

IndoConnect

CONNECTING INDONESIANS IN SINGAPORE

VOL.3 NO.5 2015

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SEA GAMES ROUND UP:

Indonesia Goes Home with 47 Golds

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SEA GAMES: MEMORIES ARE MADE OF THIS...



At the end of the 28th South East Asian Games Closing Ceremony, after the lights dimmed in Singapore's ultra, new National Stadium at the Sports Hub, Indonesia emerged as one of the top five nations achieving 47 gold, 61 silver and 74 bronze medals. But there is more to the Games than just the final medal tally. The Games were remembered for new heroes and memorable battles, at the end of which, competitors shake hands and clasp each other on the shoulders in friendship. We saw for ourselves, the dream of sports as a way to strengthen the ties of friendship between people is still very much alive in SEA Games 2015.

Speaking of heroes and moments, right from the start, the joy and honour of winning Indonesia's first gold in the Games went to canoeist Marjuki who led Indonesian rowers who scored an awesome total of eight gold medals; there was the epic battle between the country's shuttlers, Praveen Jordan and Debby Susanto, against Malaysia in the semi-finals (one of the most memorable matches in this year's Games) before they went on to win the gold against Thailand in the finals. And, of course, we are sure the sweet and hard-fought 1-0 victory in the semi-finals against Singapore in football helped assuage some of the other disappointments in the competition as well.

This is natural, it is the spirit of competition in sports. But at the end of the day, we meet each other as friendly neighbours, to share and savour the moment, to rest on our laurels before preparing ourselves again for battle.

Top Singapore sports journalist, Suresh Nair, describes some of the other made-in-Indonesia heroes and the battles that deserve our admiration in our special SEA Games report. He gives an excellent rundown of the highlights and makes you wish - if you were not able to - be there to cheer the athletes on!

While still on sports, we are also proud to present the story of another hero that has super athletic endurance. After many years of trying, Andy Wibowo, finally stood on the champion dais at the 2015 Bintan Triathlon. He is the first Indonesian winner of the marquee Olympic distance event and his story, one of personal perseverance is inspirational for anyone to read.

Next issue we also look at a couple of topics of a personal nature. The first feature concerns subjective feelings about this little red dot - 'How Singapore Changed My Life.' The second makes us examine and think more rationally about health. We had some frank discussions with health professionals and patients about 'Why Come to Singapore for Medical Treatment.' We think their answers and views will surprise and enlighten our readers to reassess some long held beliefs about Singapore's strengths and weaknesses in providing medical services for foreign visitors.

Nomita Dhar
Editor-in-chief

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**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."



YEO CHAI JING

A Singapore Management University undergraduate who's studying business but also has a serious interest in writing. He says, "Apart from doing sales and marketing, I like to offer an objective and fresh perspective on the topics I write." He also moonlights as a member of a rock band.



PUTRA MUSKITA

Putra Muskita was born and raised in Jakarta, but now lives and writes in Singapore. He graduated from Singapore Management University in 2013. He is also at home and comfortable writing on tech-related subjects in this issue.

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Minister Ignasius Jonan visits Singapore

As a part of Singapore's Ministry of Transport Distinguished Visitors' Programme, Indonesia's Minister of Transport Ignasius Jonan visited the Island city on a two day trip from 12-13 May. At the behest of his counterpart's invitation Minister Ignasius Jonan met with Singapore Transport Minister and Second Minister for Defence Lui Tuck Yew.

In an effort to strengthen relations and promote closer collaboration in the transport arena with Singapore's foreign counterparts, the Minister visited the Civil Aviation Authority of Singapore, the Land Transport Authority of Singapore (LTA) and Port Authority of Singapore (MPA) as well as other transport operators.

On Wednesday 13 May, Minister Jonan spoke at the Singapore Business Leaders Programme, organised by the Human Capital Leadership Institute with the Singapore Economic Development Board, the Ministry of Manpower, and the Singapore Management University as strategic partners.

Special Invite for the Indonesian Community

To celebrate Republic Indonesia's 70th Anniversary this year's Panggung Gembira and Bazaar will be held on 30 August 2015 at the Embassy

The major highlights of the celebrations include top Indonesian singers and pop groups such as Benigno, Cakra Khan, Cita Citata, Danang & Evi Academy, Kotak Band, Wika Salim along with supporting acts like Indah Sari, Project Qiu, Purwa Tjaraka amongst others.

Panggung Gembira is just one of the highlights of this year's celebrations as the Indonesian



Embassy will be holding a special Flag Raising Ceremony as well as a formal Diplomat Reception hosted by Ambassador HE Andri Hadi for invited guests. There will also be sporting competitions organised to mark Indonesia's 70th birthday.

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DIASPORA BAKTI BANGSA

Indonesians abroad are invited to return, network and reinforce ties with the homeland at the Third Congress of Indonesian Diaspora

The third Congress of Indonesia Diaspora (CID) will be held in Jakarta this August. It follows on the successful debut in Los Angeles in 2012 and second meeting in Jakarta two years ago. Indonesians from all walks of life attended and discussed diaspora problems and exchanged experiences. It attracted prominent people such as the Dr Sri Mulyani Indrawati (Managing Director, World Bank), Dr Sehat Sutardja (President, Marvell Technology Group) and the previous Indonesian Minister of Tourism and Creative Economy, Dr Mari Elka Pangestu.

The second CID was opened by former President Susilo Bambang Yudhoyono who said the diaspora is an international phenomenon with the significant potential to boost the country's development. Other prominent guests included former Minister for Foreign Affairs, Marty Natalegawa and former President, B.J. Habibie.

The upcoming third edition in Jakarta promises to be just as high-profiled and to tell us more about the event, Mrs Monique Natahusada from FKMIS (Forum Komunikasi Masyarakat Indonesia Di Singapore) / IDN Singapore, Treasurer General of IDN Global and acting VP ASEAN, also explained how the CID is relevant to Indonesians living overseas in countries like Singapore. Ibu Monique said, "There are several ways we can identify ourselves. Our jobs, family and interests make our identity. But if we look at the bigger picture, society as a whole makes us who we are. Societal norms depict our mentality and actions. We will have that

unexplainable way of doing things or certain actions that only our fellow countrymen may understand. Being in a sea of non-locals requires people to conform and restrict certain habits and ways of life which results in a longing to act normal again. In essence, the CID is a platform for all the Indonesian Diasporas to be themselves and reignite their identities again."

The Indonesian Diaspora is rapidly spreading across the world consisting of current and former Indonesian nationals staying overseas as well as foreigners with Indonesian roots. Ibu Monique continued, "Being far from one's homeland might diminish the connection one might have had before. We all have our roots and origins which is something worth preserving. The CID 3 is organised by IDN Global and Ministry of Foreign Affairs Indonesia. This is a great opportunity for Indonesians all over the world to come together and get connected. This year the third CID will be held in Jakarta, Indonesia from 11 to 14 August 2015."

CID is also an opportunity for the Indonesia Diaspora to communicate and evaluate the issues and problems that can cover social, cultural, economic and regulatory issues (e.g. related to immigration rules) faced by the diaspora. "It also allows them to provide support and solutions to help their fellowmen. Prominent figures would also be giving talks to provide better insight into Indonesia and the world at large," added Ibu Monique.

The third CID will be having a large number of talks and events with topics

covering issues related to The Creative Economy, ASEAN to Entrepreneurship as well as keep the diaspora informed of the economic and political relations between Indonesia and the world.

There are also other topics closer to the heart such as promoting social cohesion, tolerance and understanding to help the diaspora adapt better in their societies. There will also be performances and movie festival during the event. Indigenous art will also be on display to resonate with the diaspora, making them feel closer to their Indonesian roots.

Finally, in this year's CID, Ibu Monique said visitors and participants can also expect more time will be devoted to topics centred on grassroots initiatives due to the emphasis placed by President Joko Widodo in this area. This year's theme is 'Diaspora Bakti Bangsa.' The highly debated Dual Citizenship issue will also be tabled. The IDF (Indonesian Diaspora Foundation) is also participating. The IDF is a non-profit organisation in the US that aims to strengthen the global cross-collaboration between Indonesia and the World and empower Indonesian Diaspora worldwide

For more information on third CID 2015, including the full Congress Agenda and Programme, please visit: www.cid-3.com



Ibu Monique Hatahusada

Are You Part of the Diaspora?

The Indonesian Diaspora's strength lies in its size and its diversity. Its broad definition for the CID: Every Indonesian national who lives overseas – regardless of religion, ethnicity, occupation or visa status.

Non-Indonesian nationals of Indonesian descent; those who have commercial interests in Indonesia; or Indonesianists who care deeply about the country's future are part of the Indonesian Diaspora as well.



FIRST FAMILY'S QUINTESSENTIAL INDONESIAN WEDDING

Gibran Rakabuming Raka, President Widodo's eldest son married Selvi Ananda in a traditional Indonesian wedding on 11 June at Solo, Central Java



It was a wedding attended by the who's who of Indonesia and blessed by the common public of the archipelago. Thousands of people flocked to Solo in order to attend the wedding and reception of President Joko "Jokowi" Widodo's eldest son Gibran Rakabuming Raka to former beauty queen Selvi Ananda.

The marriage was solemnised after the fluent recital of the "nikah" (Islamic marriage contract) by the bride and groom. Aside from close family and relatives, guests invited to attend the ceremony included VIPs such as former president Megawati Soekarnoputri, Minister/State Secretary Pratikno and National Police Chief General Badrodin Haiti.

"From this second, the couple is legally married as husband and wife in accordance with Islamic teachings and existing laws," Head of the Banjarsari Religious Affairs Office (KUA) Muchroji proclaimed while conducting the ceremony at Graha Saba Buana Building. Antara News reported that President Jokowi's son Gibran gave the bride a set of gowns for prayers as dowry. Born in Solo on October 1, 1987, Gibran owns a catering company and restaurant. He met Selvi, his neighbour, in Singapore in 2010. Being a former beauty queen, Selvi was in Singapore as a tourism envoy of the city, while Gibran led a Solo Batik Carnival delegation. The wedding followed by reception included civil servants from the Surakarta administration, along with members

of the Surakarta market vendors' association, barbers' association and pedicab drivers. Traditional Surakarta dishes and snacks prepared by Chilli Pari, a catering service company owned by Gibran, were provided for the guests.

At the wedding reception Megawati Soekarnoputri, the Chairwoman of the Indonesia Democratic Party of Struggle (PDI-P), NasDem Party chairman Surya Paloh and Maritime and Fisheries Affairs Minister Susi Pudjiastuti, were seen at the venue during the ijab kabul ceremony. In a press conference after the ceremony, President Jokowi expressed his gratitude to the public. "Praise God, the wedding vow went well thanks to your prayers and support. My family and I would like to express our gratitude."

A string of Javanese wedding rituals began at 10 am with the first ritual, panggih (meeting), which included throwing betel, Gibran stepping on an egg, followed by Selvi washing his foot.

The groom then poured rice into a cloth held by Selvi in the ritual krobongan or petanen, which symbolises wealth and prosperity. The couple later sat on their respective parents' laps, and also fed each other to depict their journey as husband and wife using and enjoying belongings together. This was later followed by kneeling before their parents as a sign of respect and seeking their blessings before they start a new life as husband and wife.



GOOD EFFORT FACING TOUGH COMPETITION

By Suresh Nair

Indonesia gave her best shot at SEA Games to bring back a total of 182 medals

NO big smiles but former badminton Olympic gold medalist Taufik Hidayat as Chief de Mission of Indonesia's contingent for the 28th SEA Games in Singapore is satisfied all athletes gave their best shot.

Indonesia ranked fifth in the 2015 SEA Games medal table, bringing home a total of 182 medals, comprising 47 gold medals, 61 silver and 74 bronze.

"I still want to say thank you and I'm proud of how the Indonesian athletes worked hard in the SEA Games in Singapore. The competition was very challenging, sometimes the results were painful, but we should not blame each other. We still have to be enthusiastic in carrying out improvements to do well in future Games," said Taufik in an interview with The Jakarta Post.

His views were shared by Indonesia Youth and Sports Minister Imam Nahrawi, who said the government would thoroughly evaluate the sports stakeholders over Indonesia's performance. He added he would summon stakeholders, comprising the Indonesian Olympic Committee (KOI), the Indonesian Sports Council (KONI),

and the Indonesia Gold Program (Prima), as well as officials of Indonesian sports associations.

Eliminated Events

The minister was quoted by Antara in Jakarta that he had to downsize the gold-medal-winning targets because a number of events where Indonesian athletes were expected to excel in the medal chase had been dropped. The eliminated events were chess, karate, kempo, weightlifting, wrestling and beach volleyball.

He said that originally Indonesia was projected to collect up to 70 gold medals to be the runner-up at the event. Indonesia had been the dominant force from when it first competed in 1977 up until 1997, and was always among the top three sporting nations with Thailand being the only nation to take the championship title in 1985 and 1995.

In the past, Indonesia had finished only four times outside the top three in the medal tally, in 2005, 2007, 2013 and 2015.

For the record, Singapore 2015 is the 28th edition of SEA Games. The games have been running bi-annually from 1959

in an almost unbroken sequence, with the exception of the 1963 edition. Cambodia was supposed to act host that year, but cancelled that year. Indonesia has hosted the games four times, in 1979, 1987, 1997, and 2011. From the previous 27 games, Thailand is still the most productive nation with a combined total of 5307 medals.

Favourite Sport

Taufik was, however, pleased that Indonesians' favourite sport had once again flown the nation's flag proudly in the games as badminton exceeded its own goals.

He told The Jakarta Post, "Indonesia sent a squad much younger than that of the other countries, with one athlete in particular, Gregoria Mariska Tunjung, being only 16.

In the team events, the women had to be content with bronze after an unfortunate defeat to Malaysia in the semifinals. However, the men's team spectacularly won gold, beating Malaysia and Thailand in the semifinal and final round respectively. The men's victory was thrilling, as both matches were won with a 3-2 score."



(Facing page): ○ HE Ambassador Andri Hadi with the Indonesian Dragon Boat team at Marina Bay. (Clockwise from above): ○ It's 'Three Golds!' for badminton as the team and Chairman of the Badminton Association of Indonesia, Mr Gita Wirjawan (standing third from right) seem to be showing here ○ Men's Pair Rowing winners Santoso Budi & Hadid Tanzil ○ Mr Ridwan Hassan, Indonesia Embassy Deputy Chief of Mission, interviewed - expresses his confidence in the the country's football team ○ Indonesian rowers pledging solemn allegiance to the flag of Indonesia during the flag raising ceremony before the Dragon Boat race ○ Indonesian fans' football fever rewarded with win over Singapore





In newer sports like wushu, Indonesia did well. Lindswell Kwok, the taijiquan and taijijian world champion, showed she still packs a lethal punch, winning gold in both optional events. She is a fan of singer Bruno Mars and has a unique ritual of trimming her locks before or after a competition, which she says helps her alleviate the tension.

Larasati Gading, a mother of three, also had heads turning as she cut a glamorous figure during the equestrian competition. She is also a successful entrepreneur back home, running her own equestrian school and supplies company. She trotted away with both the dressage individual and team titles.

Indonesian rowers, too, were in powerful form, blasting the waters with an impressive 18 medals (eight golds, six silvers and four bronzes) and were the only nation to place athletes onto the podium in every event, a distinction they achieved at the last SEA Games in 2013 as well.

Better at Malaysia 2017

These sterling performances show how Indonesia is still keeping the faith and can look forward to Malaysia, which will host the 2017 SEA Games; Indonesia will hopefully deliver a better performance there, says Taufik.

As he rightly pointed out to the House of Representatives, Indonesia must further improve on upgrading its facilities and funding for the longer-term athletes' training.

He added that despite of any bureaucratic division between Indonesia's National Sports Committee (KONI), Indonesia's Olympic Committee (KOI), and Satlak Prima (government's body in charge of training Indonesian athletes for international events) and any shortcomings in the current condition of



(Top left): Rivani Adelia Sihotang won the silver for Women's Individual in golf. (Above): To watch out for in future - Indonesia Synchronised Swimming team is coming up with a bronze win in SEA Games 2015

facilities – these factors did not hamper Indonesia's medal hunt in the games.

Youth and Sports Minister Imam said, "It's about time the government put its trust in the younger core of athletes, who can lift the country's image on the international stage."

Presidential Decrees

He also spoke on Indonesia's buildup towards hosting the 2018 Asian Games, and preparations for the 2016 Olympics in Rio de Janeiro. In his report, Imam revealed that the ministry had prepared drafts of presidential decrees on a national committee for the Asian Games, which would be finalised in the near future, as well as a draft for goods and service procurement for the quadrennial pan-continental multi-sport event.

"We hope the presidential decrees (on the Asian Games) will be finalised and issued soon, but this is a big event where all stakeholders are involved. We want all the preparations for the Asian Games to go well because we all need to see Indonesia succeed in holding such big events."

Olympics Target

The sporting future is bright for Indonesia. For the 2016 Olympics, the minister is targeting two gold medals from

INDONESIA GOLD MEDAL WINNING GAMES

Game	No. of Gold Medals
Aquatics - Swimming	1
Archery	2
Athletics	7
Badminton	3
Boxing	1
Canoeing	3
Cycling	1
Equestrian	2
Judo	4
Pencak Silat	3
Rowing	8
Tae Kwon Do	2
Traditional Boat Race	2
Waterski	4
Wushu	4
Total	47

badminton and weightlifting and hopes to reach the top 30 in the final medal standings. In the previous Olympics in London, Indonesia finished with one silver and one bronze medal, both from weightlifting.

The key to success lies, definitely, in the nation's athletes all giving their best shot.

WIBOWO CONQUERS BINTAN

Frontrunner Wibowo finally takes Bintan Triathlon title

by Alan Grant

After years of near misses, Andy Wibowo finally stood on the top step of the podium at the 2015 Bintan Triathlon with a dominating wire-to-wire performance. The popular triathlete became the first Indonesian winner of the marquee Olympic distance event. Jacky Foley of the USA took the women's title outlasting Kathryn Haesner in a thrilling contest, while earlier in the day triathlon legend Chris "Macca" McCormack put on an exhibition-like show to win the Sprint race.

About 1,000 athletes competed across many age group categories in the event which started from the Nirwana Gardens on Saturday, 23 May 2015. Wibowo led the charge down the slope that shattered the calm, clear sea and soon took his usual spot at the head of the swim pack. He had a huge lead but the big question was whether Wibowo could turn that advantage into victory; he'd been first out of the water at Bintan many times before but had always been overhauled on the bike or run.

The 40km bike course was indeed challenging passing through the punishing hills of the Ria Bintan resort but Wibowo was more than up for that challenge. In fact, he actually increased his lead after covering the 40km. The Indonesian never wilted in the last leg of the run and finished impressively with a third-fastest split of 39:23 over an undulating and in places muddy run course. His victory was assured as he

entered the finishing chute, allowing him to take in the special acclaim afforded to a local hero. His winning time was 2:05:18, giving him an almost two-minute margin over his nearest rival O'Shea.

Having been caught three times previously after holding big leads after the swim, the Bali-based Wibowo was obviously ecstatic about finally winning the race. "I'm really happy, I've been training really hard and everything has paid off. I really tried to push myself on the bike and it worked this time," he said. "I love racing at Nirwana, it's a well organised event and of course I'll be back to defend my title," Wibowo added as he left the medical tent after having a foot injury tended to.

"I cut my toe with my wheel during transition as I racked my bike," the champ revealed. "I didn't feel too much pain at the time, but now it hurts a bit more!"

Women's Race

The women's wave started 15 minutes after the men and Jacky Foley was even more dominant in the water than Wibowo had been, hitting the beach almost two minutes clear of the Kiwi Kathryn Haesner. Indeed, her split of 21:37 was faster than all the men except the champ. Foley has used her strong swim weapon to clean up at recent multisport events in Singapore, but she was made to work harder for her win at Bintan as Haesner came charging back on the bike.



The Kiwi made the catch at the 35km mark and as the pair entered T2 together, the scene was set perfectly for a battle between the two accomplished runners. Foley actually moved back into the lead with a quicker transition and while Haesner kept Foley in sight throughout the first lap of the 5km circuit, she couldn't close the gap. Foley thrived on the pressure of leading and as she entered the final kilometer along the beach and past the resort pool, the American had increased her lead margin to 30 seconds and ran on strongly to claim the queen's crown in a time of 2:15:41.

The 11th Edition of Bintan Triathlon festival features two days of action, with the younger generation getting the spotlight on the Sunday morning with Youths aged 12 to 15 racing over a 300m-12km-3km course while the youngest triathletes aged 8-11, competed over a 150m-6km-1.5km course for the Kids titles.

For full results of the 2015 Bintan Triathlon festival visit www.bintantriathlon.com. The next big race on the calendar from Bintan Triathlon organiser MetaSport is the IRONMAN 70.3 Bintan on August 23. For full details visit www.ironmanbintan.com.



The Bintan Triathlon attracted over 1,000 participants

IBU SEPTIKA - SUPER TELEMOM?

Telkom high-flyer believes communication crucial to foster closer ties whether it is countries or families

By Yeo Chai Jing

A model leader, loving mother and wife, the CEO of Telin Singapore, Ibu Septika N. Widyasrini has proven her mettle in the highly competitive international telecoms industry. When PT Telekomunikasi Indonesia (PT Telkom) opened its first overseas operating subsidiary here in 2008, it chose Ibu Septika to head Telin Singapore. Her cosmopolitan outlook in work and family life values played a large part in her success as she believes, “Just like the boundaries between countries do not restrict a family’s bonds, they can even bring them closer together.” Incorporating this philosophy, she has achieved a great deal of success in breaking down boundaries to connect people with Telin Singapore and Telkom.

Her rise in the corporate world began in 1986 when she joined PT Telkom and was involved in its business development, procurement and operations. Before coming to Singapore, Ibu Septika was President Director and the CEO of Telin in Jakarta, concurrently managing the Singapore operation as well. Her work entailed managing overseas investments and international telecommunication services for the Telkom Group.

Iconic Figure

Ibu Septika is also an iconic figure for women in Indonesia. With grit and a passion for learning, she was able to climb up the corporate ladder and became the first female senior executive in Telkom. Her triumph in overcoming gender bias is an indication to society that such bias



is starting to be a thing of the past. In an interview with IndoConnect, Ibu Septika shared some insights about her work and life in Singapore.

When asked about her family and how accepting they were about her coming to work here she said, “I am the mother of two. When I arrived in Singapore, my elder daughter was making her move from Singapore to the US. My son also studied in Singapore, but he was moving to Oslo. It was quite unfortunate that we could not be in the same place at the same time. My son is in the maritime industry and my daughter is in the financial services industry. My husband loves me more than I love myself. He said that it was a good opportunity for me to learn about international business as sooner or later, we would need to coach our kids and give them

the benefit of our knowledge.”

On why Telkom chose her for Singapore and the challenges she faced here, she said, “Firstly, I had the experience which is attained with time. I have worked in this company for almost 30 years. I went to Padjadjaran University, Bandung and my masters from University of Indonesia. I studied economics but jumped to a different field - the IT and telecom industry. A good attitude for learning allowed me to do that. I was willing to explore and learn new things.”

“For the challenges, our parent company had high expectations as it is the first international office outside Indonesia. We had to give Telkom confidence about their decision to go for international expansion. We were putting ourselves out as a footprint and representation of Telkom Group internationally. For example, if you are the eldest of the family, you would need to prove to your parents that you are capable and good at your work. It is a similar commitment. Secondly, Indonesia and Singapore are very different. When we came here, we had to learn and adapt to different systems and regulations.”

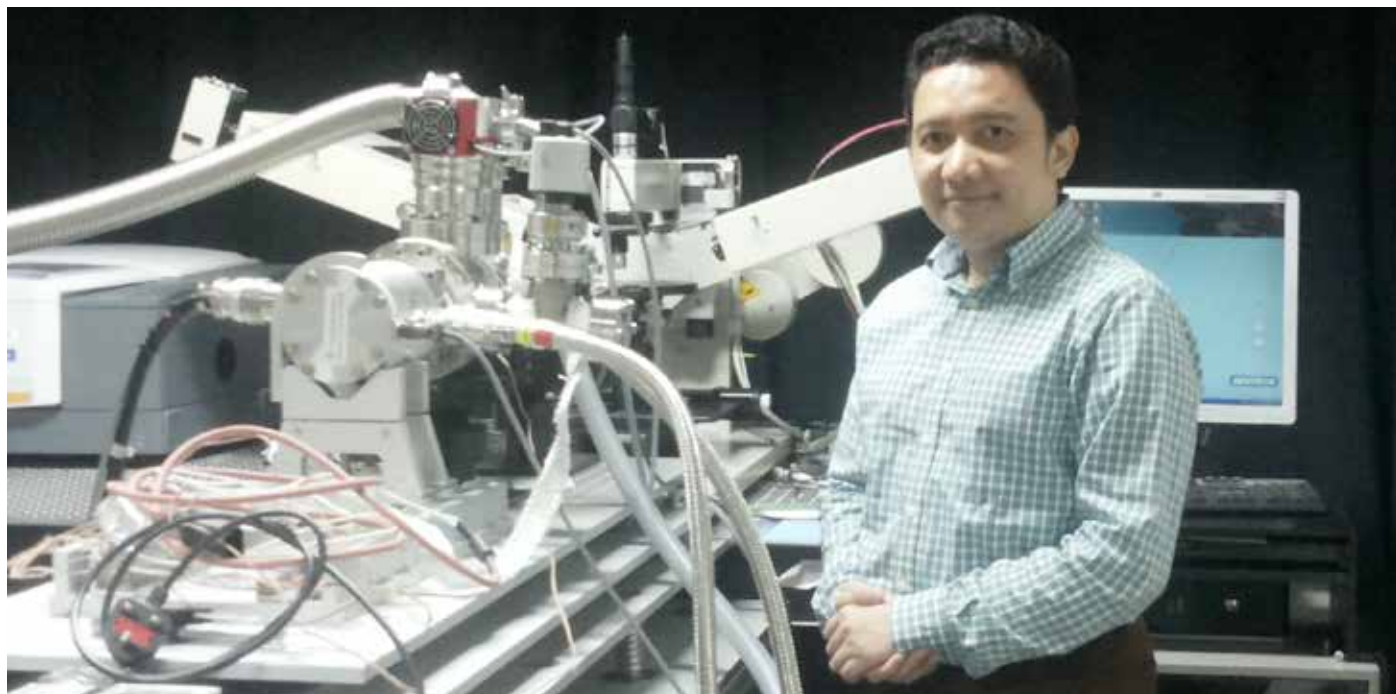
In the face of such high work pressures, how does she relax? “In terms of leisure pursuits, I like to play the piano and learn the harp. My teacher arranged an international harp festival two years ago and invited me to perform! She invited me to perform this year as well but I am unable to commit due to my heavy workload. I also travel a lot to visit my family back home. I also like shopping with my daughter.”

Another feather in Ibu Septika's hat - the ground breaking ceremony for Telin Singapore's third data centre here! With VIP Guests (from left): Ibu Rini M Soemarno, Indonesia's Minister for State Owned Enterprise, Mr Lee Yi Shyan, Singapore's Senior Minister of State for Trade and Industry & National Development, Mr Ridwan Hassan, Deputy Chief of Mission, Indonesian Embassy and Mr Alex J. Sinaga, Group CEO, PT Telkom Indonesia



PROF ANDRIVO RUSYDI - LESSONS ON LIFE & PHYSICS

By Putra Muskita



Professor Andrivo Rusydi from the National University of Singapore's Department of Physics is into cutting edge technology that revolves around synchrotrons - large machines that produce extremely bright light used for research in various fields. The Padang-born academic shares with IndoConnect how he came to Singapore, his passion for teaching, and why it's better at this stage of his work to be in Singapore

Where did you grow up?

My hometown is Padang, West Sumatra. I lived there until high school. I remembered how we didn't even have electricity then so we had to finish everything during the day! In the evenings, we used candles, which you can't waste; but instead of using it to study, I used it to make kites. Electricity became a permanent feature when I was in junior high school.

Where did you study?

I did my undergraduate studies at the Department of Physics of Institut Teknologi Bandung (ITB). I was then offered a scholarship by the Dutch government, and so I moved to the Netherlands to pursue my master's and Ph.D. degrees at the University of Groningen.

How did you get into physics?

I liked physics ever since I was a child because of my father. He was a chemist and introduced me to physics by encouraging me to look closer at nature; whether it is observing a flow of a river, how to fly a kite against the wind, how to throw rock or marble

with precision. From there I fell in love - without even knowing it - with this thing called physics. I didn't even consider other fields when it came time to choose a major in university. My mother, who is a lecturer in midwifery and nursing, wanted me to go to medical school, which was typical at the time. But I've always liked physics, and I pretended to tick the wrong box in the application form (laughs).

When did you start researching synchrotrons?

It was while pursuing my Ph.D. The Netherlands didn't have a synchrotron, but the university could send its researchers elsewhere to use synchrotrons to discover new physics phenomena. We went to a few countries, until my professors said, "Let's go to Brookhaven National Laboratory in New York." When he asked me if I was interested, I was like, "New York? Yes! It's a dream come true!" I thought I was going to live in Manhattan, but it turns out the laboratory is in New York state, not New York City. It's very disappointing (laughs).

But it was an excellent place to do research. I spent about six years at there at the National Synchrotron Light Source laboratory and met top researchers and pioneers in the field. It was also there that I started developing my own research interests. We pioneered a new synchrotron-based experimental technique, called the resonant soft X-Ray scattering, which is now used in most major synchrotrons worldwide. Some of my Ph.D. works were also published in leading journals, such as Science and Nature.

How did you end up in Singapore?

After my Ph.D., I moved to Hamburg, Germany, where I became a postdoctoral fellow at the University of Hamburg and the Deutsches Elektronen-Synchrotron (DESY) research centre. In Germany, I was involved in research of a new generation of synchrotrons, which are based on free-electron lasers. Together with a strong research team in Germany, we pioneered a new experimental technique, the so-called vacuum ultraviolet free-electron laser (VUV-FEL) double monochromator Raman spectroscopy.

In 2007, Singapore offered me the professor position here in NUS, and a year later my wife and I moved here. I still go back and forth between Singapore and Hamburg. We realize that the material complexity for future technology is very high and therefore one has to be able to collaborate with different countries. As of today, research in such a field can not be done alone.

Do you teach classes in NUS?

Yes, I teach nanoscience and nanotechnology. I also teach them about synchrotron radiation, show them this unique facility and try to interest them in doing research in this field of study. I teach both undergraduate and graduate students.

I like teaching very much. Where else do I get to say my jokes if not in class? (He laughs). When you're in class, you can really convey what your ideas are. If you understand your own field

of expertise, the challenge is to teach a student from a completely different background. If you can do that, then you've really mastered it.

Is there any important 'life lessons' you try to convey to your students?

That you can still do something if you really enjoy it, even if you're not the smartest. When people read about Einstein, for instance, people are intimidated because he's really smart. But you don't have to be Einstein to do this! The Ph.D. students I supervise, I choose those who are really are interested in the field. It doesn't matter what their GPAs are, as long as they're really serious.

"TO ME, IF YOU ARE REALLY GOOD, IF YOU ARE COMPETITIVE, YOU SHOULD BE PRODUCTIVE. YOU SHOULD EXPAND YOUR KNOWLEDGE AND NETWORK. THAT WOULD ALWAYS BE MORE USEFUL FOR YOUR COUNTRY, BETTER THAN REMAINING IN INDONESIA AND COMPLAIN ALL DAY."

My students have since been published in renowned journals, like Nature Physics and Physical Review Letters. They will need all these life skills in the future, particularly once they start developing their own research group. Imagine if they don't - how and what do they teach the new generation?

Many Indonesians, especially the smart ones, go abroad and don't plan to return. Do you think it's a major problem?

Good point. I've put a lot of thought into that. If that person can really expand their career overseas, then we should let them be. If the love for their nation doesn't disappear, they will come back anyway: it's just a matter of time. Eventually, the knowledge they gain can benefit Indonesia. In this case, the Indonesian government plays a crucial role; they need to be proactive in picking

up this knowledge, and adopt and select them based on our own culture and our own needs.

To me, if you are really good, if you are competitive, you should be productive. You should expand your knowledge and network. That would always be more useful for your country, better than remaining in Indonesia and complain all day.

On the positive side, one thing I've really admired from the government is the LPDP Scholarship (Indonesian Endowment Fund for Education).

These scholarships are something everybody should realize and utilize as best as they can. In the past, there's always been many scholarships, but few people know about them. I think the government is already working hard on this issue.

Many Indonesians like to blame the government, but I think we should always start with ourselves. What can we do as researchers, for example? Sometimes the problem is that many people think so big, they don't even solve smaller, local problems that are also important. Think globally, but act locally.

We must also keep in mind that knowledge is the most valuable and expensive investment. All technology starts with fundamental research, and if Indonesia wants to own technology patents, like Singapore, the government should put serious, proper investment into fundamental research.

Do you see yourself coming back to Indonesia?

Yes, I do. Right now, it's good that I'm here. I'm supervising students from and at a number of Indonesian universities, and because of that, these students gain access to NUS facilities.

Not only do the students come here to Singapore, they also write their thesis in English. We teach them, they learn as much as they can, and then from that point, they can go to other countries and find scholarships, do their Ph.Ds, and be productive.

At the end of the day, of course, we'd all love to stay in Indonesia. There's good mango, good durian. No need for winter coats (laughs).

CELEBRATING JAKARTA'S 488TH ANNIVERSARY

By Raneer Sahaney



Two of the most enduring cultural experiences in the world since olden times find a voice at one of Indonesia's best loved social event

All bets are off when it comes to people's obsession with fashion and food. Two of the most enduring cultural and business experiences, they have manifested themselves in every which way in all societies down the ages. From the prohibitively expensive gowns and togas made from silks traded from the Orient, now draping the bodies of the nobility at a Roman banquet to the excess of exotic dishes spiked with imported spices—to the present-day catwalks and markets of Southeast Asia, people, it seems, love to be fashionably dressed and experiment with new dishes and drinks.

So when the Jakarta Food and Fashion Festival (JFFF) rolled in this year, it was very much in step with keeping the world's favourite obsessions in mind. Held at North Jakarta's Summarecon, Kelapa Gading Center, it brought in droves of visitors from both home and abroad, from 13 May to 7th June to share in the celebrations of the JFFF's 488th anniversary. Judging from the huge turnout and the quality of the event, its course will be a long and eventful success in the coming years.

Designed to showcase the very best of Indonesia's textiles and crafting traditions, along with its rich culinary heritage, the event has been gathering interest as a platform for disseminating its unique culture for a global stage from the very first time it was held in 2004. Visitors at this year's event, presided over by Governor Basuki Tjahaja Purnama, Minister of Tourism and Arief Hidayat, Mayor of North Jakarta, got to experience the offerings of 200 variations of Indonesian cuisines set up here by the cultural food business sector—ably represented here by 117 small and medium enterprises. The event has proved to be an excellent forum for promoting trade ties as it brings together the craft of the country's upcoming designers, fashion academies, small and medium businesses, well known brands, and leading designers, who represent an important part of Indonesia's vibrant heritage in this field.

The anniversary celebrations offered a triple whammy of fun and festivity infused in the Fashion, Food and Gading Nite Carnivals – held at three different locations for variety. This



included the Kelapa Gading Mall, the La Piazza, and the Harris Hotel & Conventions at Kelapa Gading.

Highly talented and experienced fashion designers from around Indonesia showcased their new series of ready-to-wear clothing to thrilled audiences. Additionally on display was the vibrant clothing or kain Nusantara from the independent designers alongside those from fashion design associations from all over the country. Visitors got to see the works of notable designers such as Oscar Lawalata, Didi Budiarto and Malik Moestaram. In fact the Batik Pekalongan, showcased by Didi Budiarto in collaboration with Pekalongan's National Board of Handicrafts (Dekranasda), was one of the great highlights of the show. Of particular interest was the special showing of Kebaya Nusantara by highly acclaimed kebaya designers Marga Alam and

Adjie Notonegoro. Also much looked forward was the collection of the traditional kebaya costumes from collectors Mien R Uno and GRA Satuti Yamin Suryohadiningrat, who are justly renowned for this unique slice of Indonesian heritage.

The Food Festival at the event was themed around 'Kampoeng Temo Doeloe', also known as the Old Kampong Style, which ably heightened the association of Sunda Kelapa as a tourism hallmark of Jakarta. Visitors were seen indulging themselves on the Food Festival's many culinary offerings at La Piazza in Kelapa Gading whose décor was rejigged to transform it into centuries-old classic kampong with wooden tables and benches.

A huge success this year again the JFFF is organised by the Jakarta city administration, represented by the Jakarta Tourism Board, in collaboration with PT Summarecon Agung.





NUSANTARA DEVELOPMENT INITIATIVE: LIGHTING UP LIVES THROUGH “PROJECT LIGHT”

By Raneer Sahaney

Humanitarian, eco-conscious, light-giving, Nusantara Development Initiative (NDI), the Singapore-based non-profit organisation, has been making deep inroads with its “Project Light” which provides affordable lighting to rural areas with poor or no source of electricity.

For 200 families on Indonesia’s island of Pulau Air Raja, the immeasurably important NDI engineering initiative—“Project Light”—carried out by a band of dedicated engineers, holds out a ray of hope. Already 40 families have been given solar panels by the organisation in its first phase of their rural development project. Two university students in Singapore, Gloria Arlini and Fairuz bin Ahmad, were the inspiration behind the Nusantara Development Initiative (NDI).

And it was a third year Chemical and Biomolecular Engineering student Pingasari Tandrawijaya, along with three members of the Ideas Committee, who conceived the idea of bringing solar lighting to villages, who had no sustainable source of lighting in their homes. These solar lamp entrepreneurs were further assisted in this endeavour by Augustine Quek, Cheng Dan and many others from NUS and various universities in Singapore. Market research, by NDI, revealed that an excellent, safe and affordable option was the solar-powered Kiran lamp, produced by D.Light, a US-based global social enterprise. The inspiration behind the Kiran solar lamp was American Sam Goldman, who set out to produce a safe and clean source of light when a neighbour’s child got badly burnt from a kerosene lamp.

Though the exercise works on a loan-based system, it’s really been worth it for the 40 families for whom the Kiran lamps have made a considerable change in their lives. The loan repayment system has been worked out on humanitarian lines by NDI lighters, as they like to call themselves. A recent report quotes Pingasari on payback on the loans, “We worked out a repayment scheme so that the financially challenged can afford the lamps. So far, the repayment rate has been almost 100 per cent

in the first few weeks, thanks to the hard work of everyone in the loans team.” Help in the project also came from a fourth year Mechanical Engineering student who had past experience in distributing Kiran lamps in villages in India. For those who’ve been working on the project it has clearly been a rewarding experience in terms of learning and hands-on application of their education. For Ping this is also about, “Achieving the goals together with the participation of the community rather than merely imposing our values on them.”

The narrative of the traditional way of life on the relatively virgin expanses of Indonesia’s Riau Islands, an archipelago off 3000 islands strung out in the waters between Sumatra and Kalimantan, has changed ever since NDI started introducing the islanders to the many possibilities of having solar lamps. Over the past year, 260 families across the Riau Islands have opted to buy the solar lamps. The second phase of Project Light was to involve the locals.

The organisation, which didn’t have a permanent presence on the islands chose to locate eight women volunteers, trained and encouraged them to sell the lamps and allowed them to keep a small profit for themselves. Fairuz points out that, “Our aim two years from now is to have reached 2,500 families, which is around 10,000 people.”

Dusantara Development Initiatives, formed in 2008 by members of the Indonesian Student Association of Singapore, has spearheaded the movement of bringing together young adults of various nationalities and backgrounds to play a role in changing the lives of communities who are in need a helping hand to better their lot in life—game changing help.



2014



THE PRIYAYI

2008



PRAMBANAN

2009



SITTI
NURBAYA

2010



THIS EARTH
OF MANKIND

2013



DANCE OF
THE EARTH

2012



CANTING

2011



CA BAU KAN

2015
COMING
SOON

4 oktober 2015
UCC Hall

OISAA TACKLES AEC PREPARATIONS



Overseas Indonesian students from 45 countries will meet here on 8-10 August to discuss Indonesia's preparations for the coming ASEAN Economic Community

The Overseas Indonesian Students' Association Alliance (OISAA) is a huge multinational organisation comprising many student associations from different countries all over the world. Each consists of Indonesian students pursuing higher education in various levels of tertiary education (Bachelor's, Master's or Doctorate Degree) in the respective countries. The OISAA was inaugurated in October 2007, concurrent with the happening of Indonesian Student International Conference in Sydney, Australia. Upon its establishment, the OISAA has invented ideas, formulated concepts as well as actualized them into reality. Among those are the worldwide online broadcasting radio of OISAA and the establishment of International Indonesian Scientists' Association (I-4) proposed during the International Symposium of OISAA 2009 in Den Haag, Netherlands. Currently, there are 45 countries listed under OISAA; Australia, Austria, Arab Saudi, Belgium, British, Canada, China, Czech Republic, Denmark, Egypt, Finland, France, Germany, Hungary, India, Iran, Italy, Japan, Lebanon, Libya, Malaysia, Morocco, Netherlands, New Zealand, Norway, Pakistan, Philippines, Poland, Portugal, Russia, Singapore, South Africa, South Korea, Spain, Sudan, Sweden, Swiss, Syria, Taiwan, Thailand, Turkey, Tunisia, United States of America and Yemen.

The first International Symposium of OISAA was held in Den Haag, Netherlands in 2009. It touched on the



topic of "Vision and Mission of Indonesian Scholars Overseas: Key Strategies towards National Development in Indonesia 2020". Pioneered in Den Haag, this International Symposium has then become

SINGAPORE IS DEEMED IDEAL TO HOST THIS YEAR'S SYMPOSIUM... THIS PROVIDES A GREAT OPPORTUNITY FOR PARTICIPANTS TO OBSERVE AND EXAMINE FIRSTHAND THE SUCCESS OF SINGAPORE'S DEVELOPMENT, ESPECIALLY THAT IN ECONOMIC SECTOR.

an annual agenda under OISAA which is implemented in rotation in different countries. This year also marks the 7th International Symposium of OISAA. Based on the consensus reached during last year's International Symposium in Japan, the International Symposium of OISAA 2015 will be held in Singapore. Despite being

the smallest country in ASEAN, Singapore is known for its advanced and sophisticated system of economy, education, and bureaucracy. Thus, Singapore is deemed ideal to host this year's international symposium, which will encompass the issue of the realization of ASEAN Economic Community (AEC) 2015. This provides a great opportunity for participants, who come from all around the world, to observe and examine firsthand the success of Singapore's development, especially that in economic sector.

The 7th International Symposium of OISAA 2015 will be held from 8th to 10th August 2015 at the Embassy of the Republic of Indonesia in Singapore. The Indonesian community in Singapore is aware that the enforcement of ASEAN Economic Community (AEC) 2015 at the end of this year will greatly affect Indonesia. As a diaspora community that lives far from their homelands, they are eager to give a contribution back to Indonesia, especially in this challenging period. Therefore, the International Symposium 2015 will lift the theme "Preparing Indonesia for AEC 2015".

In this symposium, the representatives of student associations from 45 countries will congregate and raise discussion pertaining to AEC. With ideas being shared and brainstormed together, the Indonesian community hopes to be able to generate concrete and solid courses of actions that would help Indonesia in facing the opportunities and threats posed by AEC.

MINDFULNESS IN EDUCATION

Dr James Dalziel, Head of UWCSEA's East Campus discusses how a well planned mindfulness programme can enhance student learning.



Mindfulness in a variety of forms has been gaining in popularity over the past years. Possibly the best way to generalize the concept is as a purposeful method of gaining increased focus on self. But it's not just about concentration: mindfulness reportedly helps practitioners live in the present and accept their current circumstances and related feelings for what they are. Mindfulness has found favour in educational settings as a potential antidote for the various afflictions attributed to our hectic, multitasked and technology-laden lives.

But the single metric by which any educational programme should be measured must be the extent to which it leads to gains in student learning. With this in mind, the benefits of mindfulness are clear, but not always obvious.

As author Daniel Goldman writes, "Mindful meditation has

been discovered to foster the ability to inhibit those very quick emotional impulses". In this way, our decision-making becomes more intentional and balanced and less impulsive and irrational. School programmes are taking advantage of this mindful approach to provide a model of structured decision making for students. Simply pausing, checking your emotions and feelings, and deciding if you are in the most appropriate state of mind to make the decision at hand, can provide a powerful filter to impulsive adolescent behaviour.

In the early stages of mindfulness students are far more likely to use mindful practice in a reflective manner, and not necessarily in the heat of the moment. However, it is the 'in the moment' application where mindfulness finds its greatest benefits in the form of an increased level of consciousness. People who enjoy a heightened state of awareness are typically people who



have the ability to monitor their own values, thoughts, behaviours and, ultimately, their goals. They tend to have well-developed value systems that they are able to articulate clearly and within a variety of different contexts. Those with increased levels of consciousness tend to read situations early and avoid foreseeable relational pitfalls.

Individuals with heightened states of consciousness are aware of themselves, aware of others, and aware of the setting they are in. This “view from the balcony” as it has become known, allows the viewer to literally see themselves within the scene, recognising the influence of their thinking and subsequent actions on themselves and those around them.

Two natural applications of mindfulness within education are: firstly, the ability for all members of the community to develop strategies to “switch on” to themselves and others; and secondly the professional benefits that come from working and learning in an environment that is self-monitoring and ultimately self-transforming.

Ultimately, mindfulness leads to an increased compassion for others. By starting with a connectedness to ourselves, through whatever mindful strategy we choose to employ, we gain a level of control over our minds and our bodies. The physiological and psychological benefits to this increased state of awareness and self-mastery are well documented. Compassion must begin with a sensitivity and attention to ourselves, which can then evolve into empathy and an understanding of others.

A school in which all members of the community are taking a mindful approach to their daily interactions should result in a self-managing, self-directing, compassionate and empathetic environment for our students: gains in student learning must surely follow.

Further more information on Mindful Schools visit:
www.mindfulschools.org and Mindfulness in Schools Project
<http://mindfulnessinschools.org>





DEVELOPING YOUR CHILD'S FINE MOTOR SKILLS

Fine motor skills are key in preparing young children for success in the classroom but can be overlooked as parents and educators often focus on developing children's large body movements and gross motor skills. Small muscle development in children's hands and fingers enhance their fine motor control and are essential to performing everyday activities such as writing, eating and fastening clothing.

Recognising that fine motor control is a crucial part of a child's physical skill set, the Early Years Centre at the Australian International School (AIS) recently invited pediatric occupational therapist Raheli Kremnizer to lead a hands-on workshop for parents and caregivers on developing fine motor skills in babies and toddlers.

"Fine motor skills develop as the neurological system matures, so the mastery of such skills is used to determine the

developmental age of a child," Raheli explained. "Development of fine motor control increases your child's independence in small but significant matters, enabling your child to perform everyday tasks and gain important self-help skills."

The best way to enhance fine motor control is for children to practice using their hands and fingers on a daily basis in a natural and entertaining manner. AIS' purpose-built early years environment is full of interesting and engaging materials and resources, which Raheli says can be used to create fun, easy-to-do and inexpensive activities – all aimed at developing little ones' hand and finger muscle movement and control.

Below are home-friendly activities aimed at developing four sets of muscles essential to fine motor control, as recommended by Raheli:

Posture Perfect

Children must first and foremost maintain strong upper body support and stability, as this affects their ability to sit upright to attend to class instruction and to participate in activities requiring fine motor skills, such as cutting and drawing.

"A child's body is like a tree," Raheli said. "They require a solid trunk, or core strength, to allow for the endurance to sit up straight and engage in purposeful activities."

Activities that can help perfect a child's posture include:

- Get your child to engage core muscles by sitting up from a lying down position
- Play on monkey bars to stretch the limbs and body
- Encourage your child to stand while drawing on whiteboards or windows with washable markers

You're Invited!

Parents and caregivers are invited to join us on 19 August for our free workshop with nutritionist Vanessa McNamara on "How to Pack A Healthy Lunchbox". RSVP: events@ais.com.sg

To find out more about this workshop and other events, look out for AIS' calendar listings at www.ais.com.sg or call +65 6664 8127 to speak with one of our enquiry managers.

Powerful Palms

In infancy, the small muscles within the hand are not fully developed, leading to young children relying solely on the strength of their forearm muscles to hold and squeeze items. Large forearm muscles may then overcompensate for smaller hand muscles, leading to weakness, incoordination and difficulty gripping objects. Water play is a great way to develop finger and hand strength:

- Ask your child to wash their toys or dolls in the sink and get them to continuously squeeze the sponge
- Use spray bottles to water the plants, or add food colouring to squirt patterns onto paper.



Finger Fun

As infants grow, they learn to control the thumb and fingers individually, rather than as a mass grip with all fingers moving together in unison. Finger isolation is vital for children to manipulate toys, grasp pencils and pens, tie shoelaces and play musical instruments.

Activities to help with finger isolation include:

- Play finger soccer! Let your child practice flicking a "soccer ball" into a targeted area. The ball can be crumpled paper, a round bead or dry bean.
- Sticker books are a great resource for letting children practice using their fingers to pinch and peel off stickers.
- Act out your child's favorite bed time story with finger puppets, getting your child to move each character with individual fingers.



Writing Wonders

Fundamental skills need to be developed before a child learns to write. Raheli recommends letting a child start off big as "little ones tend to draw with their elbows, rather than with their wrists". Picking up pre-writing skills will allow your child to better grip writing tools with their index and thumb and control small wrist movements with stability.

Activities to gain pre-writing skills include:

- Drawing in mazes – Let your child begin by tracing paths with their finger or a chopstick before using a pencil.
- Coloring in small shapes – This will help your child control their wrist movements to shade within the shapes' boundaries.

At AIS, such purposeful play is at the core of the curriculum at the Early Years Centre, where students learn and develop both cognitive and physical skills through observing and exploring the environment. This inquiry-based approach is underpinned by the Reggio Emilia philosophy, which puts the child at the centre of the learning experience, and is further supported by the Early Years Learning Framework for Australia (ELYF) curriculum in the 2 year old Nursery and the International Baccalaureate Primary Years Programme (PYP) in Preschool for 3 and 4 year olds.

To find out more, visit www.ais.com.sg or call +65 6664 8127.

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WHEN LIFE GIVES YOU LEMONS, MAKE LEMONADE

Can a child earn his or her own money? Mother Atria Rai from Jakarta tells her story of how she inculcated entrepreneurial skills in her daughter at such a young age – another inspiring story extracted from Part 3 of *Raising A Smart Kid* by Rosina Simon.



It was a crisp and sunny afternoon in early spring when the big yellow bus slowly approached the corner of Turner and Cummings Lane, where it made a harsh sound before it came to a stop. Two blonde girls and a boy got out of the school bus and then I saw our daughter, Christie, emerging from behind the driver's seat. Her pink backpack seemed too big for a small 7-year-old girl. I reached out for her backpack and kissed the top of her head. I put one arm across her shoulder and we started walking home slowly. I always treasure this moment and I must admit this was the best part of the day when there were just the two of us, walking and talking, exchanging mother and daughter conversation. At the time Christie was still in second grade and we were living in Chevy Chase, a suburb of Washington, D.C. Our little family of three spent four years in the United States where my husband's duty as a diplomat has brought us to the nation's capital.

I was not sure what had happened in school that particular afternoon, but Christie came up with a question, "Mom, how can I make money of my own?" Her question took me by surprise. I did not expect a 7-year-old girl to have already started to think about how to create her own wealth, a very grown-up concept. Our daughter had received a weekly allowance since she was in first grade, a dollar a week with an extra dollar every time she moved up to the next grade. In addition to her weekly pocket money, she also got to buy a book every other week as well as download one song a week from iTunes. This, I thought, was surely enough for a seven-year-old.

I looked at her beautiful face, her cute nose and chin-length black hair. Her dark

brown eyes stared at me enthusiastically waiting for my answer. "Well, there are ways to make money. One of them is to sell services and the other is to sell products. These are the basics of going into business." Her expression changed, she looked puzzled. "Mom, I don't quite get it!" I looked at her again while thinking of simpler examples for my answer, "When life gives you lemons, you make lemonade?" Her face was suddenly beaming with excitement. "I know how to make lemonade, Mom!" I smiled. "No, sweetheart, that is not quite what it means. It means make the best of what you are given." Her forehead wrinkled. I continued, "I know you are good at many things. You know how to make those beautiful bracelets and necklaces from the colourful beads that your friend gave you for a birthday present don't you? You can make more of those and sell them to people at your school events. And remember your friend Chelsea whose older sister Amanda walks her neighbours' dogs and earns money from that? These are just some of the things you could do to earn extra money."

We were only a few feet away from the front lawn of our house when Christie suddenly ran to the door and went straight to her room upstairs. "That's easy! I can do that!" Christie yelled and came out from her room holding a pink wooden box full of plastic beads. "Mommy, I want to make lots of bracelets and necklaces and sell them at the spring fair at my school next month!" She was still gasping from running up the stairs and down again. "Sweetie pie, before you start selling those pretty bracelets and necklaces, you have to check out the competition first." Her eyes lowered and

then she asked me, "What do you mean by competition, mommy?" I then explained to her that she needs to make sure there are not many girls in her school selling similar things. If there are too many girls selling beaded accessories, then she needs to think of something else to sell.

It was during summer school holidays when I sent Christie to a summer camp to learn photography. Our family was back in Jakarta and Christie was about to enter fifth grade. Christie enjoyed very much taking pictures using my old point-and-shoot camera that I had lent her for her photography lessons. At the end of the photography course, her photography club decided to exhibit the best student photos at a public event. Christie was very excited because one of her photos – a black and white Bajaj, the traditional three-wheeled local form of transportation commonly seen in the small streets of Jakarta – was selected for the photo exhibition. Her photo was sold and she got to keep a portion of the profit. She was so thrilled at being able to earn money while doing something that she loves, such as her newfound hobby, photography.

The experience encouraged her to take even better photos. Once again, several of her photos were selected for another exhibition and later sold to visitors. She was ecstatic. This time, part of the proceeds went to help the victim of the recent volcano eruption at Mount Merapi in Central Java. She was ecstatic because not only did she earn extra money from the sale of her photos, but she was also able to help those people in need. And why not? My daughter had discovered – by herself – how to make money.

ICN 2015 - A FRESH TWIST ON A FAVOURITE FOLK TALE

Why ICN 2015 - Nilam: A Musical is set to scale greater heights for ICN Cultural Production's performances

It was on a Saturday morning when a group of Nanyang Technological University students, many in their early twenties, moved keyboards, drums, and speakers to the Indonesian Embassy. Some of them were doing make-up, some of them helped with the sound system, and others were busy with the dance props. Before long, the main hall of the Embassy was transformed into a stage where the stunning dance choreographies were performed, beautifully composed songs were sung, and riveting lines were delivered. In short, our breaths were taken away. Performing a musical has never been easy and ICN Cultural Production has taken musicals to another level. "Because we love what we do," said one of the dancers when asked why he joined ICN.

IndoConnect had the chance to have a chat with Christiandy Franciscus, the Producer of ICN Cultural Production 2015.

Tell us more about ICN Cultural Production

ICN Cultural Production is an annual musical production that is organised by the Pelajar Indonesia NTU (PINTU) or Indonesian students at NTU to showcase Indonesian culture to Singapore society. It seeks to bring a new perspective to Indonesian folklore that is fresh and captivating. With universal themes, like love and loss, ICN musicals are performances that can be appreciated by anyone. Since its inception in 2007, ICN Cultural Production seeks to promote Indonesian culture in Singapore through the use of musical.

Is the annual ICN Cultural Production different from other musicals in Singapore because it adapts stories from Indonesian folklore?

Yes, correct. Like many Indonesians, I am always intrigued by our folk lores. Not only they have interesting stories to tell, they also have strong moral values which stand the test of time. Personally, I feel that there is always more to the story than just what is told in the story or history books. For example, in last year's production, we adapted the story of Ken Arok, the famous owner of a cursed keris which killed Ken Arok's seven generations. We challenged people's assumptions about the folklore

and presented the other side of the story forgotten by the eyes of history.

Very interesting. For this year's ICN 2015 which will be held in September, can you give us some ideas on what it will be about?

This year, we plan to perform a story based on an Indonesian folklore called Malin Kundang. It is a story that is familiar to all Indonesians about an unfilial son who committed a grave mistake and was punished greatly for it. Of course, there will be a twist to this well-known folklore. A twist that will change your perspective on this age-old tale. Just a word of caution, this twist is something that we wrote on our own.



How many people are involved in this production?

There are 130 Nanyang Technological University students involved in this production. We are all from different majors, ages and backgrounds but we come together to make ICN 2015 happen as we are passionate in what we are doing.

What leads you to take up the role as a producer?

Directing a grand musical is definitely a challenge - putting together all the artistic vision, the overall production design and, of course, all the supporting committees that make this happen into one unified fresh performance that is enjoyable for everyone. However, it is a rewarding experience to bring smiles to the faces of the audience, to give them some fresh perspectives about life through the musical and most importantly, to be able to play a part in promoting Indonesian culture.

Why should IndoConnect readers come to watch this musical?

We hope the performance will bring a fresh perspective to Indonesian culture, arts and folklores. It also contains strong values that I believe anyone can relate to. Joining us as the audience will be the most rewarding experience for us in promoting Indonesian culture, and, of course, beyond that, a deeper understanding of cultural diversity in Singapore. You will definitely like to come down to National Library Building Drama Centre on 12th September. We have both matinee and night show. See you there!

To know more about ICN Cultural Production, you can visit the website at www.icnmusical.com. Like their Facebook page at [www.fb.com/icnSingapore](https://www.facebook.com/icnSingapore) and follow their instagram @icnmusical!

THE TULISAN STORY...

...as told by Melissa Sunjaya, Founding Artist and CEO of Tulisan. The Collection - handmade, limited-edition illustrated prints applied to bags, totes and household accessories

Who We Are

Our team is a dynamic guild of storytellers, poets, illustrators, and talented dreamers who love what they do and put their heart and soul into every Tulisan product they help create.



How It Started

My mother and I started Tulisan in 2010 with tea towels, aprons, and cushion covers. In the beginning, I worked out of her garage alongside an upholstery tailor using my grandmother's Singer sewing machine from the 1940s. Today this antique sewing machine is still used in the creation of all of our home ware collections.

The Stories

Our illustrations and products are each based on a story. Some stories are original fiction while others are inspired by additional folktales.



Collections

New collections arrive on a quarterly basis and include resort/cruise, spring/summer, and fall/winter. As the store is an exhibition space for our creativity, new products that are exclusively sold in-store are introduced every two weeks.

Silk-Screen

Due to the nature of our production method, light irregularities on our prints are normal adding character and enhancing the uniqueness of each piece.



Pen & Ink

All illustrations are hand-drawn with pen and ink. My drawings are detailed and spontaneous, allowing mistakes to take part in the creative expression. The style is distinguished by the playful use of symbolism and bold color palettes.



Print

We print using water-based inks on non-bleached raw cotton canvas, silk print process, hand made; nickel-free for buckles and zippers.



Giclée Prints

Tulisan's Giclées are printed using a state-of-the art digital printing method and museum-quality archival inks.

The Tulisan Collection is the latest wave of Indonesian exclusive fashion accessories that is reaching Singapore shores and making an impact on the glitzy Orchard Road high street fashion belt. It is available in Singapore at the Mandarin Gallery Orchard #04-28, 333A Orchard Road. Tel: 6235 3768

INDONESIA'S FASHION INDUSTRY LAVISHES ITS CHARMS ON ISLAMIC WOMEN

The demand for Islamic fashion wear is rising and rising in Indonesia and the Singapore-based zalora.co.id online fashion retail store is on board to join the party with collections from some of the country's top fashion designers



Launched in Indonesia in 2012, the Singapore based online fashion retailer zalora.co.id, has encountered some surprising market realities and rejigs its activities as it grows from strength to strength. Sales of its Islamic fashionwear alone, it appears has jumped five-fold in the past year and accounts for 15 per cent of its revenues. Anticipating an even greater market out there Zalora Indonesia, has stepped up the action by roping in three leading fashion designers from Indonesia to customise some highly alluring collections for the site.

Surprise there have been aplenty in the surge in the online sales given that only about 30 percent of 74 million Indonesians are regular users of the Internet regularly and only about 7 per cent of that community actually makes online transactions. According to a recent report in todayonline.com, for Mr Fredrik Thomassen, chief executive of Zalora Indonesia this appears to be just the tip of the iceberg, anticipating, as he does, that e-commerce in Indonesia is poised to escalate from 50-100 percent in the next five to ten years, as disposable incomes in the country continue to grow in tandem with the country's GDP.

Zalora, as he claims, continues to be the number one preferred online site for this growing market. Of its 800 brands on offer, the online site, which caters to a huge market across southeast Asia, stocks 750 local Indonesian brands. Fashion clothing and accessories has a huge and growing demand in Indonesia and the Zalora hopes to reach out this vast market by adding more options from local designers and brands online. As a follow-up the firm has decided to tie-up with three leading designers renowned for their craft in Muslim fashion goods. Designers Jenahara Nasution, Restu Anggraini and Ria Miranda, according to Mr. Thomassen, have ample experience and crafting skills to deliver "the whole

spectrum of elegance, edginess, a good combination of colours and versatility."

The designers, who have created a Spring/Summer 2015 collection exclusively for Zalora Indonesia, on their part are clearly pleased at the outcome of this tie-up— simply because as the apple falls further from the tree, more and more buyers get to see what is on offer. Its not that people are seeing their offerings on the Zalora online retail site...its actually translating into higher sales. This in itself has been a trigger of deeper research and collections which are crafted for customer-needs. The fashion show held at South Jakarta's high-end eatery, the Potato Head Garage showcased the collections of all three to an enthusiastic response. Designed to reach a wider market Ms Jehnara's 'Natural' collection which used a lot of earth tones, such as khaki, dark brown, black and white (as against her favoured bold colours) was targeted at both Muslim and non-Muslim customers. Ms Ria too decided to offer a more basic line of clothing so that everything can be easily mixed and matched. For Ms Restu, this is her first time experience with the online firm and is quite happy to work with them as "They're one of the main online stores in Indonesia and have a huge customer base." Her collection, "Minimalist", is aimed at working Muslim women. The clothes need to be quite loose, so that they hide all the curves, so she offers them shirts with puffed sleeves, tailored pants, A-line skirts and jackets made of cotton, rayon and jersey. She is of the opinion that "e-commerce offers huge potentials for Indonesian fashion designers," she said. Zalora aims to increase its Muslim wear collection not just five fold by the year end, but at least 25-fold by June 2016.



ENDING ON A POSH NOTE

By Priya Ramakrishnan

**The ninth edition of
Singapore Fashion
Week (SFW) 2015
saw internationally
renowned designers
rubbing shoulders with
home-grown talents**

The Island City played host to a star-studded five-day fashion extravaganza where leggy models sashayed down the runway showing off collections from internationally renowned designers such as Diane von Furstenberg, Dion Lee and Thakoon Panichgul. The premier fashion event, which began on May 13 – 17 at the Tent@Orchard saw big ticket stars such as Oscar winner Cate Blanchett, top British designer Victoria Beckham and South Korean superstar and L’Oreal Professionnel spokesperson Yoon Eun Hye grace the gracing the front rows of the fashion shows.

The iconic show kick-started with acclaimed designer Diane von Furstenberg showcasing her Fall 2015 collection

featuring her eponymous label and popular wrap dresses. Bold prints, clean silhouette, flowing lines dominated her collection. Named the most powerful woman in fashion by Forbes Magazine in 2012, Ms Furstenberg’s designs were welcomed with high spirits.

A sight to behold was the collection showcased by Thakoon Panichgul, the Thai-American designer wowed the audience with his lovely whimsical Fall 2015 collection which featured a touch of the ’90s bohemian vibe. With his debut show in Asia, Thakoon added more fans to his already growing list which includes luminaries such as Emma Stone, Katie Holmes, Katy Perry, Jessica Alba, Alexa Chung and United States First Lady Michelle Obama.



The stellar line-up of world-class designers, top international celebrities and exciting home-grown designers and labels engaged with each other and exchanged ideas. According to Ms Tjin Lee, Chairman of SFW, the objective of organising the show is to develop Singapore's fashion industry and create the right environment for Singapore designers. She said, "Claiming the iconic name Singapore Fashion Week comes with the responsibility to push Singapore Fashion even further; I've always believed that we can one day be the fashion capital of Asia and I'm really excited that we are taking a giant step closer to this goal this year."

Internationalising Singapore Designers

In support of home-grown talent, SFW featured three well-known Singaporean designers Priscilla Shunmugam of Ong Shunmugam, Sabrina Goh of ELOHIM and Chelsea Scott-Blackhall of Dzojchen. Presenting their latest collections as part of the pilot edition of Fashion Futures, the three designers also had one-on-one feedback sessions with the celebrated fashion designers Diane von Furstenberg, Victoria Beckham and Thakoon.

Fashion Futures is a new talent development programme geared to catapult Singapore's fashion designers into the international marketplace. The programme also provided opportunity for local Singapore designers to gain international industry experience and network through the SFW. Through the induction programme, the designers also got a trip to New York City where

they will get an introduction to the New York fashion industry. The designers will also will meet with leading buyers and international media titles for feedback sessions and receive showroom representation in New York as part of the programme. On the local front, Priscilla Shunmugam, Sabrina Goh and Chelsea Scott-Blackhall will also receive additional support from TANGS, one of Singapore's leading retailers, with their collections being stocked at the month-long Official SFW 2015 pop-up store at TANGS Orchard alongside home-grown, regional and international labels from SFW and BLUEPRINT 2015.

The Accessories

Returning to the SFW runway after a hiatus this year, is local label exhibit and Singapore accessories brand ALT by Curated Editions. Both labels collaborated with each other for the second time and presented their sophomore collection of ready-to-wear and accessories. The fashion week primarily saw style personality and IT-girl Velda Tan launch her womenswear brand, COLLATE THE LABEL. Presented by Sony, COLLATE unveiled its debut collection of ready-to-wear inspired by the latest trends and evergreen silhouettes.

In House Range

Turning heads on the fourth day of fashion show, ZALORA, Asia's online fashion destination presented its latest in-house range, ZALIA and ready-to-wear line WOO/FIZIWOO from Malaysian brand FIZIWOO. Designed with intricate embellishments and unique prints on

exclusive jacquard, the ZALIA 2015 collection caters for women seeking trendy conservative styles and elegant fashion wear. Drawing inspiration from the painting, *The Supper at the Ball*, by 19th century German artist Adolph Menzel, the latest ZALIA collection showcased the 19th century glamour with contemporary design. From the lavish architecture and interior design of that era to the dazzling chandelier adorned with beautiful jewels and exquisite diamonds, the collection brought to life the splendour of royal court balls of the bygone glorious era. Encapsulating the vibrant mixture of Malaysia's diverse culture, the collection saw models walking the ramp in bold, vibrant, eye-catching colours with just the right hint of pastel shades. The unique patterns overlapped the fashion movements and street styles. The showcased collection are available for sale at its website.

A Posh Finale

The high-profile fashion event organised by Mercury Marketing & Communications came to a resounding end with British designer and GREAT ambassador Victoria Beckham bringing her Autumn/Winter 2015 collection shown at New York Fashion Week. Bold, intuitive and refined, Ms Beckham's collections played with proportion and focused on long, lean lines and interesting textures. With lot of draping and asymmetric details, the British designer's collection emphasised the clean curves of a woman's body in true Victoria Beckham style.

JAKARTA: REALTY BUSINESS POISED FOR THE BIG LEAP

Real estate carries a lot of clout and as economies improve and there's more money to spread around, investing in land has always been a priority, more than a hoard of jewels or a stable-full of the raciest cars in town

By Raneer Sahaney

With Indonesia's growing economic empowerment, its realty market has been muscling in with a range of attractive options for its populace. So whether it's for those who fall in the 'old' money bracket, the nouveau rich or the middle class-with-now-higher-disposable incomes — the housing market is pretty volatile playing field.

Leading the pack in the burgeoning acquisition race for property has been Jakarta, where commercial buildings/apartments/condominiums are still climbing the priority charts. Be it for rentals or for outright purchase, luxury apartments for investment are all the rage. According to Finance Minister Bambang Brodjonegoro at the Credit Suisse Asian Investor Conference, in the CNBC report, "Any apartment beyond 150 meters square is counted as luxurious." ... "Luxurious is about value, not about the size."

While negotiations rage on as to where to draw the line "between a value that's luxurious and one that isn't," it looks like Jakarta is a realty man's bubble that's not going to burst for a while. Despite the city's chaotic traffic conditions, "with around 27 percent of driving time spent idling and drivers experiencing a whopping 33,240 "stop-starts" annually, the highest globally, according to the Castrol Magnatec 2014 stop-start index," it has not held back property buyers, with prices of centrally located

prime condos surging, as Nicholas Holt, head of research for Asia Pacific at Knight Frank observed in the CNBC report.

According to data revealed by Knight Frank, the same report points out that 'the city's property price index climbed nearly 150 percent from the fourth quarter of 2009 through the end of last year'. Analysts opine that it's not just that property prices have doubled since 2009, with new infrastructure coming up (such as the city's first metro line, targeted for a 2018 take-off) it's just the beginning of things for the realty roller coaster ride. According to its fourth-quarter note Colliers International fetched up that "around 10,701 units [apartments] were added in Jakarta in 2014, with an additional 47,269 units likely in 2015-16." For 2015, Colliers predicts that "over 38,000 units could be added, or around 25 percent of the total existing supply."

According to the CNBC report Holt believes that "It will lead to some areas seeing huge growth, especially around walking distance of the new metro stations." A Knight Frank estimate is that "Land prices around the northern portion of the planned metro rose 30-40 percent by mid-2014 and areas around the southern end are expected to become a new hotspot." For it, "Jakarta has featured prominently at the top of our growth rankings for several quarters, its growth is supported by the fact it remains one of the most affordably priced big city markets in the region."





CLOSE TO HOME

By Priya Ramakrishnan

A stay at Fraser Suites with my family gave me glimpses of a tranquil sanctuary that redefined comfort and luxury

If adventure is dangerous, then routine is definitely lethal. So when the mundane rigmarole of earning a living starts to bog you down, it's time to pack your bags and head to a calm retreat to reboot your system. Wait! Just the thought of living in a sterile hotel environment is killing your hard found enthusiasm. How about a place just as cosy and comforting as good old chicken soup on a cold day? A retreat that can really give you all the comforts of your home, without the chores of course! No, it's not your parent's house! It is better than that, a glamorous and incomparable retreat right in the heart of the Island City!

Fraser Suites Singapore combines the comfort and luxury of a five-star hotel without the sterile and business-like ambience. Epitomising the comfort, cosiness and conveniences of your home, Fraser Suites is a serviced apartment that has redefined the phrase - living life king size! With an address that is coveted across the Island city, Fraser Suites is located in the exclusive precinct of River Valley in Singapore. With the busy shopping and tourist mecca of Singapore, the famed Orchard Road being just a stone's throw away, a stay at Fraser Suites is beyond idyllic.

When my family and I were extended an invite for a stay, just like any other parent, I was worried about how my 10-month old daughter would adjust to a new place, whether she will sleep comfortably in a different cot, will I have enough space to store my baby's food, so on and so forth. However, the minute I stepped into the spacious and cosy two bedroom suite, I knew all my worries were needless. With a view of Singapore's familiar skyline, yet tucked away from all the hustle and bustle, our room was a haven of peace and tranquillity. Designed to calm and sooth a weary soul, the minimalistic décor and luxurious furnishings were warm and welcoming. A sight for the sore eyes was the elegant and fully equipped kitchenette which was compact yet spacious and had all imaginable necessities for a chore-free stay. The contemporary layout effortlessly demarcating separate living, dining, kitchen and bedroom areas won me over. And the sight of a comprehensive home entertainment system comprising Bose audio system, cable channels, DVD Player and LCD TV won my husband over!

If you thought that just a cosy apartment is all you need to be happy, then you will be just scratching the surface of this rare gem. Complementary to our stay was all leisure amenities and services that one can ever need. With a busy crawling 10-month



old in tow, the first place we checked was the indoor children's playroom. If my baby could speak, she would have definitely asked me if this were baby paradise. From the colourful bouncing balls to the ride on baby car, the rare child-friendly swing to the colourful baby library, it was a day of many firsts for my little one. The indoor play zone even has a separate play area for older kids and houses many entertainment that can keep them engaged.

Next on the list was indulging in some sumptuous food that can satisfy the soul and energise the mind. While there is an all-day café with alfresco seating in the apartments, we decided to check out the food scene nearby. Stepping out, we were spoilt for choices with a variety of eateries, lounges, cafes and restaurants vying for attention. From continental to halal, there were dining options galore at walking distance from Fraser Suites. There is also a convenience store, atms, spa at the ground level of the apartments. What's more,

there is also the Retreat, a relaxation haven complete with massage chairs that is guaranteed to loosen up your knots. For those who want to let their hair down, the river side corridor of Clark Quay and Boat Quay (the entertainment hub where Singapore heads down after work) is just a short ride away.

An idyllic setting for family and even pets, Fraser Suites Singapore earned a tick in all the crucial departments. The swimming pool and children's wading pool warrants a special mention here as unlike so many hotels and holiday villas, there were plenty of lounging chairs with and without shades. The steam and sauna facilities were exemplary and left us feeling refreshed. One of the most memorable part of my stay was the warmth of the staff. Catering to all our needs, while at the same time making us feel more than just a hotel guest, it is truly a home away from home.

Residences are exclusively equipped with coffee machine, dishwasher, oven, in-room locker, separate washing machine and dryer, iPhone docking station with alarm, bathtub and many more.

Leisure amenities include 24-hour gymnasium, indoor and outdoor playground, jet pool, steam and sauna, barbeque facilities and The Retreat.

Services include daily breakfast, housekeeping, free transfer to airport for stay of one month, shuttle services to key business and shopping areas, babysitting services etc.



**ENJOY 5%
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Super Deal Promotion exclusively for Fraser Suites Singapore and Fraser Place Robertson Walk, Singapore when you **book now!**

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Visit www.frasershospitality.com
to find out more.

*Terms and conditions apply.



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



HERE TO HELP

Need a doctor referral?
Book a maternity tour?
Arrange accommodation
for a foreign patient's
family? The Patient Liaison
Centre at Mount Alvernia
Hospital can help you

Officially opened on 6th February 2013, the Patient Liaison Centre (PLC) is a one-stop centre that caters to local and foreign patients' needs. Acting as a gateway to the hospital's services and associated specialist clinics, you can approach the PLC for help with making doctor appointments, a hospital tour, or if you are a foreign patient, assistance with travel and lodging arrangements.

Explaining the rationale behind the setting up of the Centre, Mr Goh Hock Soon, Director of Corporate Development said, "We've always provided these services for patients on demand, however, having a dedicated physical point of contact that's near the main entrance makes it more convenient for customers to access these services. It's a more holistic solution that allows us to provide better customer service."

Maternity Tour

Every day from Monday to Saturday, the PLC serves as the meeting point for couples who wish to preview the hospital's maternity facilities such as the delivery suite, patient rooms and Parentcraft Centre. The tours are scheduled at 2.30pm on weekdays (Mon-Fri); 10am & 12noon on Saturdays.

International Patient Assistance

Another major group of patients the Centre attends to are foreign patients who come from the region and further abroad. To-date the Centre has also served international patients from Indonesia, Bangladesh, Cambodia, China, India, Malaysia, Myanmar, Papua New Guinea, Pakistan, Russia, United Arab Emirates, Vietnam, Australia, Netherlands and the USA.

"Besides finding the right doctor, they may also require a transfer from the airport, translation services and accommodation for their accompanying family, all which our executives can assist with," added Mr Goh.

"Dealing with all these requests requires patience, empathy, EQ and a desire to help people," said Mr Goh. But the effort to go the extra mile does not go unnoticed. Grateful patients send notes of thanks from around the world. From the appreciative new mother from India who credited them for "making this journey of parenthood more memorable and comfortable for me", to a Papua New Guinean lady who hopes to return one day to pay a visit.

Looking ahead, Mr Goh reveals that patients and visitors can

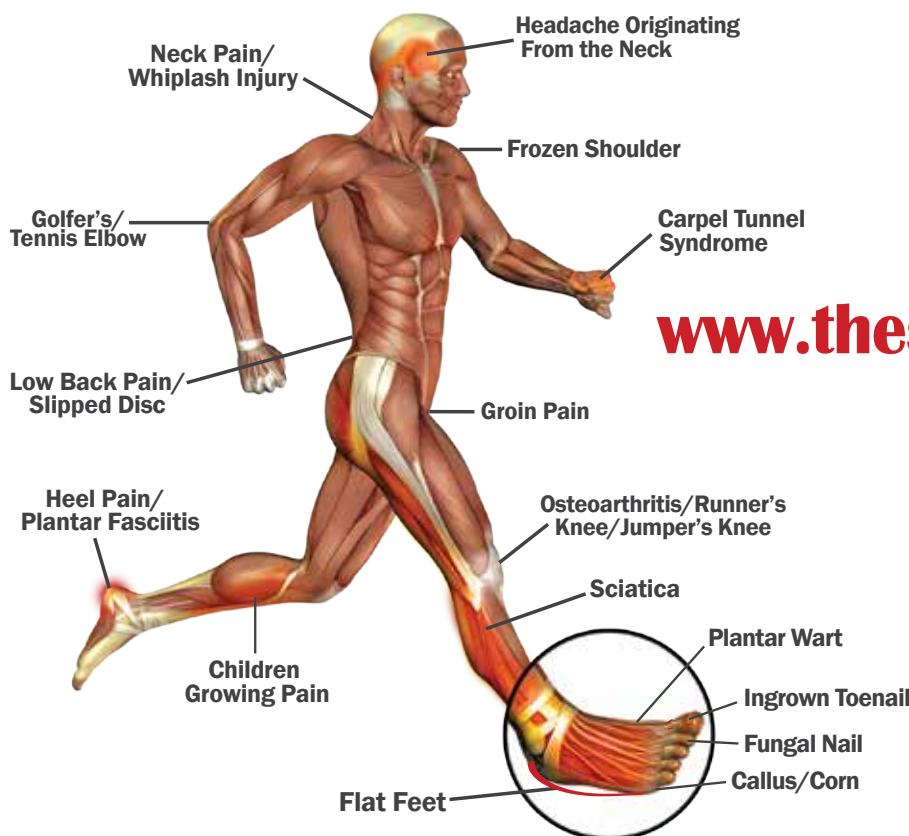


look forward to more new services. For example, there are plans to conduct silver tours for the elderly in the future. "It's part of Mount Alvernia Hospital's aim to constantly look for ways to serve different segments of our population by customising our service to meet their specific needs."

Services Available

- Doctor Referral & Appointments
- Advice on Cost Estimates
- Direct Admission Coordination
- Medical Evacuation
- Assistance with Travel and Transport Arrangements
- Assistance with Booking of Accommodation
- Repatriation of Mortal Remains (Foreigners)
- Arrangement for Interpretation Services
- Social Visit Pass Extension
- Concierge Related Services
- Alvernia Ladies Card application
- Booking and Conducting of Maternity Tour

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The SOLE Clinic
Your Trusted Foot & Rehab Specialist

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The Sole Clinic is a unique podiatry and physiotherapy clinic located in Tanglin & Bukit Timah, Singapore. We are your one stop location for treating pain due to injuries arising from bones, muscles, joints and nerves.

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-preemies 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)
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Fellow of the Royal College of Paediatrics and Child Health (UK)
Fellow, Academy of Medicine, Singapore

www.drwarrenlee.sg

REVOLUTIONARY

NON-IVASIVE FAT-MELTING AND SKIN-TIGHTENING TREATMENT



Mendis Aesthetics Presents the Latest Revolutionary, Non-invasive Fat-melting and Skin-tightening Treatment Featured in Channel News Asia

Eat healthy. Exercise regularly. Two habits that are easier said than done for the better half of us. If you yearn to be in your best shape, but lack of time or the discipline to commit to an exercise regime, then Mendis Aesthetics has the solution for you.

Mendis Aesthetics & Surgery offers an elite standard of personalized care for non-invasive and minimal access procedures. EXILIS, which means "thin" in Latin, is a

new revolutionary non-invasive technology that delivers both ultrasound and radio frequency waves to achieve body and facial contouring perfection. EXILIS melts away fat deposits and tightens skin all in one treatment, and it works on any part of the body. It can postpone or eliminate the need for invasive surgery particularly for patients with mild to moderate fat deposits. In short, EXILIS is the answer for individuals who want the benefits of liposuction, but fear going under the knife.

How Does EXILIS Work?

EXILIS precisely targets deeper fat layers using ultrasound energy. The ultrasound wave breaks apart fat cell structures causing them to separate, making them more isolated, accessible and responsive to treatment. The high frequency energy also causes targeted deep thermal heating and stimulates metabolic activity to melt away fat cells. The unwanted fat is carried out of the body through the lymphatic system.

The result? Visible improvements in one's appearance with no downtime.

In addition to eliminating fats, EXILIS also rejuvenates skin with its Collagen Refill Technology to give users smoother and tighter skin that they can be proud of. It is an anti-ageing solution as it reduces wrinkles around the mouth, eyes, forehead and neck.

This treatment, has shown results that are easily visible immediately; is a comfortable treatment, which produces fast results in a reduced number of sessions at no downtime.



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YOUR CARING 'SOLE' MATE

Singapore's one and only podiatry and physiotherapy clinic summons up patient-centric care with its highly skilled professionals



Corn and Calluses? Flat Feet / Fallen Arches? Frozen Shoulder? Tennis Elbow?—How much trouble we get from our overworked limbs and it's not just a one-off— for many ailments such as these can be a chronic pain-in-the neck, in some cases literally. Well there's a Singapore based clinic, the first and only one of its kind in the island-state, which is a one stop-shop or clinic to be precise, offering the combined services of podiatry and physiotherapy. The Sole Clinic, quite aptly named, provides a range of solutions for everything from musculoskeletal pain and sports injuries— to pain in the feet and other foot-related ailments.

The Sole Clinic prides itself on patient-centric caring, provided by its highly trained and skilled podiatrists and musculoskeletal physiotherapists. A podiatrist, for those not in the know, is a health professional who deals with the prevention, diagnosis, treatment and rehabilitation of medical and surgical conditions of the feet and lower limbs. Treatment offered at the clinic includes a variety of nonsurgical and surgical techniques such as Biomechanical/Gait Assessment, Callus, Corn and Wart Removal, Diabetes Foot Care & Management, Fungal Toenail Treatment, Foot Orthotic Therapy, Customised Foot Orthoses, Painful Ingrown Toenail Removal and YAMUNA® Foot Fitness.

A musculoskeletal physiotherapist, on the other hand, is a highly specialised physiotherapist who assesses, diagnoses and treats injuries involving muscles, joints and nerves through physical means. Treatment on offer includes Chronic Pain Management, Manual Therapy, Postural Analysis, Post-surgical Exercise Rehabilitation, Sports Injuries Treatment, Sports Massage and Sports Strapping/Taping.

The Sole Clinic has branches located at Tanglin Road and Upper Bukit Timah in Singapore. Do, however, keep in mind that all consultations are by appointment only.



HEALTHY & RESPECTFUL RAMADAN

Simple tips to follow for a healthy and happy month of fasting

- Drink eight glasses of water daily from Iftar to Suhour to prevent dehydration and constipation
- Sleep for six to eight hours daily to get sufficient mental and physical rest. Less sleep means you will feel tired during the day which in turns leads to less productivity and activity
- Have a balanced varied Iftar which incorporates dates, soup, salad, a main dish, fruits and a small piece of Ramadan sweet
- Walk or participate in some kind of physical activity
- Have Suhour to fill your body with energy and help regulate your blood sugar

Unhealthy Habits to Avoid

- Try not to drink excess fluids at night for fear of thirst during the day. This will lead to abdominal distress
- Don't eat a wide variety of food at night or Suhour especially foods high in fat, thinking that they will prevent hunger pangs during the day
- Avoid eating large amounts of food at Iftar which will lead to extreme fullness
- Try and avoid having a large quantity of starters and sweets which will lead to weight gain



FASTING ETIQUETTE

To mark the month of Ramadan, International SOS, a world leading medical and travel security risk services company offers Ramadan etiquette tips for travellers

During Sundown

1. Do not eat, drink or smoke in public – during fasting hours in most Muslim countries, it is considered impolite to have food, drink or cigarettes in public view. This also applies to travel on public transportation or in private cars. In countries like Egypt, abstinence from food and drink in public is a matter of courtesy, but in other countries such as Saudi Arabia, Jordan, Oman and the UAE, public observance of the fast is compulsory regardless of religion. Restaurants and cafes close during daylight hours, but most hotels offer room service and screened eating areas to non-Muslim visitors. International SOS advises travellers to check local laws and customs pre-travel, to ensure a smooth trip.

2. Dress modestly. Refrain from wearing revealing clothing. This is particularly important when visiting

malls, hotels and restaurants or Iftar tents in the evening. As a general rule, clothing that is sheer, too short, low-cut or tight-fitting should be avoided, particularly shorts, miniskirts and sleeveless tops.

3. Be mindful of workplace etiquette – business travellers to Muslim countries should respect the shorter office hours and work around them. When having business meetings with Muslims, it is best to schedule them in the morning when people are less tired and can better concentrate.

It is also good to make sure that meetings do not occur over lunch, over-run or inconvenience fasting participants. While non-Muslims are permitted to eat and drink behind closed doors, they should avoid doing so in front of fasters and should instead excuse themselves to a more remote area of the office. If offered refreshments by a fasting

Muslim, it is considered respectful to decline.

4. Check food and entertainment schedules – if you are travelling to a Muslim country during Ramadan, you should be prepared to be flexible with your food and entertainment plans. Avoid unnecessary travel within an hour of sunset, as traffic will be heavy and accident rates peak, and avoid making dinner reservations around that time, as most restaurants will be busy preparing/serving Iftar. In many places, live music entertainment is prohibited, dance clubs are closed, and bars are kept dry. Shopping malls are usually very crowded in the evening, and many tourist activities are put on hold throughout Ramadan.

5. Additional tips – avoid public displays of affection, listening to loud music and chewing gum in public. Do not order alcohol or pork around Iftar at a restaurant.



Beat the queue and hail a cab with just few taps on your smart phone

for hire, centralised through its app (the standard Uber car here is a Nissan Sunny). The idea is a no-hassle experience: no need for cash, for instance, because the app charges directly to your credit card. Governments don't like them, but it's already available in more than 200 cities, including Singapore and Jakarta.

The Good: Uber has several options depending on your budget and tastes, starting from the basic UberX to the more luxurious Uber Black. If you're traveling in a large group, consider the Uber Van: they use a metered fare, as opposed to the S\$50 flat fee charged by the white Mercedes Maxicab.

The Bad: The pricing can be a bitiffy. Uber's minimum charge is S\$8, more expensive than a normal taxi, especially for short distances. Beware of its surge pricing too: they add a surcharge during peak periods, and you can end up paying 1.5 to two times the normal fare.

THE THREE TAXI APPS YOU ABSOLUTELY MUST HAVE

By Putra Muskita

Picture this: you're in Takashimaya, fresh off a day of shopping, all happy with your truckload of shopping bags until your arms feel like they're about to fall off. Or you're traveling with your kids, who are excited (maybe a little too excited). They're running, you want to chase them, but you're also pushing a stroller and carrying their bags. Or maybe it's raining, and you didn't bring an umbrella, because who brings umbrellas on a vacation?

You somehow make your way to the nearest taxi stand, only to find that there are no taxis, for whatever reason. Peak hours, shift changes, the rain. Or maybe there are taxis, but also lots of people who want them, and queuing is the last thing you want to do.

Fortunately, we have technology to the rescue. Below are three apps that you must have in your smartphone — these will make getting around the island a more pleasant and faster experience.

Comfortdelgro Taxi Booking

iPhone, Android and BlackBerry; Free Download

Comfort Delgro is the leading taxi company in Singapore; you would see as many blue Comforts and yellow CityCabs as you'd see Indonesians in Orchard Road during school holidays. Their app is the bare minimum for your smartphone: it sure beats calling the operators.

The Good: It's reputable, it's reliable, and it accepts non-cash payments: you can't really go wrong with Comfort Delgro. The app isn't out of this world, but works just fine.

The Bad: Its decent reputation means everybody is requesting a Comfort or CityCab taxi at any given time. As big as Comfort Delgro's market share is, they don't have an unlimited supply of taxis.

Uber

iPhone, Android and Windows; Free Download

If you're a techie, you've probably heard of Uber: they're the reigning golden boys of Silicon Valley, having raised a whopping US\$2.8 billion in funding. Essentially, Uber is a bunch of private cars

Grabtaxi

iPhone, Android and BlackBerry; Free Download

Malaysia-born GrabTaxi combines the best of both worlds: a centralised system like Uber (drivers that use this app come from all taxi companies) but with normal taxi prices (they make money by taking a cut of the booking fee). After humble beginnings, it has acquired a whopping US\$340 million in funding, and currently operates in Singapore, Jakarta, and 17 other cities across Southeast Asia.

The Good: Aside from the huge amount of participating taxis and the normal pricing, you can also track where your driver is at any time through the app.

The Bad: Not much, to be honest. GrabTaxi has received accolades from venture capitalists to customers to the drivers they're working with. Do we have a winner?

MAKING THE RIGHT CHILD CARE CHOICES

By Priya Ramakrishnan

The decision to enrol your child in a child care centre is a crucial occasion for you and your child.

So you have been blessed with a bundle of joy and you have somehow survived the first three months. Now it's time to join back into the work force and just the thought of putting your little one in a stranger's care is giving you the shivers. Every mother at one point or other feels the same thing and only one thing can put your concern to rest, the knowledge that your child is in the right hand and your decision to go back to work will not harm your baby in any way.

While there is no easy formula to get the best child care, it is important to weigh all the options after arming yourself with all the information you can get. In this feature, we give you the best available options for child care along with affordability, advantages and drawbacks in each choice.

Two types of Childcare

- **In-home care:** A child-minder/maid comes into your home and cares for your child there.
- **Centre-based care:** Professional and trained care givers employed by child care organisations offer structured activities and programmes, as well as provide care during the working hours.

Each option has its own pros and cons of different type. Nothing would obviously equal your personal care, but opting for the next best thing could save you lot of heartache.

In-home Care

One of the most convenient type of child care option with the child being at her/his own home, this would be most suitable if you find a trusted child minder to give



the best of care. It is also one of the most affordable option as the cost will only need to cover the monthly compensation of the child-minder. With this option, you can also be sure that your child is in a safe-controlled environment with limited exposure to ailments and infections. The child will also get more individual attention and feel safe and secure in familiar environment.

However, there are certain drawbacks to consider before deciding on this option. For starters, trusting a paid employee to take care of your infant and attend to his/her needs on time, especially with no supervision. With several cases of nanny child abuse and neglect coming to light, it is crucial to ensure that the child-minder will not harm your child in anyway. Hence, it would be practical to have relatives and friends drop in unexpectedly. Also the availability of CCTV or nanny cams can help ease the worries a little. You also need to have a plan B ready in case your child-minder calls in sick or is on a vacation.

Centre-based care

While centre based child care services are widely available, however, infant care might be more difficult with limited number of infant care centres in the Island city. The Singapore government has approved numbers of child and infant care centres. But keep in mind that infant care is also more expensive than other regular day care for children above 18 months.

Whether it's called a child care centre, preschool, nursery school, learning centre or something similar, it serves the same basic functions: providing care for children at a central location.

It is crucial that the child care centre you opt for has all the relevant government licence is inspected on a regular basis for health, safety, cleanliness, staffing and programme content. There are full day and half day programmes available depending on your needs. Most day care centres offer 7am to 7pm programmes, however, even flexible child care programmes are available to cater to the diverse work arrangements of parents who work part-time or flexible hours.

The challenges with opting for centre-based child care is the exposure to seasonal ailments, no one-to-one care as well as leaving the child in an environment away from home.

An important factor to consider while making your decision is the age and personality of your child. As a general rule, children below three years of age benefit the most from personal and individual interactions with adults. When the children are older and ready for peer interaction, group care such as that provided by child care centres can provide socialising opportunities that are limited in today's nuclear families.



Panggung Gembira & Bazaar KBRI SINGAPURA

Menampilkan:

KOTAH



Benigno



**MINGGU,
30 AGUSTUS 2015
DI KBRI SINGAPURA
09.00 - 16.00**



Cita Citata



Evi Academy



Wika Salim



Cakra Khan



Danang Academy

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- Purwa Tjaraka
- Project Qiu
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**Nikmati
aneka bazaar dan
kejutan-kejutan
lainnya**



Nasar KDI

Penampilan Khusus: Komunitas Masyarakat Indonesia di Singapura

AN EXTRAVAGANZA OF INDONESIA'S CULINARY TRADITIONS

By Ranees Sahaney



Indonesia has a rich and abiding culinary heritage. For those who love good food (and drinks) and want to dive deeper into the world of gourmet experiences – Bali's Ubud Food Festival, held the first time ever, proved to be just the ticket for a journey of high adventure.

For those who enjoy exploring new culinary experiences, Indonesia provides ample opportunities, as the country has quite a few home-grown chefs who have honed their culinary craft at some of the best restaurants at home and abroad. Restaurants and eateries scattered across the country continue to pander to an increasingly eclectic range of clientele with some delightfully resourceful menus.

Held from 5- 7 June in Bali, the Ubud Food Festival served up a fabulous array of activities helmed by experts in the culinary crafts from home and abroad. The food fiesta was as enriching as a foodie adventure as it was a window into the academia of the culinary arts—marked as it was with a string of workshops, cooking demos, food forums, market tours, film and photography sessions and lots of interesting events.

Savvy visitors made the most of it— judiciously focusing on the not-to-be-missed-experiences, from the fabulous range on offer. One, of course, was to learn how to cook from one of the many celebrity cooks on board. And it was not just renowned Indonesian Chef Rahung Nasution who showcased his own brand culinary delight, but also Malaysian chef Wan was there to keep him on his toes during their cook-off.

There were takers aplenty for the demo session of Singapore's world-acclaimed dessert chef, Janice Wong, who had people drooling over what flour, sugar and eggs become in the right hands.

A leisurely exploration of Indonesia's most favoured dishes also offered a window to the country's varied culinary culture. Summoned by the energetic flow of enticements from experts, visitors learned all about the wonders of Bali's famous Babi Guling and Bebek Betutu and also the aromatic delights of Bali's finest coffee, sourced from the estates clinging to luxuriant Kintamani highlands.

Shopping is addictive. Yes, but here it was about shopping for the best culinary experiences. Whether it was at a market or pasar as it's called (the night markets proved to be particularly enticing) or sampling the fabulous range of organic fare brought in by the farmers to sell direct to customers at Bali's Sunday Farmers' Market. Little wonder, people were stocking up on bottles of fresh honey, fruits and vegetables and spices to extend the joyous experience back in their home kitchens.

Festival Honours Indonesian Author and Culinary Expert Sri Owen

Famed Indonesian Sri Owen, the 80-year old cookbook author was, on the occasion of the Ubud Food Festival, presented with the Lifetime Achievement Award from the Mudra Swari Saraswati Foundation by the Festival's founder and director, Janet NeDeef. Sri Owen was accorded this great honour for bringing the culinary heritage of Indonesia to the world. Her book 'Home Book of Indonesian Cookery' (1976), brought her great renown in Britain and across the world.

Highlights of the three-day extravaganza included:

- Visits to a coffee estate in Bali's Kintamani highlands, with an estate walk (offering glorious views of Mt. Batur and the crater lake) and a meal.
- Discover some of the secret family recipes of TV star Chef Bara: Janice Wong's demo other famous Green Mango Sphere. Learn from 'Asia's Best Pastry Chef' a role awarded her by San Pellegrino Asia's 50 Best Restaurants for 2013 & 2014.
- Attending a demo of his unique Modern International Balinese, from Chef Chris Salans, founder of the Ubud pioneer Mozaic Restaurant.
- Explore the world of spices with Made Luga, who stands tall amongst Bali's new breed of talented chefs.
- Learn modern techniques for local produce, from Chef Eelke Plasmeijer of Ubud's Locavore; just being in the presence of the El Bulli-trained chef, Kevin Cherkas was an experience in itself.

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Nilam

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Saturday

12|09|15

Drama Centre Theatre
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Matinee Show

2.30 pm

Night Show

7.30 pm

Please be seated 15 minutes before the show

Early Bird Ticket Price at:
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Order at: www.icnmusical.com

Contact person: Richsen Steven (8448 1629) | Ingewati Sastrawidjaja (8691 2100)

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INDONESIA FORUM 2015



ISEAS and University of Michigan co-hosted Indonesia Forum 2015, a forum to discuss various topics about Indonesia, among others politics and business economy development within the region. Mayor of City of Bandung, Ridwan Kamil was invited as speaker and panellist. The Forum was held at Mandarin Orchard Singapore.

INDONESIA 2015: INFRASTRUCTURE DEVELOPMENT & MARITIME FULCRUM STRATEGIC ROLE

Coordinating Minister for Maritime Affairs, Prof. Dr. Ir. Indrayono Soesilo, M.Sc shared his views on the infrastructure development and maritime strategic role of the government of the Republic of Indonesia to the attendees of the event. Singapore Business Forum (SBF) and KADIN Indonesia co-hosted the event which was held at Pan Pacific Hotel Singapore.



BOOK LAUNCH “INDONESIA’S ASCENT: POWER, LEADERSHIP, AND THE REGIONAL ORDER”

RSIS and the Embassy of the Republic of Indonesia in Singapore co-hosted the launch of book “Indonesia’s Ascent: Power, Leadership, and the Regional Order”. The event was attended by international scholars, RSIS researchers, as well as diplomatic communities in Singapore.



ANGKLUNG PERFORMANCE FROM NUS OPENS GAYA 2015



Angklung Performance from students at NUS officially open GAYA 2015. Education Attache of the Embassy of the Republic of Indonesia in Singapore, Ismunandar joined the angklung troupe in playing pieces of Indonesian folklore songs.



OFFICIAL VISIT OF INDONESIA MINISTER OF MANPOWER

Minister of Manpower of the Republic of Indonesia, Hanif Dhakiri paid an official visit to Singapore. During his first visit to Singapore, Minister Dhakiri met various stakeholders in Singapore including Minister of Manpower of the Republic of Singapore.

INDONESIAN BOOTH AND TRADITIONAL DANCE PERFORMANCES AT INTERNATIONAL FRIENDSHIP DAY 2015

The Embassy of the Republic of Indonesia and Sekolah Indonesia Singapura (SIS) participated at International Friendship Day 2015 hosted by Singapore Discovery Centre (SDC). The Embassy and SIS also supported the cultural performances week held on 30-31 May 2015 by presenting Tari Merak Dance from SIS students.



OFFICIAL VISIT OF MINISTER OF TRANSPORTATION OF THE REPUBLIC OF INDONESIA

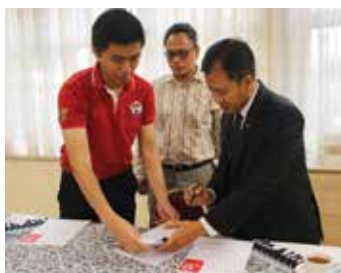
Minister of Manpower of the Republic of Indonesia, Ignasius Jonan paid an official visit to Singapore to meet various stakeholders in Singapore. In his visit, Minister Jonan also conducted site visit to port facilities in Singapore and Batam.



MAKE-UP COURSE FOR INDONESIAN DOMESTIC WORKERS



The Embassy of the Republic of Indonesia in Singapore and Dharma Wanita Persatuan KBRI Singapura co-hosted a course in make-up for Indonesian Domestic Workers in Singapore. The event was attended by more than 100 participants.



MOU SIGNING BETWEEN GARUDA INDONESIA AND PPIS



PPIS and Garuda Indonesia has signed the MOU on Support to Indonesian Students in Singapore. Indonesian students under the membership of PPIS will be given interesting offers for travelling with Garuda Indonesia including airfare discounts and upgrade of baggage allowance.

INDONESIAN STUDENTS GAMES IN SINGAPORE (OLYMPPIC)

Education Attache of the Embassy of the Republic of Indonesia in Singapore, Ismunandar presented trophy to the grand champion of Indonesian Students OlymPPIC Games in Singapore. The games were hosted by PPIS and supported by the Embassy and the Ministry of Education of the Republic of Indonesia.



COMMEMORATION OF NATIONAL AWAKENING DAY 2015 AT SEKOLAH INDONESIA SINGAPURA (SIS)

In commemorating of the National Awakening Day 2015, the Embassy of the Republic of Indonesia in Singapore hosted a flag raising ceremony at Sekolah Indonesia Singapura. The incoming Coordinator for Media, Social and Cultural Affairs of the Indonesian Embassy, Dwi K.I. Miftach, read the speech from the Minister of Home Affairs.



OPENING OF MERANTAU 2015

Ambassador Dr. Andri Hadi attended the Opening of MERANTAU 2015, an event which shows and display Melayu cultures in Singapore and also co-sponsored by the Embassy of the Republic of Indonesia in Singapore.



14TH HALAL FOOD EXPO 2015

Various Indonesian SMEs participated in 14th Halal Food Expo 2015 at Singapore Expo.



BREAKING FAST

Ushering into the Holy Month of Ramadhan, the Embassy of the Republic of Indonesia regularly organized iftar (breaking fast) at the Embassy.

FAREWELL AND WELCOMING RECEPTION (PISAH KENAL)

As part of the tradition of the Indonesian Embassy, new officers from the Embassy and Representatives Office of State-Owned Enterprises were introduced formally to the various Indonesian communities in Singapore. At the same time, the event doubled as the farewell reception for the officers who will return to Indonesia.



CAHAYA RAMADHAN

Indonesian Women's Society in Singapore (PWIS) organized Bazaar and Moslem Fashion Show titled Cahaya Ramadhan on 7 June 2015.



THE CROWN JEWEL OF ANDAMAN SEA

by Priya Ramakrishnan

Just a short flight away is the idyllic getaway in Andaman Sea – Krabi, a place that will woo your heart and soul

A land blessed with abundance of natural beauty, Krabi, Thailand is one of the jewels in Andaman Sea's crown. The deep blue aquamarine sea in perpetual embrace with the multi-hued sky, the sun-kissed beaches with its pristine white sand inviting one to dig in their toes, the relaxed pace of life and the smile on everyone's face; Krabi is not just another destination, it is an experience not to be missed in this lifetime. From its quaint long tail boat (Ruea Hang Yao) to its eccentric tuk-tuk, this idyllic paradise in Thailand will make its own special place in your heart.

Located 814 kilometres from the capital Bangkok, covering an area of 4,708 square kilometres, Krabi was one of the oldest communities in Thailand dating from the prehistoric period. With its undulating hills, mountains, deep forests, hot springs and delightful gurgling rivers and stream, Krabi has something to offer everyone. Relatively untouched compared to other Islands, it has retained its quaint charm and has for the most part remained non-commercial.

Must Do in Krabi

There are so many attractions to cover in Krabi that you would need at least one week to enjoy it all. Even then you will fall in love with this beautiful Island which has a strangely soothing effect compelling you to shed all the worries of the world. However, in this feature, we list down few of the must see attractions that shouldn't be missed.

Railay Beach and Caves



If you have seen the movie 'The Beach', you can pretty much guess how this beach and its cave will look. South of its city centre Ao Nang, Railay Beach is an awe-inspiring beach with beautiful limestone cliff rising up majestically from the deep blue sea. There are caves to explore on

both ends of the beach with its lagoon shaped stunningly by the constant surge of tides. Pack a picnic mat and some sunscreen lotions and just lay back and soak in the tranquillity of this beach.

Phi Phi Island



Maya beach, the picturesque location of Danny Boyle's The Beach looks like something that came out of an imaginative artist's sketch. The soft white sand and clear aquamarine water reflecting the colour of the cloudless blue sky, imposing limestone cliffs that stands guard on the sides of the Island, a fragrant breeze that has the right amount of coolness, Maya Beach is beyond description. There are daily speedboat trips organised to Phi

Phi Island. However, the recent surge in tourism in this area often brings hordes of tourists and speedboats marring the peace and tranquillity of the Island.

An ultimate tropical getaway, it also offers one of the best waters for deep sea divers and scuba enthusiasts. Snorkelling, canoeing, cliff diving are some of the exciting sports one can indulge in.

Klong Thom Hot Springs



Located deep inside the jungle of the Khao Phra Bang Khram Nature Reserve, Klong Thom Hot Springs are natural saunas that rejuvenates and soothes the mind, body, heart and soul. Acclaimed to be therapeutic, these natural hot tubs are crafted by nature's loving hand into smooth rocks channelling the water springing from volcanic chambers. The water is at a comfortable 40 degree Celsius and the sensation is utterly soothing. Just drifting away in the warm natural sauna is one of the best way to distress. Accompanying sounds of nature forming a cacophony of background music, these natural jungle sauna feeds into a cool fresh stream. After warming up in the hot rocky tub, you can just swim across to cool off at the fresh cool stream. A jungle experience that is guaranteed to rev up your tired mind and boost your energy levels.

Emerald and Blue Pool



Just half an hour drive from Krabi hot springs is the tranquil Crystal Lagoon with its natural emerald pool beckoning one to take a dip in its fresh cool waters. Located inside the Thung Teao Forest Natural Park, it is reached by foot after a 20 minute uphill walk. But it is well worth the effort as it is a picture perfect natural pool with emerald blue fresh water. A stunning eco-tourist spot with visually beautiful

aquamarine hues bordered by virgin rain forest with a rare collection of unique flora and fauna. It is also a fantastic spot for bird watchers.

Tiger Cave - Wat Tham Sua



If you are ready to put your fancy shoes to good use and hike 1,237 steps up a limestone tower and witness an unforgettable panoramic view of the magnificent Andaman Sea in all its natural glory, then this is a place for you. Tiger Cave Temple or Wat Tham Sua is one of Thailand's finest natural wonders and home to monks who have renounced the worldly desires to live in this paradise. The real attraction in the temple is the 'footprint of the Buddha'. You might wonder why it is called Tiger Cave, the local legend is that a tiger once made the main cave his home hence the temples name, 'Sua' or 'Suea' being Thai for tiger. Even today, one can see the tiger footprints on the floor of the lower temple which is surrounded by mountains and a rich tropical forest.

Krabi Seven Islands




While there are around 200 islands in the Krabi coastline, the Seven Island tour is worth a visit. Rising precipitously out of the ocean floor, the seven island tour is best enjoyed on a traditional long tail boat. The seven islands are Bamboo Island, Chicken Island, Koh Poda, Koh Tup and Koh Mor, Koh Talu and Hong Island. Surrounding by clear waters ideal for snorkelling, the island hopping is a must-do in Krabi. The islands are delightful outcrops in the middle of sea and the spectacular sunsets are not to be missed. They even serve a delightful home-cooked dinner on the island, which you can enjoy while relaxing on the beach with the sound of soothing waves playing background music. There is also a unique experience of swimming in waters with bioluminescent planktons. Like a Christmas tree lit up, the ocean water lights up in the dark when swimming in the calm water, a unique and unforgettable experience that makes you wonder about the creator.

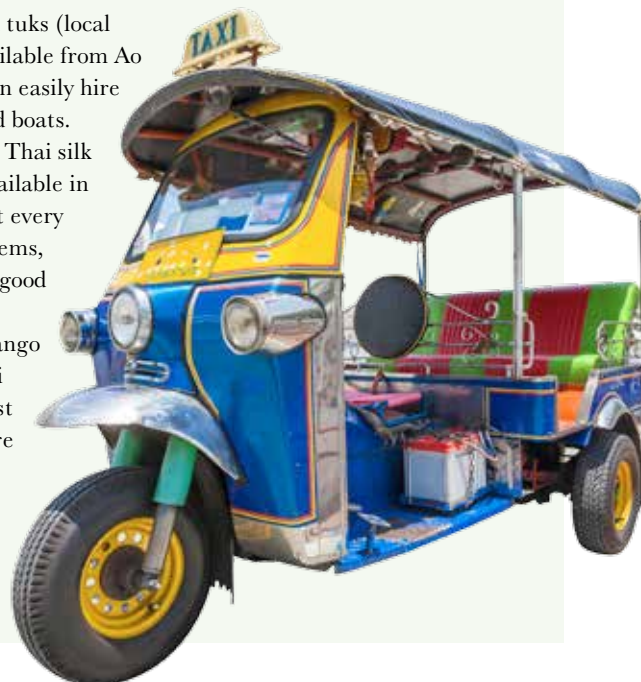
Getting there: Krabi is well connected by flights from Singapore, Indonesia and Malaysia by all major airlines. Best place to stay is Ao Nang which is the city centre and well connected to all the major tourist spots in Krabi.

Best time to visit: From May-October Krabi experiences heavy torrential rain. Any time after or before that will be most suitable.


Getting around: There are tuk tuks (local three wheel transport) easily available from Ao Nang. For Island hopping, you can easily hire a private or public long tail/speed boats.

Shopping: There are beautiful Thai silk and uniquely handmade cloth available in most of the retail outlets that dot every corner of Ao Nang. Handicraft items, clothes, bags etc are available at good bargain.

Cuisine: Be sure to try the Mango Sticky Rice, Thai pancakes, Thai curries and rice pudding. At most restaurants, one can ask for more spicy and authentic version of Thai curries. From Chinese to Korean to continental, all kinds of cuisines are available at Krabi. 



WHAT'S HAPPENING?

Looking for things to do? Check out these  celebration events listed below. There is something for every one. For more details or contact information visit www.singapore50.sg

Aug 7 - 8, 2015

Singapore Choral Festival

Celebrating Singapore's progress of 50 year with some 600 local choristers.

Venue: Victoria Concert Hall

Ticket: \$20

Aug 7, 2015

Sands of Time

A sand sculpture display of the Singapore Story

Venue: Siloso Beach, Sentosa

Ticket: Free (usual island admission charges apply)

Aug 7, 2015

Hari Raya Open House

Cultural showcase, craft activities, games and choir performances.

Venue: Malay Heritage Centre, 85 Sultan Gate

Ticket: Free

Aug 7, 2015

SING50

Two-hour pop concert by international and local talents, and featuring favourite Singaporean songs.

Venue: National Stadium

Ticket: \$20

Aug 7-8 & 10, 2015

SG Heart Map Bus Tours

Choose from five scenic guided tours with stops at Singaporeans' favourite haunts.

Venue: Various locations

Ticket: By registration at www.heartmap.sg

Aug 7-9, 2015

Botanic Gardens

Part of NParks' SG50 Concert Series in the Park. A carnival will be held through-out the three days, featuring nostalgic activities which celebrate shared memories as well as the rich cultural and botanical heritage of the Gardens.

Programme

7-9 Aug: Carnival, 10am-5pm

7 Aug: Variety Concert, 5pm-7pm

8 Aug: Symphony Concert, 6pm-7pm

7 & 8 Aug: Bandstand Performance, 7.30pm-8.15pm

7 & 8 Aug: Outdoor Movie, 8.30pm-10pm

9 Aug: NDP Live Telecast, 5.30pm-9pm

Venue: Singapore Botanic Gardens

Ticket: Free

Aug 8 - 9, 2015

Sports Hub Carnival

Relive the fun of yesteryear in a mega fun fair to enjoy local games, music and snacks from the past 50 years.

Venue: Sports Hub

Ticket: Free



Fun with Stamps on Jubilee Weekend

Over the Jubilee Weekend, there will be whole host of events at the Singapore Philatelic Museum.

Dressing Up Fun!

7 - 9 August 2015, 11am - 1pm

Dress up in ethnic costumes of Singapore and be photographed at old 'Hylam Street.'

Kampong Games

7 August 2015, 10am - 4.30pm

8 & 9 August 2015, 10am - 5pm

Fun with traditional toys!

Music Performance -

An Afternoon with Elvis

8 August 2015, 4.30pm - 5.30pm

Performed by an Elvis Presley fan group.

Held in conjunction with Return To Sender

- An Exhibition that celebrates Elvis Presley, the King of Rock 'n' Roll.

Elvis Dance Performance

with Audience Participation by Tanglin Arts Studio

9 August 2015, 2pm - 2.30pm

Discover Elvis Presley, the King of Rock 'n' Roll!

It Must be Magic I

9 August 2015, 3pm - 3.20pm

Meet Syros, the Master of Illusion performing tricks in the museum.

Golden Tunes

9 August 2015, 4.30pm - 6.00pm

A musical walk down memory lane with Ernesto Valerio & Friends. This is a performance not to be missed!



Panggung Gembira & Bazaar
KBRI SINGAPURA

JANGAN LUPA! MINGGU 30 AGUSTUS 2015
DI KBRI SINGAPURA 0900 - 1600
Lihat muka surat 41 IndoConnect utk butir-butir lanjut

BOTANIC GARDENS

A WORLD HERITAGE SITE

It is only 5 minutes travel from bustling Orchard Road and a popular 'refuge' for locals and tourists to escape the island's traffic and concrete and appreciate the beauty of nature. In July, the 156-year-old Singapore Botanic Gardens was chosen as the island's first UNESCO World Heritage Site. It joins only two other gardens in the world, Kew (England) and Padua (Italy) on UNESCO's list. The Gardens was chosen because of its role in the rubber trade which transformed the region in the 1900s and its unique tropical colonial gardens landscape. Within its beautifully maintained 74-hectare grounds are three lakes, orchid gardens, a small tropical rainforest, a botany centre and children's garden.





Photo by Grade 10 student Marina Ziliacus

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SEPTEMBER 2015



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Thursday, 10 September
Middle School Monday, 7 September
High School Tuesday, 8 September

East Campus

Primary School Tuesday, 15 September
Middle School Wednesday, 16 September
High School Thursday, 17 September

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Applications for August 2016 open on 1 September 2015.

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.



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



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



WHEELOCK
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