art has recently emerged in the hope that the art of creating an orderly balance of flavours, textures and colours will have the cuisine of the new restaurant pushing boundaries. In typical Saveurian fashion, Saveur Art's menu comprises dishes that embrace fusion cooking. One such example is their signature dish, buttermilk-poached chicken, which is served along with brussels sprouts, asparagus, chestnuts and cabbage marmalade.

And as always, a meal, especially a French one, ceases to be complete unless there is an addition of wine. Hence, the Saveur group ensures that its wines are distinguished by their neutral flavours. All in all, Saveur restaurant is one indulgence anyone will approve of! 



FOOD FOR THE GODS

by Vithya Rajasegar



Three-Pepper Relish (Photo: whats4dinnersolutions.wordpress.com)



French Garlic Soup (Photo: allisonsgourmet.com)

RELISH

THREE-PEPPER RELISH

This pepper rich dish is best served with grilled chicken or fish. It also goes well with goat cheese and a slice of French bread.

Ingredients

- 1 red bell pepper
- 1 yellow bell pepper
- 1 green bell pepper
- 2 teaspoons chopped fresh basil
- 2 teaspoons olive oil
- 2 teaspoons balsamic vinegar*
- 1 garlic clove, pressed
- 1 teaspoon chopped fresh oregano

Directions

1. Preheat broiler. Holding bell pepper at stem, cut it into three flat pieces. Discard the stem, core and seeds. Repeat with remaining peppers.
2. Place the pepper pieces, skin side up, on broiler proof pan. Broil bell peppers until skin is charred and blackened (only takes eight minutes).
3. Transfer bell peppers to plastic bag. Twist bag to seal and let stand until peppers are cool (can be made a day ahead; chill).
4. Peel peppers and cut into strips. Combine with remaining ingredients in a small bowl. Let it stand for two hours at room temperature. Serve.

**Balsamic vinegar is available at specialty food stores, Italian markets and some supermarkets.*

Recipe from www.epicurious.com

APPETISER

FRENCH GARLIC SOUP

Originating in the South of France, this sumptuous soup contains some of the most potent aphrodisiacs ever: garlic and onion.

Ingredients

- 2 tablespoons olive oil
- 2 tablespoons butter
- 2 pounds onions, about 4, chopped
- 2 cups garlic cloves, about 4 large heads, chopped
- 2 quarts Chicken Stock or canned low-sodium chicken broth
- 1½ teaspoons salt
- ¼ teaspoon fresh-ground black pepper
- Croutons, optional

For garnish

- 6 parsley stems
- 9 sprigs fresh thyme or 1½ teaspoons dried
- 1 bay leaf

Directions

1. In a large pot, heat the oil and butter over low heat. Add the onions and garlic. Cover and cook, stirring occasionally until they begin to turn golden, raise the heat to moderate level and continue cooking the onions and garlic until deep golden.
2. Add the stock, bread, bouquet garnish and salt. Bring to a boil. Reduce the heat and simmer for about 15 minutes.
3. Remove the bouquet garnish and puree the soup in a blender or food processor. Strain the soup back into the pot. Add fresh ground black pepper and bring back to a boil. Serve topped with the croutons, if you like.

Recipe from www.foodandwine.com

A famous Gallic saying goes, “Eat well, laugh often, love abundantly”, with these exquisite French recipes, recreate the soul-stirring magic of the French.



Ratatouille (Photo: thecookingbowl.com)

MAIN COURSE

RATATOUILLE

This popular dish, whose name is included in the dictionary, can be served with rice or a piece of French loaf.

Ingredients

Olive oil
1 onion
1 clove garlic
1 brinjal
1 green bell pepper
2 zucchinis (courgettes) (cucumber also works well)
6 medium tomatoes, ripe (juicy) and peeled
salt and pepper to taste
Herbes de Provence to taste

Directions

1. Put a large casserole on the stove on medium heat. Chop the onions and garlic. When the casserole is hot, add enough olive oil to just cover the bottom.
2. Add the onions and garlic and let them brown. Chop the green pepper, zucchinis and brinjal. Add to the casserole. Stir from time to time.
3. Peel the tomatoes. Dice them or cut them into quarters, add to the casserole.
4. Five minutes later, check to see if the tomatoes have made enough juice to almost cover the vegetables - if so, perfect. If not, add water as needed (not too much).
5. Add salt, pepper and *Herbes de Provence* to taste. In general, 1 tbsp of salt, ½ tsp of pepper and 1 tbsp of the herbs will suffice. Cover the casserole and let simmer on low heat for 45 minutes to an hour.

Recipe from www.bonjourlafrance.com



Chocolate Hazelnut Mousse (Photo: mayihavethatrecipe.com)

DESSERT

CHOCOLATE HAZELNUT MOUSSE

A creamy delight that never goes out of vogue at any dessert party.

Ingredients

½ cup coarsely chopped hazelnut
¼ cup castor sugar
1 cup chopped dark chocolate
¼ cup milk
¾ cup chocolate hazelnut spread (nutella)
¼ tsp vanilla essence
1 tbsp powdered sugar
1½ cups beaten whipped cream

For garnish: beaten whipped cream and 4 chocolate bytes

Directions

1. Melt the sugar in non-stick pan on a medium flame till it turns light brown in colour. Add the hazelnuts and mix well to make a praline. Pour the prepared mixture on the greased rolling board or butter paper and roll it with greased rolling pin to get a thin layer. Crush the praline coarsely with a rolling pin and keep aside.
2. Combine the chocolate and milk in a microwave safe bowl and microwave on high for 30 seconds. Remove from the microwave and mix well until no lumps remain. Strain the mixture using a sieve and keep aside. Add the chocolate hazelnut spread and vanilla essence and mix well. Add the sugar and beaten whipped cream and fold gently. Add the prepared hazelnut praline and fold gently.
3. Pour equal quantities of the mixture into four individual bowls/glasses and refrigerate for at least three to four hours or till the mousse sets. Garnish with beaten whipped cream and a chocolate byte and serve chilled.

Recipe from www.tarladalal.com

INDONESIAN SPORT:

MARRIAGE OF TRADITION AND CONTEMPORARY

by Vithya Rajasegar

Blending native and western sports, the Indonesians have created for themselves a unique sports identity that is truly international.



Indonesia, with its long-standing tradition of tribal sports — which took place in the form of ritual combat dances — has a concrete sports identity that was birthed from the wondrous amalgamation of western sports and native Indonesian martial arts; and it is but undeniable that some of the popular sports that unite the entire nation are pencak silat, badminton and football.

The Deep Core of Indonesia

Pencak silat is influenced by the movements of wild animals. Over the centuries, this form of martial art underwent further development through acculturation of numerous self-defence styles. Although pencak silat was originally associated with the domain of the ruling elite, it eventually gained prominence amongst other social classes. Today in Indonesia, it is regarded as an extremely important sport, so much so that the International Pencak Silat Federation witnessed its genesis on the 11 March 1980 in Jakarta, Indonesia. Indonesia and the World Pencak Silat Championship

is held every two to three years. The country has won a total of 32 medals, 12 of which are gold. Furthermore, popular Indonesian film *The Raid: Redemption* utilises pencak silat in an attempt to create a full-fledged action drama, which has been creating waves all over the world and which might also see a Hollywood remake.

A Modern Love

The national sport, Badminton, has had its popularity in Indonesia cemented by the success of several Indonesian players, some of whom include Taufik Hidayat, Hendra Setiawan and Meiliana Jauhari. Raking in gold medals in every Olympic Games since 1992, badminton is undeniably Indonesia's best sport, for it is also in the Thomas Cup Competition, regarded as the Olympics of Badminton that Indonesian badminton players excel in. On top of that, the renowned badminton competition also has Indonesia scoring the greatest number of wins. The question as to why Indonesia has produced a multitude of badminton champions may arise in one's mind. The

answer lies in the fact that the country has established both nationalised and private training centres as well as camps for aspiring players.

A National Obsession

If there is one sport that the Indonesians can't do without, it has to be one that creates quite a furore all over the world, in every sense of the word. Soccer in Indonesia started as an anti-colonial movement that allowed the people to defy their colonial masters in terms of building up a national team and hence, a national identity. Founded in 1930, the Indonesian national soccer team has since participated in the 1958 Asian Games, whereby it clinched a bronze medal and in the ASEAN Football Championship, in which it qualified for the finals four times. The team's famous players include Abdul Kadir, who played a huge role in helping Indonesia clinch the 1968 King's Cup and the 1972 Pesta Sukan Cup. 

Olah Raga

Olah raga mendefinisikan sebuah negara seperti halnya sebuah budaya mendefinisikan sebuah negara. Olah raga bahkan dapat dianggap sebagai warisan sebuah negara. Indonesia terkenal dengan beberapa olah raga populer yang menyatukan seluruh bangsa, antara lain pencak silat, bulu tangkis dan sepak bola. Film *The Raid: Redemption* yang terkenal bahkan sampai ke Hollywood menampilkan olah raga pencak silat. Dalam bidang bulu tangkis, Indonesia terkenal dengan permainan yang cantiknya dan menghasilkan banyak sekali medali emas di kejuaraan bergengsi dunia antara lain Olimpiade dan Thomas Cup.



BE A SPORT

by Priya Ramakrishnan

Children's sports builds fitness, social skills and self-confidence. Help your child find the right sport with these useful tips.

In a world of online games and Nintendo Wii, it is a truly herculean task to tempt your child away from the couch and out in the sun. With play area shrinking in our vertical world, more and more children are foregoing play and sports to opt for television and video games. However, it cannot be stressed enough the important role sports play in the development of mind, body and spirit in children. Sports, whether it is individual or team-based is one of the best activity for your children that provides not just physical activity but also builds self-confidence, independence, social skills and discipline.

While there are more benefits than we can count, it should be kept in mind that children should always be encouraged to practice them safely and be moderate in their approach at the outset. Parents should try to fan the flame of children in sports by taking them to sporting events or even sharing their own interest in sports.

Age appropriate sports

Children always show their own natural preference for certain sports and physical activities. For some it may be running, skating, swimming or even football. Observe and encourage this interest, by introducing them to appropriate games to support their interests.



Two to Five year olds

At this age, pre-schoolers are just starting to master basic movements and develop their gross and fine motor skills. While they are too young for most structured sports, unorganised free play will help them enjoy as well as get some physical activity.


Recommended activities include running, throwing, catching and swimming.

Six to Nine year olds

A six-year-old would be more interested in learning organised activities that involve longer attention spans. Furthermore, at this age, they are able to follow directions and learn from trainers. Structured sports activities such as T-ball, softball or baseball, football, gymnastics, swimming, running, karate, martial arts, tennis and badminton can be introduced.

Pre-Teens (Ages 10-12)

At this age, children are able to participate in strategic games which improves their skill for strategic thinking. They are now ready for complicated sports skills such as hockey, polo, volleyball, cricket, basketball etc. However, during this stage, hormonal changes in their body can affect their balance and coordination.

In the end it is most crucial that they have fun while learning. As parents, you can cheer and encourage their competitive spirit. Help them get over their self-doubt and believe in team spirit. Teaching good sportsmanship will not just improve their games, but also their character. It will teach them that life is not always about winning. 

Olah Raga dan Anak

Dalam era dunia permainan online dan Nintendo Wii, untuk mengajak anak untuk bermain di luar rumah sangatlah sulit. Mereka lebih memilih untuk bermain video game mereka di dalam rumah. Namun, berolah raga sangatlah penting untuk pengembangan pikiran, tubuh dan jiwa pada anak-anak. Oleh sebab itu, kita harus mendorong dan melatih anak-anak untuk berolah raga dengan cara membawa mereka ke acara olah raga atau berolah raga bersama.



BEATING FOR THE OFFBEAT

by Vithya Rajasegar

These unconventional sports are starting to make a mark in a city that desires for new and fun challenges.

Swimming, football, tennis and badminton are so huge a norm in the local sports scene that it is hard to divorce them from an all-pervading Singaporean sports identity. As popular as they may be, a new form of sports is starting to take root amongst the younger generation; an assortment that denotes utter unconventionality, screams edgy and smacks of pure, hip rebellion: skateboarding, stand up paddling, underwater hockey and aerial yoga are among the sports more people, particularly the youths are engaging in. An attempt to create a whole new consciousness, which involves risk taking and experimentation is one of the primary reasons for the gaining prominence of these offbeat sports.

Skating in the Heart of the City

The skate culture in Singapore is not a new phenomenon; and it looks like it is not going to die out any time soon, as breed after new breed of skaters crops up. In fact, quite a number of skate spots have been specially built and designed for both skaters and aspiring skaters. Some of the more popular areas for skateboarding include Scape, Eunus Harmony Hub Skatepark, Lakeside Skatepark and Woodlands Skatepark. Also, to cater to the growing needs and personal

interests of skaters, 418 Skate Shops have been established to provide the former with a variety of products from star wars image emblazoned skateboards to protective gears.


A Sport with a Cause

Positing itself as an “environmentally friendly” sport, stand up paddle boarding is starting to gain a huge team of practitioners in Singapore, for it is easy on your wallet — as all one needs is a stand up paddle board and a bit of balance — and it can be mastered by absolutely anyone, including pets! A sport, whose origin can be traced back to Hawaii, has now given rise to a number of variations such as stand up paddle surfing, stand up paddle on land and stand up paddle yoga. And in Singapore, one can pick up this sport via The Stand Up Paddling School which is located at Tanjong Beach.

From Land to Water

With snorkels tightly clasped to their faces, two opposing teams of underwater hockey players, armed with hockey sticks, vigorously compete with each other to have a lead puck propelled into the other team’s goal. Invented by the British navy in the 1950s, this extreme sport has since caught on in several countries; and the Stirling Underwater Hockey Club in Singapore holds games twice a week for experienced players as well as for beginners.

Yoga in the Air

Supported by a hammock, aerial yogis learn how to dispense with their fear of falling while literally performing yoga poses high up in the air. Created by Christopher Harrison, this style of yoga is slowly making its way into the Lion City. One yoga fitness centre that offers aerial yoga is Simply Yoga, which is situated in East Coast Road; and one of their courses happens to be Aerial Straps, whereby strength training is its primary focus. 

Olah Raga Ekstrim

Karena olah raga seperti berenang, sepak bola, tenis, dan bulu tangkis sudah termasuk dalam kategori olah raga ‘biasa’, maka beberapa olah raga yang lebih menantang seperti skateboarding, stand up padelling, hoki dalam air, dan yoga di udara mulai bermunculan. Skating memang bukanlah sesuatu yang baru di Singapura, bahkan kelihatannya olah raga ini tidak akan pernah pudar. Stand Up Paddling, olah raga yang disebut ramah lingkungan, mulai bermunculan juga di Singapura. Diciptakan oleh angkatan laut Inggris di tahun 1950-an, olah raga hoki dalam air ini mulai merambah ke Singapura. Yoga di udara yang diciptakan oleh Christopher Harrison juga mulai diminati oleh orang-orang Singapura.

A RACING HOLIDAY

Asia's Premier Triathlon Festival is gearing up to welcome triathletes from across the world.

The 11th edition of Bintan Triathlon, Asia's premier triathlon festival, is set to be bigger and better than ever. Whether it is a bike course recce, a session at triathlon clinic or a refreshing yoga class, there is something for everyone at the Bintan Triathlon scheduled on 23-24 May 2015 at the tropical paradise, Bintan which is just 50 minutes ferry ride away from the busy Lion City. A perfect backdrop for stress busting triathlon, it has races and activities for all: parents and kids, fit and unfit, young and not-so-young.

Launched on May 2005, the first edition of the Triathlon received overwhelming response of 450 participants with Bintan proving to be excellent triathlon grounds. The one-lap bike course on wide roads with natural turns provided the Singapore based athletes with a new adventure.

This year, seasoned athletes as well as newbies can expect an adrenalin-high bike race on wide, smooth, undulating roads, taking in the lush greenery of Nirwana Gardens and Ria Bintan, the wide views of Lagoi Reservoir, the vibrant market Pasar Ole Ole and more. The run course will take you through the lush greenery and scenic beaches of Nirwana Gardens to a palm tree studded finish. The run course is undulating and generally well shaded. With swimming course to be held in the clear blue waters of the South China Sea,



off the picturesque beach of Nirwana Gardens. Hardly any current or swell are expected, thanks to an enclosed bay. Water conditions in May are very good with minimal swell, excellent visibility and a temperature of 29°C.

To top this all off, side activities such as D Ranch horseback rides, paintball, kids' club, quad bike adventure, island tours, Go karting awaits those who are looking for something else to whet their appetite for adventure.

First-timers who are eager to participate at the most popular triathlon need not be daunted. With MetaSport offering Singapore based training clinics to help you

prepare for race day, it is an opportunity that shouldn't be missed. The clinics will be conducted by professional MetaSport coaches and will provide technique advice, skills development, racing tips and tricks and transition practice.

No one at the race goes back empty handed as there are exciting prizes and perks to be won. From race certificate to goodie bags, free yoga classes to T-shirts, even friends and families can enjoy these benefits free of charge. For the winners, each age category will take home a unique hand crafted trophy apart from other great prizes from sponsors and partners.



SPRING IN FULL BLOOM

Retreat into this spring with Crabtree & Evelyn® Collections.



Spring Rain Collection *Ltd Edn*



Summer Hill® Collection



Nantucket Briar® Collection

Rays of sunlight, blue skies and blossoming flowers mean spring is here again. Indulge in a floral blend of fresh greens, spice and lily of the valley with florals and jasmine in the limited edition fragrance, Spring Rain. Enjoy the scents of Spring with the limited edition of the well-beloved Bath and Shower Gel & Scented Body Lotion.

Delicately fragranced, the gentle Crabtree & Evelyn® Bath and Shower Gel creates a smooth lather in the shower, brilliant bubbles in the bath and a splash of elegance in your daily routine. It cleanses beautifully and leaves skin fragranced. Lightweight and easily absorbed, the Crabtree & Evelyn® Scented Body Lotion contains moisturising and nourishing glycerine. Infused with skin conditioning extracts, this rich lotion provides antioxidant protection and leaves your skin soft and beautifully scented.

Spring Rain Collection *Ltd Edn*

Bath and Shower Gel & Scented Body Lotion

Our Spring Rain scent blends the fragrance of fresh greens, spice and lily of the valley with florals and jasmine to create a heady floral scent.

Fragrance Family: Floral

Top Notes: Spice, Fresh Greens, Lily of the Valley

Middle Notes: Spice, Rose

Base Notes: Floral, Jasmine

Summer Hill® Collection

Bath and Shower Gel & Scented Body Lotion

Ripe with plump orchard fruits, summer grasses and notes of fresh white florals in bloom, this irresistibly pretty scent is a flirtatious summer must-have.

Fragrance Family: Floral

Top Notes: Berry, Bergamot, Watery Greens, Violet Leaf

Middle Notes: Rose, Orange Blossom, Tuberose, Carnation, Jasmine, Geranium, Ylang Ylang, Narcissus

Base Notes: Musk, White Woods, Sandalwood, Vanilla

Nantucket Briar® Collection

Bath and Shower Gel & Scented Body Lotion

Our Nantucket Briar® scent blends the fragrance of wild briar roses and ambergris with notes of citrusy bergamot, vanilla and earthy patchouli.

Fragrance Family: Floral Oriental

Top Notes: Bergamot, Citrus, Dianthus

Middle Notes: Wild Briar Rose, Peony, Hydrangea, Jasmine

Base Notes: Patchouli, Amber, Vanilla

For more information, visit: www.crabtree-evelyn.com.sg

WHAT'S HAPPENING?

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

Oct 28, 2014 - Aug 9, 2015

History Exhibition: Singapura - 700 Years

Venue: National Museum of Singapore,
Exhibition Galleries 1 and 2, Basement
Contact: nhb_nm_hospitality@nhb.gov.sg

Jan 16 - Mar 28, 2015

Ancient Fantasy – Kukoku Tamura

Venue: Kato Art Duo, #02-28 Raffles Hotel
Arcade, 328 North Bridge Road
Contact: info@katoartduo.com

Jan 16 - Jul 19, 2015

Geo|Graphic – Celebrating Maps and Their Stories

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

Mar 5-29, 2015

The Jungle of Form, Colour and Tempo

Venue: Ode to Art Platform,
4th Floor Raffles City Convention Center
(Foyer Area), 80 Bras Basah Road
Contact: jaslyn@brand-cellar.com

Mar 6 - Apr 26, 2015

Prime Minister Lee Kuan Yew by Laudi Abilama

Venue: Sana Gallery, 63 Spottiswoode Park
Road, Singapore 088651
Contact: ophelie.guillerot@sanagallery.com

Mar 11 - Apr 29, 2015

Acting on Camera – Creating A Showreel

Venue: 22 Dickson Road, #02-01
Ticket: S\$600
Contact: admin@hcac.sg

Mar 22, 2015

Running Hour 2015

Venue: Marina Bay Waterfront Promenade,
Event Platform
Ticket: S\$45
Contact: info@runninghour2015.com

Mar 21 - Apr 12, 2015

Beauty and the Beast

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

Mar 23, 2015

Emilie Simon Live in SG

Venue: *SCAPE The Ground Theatre,
2 Orchard Link
Ticket: S\$60
Contact: figure8@figure8-agency.com

Apr 9-12, 2015

Faulty Towers The Dining Experience

Venue: Casuarina Suite A,
Raffles Hotel Singapore
Ticket: S\$169
Contact: hello@andsoforth.com.sg

Apr 18, 2015

Rise & Shine Carnival

Venue: The Float @ Marina Bay
Contact: lye.siewlin@yahoo.com.sg

Apr 25, 2015

Motherlanz Music Festival

Venue: Wave House, Siloso Beach, Sentosa
Ticket: S\$112
Contact: info@motherlanz.com

Apr 25-26, 2015

Boutiques at The Pit Building

Venue: The Pit Building
Contact: boutiques.singapore@gmail.com

May 02, 2015

Backstreet Boys in Singapore

Venue: The Star Theatre, 1 Vista Exchange
Green
Ticket: S\$98
Contact: info@thestar.sg

May 17, 2015

alt-J live in Singapore

Venue: The Coliseum @ Hard Rock Hotel
Ticket: from S\$95
Contact: SISTIC (65) 6348 5555

May 28, 2015

An Evening with Michael Bolton

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

May 28-31, 2015

Swan Lake

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

Jul 4-5, 2015

Sundown Marathon 2015

Venue: F1 Pit Building
Ticket: S\$30
Contact: info@hivelocity.com.sg



ART STAGE SINGAPORE

Pameran seni yang menghadirkan seniman ternama Indonesia, diadakan di Marina Bay Sands.



LITTLE BY LITTLE

Acara yang menampilkan interaksi antara budaya Singapura dan Indonesia.



IPA INTRERPRENEUR AFTERNOON COFFEE

Acara yang diadakan oleh IPA
(Indonesian Professionals Association)

Daftar Nama Pejabat KBRI, Bank Indonesia, dan BUMN yang Telah Selesai Bertugas di Singapura Terhitung Februari 2015

KBRI Singapura:

1. Bapak Mirza Nurhidayat,
Minister Counsellor Fungsi Politik
2. Bapak Simon D.I. Soekarno,
Minister Counsellor Fungsi Penerangan,
Sosial, dan Budaya

Bank Indonesia:

1. Bapak Indra Kuspriyadi,
Kepala Bank Indonesia di Singapura

Daftar Nama Pejabat KBRI, Bank Indonesia, dan BUMN yang Baru Bertugas di Singapura Terhitung Februari 2015

KBRI Singapura:

1. Bapak Sigit S. Widiyanto, Minister Counsellor Fungsi Ekonomi
2. Bapak Sugih Rahmansyah, Atase Perdagangan
3. Ibu Adhyanti Wirajuda, Sekretaris Kedua Fungsi Politik
4. Bapak Hosea R. B. Manurung, Sekretaris Ketiga Fungsi Penerangan, Sosial,
dan Budaya

Bank Indonesia:

1. Bapak Bambang Kusmiarso. Kepala Bank Indonesia di Singapura
2. Bapak Andhika Surya Akbar, Pejabat Bank Indonesia di Singapura

BUMN:

1. Bapak Bambang Varia Wibowo, Indosat Singapore
2. Bapak Wiwi Suprihatno, Deputy Regional Head Bank BNI Singapore Branch,
Bank BNI
3. Bapak Toto Nugroho, Managing Director Pertamina PETRAL Services
4. Bapak Ahmad Maulana, Manager Treasury and Trade, Pertamina PETRAL Services



SENDANG SONO

THE LOURDES OF SOUTHEAST ASIA

The name Sendang Sono takes its inspiration from a spring (sendang) which runs along the area under the shelter of two sono trees. The spring is reputed to have healing powers as does the one at Lourdes in France.



The 45-min drive from Yogyakarta brings you to a sacred Marian site of pilgrimage which is also host to tomb of Sarikromo is approached by the passage of Jesus Sacrification and the holy grotto of Maria, past the small stalls hawking religious reliquary under the cooling canopy of ancient trees. The name Sendang Sono takes its inspiration from a spring (sendang) which runs along the area under the shelter of two sono trees. The spring is reputed to have healing powers as does the one at Lourdes in France. The spring now channeled through a glassed-in enclosure has been serving as baptismal font ever since 20 May 1904, when Father Van Lith arrived here and baptized 173 Javanese people of Kalibawang. It has since become a popular Catholic pilgrimage hub with thousands of devotees streaming in between May and October every year.

People of much faith also come here for the healing waters of the spring. The tranquil retreat is imbued with its own store of memories and stories amongst which is a legend that it was once the retreat of a

bhikku from Bora who settled here (it was then known as Sendang Semagung). In 1929 the Marian shrine at Sendang Sono was officially blessed as Marian pilgrimage hub with the installation of a statue of Mother Mary and the building which was a replication of the famous healing grotto of Lourdes in France. It is now known as the “The Grotto of Mary Lourdes Sendangsono” Devotees kneel in prayer and light candles before the grotto near the sono trees where the baptismal spring flows by. They also post written petitions in the firing pot located here to God. A relief here delineates the baptismal services held in those early days, over a century ago when it became a Catholic place of veneration.

Near the holy grotto lies the tomb of Barnabas Sarikromo, a friend of Father Van Lith who also one of the people baptized in 1904 and was determined to be the first teacher of Catholic religion in the area. During the course of this period he met Father Van Lith. Barnabas had promised God that he would devote his life to him if he would be rid of his disease.

The passage of Jesus Sacrification marks the stages of the cross that Christ

had to go through before his crucifixion. Pilgrims light candles along the way as a reminder of that terrible journey of Jesus’ to Golgotha Hill.

The Marian pilgrimage complex was designed by Father YB Mangunwijaya Pr and has won the AGA Khan Award for its beautiful architecture. You will find devotees just sitting around enjoying the peace and tranquil air of Sendang Sono; others stand by the pretty little bridge under which the beautiful spring flowing by in the complex. The enchanting place attracts lots of visitors (devotees, tourists etc) many of whom also take back some of the spring water home with them as it is supposed to contain healing properties. There are taps, by the stream, through which the water has been channeled from the spring as a convenience for visitors. 



Sendang Sono

Sejarah mengatakan bahwa Sendang Sono yang terletak 45 menit dari Yogyakarta memiliki mata air yang mempunyai mujizat penyembuhan seperti yang terdapat di Lourdes, Perancis. Oleh sebab itu, Sendang Sono juga terkenal sebagai Lourdes Asia Tenggara. Bagi umat Katolik, tempat ini merupakan tempat ziarah populer yang dikunjungi ribuan orang di antara bulan Mei dan Oktober setiap tahunnya. Kompleks Ziarah Maria ini dirancang oleh Pastor YB Mangunwijaya Pr dan memenangkan AGA Khan Award untuk arsitektur yang indah.

SPORTS LISTING



SPORTS CLINICS

SINGAPORE SPORTS MEDICINE CENTRE

Tel: (65) 6737 1000
Email: doctor@ssmc.sg

PROVIDENCE ORTHOPAEDICS

Tel: (65) 6684 2330
Email: contact@sgbonedoc.com

SPORTS MEDICINE AND SURGERY CLINIC

Tel: (65) 6256 6011

THE SOLE CLINIC

Tel: (65) 67360519
Fax: (65) 67331519
Email: contact@thesoleclinic.com

The Sole Clinic is a unique podiatry and physiotherapy clinic that provides solutions for musculoskeletal pain, sports injuries, foot pain and foot related conditions. It is also the first Singaporean owned clinic that combines these 2 specialties together all under one roof. Common causes for sports injuries like runners knee include tight muscles like ITB that cause the maltracking of the knee cap which leads to pain with running. Weak hip muscles can also cause altered alignment during running leading to maltracking of the knee cap as well. Patients suffering from such pain usually have a sudden increase in intensity of running and lack of stretching or warm up exercises.

SPORTS MEDICINE CLINIC

Tel: (65) 68836957 ext 651
Fax: (65) 6883 6967
Email: admin@sportzdoc.com

SINGAPORE PHYSIO

Tel: (65) 6887 4190
Fax: (65) 6887 4154
Email: info@singaporephysio.com

SINGAPORE SPORTS AND ORTHOPAEDIC CLINIC

Tel: (65) 9734 3087
Fax: (65) 6471 2632

URBAN REHAB (SPORTS AND INJURY PHYSIOTHERAPY)

Tel: (65) 65339133
Email: nigel@urban-rehab.org

CORE CONCEPTS - MUSCULOSKELETAL HEALTH GROUP

Tel: (65) 6226 3632
Email: enquiry@coreconcepts.com.sg

NEURO SPINE AND PAIN CENTER

Tel: (65) 6835 4325
Fax: (65) 6835 4326
Email: info@spine-neuro.org

PHYSIOCLINIC

Tel: (65) 62244178
Email: contact@physioclinic.sg

SPORTS MEDICINE INTERNATIONAL | ORTHOPAEDICS INTERNATIONAL

Tel: (65) 6476-7266

SPORTS SHOPS

DESCENTE

Tel: (65) 6887 2960
Fax: (65) 6733 2616

CHAMPION SPORTS PTE LTD

Tel: (65) 63366276
Fax: (65) 63380936

CREATIF VENTURE PTE LTD

Tel: (65) 6383 8500
Fax: (65) 6281 0803

CONVERSE

Tel: (65) 6382 3133

FOOTBALL MADNESS

Tel: (65) 6483 5509

F1 RECREATION PTE LTD

Tel: (65) 6846 7666
Fax: (65) 6846 7246

GALLEN SPORTS

Tel: (65) 6345 8936
Fax: (65) 6760 2317

NEW BALANCE

Tel: (65) 6734 6618
Fax: (65) 6734 9288

HOOPS FACTORY

Tel: (65) 6792 5933
Fax: (65) 6553 5145



Salesperson Reg. No.
R044420D



Manuel Wong
Sr. Associate Manager
Cert-in-CES
9637-7152
manuelwremax@gmail.com



REAL CENTRE PROPERTIES PTE LTD

Estate Agent License No.: L3009763J
490 Lorong 6 toa Payoh #03-12 HDB HUB
Tel: 6511 3000 Fax: 6259 3500

ADDRESS BOOK

HOSPITALS

ALEXANDRA HOSPITAL

378 Alexandra Road
Singapore 159964
(65) 6379 4383

ANG MO KIO - THYE HUA KWAN HOSPITAL

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

BRIGHT VISION HOSPITAL

5 Lorong Napiri
Singapore 547530
(65) 6248 5755

CHANGI GENERAL HOSPITAL

2 Simei Street 3
Singapore 529889
(65) 6788 8833

CHANGI GENERAL HOSPITAL, WARD 3B @ PARKWAY EAST HOSPITAL

321 Joo Chiat Place
Singapore 427990
(65) 6344 7588

COMPLEX MEDICAL CENTRE

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

FORTIS COLORECTAL HOSPITAL

19 Adam Road
Singapore 289891
(65) 6672 5900

GLENEAGLES HOSPITAL

6A Napier Road
Singapore 258500
(65) 6470 3461

INSTITUTE OF MENTAL HEALTH

10 Buangkok View
Singapore 539747
(65) 6389 2000

JOHNS HOPKINS SINGAPORE INTERNATIONAL MEDICAL CENTRE

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

KHOO TECK PUAT HOSPITAL

90 Yishun Central
Singapore 768828
(65) 6555 8000

KK WOMEN'S AND CHILDREN'S HOSPITAL

100 Bukit Timah Road
Singapore 229899
(65) 6293 4044

MOUNT ALVERNIA HOSPITAL

820 Thomson Road
Singapore 574623
(65) 6347 6688

MOUNT ELIZABETH HOSPITAL

3 Mount Elizabeth
Singapore 228510
(65) 6731 2828

MOUNT ELIZABETH NOVENA HOSPITAL

38 Irrawaddy Road
Singapore 329563
(65) 6933 0000

NATIONAL HEART CENTRE OF SINGAPORE

17 Third Hospital Avenue
Singapore 168752
(65) 6436 7800

NATIONAL UNIVERSITY HOSPITAL

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

NUH WARD 1@JURONG

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

PARKWAY EAST HOSPITAL

321 Joo Chiat Place
Singapore 427990
(65) 6344 7588

RAFFLES HOSPITAL

585 North Bridge Road
Singapore 188770
(65) 6311 1111

REN CI COMMUNITY HOSPITAL

71 Irrawaddy Road
Singapore 329562
(65) 6358 0777

REN CI LONG TERM CARE

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

SINGAPORE GENERAL HOSPITAL

Outram Road
Singapore 169608
(65) 6222 3322

SINGAPORE GENERAL HOSPITAL REHABILITATION MEDICINE

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

ST ANDREW'S COMMUNITY HOSPITAL

8 Simei Street 3
Singapore 529895
(65) 6586 1000

ST. LUKE'S HOSPITAL

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

TAN TOCK SENG HOSPITAL

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

TAN TOCK SENG HOSPITAL REHABILITATION CENTRE

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

TAN TOCK SENG HOSPITAL SUBACUTE WARDS

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

THOMSON MEDICAL CENTRE

339 Thomson Road
Singapore 307677
(65) 6256 9494

WEST POINT HOSPITAL

235 Corporation Drive
Singapore 619771
(65) 6262 5836

EMERGENCY NUMBERS

EMERGENCY AMBULANCE AND FIRE

995

NON-EMERGENCY AMBULANCE

1777

POLICE EMERGENCY

999

DENGUE HOTLINE

1800 933 6483

FIRE HAZARD REPORTING

1800 280 0000

POLICE HOTLINE

1800 255 0000

SCDF GENERAL ENQUIRIES

1800 286 5555

AVA HOTLINE

1800 226 2250

SP POWERGRID (to report a power failure)

1800 778 8888

NEA HOTLINE

1800 225 5632

FLOODS/ DRAIN OBSTRUCTIONS

1800 284 6600

BUILDING & CONSTRUCTION AUTHORITY

(to report structural defects in non-HDB buildings)

(65) 6325 7191 / 6325 7393

HDB ESSENTIAL MAINTENANCE SERVICE UNIT (ESMU)

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

1800 275 5555 / 1800 325 8888 /

1800 354 3333

DRUGS & POISON (non-emergency)

(65) 6423 9119

WEATHER

(65) 6542 7788

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

1800 752 1800

FOREIGN MISSION ONE CALL CENTRE

1 800 334 4800

CALL-SEARCH YELLOW PAGES

777 7777

LOCAL DIRECTORY ASSISTANCE

100

INT'L DIRECTORY ASSISTANCE

104

PUBLIC TRANSPORT

DIAL-A-CAB

(65) 6342 5222

CITYCAB & COMFORT TAXI

(65) 6552 1111

SMRT TAXIS

(65) 6555 8888

TRANSCAB

(65) 6555 3333

PREMIER TAXIS

(65) 6363 6888

PRIME TAXI

(65) 6778 0808

YELLOW-TOP TAXI

(65) 6293 5545

TAXI EMERGENCY BOOKING

1 900 915 2222

SBS BUS INFO CENTRE

1 800 287 2727

MRT INFORMATION CENTRE

1 800 336 8900

LOST & FOUND SERVICE TAXIS

1 800 225 5582

LOST & FOUND SERVICE BUS

(65) 63837211

KBRI SINGAPURA



No. 7 Chatsworth Road

Singapore 249761

Tel: (65) 6737 7422

Fax: (65) 6737 5037 / 6235 5783

www.indonesianembassy.sg

info@indonesianembassy.sg

Perihal Keimigrasian, Layanan Visa & Paspor

(65) 6737 7422, lalu tekan 1

(65) 6839 5407

Perihal Layanan Konsuler dan Penata Laksana Rumah Tangga (PLRT)

(65) 6737 7422, lalu tekan 2

(65) 6839 5422 (Ibu Kalsom)

Perihal Perdagangan

(65) 6737 7422, lalu tekan 3

(65) 6839 5451 (Ibu Lis)

Perihal Perhubungan

(65) 6737 7422, lalu tekan 4

(65) 6839 5434 (Bp Ade)

Perihal Penerangan, Sosial dan Budaya, Layanan Jurnalis dan Pendidikan

(65) 6737 7422, lalu tekan 5

(65) 6839 5472 (Sdr Michael)

Perihal Bea Cukai

(65) 6737 7422, lalu tekan 6

(65) 6839 5427 (Ibu Ros)

Perihal Ekonomi

(65) 6737 7422, lalu tekan 7

(65) 6839 5454 (Bp Ronald)

Perihal Politik

(65) 6737 7422, lalu tekan 8

(65) 6839 5460 (Ibu Saliah)

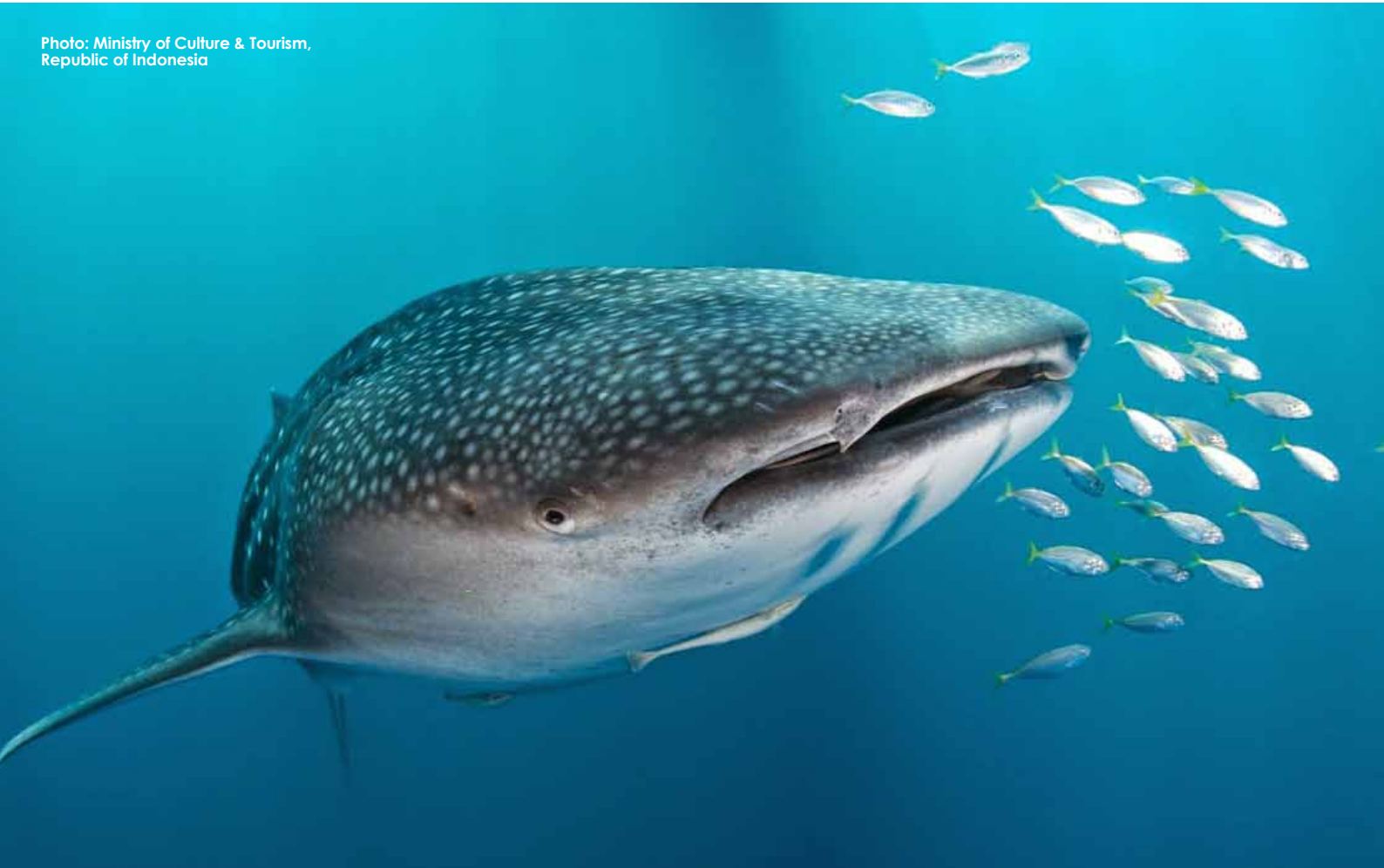
Perihal Pertahanan

(65) 6839 5491 (Ibu Ava)

WHALESHARK OF TELUK CENDERAWASIH

The large Cendrawasih Bay National Park in the north of the island of Papua, otherwise known as Teluk Cenderawasih, includes Indonesia's largest marine national park, and is one of the best dive-sites in the archipelago. Playground of one of the world's largest animals: the spotted whaleshark or *Rhincodon typus*, these gentle giants come in pods and divers can swim along with them quite unharmed except to beware not to be hit by one of their powerful fins.

Photo: Ministry of Culture & Tourism,
Republic of Indonesia

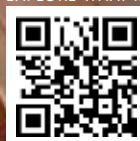


Wanted! Your travel photos - anywhere from Sabang to Merauke, Indonesia. Give us your best shot (high-resolution 300 dpi/at least 2MB, along with a brief caption and approximate date) by April 15, 2015 and win a pair of tickets to Alive Museum Singapore. Email your entries to indoconnect@sunmediaonline.com

WHAT IF...



EXPLORE WHAT IF



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

...YOUR CHILD FELT AT HOME FROM DAY ONE?

Would feeling secure and supported make learning easier?

That's the finding by leading education specialists, and it's certainly the experience of students at UWCSEA. Take Imogen and Ryohei, new students who had a friend from day one through the school's Buddy Programme. Because their buddies accompanied them throughout the day and introduced them to other students, Ryohei and Imogen felt they belonged from the start. This feeling followed them from playground to classroom, giving them the confidence to do anything from making friends to learning new mathematics concepts.

This is just part of the school's Personal and Social Education (PSE) programme, a key element of the learning experience. Through PSE, students explore their identity and place in the world. With the support of their teachers and each other, students are prepared to take their seat at school and beyond, with confidence.

What if your child joins UWCSEA?

Visit www.uwcsea.edu.sg to find out more.



Abundant facilities.
Superior layout.
The perfect home for
your family.

Nestled in the vicinity of Thomson's landed estate, The Panorama is connected to extensive road networks and within walking distance to the future Mayflower MRT station. Abundant amenities, spectacular views, and a wide range of lifestyle facilities are all at your doorstep.

Your children have a head start here. The Panorama is within 1km of the prestigious CHIJ St. Nicholas Girls' School, and near to many other established educational institutions.

A grand entrance surrounded by lush gardens and water features welcomes your family into a world of experiences. Take a scenic stroll on the Panorama Trail and enjoy the serenity of the surroundings. Watch a movie on the big screen in the three-storey Pano Club House, which also boasts function rooms and a well-equipped gymnasium.



Artist's Impression

At The Panorama,
bask in the
beauty of shared
moments with
your loved ones
in the best
environment.



Artist's Impression

Sky parks atop the towers form large gathering decks where your family can relish breathtaking views while enjoying a rooftop party. While the facilities have been designed for your entire family, there are also places created with you in mind. So indulge in a workout with fantastic views at the Sky Gym, or dance the salsa with your partner in the Sky Studio.

With the 1-bedder all sold out, there is still a wide selection of unit types, from 2-5 bedroom apartments and penthouses. Every space has been thoughtfully designed with the most exacting selection of fittings and architectural touches. **Come visit our showflats**, where spacious and smart layout combine to meet the needs of your family.

1. Enjoy the lush landscape from the Panoview
2. Let the kids have a blast at the Kids' Play
3. Take a stroll along the Panorama Trail
4. Enjoy a movie marathon at the Pano Club House
5. Challenge your physique at the Lap Pool
6. A splashing good time at the Children's Pool
7. Engage in hydro fitness at the Aqua Gym
8. Host a party at the Poolside Grill



Artist's Impression



Artist's Impression

WHEELLOCK
PROPERTIES

www.wheelockproperties.com.sg

Showflat located along Ang Mo Kio Ave 8

Open Daily, 11am – 6pm

For sales enquiries, please call
6733 9822
www.panorama.sg



Scan this code
to find out more