CONNECTING INDONESIANS IN SINGE

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Editor's Note

THE TIMES ARE CHANGING



t is our pleasure to present to you our second anniversary issue. We look back at the significant changes and opportunities that have presented themselves this year. Some were good and few others were great, but Team IndoConnect has more reason to celebrate and be merry. We have been warmly welcomed by the Indonesian diaspora and played a part in all the celebrations and festivities. Once again we bring you an issue with an impressive line-up of features, interviews, latest happenings and news from home!

While, there is a lot more to come before we greet the dawn of 2015, this issue of IndoConnect has also focused on several major new beginnings that have made headlines across the world. Top on the list of things to come is the swearing-in of Mr Joko Widodo as President of Indonesia on October 20.

There have already been announcements that the new administration will focus on cutting red tape and implementing major infrastructure projects such as new roads and ports. In the follow-up to his campaign slogan of a "mental revolution", Mr Widodo also plans to overhaul the Indonesian education system and transform the way Indonesians think and work.

These are worthwhile aims and all of us at IndoConnect wish President Widodo every success.

We also hope for the best for another promising Indonesian. On October I, Raisa Andriana will perform her first-ever solo concert at The Star Performing Arts Centre. She has had a remarkable year and is presently Indonesia's most celebrated singer. Her audience marvelled at her deep soothing voice that won her the Indonesian Music Award for Female Singer of the Year.

In this issue, IndoConnect is also pleased to have real estate agent Jack Sheo share his views on the recent changes implemented by the Singaporean authorities to cool the property market. These have pushed down rents and values of homes. So much so that the hottest talking point among most expatriates is whether there is a better house going for a lower rental.

We also have tips on how to protect your self against cyber crime and features on fashion, travel, food and more. To celebrate our second anniversary, IndoConnect has undergone a makeover. So go on, have a great read and enjoy!

Nomita Dhar Editor-in-chief



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."

CONTRIBUTORS



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DARLENE MACHELL ESPENA She is currently pursuing her doctorate in History at Nanyang Technological

University. She loves to read, travel and dance to the beat of Latin music. When she's not busy writing her dissertation, she writes poems, articles and others.



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JOKOWI: BY Prionka Ray THE CHARISMA OF THE 'PEOPLE'S PERSON'

The next President is an enigma and IndoConnect delves into his past to uncover the real Jokowi

ften sporting simple clothing and a wide smile, Jokowi is the man of the moment in Indonesia. One who is known as much for his 'clean image,' as he is known for his humble origins. This president elect, a wood seller's son, was evicted from his house, not once but thrice and had to work through school because of financial difficulties. Joko Widodo, the young boy who had experienced common hardships, is now all set to be sworn in as the next President of Indonesia for a five-year term. For the Indonesians, he is one of them, a man they can identify with. He is also the first Indonesian President without a military background or an elitist tag. Instead, he is seen as a 'common man' with an endearing smile, an ability to connect and a style that's refreshingly unpretentious. Using a local car, Esemka, that is manufactured locally in his constituency, Solo, and dressed in his trademark checkered shirt and economical shoes, Jokowi is guintessentially, a people's person and therein lies his allure.

The soft- spoken Jokowi was born in Surakarta on June 21, 1961 and is of Javanese descent. His student life began in a state primary school and he eventually went on to study forestry at Gadjah Mada University with the money his grandfather saved for him. The young Jokowi was known to be a die-hard fan of heavy metal music and as a student, he often listened to music while studying. As a teenager he sported long hair and favoured Jimi Hendrix, Queen and Rolling Stones. He also indulged in mountain climbing and on his early reading lists were books about Soekarno, Indonesia's first president. Jokowi was also a diligent student. Cheerful and responsible, his mother often relied on him to take care of his younger sisters. This cheerful disposition suffered a major blow when the young Jokowi realised that cheaters often overtook you, a lesson that he found hard to digest. This occurred in his senior school, when few students who had cheated fared better than him. This upset the principled teenager so much that he fell ill and did not attend school for months.

The eldest son of the family, Jokowi has three younger sisters and his wife, Iriana, was one of his sister's friends. He had met her during one of his university holidays and it is easy to see why it was 'love at first sight.' The couple share similar traits and Iriana is a soft- spoken lady who shies away from the media. Like her husband, her dressing style is simple and humble. The couple have two sons and a daughter and both the sons have received part of their education in Singapore. Their older son, a graduate, now runs his own catering business while the younger son is still a student in Singapore.

Jokowi began his career in a pulp mill in Takengon but returned to Solo to work for his uncle in a furniture factory. In 1988, he set up his own company, but even then, he was known as a man who dressed simply, had a 'hands on' approach and made unannounced visits to check on his employees. Even as Jakarta's mayor, Jokowi's 'blusukan' (impromptu visits) style remained consistent. He is known to have performed blusukan at the office of a market at 6am, wearing shorts. Many believe that he still remembers the names of the traders there. On leaving Solo, the traders had given him a souvenir and helped to raise campaign money for him. This is unprecedented as never before had ordinary people raised money for a campaign. Such was their devotion and faith for a leader they consider to be one of them.

Jokowi's popularity stems, as much from his unassuming personality, as it does from his unorthodox ways. Popular stories, like the time when as mayor of Surakarta, he had personally gone to the state-owned electricity company's office to pay the unpaid 8.9 billion rupiah in notes and coins, so as to prevent a blackout of the streets before Christmas, have become legendary. Similarly, the "Smart Jakarta Card" to help poor students and renovation of the traditional markets without charging the vendors rent, have resulted in an image of Jokowi as a 'poor man's messiah'. Jokowi himself embraces his humble origins and jokes that a man from a "lower-class background" becoming a president in Indonesia, is akin to an Indonesian version of the American dream.

A people's person through and through, he remains jovial with journalists, approachable to the people on the streets and accessible to the young through social media. Even his name 'Jokowi' is a monicker given to him by a business client. Jokowi comes across as a man, belonging to the people and this is his biggest strength. As his swearing-in ceremony draws near, Indonesians are hopeful of a new era, that breaks away from the 'old' ways of the elite and the world looks towards the man, who with his unique style of leadership has won the faith of his people.



State Visit of President Susilo Bambang Yudhoyono To Singapore

President of the Republic of Indonesia Dr Susilo Bambang Yudhoyono was on a State Visit to Singapore on September 2-4, 2014

resident Yudhoyono, accompanied by his wife Ibu Ani Yudhoyono, received a ceremonial welcome at the Istana on September 3, 2014, following which President Yudhoyono had separate meetings with President Tony Tan Keng Yam and Prime Minister Lee Hsien Loong. Prime Minister Lee also hosted President Yudhoyono and his delegation to lunch.

President Tan and President Yudhoyono reaffirmed the strong relations between Singapore and Indonesia and had a wideranging discussion on issues of regional and international concern. President Yudhoyono and Prime Minister Lee had a good discussion on the state of bilateral ties and the progress that has been made in various areas of IndonesiaSingapore cooperation over the past ten years. Prime Minister Lee expressed his appreciation for President Yudhoyono's strong support for the Singapore-Indonesia relationship and conveyed that Singapore looked forward to further enhancing its strong ties with Indonesia.

President Yudhoyono and Prime Minister Lee also witnessed the signing of the Treaty between the Republic of Indonesia and the Republic of Singapore relating to the Delimitation of the Territorial Seas of the Two Countries in the Eastern Part of the Strait of Singapore. This is the second maritime boundary agreement which Singapore has signed with Indonesia under President Susilo Bambang Yudhoyono's administration, with the first being treaty between the Republic of Indonesia and the Republic of Singapore Relating to the Delimitation of the Territorial Seas of the Two Countries in the Western Part of the Strait of Singapore, concluded in 2009. It is a demonstration of how Indonesia and Singapore have been able to work together in areas of mutual interest, and further underscores the excellent working relationship and bilateral ties between both countries.

In the evening, President Yudhoyono was conferred the award of Order of Temasek (First Class) by President Tan. Following the award conferment ceremony, President Yudhoyono and Ibu Ani Yudhoyono were hosted to a State Banquet by President Tan and Mrs Tan.

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PROVEN BUSINESS BLUEPRINTS

Jeffrey Ng has been successfully marketing Indonesian Fashion for 20 years with over 75 women's fashion stores at several cities in Indonesia

ndonesian fashion has been at the forefront of Islamic fashion movement and has garnered a reputation of being a trend setter in the global market. But looking behind the glitter and glamour, it is enterprising individuals like Mr Jeffrey Ng, Chief Operating Officer and Executive Director of Minimal Fashion Group who are working hard to showcase Indonesian fashion and making it a success. A second generation retailer, Jakarta-based Mr Ng has played a major role in expanding the retail women's fashion outlet to 75 stores across 35 cities.

The group is known for being trendy, affordable and cosmopolitan with emphasis on premium quality lifestyle clothing. His dedication and hard work has been lauded by many, but Mr Ng attributes the success to the group's board and owner. "While retailing is in my blood, the credit for expanding to 1st and 2nd tier cities in Indonesia must be attributed to the foresight of our proprietor and the board. We now have 75 stores and 7500sqm of retail space," he says.

Mr Ng is also very enthusiastic about the retail industry in Indonesia, According to him, "Indonesia is a gold-mine of opportunities for the right retailing company with the right merchandise, right calibre of people and the right strategy. However, it is not homogenous, as what works in Jakarta may not necessarily work in Pekan Baru. It is important to find what works where and to compete successfully."

After graduating from Lancaster University, he had worked for several prestigious companies including in the positions of Executive Director and Country Manager of Hush Puppies, Group General Manager Indonesia & Singapore for the Berca Retail Group and Executive Vice President and Senior General Manager of Argo Manunggal Group. His 'hands on' approach, which he says is a conscious management style, has helped him be a market leader in Indonesian fashion. "We are fortunate our brand positioning has traction with our shoppers. Our staff should always exceed the shoppers' expectations at each touch point, online as well in all stores. However, the key to winning in the country is the need to understand the shopper and know their preferences."

Despite his hectic work schedule, Mr Ng is very keen on holistic development and is involved in The Art of Living Foundation. This is a non-profit organisation operating in 151 countries dedicated to promoting peace and creating a violence-free society. He is also involved in the Gift a Smile programme to provide under-privileged children with a fair chance to get ahead in life.

To relax, there's yoga. He explains, "Yoga is my daily quality time, where I can 'time out' to 'tune into myself'. It is also about developing a broader vision and the sensitivities to embrace opposing but complementary values and stand arm in arm with anyone."

Star-studded Independence Day

It was stars galore at the Indonesian Independence Day celebrations at the Embassy

elebrating Indonesia's Independence Day with much pomp and glory, the Indonesian Diaspora in Singapore had a blast at this annual event, hosted by the Indonesian Embassy in Singapore. While it rained in the morning and the sun made it a sweltering afternoon, nothing could have dampened the spirit of Panggung Gembira celebrations at the Indonesian Embassy on August 31, 2014.

About 20,000, mainly young women, crowded the stage set up in the expansive backyard enjoying the line-up of singers and musicians specially brought in for the occasion. Screams of joy and thunderous applause greeted each of the nine performances. Fun, frolic and food were the main themes and many Indonesians went home wishing that the celebration could last for another day.

Taking centre stage was dynamic dangdut star Saskia Gotik. Her fluid gyrations coupled with her melodious voice enraptured the spectators who screamed their hearts out for endless encores. The crowd also cheered the other artistes enthusiastically especially Inul Daratista, Hussein Idol, Beniqno, Anissa Bahar, etc. Despite the muddy lawn, some spectators started dancing when Repvblik Band came onto the stage to play their hits.

"This is awesome, so much fun, and I am so happy to be an Indonesian," said Ms Karamina, who works as a clerk for a trading firm.

The memorable day was made even more fun with the addition of over 20 stalls offering mouth-watering traditional Indonesian snacks and specialities from across various regions of the Indonesian archipelago such as Pempek, Rendang, Arem-Arem, Lumpia and more. Happy Indonesians also indulged in some retail therapy at the stalls selling traditional arts and craft including Indonesian traditional batik.

While the party went on till 5pm, the enthusiastic crowd rocked on and the grounds stayed crowded right until curtain came down on the show. Left wanting more, several tired and foot weary Indonesians were talking about Panggung Gembira next year.

The organisers of Panggung Gembira had worked very hard to put up an impressive non-stop concert from 11.00 a.m. to around 5.00 p.m. Not to forget, the personnel of security and first-aid team put in a lot of effort to keep the crowds safe and comfortable. While ensuring

their safety, the team swiftly evacuated anyone who fainted due to the hot weather and jam-packed crowd.

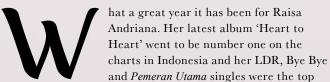




Raisa ALL SET TO WOW ASIA

It will be her first overseas solo concert and Indonesian singer Raisa Andriana hopes Singapore will also be her springboard into the Asian market





favourites of nearly every radio channel. Then, she accomplished a triple coup by clinching the Indonesian Music Awards for Female Singer of the Year, Song of the Year *Pemeran Utama* and Album of the Year 'Heart to Heart'.

She will hold her first solo concert in Singapore on October 1. She had done foreign gigs in Kota Kinabalu in Sabah, Malaysia in 2012 and in Melbourne and Sydney in Australia in 2013. She told IndoConnect in a telephone interview, "But those were not my concerts. Singapore will be my first solo concert, my biggest gig so far, so I am both excited and nervous. I have to step out of my comfort zone."

Raisa, as she is popularly known, added that Singapore could be the stepping stone to the rest of Asia. Her deep soothing voice lends itself perfectly to her music which is mostly pop with a touch of rhythm and blues. She sings in English as well as in Bahasa Indonesia and says that her songs express the joys and sorrows that occur in her life. Her hit, LDR, was about her having a long distance relationship (the initials make up the song's name) with a past boyfriend. Raisa, now 24 years old, says she is still single.

She will be singing about 20 songs for her concert at The Star Performing Arts Centre in Singapore. Her strategy is to get up close and intimate with the audience. She told IndoConnect, "I want them to know me, to hear me and to think about my songs. It was just my music and the audience. There will be no gimmicks such as crazy costume changes."

Many believe that Raisa rose to prominence by posting video clips on YouTube. Actually, she took the traditional route to enter the music industry.

She started singing with a band during her senior high school

years. She was then 16 years old and was a good friend of Asta Andoko, a guitarist from RAN band. That was long before RAN became famous.

Raisa came out with her first single, *Serba Salah* and it was picked up by a number of radio stations in 2010. The lyrics struck a chord with listeners who wanted to know about the singer. She could not afford to do a video clip. As a compromise, a homemade video clip featuring an acoustic version of the hit, was made in Asta's bedroom and uploaded on YouTube. Within months, it garnered more than 120,000 hits. The next step was to cut an album which she did in 2011. She wrote seven of its 10 songs.

That same year, Raisa performed at three big festivals – Java Jazz, LA Lights Indiefest and Java Soulnation. She would belt out *Serba Salah* and *Apalah Arti Menunggu* at some of her performances and the audience would sing along.

She said, "That is the closest, the most vital interaction between audience and singer."

Her Own Singing Style

Raisa Andriana was born in Jakarta on June 6, 1990. Her father works as a consultant in the oil and gas industry while her mother is a housewife. She has an elder brother.

She would sing Disney songs at the age of three. Although Raisa sounded good, her parents did not enter her for singing contests. She had a normal childhood although she would take to the stage and sang at school functions and ceremonies. At Bina Nusantara University, she studied marketing as her major as she was interested in interior design as a career.

As such, her music education was minimal and she acquired her unique singing style by listening to some of her favourite singers such as Alicia Keys, Mariah Carey, Whitney Houston, Brian McKnight and Stevie Wonder.

She was quoted in The Jakarta Post as saying, "I love singing and want to sing, so if I get the chance to do it, I will... sing the song in my style."



Indonesia's 'Trash Doctor' Wins Coveted Entrepreneur Prize

Dr Gamal Albinsaid was awarded the Prince of Wales Young Sustainability Entrepreneur Prize for an innovative programme that allows the poor to "pay" for medical services with trash

young Indonesian doctor has won much acclaim as well as a host of prestigious awards for his community work but he is still called the "trash doctor". However, it is not derogatory. It came about from Dr Gamal Albinsaid setting up the Garbage Clinical Insurance (GCI), a programme that allows the poor to "pay" for medical services through the collection and recycling of garbage. Dr Albinsaid, currently the Chief Executive Officer of Indonesia Medika, was inspired to set up the micro-insurance programme to enable people to take an active role in managing

their waste while improving their lives. For his invaluable work, Dr Albinsaid was awarded the inaugural "Prince of Wales Young Sustainability Entrepreneur Prize" in a stiff competition that attracted more than 500 entries from 90 countries.

Now only 24 years old, he started the initiative in 2010 while he was still a medical student at the Brawijaya University in Malang in East Java. He came up with the programme after hearing of the death of a three-year old child from diarrhoea because the parents could not afford medical treatment. Every weekend, members of the scheme bring their organic and non-organic waste to a collection point near the clinic to be directly processed and sold. The money earned pays the premium of a health fund for all members. The programme was first introduced in his hometown in Malang and quickly took off. It currently benefits some 2,000 poor people and has spread to other cities, including Bandung and Yogyakarta. GCI has also recruited 88 volunteers, 15 doctors and 12 nurses, all of whom are also paid with money generated from the community's waste.

The Prince of Wales Young Sustainability Entrepreneur Prize was developed in



partnership with Unilever – a global brand of consumer products in nutrition, hygiene and personal care - and the Cambridge Programme for Sustainability Leadership. Its patron is the Prince of Wales and the award was designed to inspire young people around the world to tackle environmental, social and health issues. The competition invited entrepreneurs aged 30 years or below, to submit inspiring, practical, and tangible solutions to help make sustainable living commonplace.

Dr Albinsaid received the award from the Prince of Wales at a dinner reception at the Buckingham Palace in January 2014. He was also presented with the cash prize of €50,000 (US\$68,400). Competition was stiff. There were six other finalists. The Mexican entry was from a big company while the one from Nepal had been the brainchild of an entrepreneur educated in the United States. Dr Albinsaid said that during the dinner, the prince praised the GCI programme as having addressed the problems of poor healthcare and the environment with a single solution. This brainchild has put the young doctor in the FOR HIS INVALUABLE WORK, DR ALBINSAID WAS AWARDED THE INAUGURAL "PRINCE OF WALES YOUNG SUSTAINABILITY ENTREPRENEUR PRIZE" IN A STIFF COMPETITION THAT ATTRACTED MORE THAN 500 ENTRIES FROM 90 COUNTRIES

spotlight, both at home and abroad.

Dr Albinsaid has been honoured with several other awards including the Inspiring Scientific Award from Research and Technological Minister of Indonesia and the AusAID Indonesian Social Innovator Award. He is also an Ashoka Young Changemaker – part of a group of young people working with the sustainability organisation to master the skills of empathy, leadership, teamwork and creativity. He was also recently named runner-up in the semi-established category in the fourth edition of the Arthur Guinness Fund and the British Council Indonesia's Community Entrepreneurs Challenge, an annual competition that began in 2010.

The third of four siblings, he had his heart set on becoming a pediatrician since young. Dr Albinsaid's father had also aspired to be a doctor too, but had to quit high school to work in a used car business because of financial difficulties. Dr Albinsaid's mother, who is in the batik business, is his other loyal supporter. Of the future, Dr Albinsaid, who recently graduated from Brawijaya University's School of Medicine and is currently pursuing a Master's degree in Biomedicine, said matter-of-factly: "I am planning to set up more GCI programmes."

PAMPER YOURSELF with This Season's **MUST-HAVES**

Up your oomph factor with these newly introduced hot favourites and flaunt yourself

Liquid Gold for Youthful Skin

Cleopatra's beauty secret may be bathing in pure milk, but today you can get clear youthful radiant skin with liquid gold. Singapore's leading skincare brand, Bio-essence has launched two stunning premium products under its luxurious 24k Bio-Gold skincare range to help you defy age and get back your



Bio-essence 24K Bio-Gold Platinum Dual Cream

youthful looks. Throughout the centuries, gold has been coveted for its everlasting radiance and healing powers. Bio-essence Swarovski Stardust Beige Bracelet has brought back this omnipotent antiageing solution that will

restore the skin's natural glow and stimulate cellular growth on the basal layer of the skin to clear wrinkles and age spots.



Dazzle with Stardust

Redefine glamour with the newly-launched Stardust bracelet from Swarovski's exclusive range. A translucent fishnet brimming with 730 loose crystals, Stardust is available in variety of colours. The bracelet can be worn in edgy combinations or on its own to create an elegant, minimal look. The perfect illustration of multifaceted glamour, each woman can stack and combine the Stardust bracelet in whichever way she prefers. Whether in block colours, contrasting tones or monochrome, delicate pastels,

or a mysterious palette of greys and blacks, this new must-have adds the perfect finishing touch to all kinds of styles, from casual to dress to kill.

Body Sculpting Cream for a Great Figure

The newly launched Celebrity's Choice Inchloss Body Sculpting Cream by Bio-essence targets cellulite and stretch mark concerns with safety and convenience. It is also perfect to slim and tone arms, tummy, thighs and legs without going under the knife

or paying exorbitant prices for salon treatments. Get more firm, toned and moisturised skin and achieve a slim look by burning excess fat and inches off desired areas. The cream also contains ginger extract to speed up reduction of stubborn fatty deposits under the skin for slimming results that are simply amazing.

Bio-essence Celebrity's Choice Anti-Stretch Mark Cream



Make Up Forever Packshot Brush Set

Makeup for Women on the Go

Who says you can't look good when on the go? Make Up Forever's new range of ultra cool brush sets comprising a blush brush, a concealer brush and two eye shadow brushes will fit compactly in your purse. The glamorous zippered pouch helps you carry these essential pro brushes everywhere. Their 100 per cent synthetic fibre composition is a result of technological research designed to improve performance. A must for women on the go.

8

1

SPIRITUAL OF BEDAYA

Solo exhibition by Srihadi Soedarsono at Equator Art Projects, Sep 26-Oct 26, 2014





2

4

5



- 3
- 1. Beauty of Soul
- 2. The Energy of Beauty
- 3. Spirit of Purification
- 4. Holy Procession 5. Spiritual Dialogue
- 6. Moment of Contemplation
- 7. Moment of Meditation
- 8. Energy of Soul

6





THE INVISIBLE BRIDGES

A solo debut exhibition in Asia showcasing the powerful works of Argentine artist, Ernesto Morales



1. Delfin y nebulosas, 2014, cm 40x40, oil on canvas

2. Nebulosas, 2014, com 100x120, oil in canvas

3. Las golondrinas y el mar, 2010/2014, cm

100x120, oil on canvas

4. Medusa y nebulosas, 2014, cm 40x40, oil on canvas

5. Mare migrantes, 2014, cm 100x150, oil on canvas 6. The Invisible Bridge, 2014, cm 100x150, oil on

canvas

1

7. The invisible Bridge, 2014, cm 80x120, oil on canvas

4

6







2











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SINGAPORE Artworks **DIGITAL** Artworks



Nouveau Hijab Styles Let Me Count the Ways

Fashionable, chic, and vibrant coloured hijabs are becoming a huge trend among Indonesian women. Check out two hottest online sites for the latest buzz in hijab fashion.



Hijab Tutorials @ Aquila-style.com

There is rising interest in new ways of wearing a hijab. These forums provide everything from tips on how to wear spectacles with a hijab to various practical yet elegant ways of putting a hijab on. Aquila-style.com is an online magazine which features up-to-date hijab tutorials that are easy to follow and perfect for every occasion. For more information, check out www.aquila-style.com/tag/hijabtutorial.

Shop Hijab @ HijUp. com

HijUp.com takes pride in being the world's first Islamic fashion e-commerce site offering creations from Indonesian designers ranging from hijabs to accessories. The name stands for Hijab Up which captures the exuberance of contemporary hijab vogue. For a complete catalogue of HijUp's latest products, check out www.hijup.com.



In the zettabyte era, keeping tabs on what's hot and what's not can be pretty overwhelming. There is an astronomical amount of information out there. But just relax and check out our lists of what's trending in Indonesia and Singapore and get to know the hottest buzz in cafes, fashion, and more

Caffeine High

With new quaint cafes popping up, Singapore's coffee culture is definitely on the rise. Here are some must-try cafés





The Dispensary

Hands down, Tiong Bahru is the sanctuary for coffee lovers in Singapore with a wide range of café bars serving everything from local *kopi* to gourmet handcrafted blends. One of the latest additions is The Dispensary, a retro-styled café housed in a former Chinese medical shop offering nostalgic atmosphere and tasty houseblend coffee with signature cupcakes and sandwiches.

69 Tiong Bahru Road, Singapore 168723 Sunday - Thursday (9:00am to 9:00pm) Friday & Saturday (9:00am to 10:00pm) www.thedispensary.com.sg



Working Title

Here is a cool and hip indie hangout offering specialty coffee, unique beers, as well as appetising foods. The distinctive menu includes homemade sandwiches and delectable main courses. Only a short walking distance from Bugis MRT station, this café is an oasis in the midst of the city's hustle and bustle.

48 Arab Street, Singapore 199745 Sunday - Thursday (10:00am to 10:00pm) Friday & Saturday (10:00am to 12:00am) www.facebook.com/workingtitlesg

ALS ICE BUCKET Challenge Splashes Spin-offs

The latest craze in social media involves dumping a bucket of ice water on someone's head, making a donation to ALS research, and challenging others to do the same. Almost immediately, donations came pouring in and so did spin-offs.

Rice Bucket

Indian journalist Manju Latha Kalanidhi drew inspiration from one of the most serious problems in her country: hunger. In Desi Challenge for Desi Needs, she encouraged people to give rice to people who need it as well as to donate to charities and foundations that help feed millions of people who do not have access to food. India has one of the highest poverty rates in the world and 25 per cent of undernourished people live in there. Since the Rice Bucket Challenge Facebook page was created on August 23, it has garnered almost 65,000 likes.

Toilet Water, Anyone?

In another spin-off, actor Matt Damon (yes, Jason Bourne himself) protested against the misuse of clean and potable water. As an advocate of bringing clean drinking water to around 800 million people across the globe, Damon took up the challenge and used toilet water instead. In his video Damon said, "Keep in mind that the water in our toilets in the West is actually cleaner than the water that most people in the developing world have access to."

WHAT'S By Darlene Machell Espena TRENDING



Cat Café Neko no Niwa

Cats and coffee lovers were thrilled with the opening of the country's first-ever cat café in December 2013. Cat Café Neko no Niwa prides itself as the 'purfect place to unwind' where you can have an ice-cold café latte and get your own dose of cat therapy.

54A Boat Quay, Singapore 049843 Monday - Friday (11:00am to 10:00pm) Saturday & PH (10:00am to 10:00pm) Sunday (2:00pm to 9:00pm) www.catcafe.com.sg



Wheeler's Yard

For a unique hipster coffee and dining experience, head to Wheeler's Yard located off Balestier Road. Its warehouse chic interior transports customers to a whole new vibe. You can choose between purchasing trendy bicycles or simply enjoy the ambiance and satisfy your tastebuds with their all-day breakfast options, burgers, coffee and pies.

28 Lor Ampas, Singapore 328781 Tuesday - Thursday (10:30am to 10:00pm) Friday & Saturday (10:30am to 11:00pm) Sunday (10:30am to 10:00pm)



Maison Ikkoku Café

Tucked in the heart of Kampong Glam, this gem is a must-try for coffee lovers and brunch fanatics. The café offers fresh speciality coffees prepared by well-trained baristas, sinfully delicious cakes, and savoury meals. If you are patient enough to stay in the queue, you will be rewarded with a sublime coffee and dining experience that will be unforgettable.

20 Kandahar St., Singapore 198885 Monday - Thursday (9:00am to 9:00pm) Friday & Saturday (9:00am to 11:00pm) Sunday (9:00am to 7:00pm) http://www.maison-ikkoku.net

APPS THAT MAKE YOUR LIFE EASY

From booking a taxi or a flight to ordering your favourite food, there is an app that will get the job done. Here are the top apps that will prove very handy to iPhone and Android users. Plus, they are free



WhereTo.sg

app points you to the nearest bus stop, the most accessible supermarket or convenience store.

In a rush to

go somewhere

or to get something, this



Singapore MRT Map

It is the most SIN updated MRT

and LRT map and it will be a useful guide for

planning your journey without wasting a single minute.



Carpark@SG



Instead of hunting for a parking space, get this app and you will know

where the nearest car parks are and exactly how many spaces are available.



Popcorn



Planning to catch a movie? Here is the app to check movie times,

availability of seats and book tickets at all major cinemas.

CHANG

elect a Mo

lect a Cinem

iChangi



Get the most up-to-date flight arrival and departure details for Changi

Airport so that you will be there at the right time to see off or welcome friends or family members.



iProperty



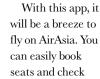
You can easily search for all types of apartments and landed

properties in Singapore. It can also focus on a certain price range, area or size.



AirAsia





the status of the flight right till you board.



HungryGoWhere

Here is the app for those who are tired of going to the same restaurants. All

the different types of eateries are listed here with reviews.



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New Media Opportunities in Indonesia

Big data, cloud computing, mobile banking, Facebook, and Twitter: these are just some of the new words that have permeated our everyday vocabulary over the past decade or so



he advent of new media – the instantaneous access to information, networks, and mass communications using digital technologies – has influenced social movements and political processes. It has changed our lifestyles and the ways we relate to one another. It has even transformed how we shop or express ourselves. This trend is taking place simultaneously across the globe and at the heart of Southeast Asia, Indonesia is not any different.

The Surge of Mobile Phones

Indonesia has proved to be one of the most exciting markets for mobile technologies. From 2012 to 2013, mobile phone ownership rose to reach 84 per cent of the population while smartphone ownership among Indonesians doubled to 24 per cent. There are now 278 million mobile subscribers. Investment consultancy Redwing Asia reports that the country's mobile market consists of 98 per cent of prepaid users and has a high traffic of messaging and advertisements. Blackberry remains the most popular mobile phone but as the price of Android smartphones goes down, more Indonesians are either upgrading or they own at least two phones.

Mobile Apps To Avoid Traffic Jams

Mobile phone ownership has also influenced Indonesian dav-to-day life. Traffic congestion is now being alleviated by helpful mobile apps to assist people who are either driving or commuting. Lewat Mana provides instantaneous information on traffic conditions through real-time tweets from its subscribers and live CCTV cameras dispersed all around Jakarta. For those taking public transport, reliable mobile apps include Komutta and Busway Transjakarta. The former displays maps, routes, train schedules, and locations of bus stops. The latter is a user-friendly app that assists commuters taking Transjakarta buses by locating the nearest bus shelter and the shortest route to their destination.

Staying Connected! Facebook, Twitter and more

According to Semiocast, a research company located in Paris, France, the world's most active Twitter city is none other than Jakarta. The bustling Indonesian capital rises above the ranks of New York, London, Sao Paulo, and Tokyo in terms of the number of tweets produced per minute. This means that Indonesians are tweeting vast megabytes of information that can be tremendously important for various purposes. Then there are 69 million Indonesians on the Facebook social networking site, making the country the fourth largest community of Facebook users. In March 2014, Facebook opened an office in Sudirman so as to work closer with advertisers, advertising agencies and businesses keen on marketing their products.

E-commerce: Click and Shop

Online shopping has grown increasingly appealing, sometimes even addicting. Not surprisingly, e-commerce start-ups have blossomed in Indonesia. Lazada Indonesia, Bhinneka, and Zalora Indonesia are among the hottest online shops. Bhinneka is the first choice for many Indonesians who are looking for high-end gadgets like laptops, tablets, and smartphones while Zalora Indonesia offers an exciting line-up of fashionable clothes. Online forums and classifieds sites have also grown increasingly trendy and attracting more online users. TokoBagus, recently re-named OLX.co.id, is currently the largest classifieds website in Indonesia. Boasting one billion page views in 2013, TokoBagus provides users a no-frills means to shop and sell used goods and vehicles. Kaskus is another popular e-commerce service where users can buy and sell a variety of products as well as post reviews, articles, and brand appraisals. Other favourite sites include: Groupon Indonesia, Tokopedia, Qoo10 Indonesia, and Lamido Indonesia.

Great Opportunities and Prospects

What does the future of new media in Indonesia look like? As the online community in Indonesia continues to expand, there are infinite prospects for businesses to directly target individual consumers and to analyse consumer preferences and buying habits. It is now the perfect time for investors and entrepreneurs to take advantage of the attractiveness of internet retailing and e-commerce in Indonesia.



INDONESIAN TRAVEL COMPANIES ON HUNGARY FAMILIARISATION TRIP



Di awal bulan Juli 2014 **BISA** (Business Indonesia Singapore Association) www.bisakita. com berkempatan mengunjungi negara Hungaria dalam acara familiarization trip yang dibiayai oleh Hungary Tourism Ltd. Acara ini bertujuan untuk lebih meningkatkan hubungan kerjasama usaha antara Indonesia dan Hungaria khususnya dalam bidang wisata perjalanan

elegasi Indonesia terdiri dari beberapa perusahaan papan atas nasional, yaitu AVIA Tour (diwakilii oleh Direktur Bapak Iskandar Haryono), WITA Tour (diwakili oleh Vice President Bapak Ruddy Luhur), GENTA Tour (diwakili oleh Direktur Bapak Dharmawan Rahardja), PANEN Tour (diwakili oleh Direktur Ibu Ivonne Sugianto), dan OBAJA Tour (diwakili oleh General Manager Bapak Mulyawan).

Keberangkatan delegasi Indonesia terdiri dari dua group yaitu dari Singapura menaiki Turki Airlines (transit di Istanbul) dan dari Jakarta menaiki Qatar Airlines (transit di Doha). Selama tujuh hari, kami melakukan site inspection ke berbagai hotel, lokasilokasi wisata, parlemen Hungaria, pabrik keramik Herend khas negara Balkan ini, pacuan kuda, danau Balaton, bukit Thiany, melihat langsung keindahan kastil kuno Eropa timur dan gereja-gereja tua ritus timur yang kaya akan warisan sejarah, menikmati hidangan tradisional negara para penemu ini, menyusuri wilayah Buda dan Pest serta melakukan business matching dengan perusahaan-perusahaan travel di Hungaria, tidak lupa juga hal yang tak kalah pentingnya yaitu shopping di Hungary Market Place yang terkenal di pusat kota Budapest.

Mdm Maria Vaz dan Mr Gergely dari Hungary Tourism Ltd menyatakan harapan besar agar di masa depan akan lebih banyak lagi turis asal Indonesia yang berkunjung ke negaranya. Tidak lupa kami dari delegasi Indonesia memberikan beberapa kenangkenangan dari Indonesia atas penyambutan yang luar biasa selama kami berada di Hungaria.

Chairman dari BISA (Business Indonesia Singapore Association) Bapak Stephanus Titus Widaja menyampaikan rasa optimisme bahwa para pelancong asal Indonesia akan makin meningkat ke wilayah Eropa khususnya Eropa Timur di masa depan apalagi momentumnya tahun 2014 ini, Indonesia akan memiliki Presiden dan Wakil Presiden yang baru. Arus usaha dari ASEAN khususnya Indonesia dan Eropa makin terbuka lebar dimana Eropa Timur sedang membuka pintu perdagangan dan pariwisata lebih lebar lagi.

Ke depannya BISA yang berbasis di Singapura akan makin meningkatkan jaringan usahanya untuk lebih membuka peluang-peluang baru bagi para pelaku usaha tanah air yang ingin melebarkan sayapnya ke LN lewat Singapura dimana jasa-jasa yang disediakan oleh BISA semakin diperlukan oleh masyarakat Indonesia di tanah air. Bagi yang tertarik untuk tahu lebih lanjut tentang jasa-jasa BISA, silakan mengunjungi website BISA: http://www.bisakita.com/?q=content/bisaservices dan kegiatan-kegiatan BISA dapat dilihat di:www.meetup.com/BISAKITA

	2014	Event Schedule & Topics
٠	Wed, 26 Feb 2014	BISA 27 Indonesian Media & Consumer Overview
•	Wed, 26 Mar 2014	BISA 28 Doing Business in Indonesia, the Regulation and the Procedure
	Wed, 30 April 2014	BISA 29 Political Situations in Indonesia and the Impact Toward Business
	Wed, 28 May 2014	BISA 30 Marketing Communication Practices in Indonesia
٠	Wed, 25 June 2014	BISA 31 Human Resources Practices in Indonesia
	Wed, 16 July 2014	BISA 32 Finding Business Partners in Indonesia I : Investor, Distribution
۲	Wed, 27 Aug 2014	BISA 33 Finding Business Partners in Indonesia II : Logistic, Supply Chain
•	Wed, 24 Sep 2014	BISA 34 Banking & Financial System in Indonesia
	Wed, 29 Okt 2014	BISA 35 Economic Creative in Indonesia
	Wed, 26 Nov 2014	BISA 36 Business Culture in Indonesia

Register Online

www.bisakita.com/?q=upcoming-events

lenue

Peninsula Excelsior Hotel 5 Coleman St. Singapore, 179805

Time

02.00-05.00 pm Registration start at 01.00 pm

Fee

- Early bird :
- SGD 88 /person
- Regular price : SGD 100 /person

Partners :



Contact Person INDONESIA : Ibu Mayana +62 8118 79725

SINGAPORE :

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



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PRICES OF HOMES AND RENTALS EASING

In times like these, real estate agent Jack Sheo is optimistic that good buys will surface and some developers would resort to bigger discounts

rices of private residential properties went down by one per cent in the second quarter of 2014, following the 1.3 per cent decline in the first quarter. This was the third straight quarter prices fell. The price decline was observed across all segments of the private residential market with prices of landed properties declining by 1.7 per cent -- significantly more than the decrease of 0.7 per cent in the previous quarter.

Rents also edge downwards

Overall rents continued to fall, though at a slower pace, moving down 0.2 per cent quarter-on-quarter (q-o-q) in the second quarter of 2014. This is the third consecutive fall in a row. Rents in the Core Central Region (CCR) – comprising districts 9, 10 and 11, the Downtown Core Planning Area covering parts of Chinatown and Sentosa -- and Rest of Central Region (RCR), both dropped to 0.1 per cent q-o-q. Rents for properties in the Outside Central Region (OCR) recorded the largest decline, falling 0.9 per cent q-o-q. OCR rents have been falling at an average rate of 0.8 per cent to 0.9 per cent for four straight quarters. Its pace of decline could be worrisome because the bulk of the developments to be completed in the next few years are in OCR. If rental continues to fall at such a rate amid rising vacancy rates, prices of houses in that region could be adversely impacted.

Stock and vacancy

The stock of completed private residential units (excluding Executive Condominiums) increased by 4,715 units in the second quarter of 2014 to 297,998. Their vacancy rate increased from 6.6 per cent at the end of first quarter to 7.1 per cent (21,268 units) at the end of the second quarter.

Sales and Rental Outlook

The current residential property market is heavily affected by government measures, namely the TDSR (total debt servicing ratio) framework and ABSD (additional buyer stamp duty). Deputy Prime Minister and Minister for Finance Tharman Shanmugaratnam speaking at the annual DBS Asian Insights conference in July 2014, said, "Market players will determine where the cycle goes. I don't think the industry will crash, because we moved early enough, and we moved each step of the game, knowing full well that what we do may not be enough, but knowing too well that if we did too much, it may engineer a crash. So we moved step by step, but we started early, so we avoided a huge bubble. That's why we won't see a crash. But I think further correction would not be unexpected."

Mr Ravi Menon (Managing Director at Monetary Authority of Singapore),



1) Holland Road 2) Siglap Terrace 3) Scotts Square 4) Jardin 5) Vision Exchange (Photos: Jack Sheo)

speaking at the release of the MAS annual report in July 2014, said, "Property prices remain at elevated levels. Prices have gone up 60 per cent in the past four years, and they've declined just 3.3 per cent in the past three quarters. Global interest rates are still extremely low, and if you relax property measures in the current, very easy liquidity environment, it might set off another spiral of price increases. As I stated, the objective is not to see a collapse in prices but at the same time to have an orderly correction and stabilisation of the market which is now beginning to take place."

In August 2014, Minister for National Development Khaw Boon Wan told Parliament, "Any move to relax the cooling measures, including by broadening these concessions, is premature under current market conditions."

Looking at these comments, the government cooling measures are unlikely

to be removed anytime soon and will continue to curtail the purchasing abilities of most buyers. However, there are still many buyers who are prepared to take a lesser loan amount or pay the additional buying stamp duty if they sense a good resale deal or if the new development has unique attributes.

The expected surge in completion of projects that are currently under construction coupled with the tightening of the immigration policy will result in an increasing supply of rental units but not enough tenants. This would have a negative impact and the prices of private residential properties are expected to continue to weaken for the rest of 2014. Rental units (especially in less ideal locations) are expected to take longer to find takers and command lower rent.

In times like these, good buys will start surfacing usually because of urgent need by the owner (or landlord) to sell. Some developers have also started giving deeper discounts in order to attract buyers to commit. One such project is The Vermont on Cairnhill by Bukit Sembawang. It announced a special 12 per cent discount for the balance of units which effectively lowered the price point to the \$2,050 to \$2,100 psf range. Many units were sold as a result of the discount. If you are on the lookout to buy or invest, it is worthwhile keeping yourself informed so that decisive actions can be taken when good deals become available. Tenants whose leases are expiring now also have more options and greater bargaining power when negotiating rental rates.

By Jack Sheo: Frequently described as professional, knowledgeable and approachable, Jack has been active in Singapore's real estate market since 2010. Email jack.sheo@gmail.com or call him on 9337-8483.



SCOTTS SQUARE for sale (district 9)

Address:	6 Scotts Road Road
TOP:	2010
Tenure:	freehold
Size:	624sqft
Bedroom:	1
Price:	\$2.25m (valuation \$2.3m)

Rising 43 storeys high, this freehold asset boasts of an infinity pool, a gym, swimming pool, reading room, lounge and banquet room. A butler welcomes you at the main entrance and concierge service is available anytime. Located at the crossroads of the Orchard and Scotts premier shopping and entertainment belt and with the Orchard MRT station nearly at its doorstep, you enjoy accessibility to anywhere in the island within minutes.



The Vermont on Cairnhill (district 9)

Address:	12 / 12A / 12B Cairnhill Rise
Tenure:	freehold
Size:	1,335sqft or 1,442sqft
Bedrooms:	3
Price:	\$2.77m to \$3.395m

The Vermont is a newly completed condominium project situated at Cairnhill Rise. It consists of 158 units made up of 1/2/3/4 bedroom units and is a short walk away from Newton MRT station and Paragon shopping centre. With the generous discounts given by developer Bukit Sembawang Estates Limited, buyers could purchase a residence in The Vermont at prices lower than those of other condominium developments in the Cairnhill area.



Corner Terrace in Siglap for sale (district 15)

Address:	East Moon Park
Tenure:	freehold
Land:	3,100sqft
Built-up:	5,000sqft
Bedrooms:	6
Price:	view to offer

With its three levels, the total living area is 5,000sf on a 3,100sf plot in the heart of Siglap -- the prime residential address in the eastern part of Singapore. This modern corner home is totally automated with iPhones and iPads to control lighting, curtains, alarm system and the music system inside and outside in the garden. Equipped with quality fittings and furnishings, the huge tall windows offer views of lush greenery.



Vision Exchange

Address:	
Tenure:	

2 Venture Drive 99 years leasehold from 2013 Proposed 25-storey Office Tower with Retail Podium Sale for Phase 2 started

Spanning 70 hectares, Jurong Gateway will be the biggest commercial hub outside the city centre. Close to Jurong East MRT Exchange, it will be a mix development with offices, retail and food and beverage spaces, residences, a hotel, entertainment outlets, and more. It is specially designed to be an appealing environment for company headquarters, business services and firms specializing in science and technology services.

GUIDE TO BY Prinka Ray STUDENT HOSTELS

Singapore is a popular education hub with several options for accommodation, including student hostels



ingapore is renowned for offering high quality education coupled with a safe living environment. Considered one of the best places in Asia to study, it attracts an estimated 86,000 international students from 120 nationalities to its shore. According to the Ministry of Education, 18-20 per cent of university seats are taken up by international students and roughly a similar number of students look for suitable accommodation to kick- start their stay in the Lion City.

There is a wide range of accommodation options, ranging from rented rooms and hostels to shared accommodation which can involve several students occupying a flat or a house. According to government sources, the National University of Singapore (NUS) and Nanyang Technological University currently offer 6,364 and 9,226 hostel places respectively and both have plans to increase capacity to meet rising demands.

Most students prefer staying in hostels on the campus itself as these are close to their study location. NUS student Antarika is from Jakarta, and finds her campus accommodation "vibrant, full of life and hustling-bustling with activities". She said, "If you are looking for a hostel with a holistic experience and if you wish to meet and hang out with students from all over the world, I recommend University Town."

According to her, university hostels offer bonding opportunities with other students and also provide unique interactive opportunities. However, accommodation on campus is limited and there could be surplus foreign students who could be looking for private hostels.

Choosing a Hostel

Price, location and facilities are the main considerations for selecting a hostel. Then, there are personal preferences. Depending on the location,

the facilities offered and the number of persons per room, hostel prices can range from S\$300-1500 per month. Thus, for an accommodation shared by six to eight students, the charges may be S\$300-400 a month. Prices also depend on the duration of the lease. The longer the contract, the cheaper it gets.

Facilities

While most hostels offer a bed, wardrobe, desk, shared bathroom, kitchen and Wi-Fi access, others may have special facilities like gymnasium, exercise rooms, swimming pools, canteens and recreation rooms as well. Some even offer meal plans and a flexible 'two-meal a day' plan can cost about \$200.

Location

Location is an important consideration for choosing a hostel and this might also mean choosing between hostels on the campus and the hostels off the campus.

Private Hostels

Off-campus universities on the other hand, are located further away and students need to spend time and money commuting. But these hostels provide interacting opportunities with a wider range of students from different educational institutes. Private hostels also offer students wider flexibility and many are considerably cheaper as well. Moreover, students living off campus get more chances of absorbing the local Singaporean culture and availing the complete Singaporean experience as compared to on-campus accommodation.



RAISING A BY Priya Ramakrishnan MULTILINGUAL CHILD

Recent research says introducing more than one language to children as young as six months old helps them grow up to be more confident and world-savvy



ringing up children to be multilingual is the sine qua non for being a global citizen and sharing space in a cosmopolitan society. With four national languages, Singapore is a melting pot of multicultural society and often families are in a dilemma to encourage English and in the process neglect teaching their children the native tongue. With the common perception being that a child who is taught too many languages will have speech delay; parents often fail to introduce other languages at the crucial stage of their growth. However, studies have proven that children who can speak two or more language are more social and adapt to foreign environments easily. With perseverance and commitment, parents can successfully raise multilingual children who are ready to take on the world. In this feature, IndoConnect brings you some tips on how to raise your child to be multilingual.

Make it a family effort

Once you decide on introducing more than one language to your child, everyone in the family should be supportive and encouraging. When the child uses another language, it is important for all family members to follow the cues and speak in more than one language. Therefore, only if there is teamwork can the project be successful. Right from siblings to grandparents, everyone should converse with the child in the primary language as well as the second language.

Read children's stories in another language

By listening, your child learns to comprehend and communicate from an early age. Reading to a child at bedtime in another language helps them to learn words, ideas and pronunciations of the new language. The more you expose children to a particular language, the better their grasping capabilities. Ensure that you consistently read to your child in the different language.

Set up play sessions with children speaking different languages

Even adults can learn a new language by practicing and talking it with their friends. Gather a few playmates who speak a different language and set up a play date for your child. Supervise and encourage them to talk and respond to each other. Regular play dates with children speaking different tongues will help your child pick up a new language faster.

Start Early

It is never too late to introduce a new language to children. In fact, it is important to start early and keep at it to achieve success. Immerse your child in the chosen language from an early stage. The older they get, the harder it is as they will not be passive learners as they were during their infant and toddler stages. However, it is important not to panic when a child starts mixing language while communicating. It is very common for children growing up with two or more languages to select phrases and words from different language and use them in the same sentence. They will outgrow this phase and learn to switch fluently between two or more tongues when older.

Watch television programmes in a different language

It is a widely accepted fact that an audio-visual experience leaves a deep impression in a child's mind. Exposing your children to videos, cartoons and educational programmes in a different language will benefit them in making connections and understanding the structure of the language. Make it a weekly activity to watch some television programmes in the second language.

Opt for a multilingual friendly school

It is essential to select a school that caters to the need of a multilingual child. A nursery, playgroup or day care that has staff who are proficient in more than one language can play a key role in developing your child's language skills. This is particularly important for expatriate parents whose children will be exposed to a foreign language to be enrolled in an international school which supports not just the native tongue but also other languages.

Visit the public library

Take your children to a public library where books of different languages are available. Make it a habit to pick a book in the chosen language and read it together in a sing-song voice. Also, enrol in reading and story-telling programmes at your local library where children can participate and read along with the adults.

How to Help The Child Who is Short

Some children who are short become short adults, while many tall children could end up as short adults if their puberty came too early

adly, many children seek help too late because their parents were told by doctors or relatives that the child would eventually catch up or because early and inappropriate pubertal development was not recognised and treated.

Growth problems in children arise from four main causes:

- Situations where the pituitary gland makes or releases insufficient growth hormone.
 Such true growth hormone deficiency may result from an anatomical problem (eg small or absent pituitary gland) or from a genetic defect affecting production or release of growth hormone.
- 2. Situations where the body is unable to respond to normal amounts of growth hormone (known as relative or absolute growth hormone resistance), such as may happen in children with syndrome disorders, eg Turner syndrome, achondroplasia, and where the child was born with intrauterine growth retardation.
- 3. Situations where there was a period of poor growth arising from poor release of growth hormone (including severe illness, emotional disturbance, child abuse, or more common situations like obstructive sleep apnea, severe nasal allergies, and poor sleep patterns) or poor response to growth hormone – eg celiac syndrome (yes it does occur in Asian children too), steroid treatment, chemotherapy, malnutrition, and eating disorders . These children may also respond well to growth hormone.
- 4. Situations where there was an early growth spurt due to early onset of puberty or rapid progression of puberty and rapid cessation of height growth. Obese children also tend to get early puberty. Some children may develop signs of puberty at an early age such as body odour, pubic hair or breast and testicular enlargement. Not all children who develop puberty early will have abnormal adult height but some children who develop too fast will also end up finishing

their growth spurt too early and thus end up as short adults, Those children who were premature babies or who were born too small (eg those with IUGR or intrauterine growth restriction) are also at higher risk for early onset of puberty and at greater risk of rapid progression through puberty, thus ending up as short adults. This group of children can be helped if diagnosed and treated early.

Treatment is focused on identifying and treating the cause of the poor growth. Growth hormone will help any child whose bones have not fused, so parents should not delay in getting their children assessed for growth issues once they notice a problem, be it in the toddler years, during kindergarten,

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primary school or secondary school. Most girls only grow about 5-6 cm taller after their first period, with few exceptions, unless treatment is given.

Once the bones are fused, growth hormone will not help. The onset of breast development, body odour, menstrual periods or deepening of the voice in boys would be red flags if these are happening too early or if the child is still short, even though the age is appropriate for puberty. Children with this problem are helped by delaying the onset or progress of puberty, while growth hormone may also be needed to get the maximum height gain before the bone ends (epiphyses) are fused.

BOOT CAMP THE HOTTEST FITNESS ROUTINE IN TOWN

Everyone knows that exercising helps to keep those extra kilos off, combats heart disease and high blood pressure, improves sleep and boosts energy. But which fitness routine is the best?



here seems to be a new fitness fad every time you stop to catch your breath from your current workout. From body-bending yoga, corestrengthening pilates, the uniqueness of aqua spinning to the challenges of cross fit – it's enough to confuse the most diehard of fitness buffs among us.

Which is why it is often a good idea to go back to the basics.

Introducing Boot Camp

Does this mean you sign up for old school military training where a drill sergeant yells at you to go, go, go? Well, not quite. What you do get is a fun, invigorating workout that combines strength training with short bursts of high-intensity cardio intervals that challenge every muscle in your body, helping you lose body fat while improving your muscle tone.

Boot camp classes such as those offered by Eat, Train, Love, enable you to burn between 500 to 600 calories during an hour-long session by keeping your body in constant motion. Combining push-ups, crunches, planks, jumping jacks, mountain climbing, and sprints, among other exercises, the sessions provide a take-noprisoners approach that helps you increase your strength, endurance and agility without needing any special equipment.

You may be wondering if you are fit enough or if you need abs of steel and chiselled legs for this unique fitness workout. Reassuringly enough, you don't. Though you may very well acquire them after a few sessions! All you need to start is a basic level of fitness and the desire to push yourself harder.

But as Cheryl Lin (in picture), the owner and trainer at Eat, Train, Love advises, it is important to let your instructor know if you have any health concerns or injuries. A good trainer always takes into consideration your physical capability and if needed, adapts the session for your special needs. A well-designed boot camp session is one that caters to all levels of fitness, whether you're a beginner, or in an intermediate or advanced category. It offers a steady progression of exercises that gradually increase in intensity, keeping you on your toes - literally - and never lets your fitness level stagnate.

Rapidly growing in numbers across the world, boot camp's proponents rave about the sense of accomplishment and achievement they experience after each class. Guaranteed to leave you sweatsoaked with your heart pounding and muscles quivering, boot camp is designed to give you a challenging workout that builds your confidence and self esteem while creating a sense of camaraderie among the whole group. Nothing helps you bond with strangers faster than the shared feeling that comes from pushing yourselves to the limit together and coming out triumphant on the other side!

Here are some key benefits of a boot camp workout:

1. It offers a very different form of workout from the usual run-of-the-mill

gym session. No more feeling like a hamster on a treadmill! One boot camp session always varies slightly from the other, so every session stays fun and challenging, and is never boring.

- 2. The intense workout helps you burn far more calories in a short span of time, and hence, is ideal if you have limited time at your disposal.
- 3. Bootcamp sessions also prove cheaper and more cost-effective than gym memberships as you share the cost of the trainer and the session with the others.
- 4. The group sessions offer a great opportunity to make new friends and bond with others with similar fitness goals.

At Eat, Train, Love, Cheryl, who is an experienced personal trainer and nutritionist with 15 years of experience, takes a practical, holistic and sustainable approach to health and fitness. She focuses on empowering you to make a positive lifestyle change while helping you achieving good fitness, health and balance from within.



HealthBu

TOP 5 By Jackyn Lim for Health Xchange HEALTH APPS TO DOWNLOAD

These free healthcare apps are great at providing quick, crucial access to information, especially for people on the move or those with existing conditions

Health Buddy

Just launched for all smartphones, this app features weekly health tips, healthrelated videos and alerts to the latest health news and events. You can also research conditions, diseases and treatment procedures (with accurate information provided by SingHealth's medical doctors and healthcare professionals), find a nearby General Practitioner (GP), as well as make appointments with specialists.

iDat

This fully integrated app is designed to track food intake and physical activity, as well as calculate a user's calorie balance. It uses a scientifically based algorithm specially designed for Singaporeans – its calorie recommendations take into consideration our Asian body types and local working lifestyles. That way, you can set realistic fitness goals by figuring out how much to eat or exercise daily in order to maintain a healthy weight.

Women & Child HealthPedia

Developed by KK Women's and Children's Hospital, this app provides useful information on women's and children's healthcare. There's a comprehensive list of women's and children's services within the hospital, including in-house experts (you can easily make an appointment after viewing the information), as well as a hospital map.

Rheumatoid Arthritis

Rheumatoid arthritis is characterised by inflammation and swelling of the joints. Launched by SingHealth and Singapore General Hospital, this questionnaire-based app collects info on the patient's daily activities and general health, so that pain levels can be monitored. It also tracks medication effects and disease progression. Health Buddy by SingHealth

SG Blood

This has a calendar listing all upcoming Bloodmobile locations, a calculator to show you when you can next donate blood, contacts for blood donation centres in Singapore and also a simple FAQ about blood donation. Time to give blood, give life!

For more details, visit Health Xchange at http://www.healthxchange.com.sg/healthyliving/HealthatWork/Pages/ top-5-health-apps-to-download.aspx



Royal Pine TCM & Wellness Clinic

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More than 20 years of clinical experience

Registered with TCM Practitioners Board (Singapore)

Wu Yue

Senior TCM Physician

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- Women's Health
- Issue on uterine fibroids, ovarian cysts, menstrual cramp,
- menopause etc.Eyecare (Myopia)
- Stress Management

DepressionInsomnia

Set up private practice in 2011

Cardiovascular Health

Originally from China, graduated from Beijing TCM University in 1989

Registered TCM Practitioner in 2006 and worked at major hospital

Served as Deputy Chief Doctor (Associate Professor) at Fujian TCM Hospital

- Children's Health
 Men's Health
- Ivien's Health
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- Weight control and management

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please call 6778 0787 Operating hours: Mondays to Saturdays 10am to 6pm Closed on Sundays and Public Holidays

Royal Pine TCM & Wellness Clinic @VIP Hotel 5 Balmoral Crescent Singapore 259895

THE CITY OF By Priya Ramakrishnan LABEL LOVERS

Singapore's penchant for shopping is well known and driving the demand are the numerous luxury brands that abound the city



ingapore's favourite pastime is shopping and this is not without good reason. Home to numerous glitzy malls and shopping havens, a walk down the busy Orchard Road is proof enough about the island city's penchant for luxury brands. From Prada, Gucci, Louis Vuitton to every major international designer brand, the country is a beacon for label lovers.

With the country having the world's highest density of millionaires, it is no surprise that luxury goods are thriving here despite a global financial downturn. Its luxury market includes premium footwear, designer apparel, high end watches, cosmetics, fragrances, bags and accessories, wines, cigars and designer jewellery. According to a report on Singapore Luxury Goods Market Outlook to 2017, 26 per cent of the market revenues come from designer apparels.

The report further foresees Singapore's luxury goods market to grow to US\$7,187.4 million in 2017 at a CAGR of 8.3 per cent from 2012-2017. One of the reasons the country is attracting luxury brands is thanks to Singaporean's love of shopping. Apart from Orchard Road with its huge shopping malls such as ION Orchard, Far East Plaza, Orchard Central, Tanglin Mall, Wheelock Place etc, the famous Shoppes at the iconic Marina Bay Sands and the duty free shopping at Changi Airport attract millions of label lovers throughout the year.

The country is also a shopping destination for millions of tourists who flock to its shores especially from its neighbours Malaysia and Indonesia along with China. A report published in Singapore Business Revenue indicates that



the country is the regional hub for luxury in ASEAN, and a top hub in Asia-Pacific, with a market size in 2013 of S\$4.3 billion. Furthermore, the Lion City ranked fifth in the Globe Shopper Index published by Global Blue in 2012. As a luxury brand buyer's city, Singapore came third when it comes to the diversity of internationally recognised brands available.

As a hub for luxury and high end goods, Singapore is also making its name in luxury hospitality sector. With the magnificent Marina Bay Sands hotel setting the bar high for luxury hotels and accommodations, the country's demand for luxury hotels has only grown. The recent addition to luxury hospitality in the Lion City, Sofitel So Singapore with its 134-room is a top luxury boutique which promises one of the most exclusive experience.

For Singaporeans, it is a win-win situation as their demand for high end luxury items drives the competition with the country offering some of the best prices in the market. Top luxury brands have more than one boutique offering various discounts to attract the discerning shopper. The annual Great Singapore Shopping Sale is one of the best times to purchase luxury items and the city attracts foreign tourists as well as locals during this time. Singapore is all set to be a hub for shopaholics in the Asia Pacific for luxury brands.

INDO BRANDS GOING GLOBAL

Market leaders in home country as well as internationally, these Indonesian brands have gained recognition across the world for quality



country that is so rich in natural resources with a colourful history, Indonesia has been in the forefront of many innovative products and technologies. Today, several home brands have made their mark across the globe and have brought prestige and pride to the nation. While big brands such as Apple from USA, Sony from Japan, IKEA from Sweden, have found fame and fortune, there are several home grown enterprises that have eclipsed their competition and have risen to fame. Here's a list of several successful Indonesian brands.



Buccheri: Redefining Footwear Fashion

A brand acclaimed for its quality, Buccheri was founded in 1980 and has produced highend leather bags, shoes and sandals that are popular the world over. While Buccheri is a popular tourist town in Italy, the brand is entirely Indonesian and has over 50 showrooms across the country. Today, Buccheri shoes are much sought after worldwide.



Terry Palmer: Healthy Reputation

Often wrongly perceived as a foreign brand, Terry Palmer towels are manufactured in Jatiuwung, Tangerang by PT. Indah Jaya Textile Industry. With its worldwide reputation as being one of the most hygienic towels, these soft, fluffy towels are exported to Japan, Australia, the United States and to several European countries.



Silver Queen: Wowing the World

This popular brand of chocolates is manufactured by PT. Petra Foods, a major player in the global market. Already, it has won fans in as many as 17 countries including Thailand, Japan, Philippines, Hong Kong, Australia and China. Without doubt, the quality of its ingredients and its rich cocoa taste will soon wow the whole world.



Paseo: Leading by Example

This premium brand of quality tissue is produced by Asian Paper and Pulp of Sinar Mas Group. The range includes toilet paper, napkins, paper towels, and facial tissues. Today, these are on sale in more than 65 countries from USA right down to New Zealand. Made from natural fibre, the tissue is very white and soft yet strong.



Essenza: On Par with the World's Best

Launched in 1991 by PT. Intikeramik Alamsari Industry, this famous Indonesian brand of tiles has penetrated markets in countries such as Singapore and the United States, and several countries in Asia, Europe, Africa, and the Middle East. Today, Essenza is one of the world's most trusted tile suppliers. The brand's relentless pursuit of perfection has gained it the recognition of being on par to tiles produced in Italy.



AlfaLink: Pioneering Innovations

One of the pioneers of electronic dictionary in Indonesia, AlfaLink is owned by PT. Freshindo Marketama Corporation, which has a range of electronic dictionaries, calculators, Al-Quran, Bibles and other office needs. Market leaders in the manufacture of Pocket Electronic Dictionaries (PED) in the world, they are on par with Canon, Casio, Seiko and Sharp.

This season's hit, BRIONI'S EAST-MEETS-WEST COLLECTION

A marriage of Italian innovation and Japanese opulence, Brioni's new collection is one-of-a-kind

his season, suave shoppers can look forward to a collection that is timeless as well as contemporary at the Brioni boutique at Marina Bay Sands. Thanks to the efforts taken by Brendan Mullane, Creative Director of Brioni, discerning shoppers can pick out fashion wear that is most sophisticated and stylish.

The extraordinary fashion house takes its name from the Istrian Island frequented by the most exclusive European jetsetters in the first few decades of the twentieth century. An epitome of luxury wear for gentlemen, Brioni has a long standing heritage and 67 years of rich history in fine tailoring excellence behind its brand. This iconic global fashion house is synonymous with exclusive menswear catering for the crème de la crème.

The modern East-meets-West collection at Brioni came about when Mr Mullane found a time-worn travel journal penned by co-founder Gaetano Savini in 1963, during his first trip to Japan. What followed next was a journey of inspiration that reinvented fashion and gave birth to a stunning collection. The Brioni creative team along with Mr Mullane embarked for Japan where they visited the renowned kimono artists of 'Chiso', commissioning them to design a unique print to be used on silk shirts.

Furthermore, the exclusive collection effortlessly and innovatively blends multicultural contrasts and expertise through kimono artisans, Brioni's Italian heritage, the streamlined architecture of Tadao Ando, evoked in knitted metal



inlays, and the artworks at the Triennale of Naoshima. The inspiring collection is available in warm hued palette that includes renaissance tones, silk navy, midnight smoke, giusquiamo green, cherry brandy, dry bougainvillea and bordeaux on either solid colourings or discreetly woven, dyed or superimposed into high-density Japanese wools, mohair and silk blends and double-faced cashmere, often with 3D effects.

Brioni stands for the sartorial expertise and tradition of carefully crafted Italian design. Going beyond the appeal of a fashion brand, Brioni's collection is regarded as style statements for aspiring individuals and gentlemen of an influencing social stature – a representation of cutting edge in sartorial expertise and tradition of Italian design. What makes Brioni unique is that the starting point is always the fabric. Every season 30,000 versions of coats and jackets alone are considered as the basis of the selection for the exclusive collection. Each suit is personalised according to the customer's choice of fabric, detailing, specifications and fit. Whether it's the ready-to-wear suits or made-to-measure ones, both are accorded the same high-quality manufacturing processes.

For the opulent boutique, the challenge for the present and the future is to remain faithful to its position of international supremacy. The master tailors, management and every member of staff are fuelled by passion, commitment, company loyalty and love for all that is beautiful.

With its ability to evolve and change, demonstrating in every collection an almost strict classical precision along with unique creativity, Brioni has withstood the test of time and has established its supremacy in new markets. The wholly handcrafted manufacturing output, guarantee of exclusivity, excellence in design and service, highly personalised client relationships, often combined with the made-to-measure expertise, are the essential and successful principles of Brioni's professionalism. For the discriminating eye of a fashion connoisseur, the search ends at Brioni where timeless fashion meets quality.

Available at the Brioni boutique at The Shoppes at Marina Bay Sands.





BEAUTY TIPS FROM CELEBRITY STYLIST INES LIGRON

Fashion and beauty expert Ines Ligron, who has styled many Hollywood stars like Jennifer Lopez and famous models such as Tyra Banks, is currently the fashion advisor to Miss Indonesia Universe 2014, Ms Elvira Devinamira

ndonesian beauty Elvira is also a huge fan of the fashion guru's styling expertise, and loves shopping at Ines's fashion and beauty concept styling studio, *Dream Factory by Ines Ligron*, along Peck Seah

Street at Tanjong Pagar.

Here, Ines shares her expert beauty secrets with IndoConnect.

In such a hot and humid climate, what is the one important beauty regimen that Indonesian women should practise – and why?

Because of our hot and humid weather here, I recommend drinking a lot of water to stay hydrated. This always helps to clear the skin and detoxify the body. As for make-up, it is best to choose light colours. Light make-up is best as it helps the skin breathe better too!

Western beauty products versus traditional jamu (traditional Indonesian treatments), what's your take on them?

To be honest, they both have their own pros and cons. Western beauty products are made with the latest technology and backed by a lot of research but at the same time, we have to be aware that a lot of these products contain chemicals. The ingredients are mostly synthetic and man-made. This is the main reason why I use a lot of natural products in my beauty regime - argan oil, coconut oil, almond, aloe vera, just to name a few.

On the other hand, traditional jamu also has amazing benefits. It is anti-inflammatory, high in enzymes and curcumin, is antiseptic as well as rich in anti-oxidants, especially when it has a lot of turmeric, ginger and tamarind. Personally, I use a lot of turmeric in my own cooking and love to add ginger to my food on a daily basis.

However, because traditional jamu can be easily made, they are usually available in plastic bottles and left on the shelves exposed to the sun's high temperatures. That really scares me because the BPA (bisphenol A) from the plastic bottles made of petroleum can degrade and seep into the jamu. Drinking it will introduce this chemical into our body and organs. Research has shown that BPA can seep into food or beverages from containers that are made with BPA. It is better to buy the jamu when it comes in glass containers. Even better, make it fresh at home!

What's the one style or trend that you think Indonesian women should break out of, and why?

They definitely should stop using too much hair spray. I was at the gym the other day and an Indonesian lady next to me was running on the treadmill. It was such a funny sight to watch her. Her hair was not moving at ALL! She looked like a mushroom, although I must say, a very fit mushroom!

They say, "If you've got it, flaunt it" and Indonesian women love to embrace their curves. What's the right way to accentuate their curves?

If your religion allows it, you can show a bit more skin on the legs and arms during the day. This keeps it sophisticated and sexy. For an evening formal event, wear a dress that



ends just above your knee. Pick a sexy pair of stilettos to match your outfit. If you are wearing a two-piece, make sure that your top is elegant and cinches at your waist. Highlighting your waist will give you a very feminine silhouette.

Indonesian women are known to take pride in their hair. What is your personal recommendation on keeping hair lustrous and beautiful?

My personal tip for beautiful hair is to use extra virgin coconut oil as a mask once a week. I usually apply it over the whole head a few hours before showering and it makes such a difference. It keeps it luxurious and healthy and really boosts the shine on my hair.

With the ongoing obsession on getting fairer, are there any other solutions apart from sunblock?

Stay home! [Laughs] Getting vitamin D from a little sun is good for your health and will also help prevent osteoporosis, a condition of brittle bones when you're old. A light glow gives you that glamourous Hollywood look and clothes will look better on you. You will also definitely look healthier. On top of that, try not to use heavy white foundation as it makes you look tired and older. Instead, try to find a moisturizer with sunblock that will give you a fair radiance.

What are your top three recommended make-up tips for the next few months?

- Choose a bright colour lipstick or lip-gloss

 neon pink, orange and bright reds are this summer's current trend.
- 2) Winged eyeliner ala 60s style is back in trend.
- 3) Focus on accentuating your eyelashes on the outer corners - this makes your eyes look more mysterious and sexy. Shu Uemura or MAC has some great single eyelashes or halfies (false eyelashes)!

Complete this sentence, "Indonesian women are the most beautiful when..."

...they look more natural. I like it when they have light make-up on instead of thick make-up and coloured contact lenses. Indonesian women have such natural beauty, but thick make-up hides this!

With the Puteri Indonesias that I have trained, I usually teach them to be more international and modern. I strongly recommend them not to wear coloured contact lenses, remove the root perm and the heavy fake eyelashes.

Those are tools you use on stage, but not for daily life! Those are too dramatic and that usually translates to looking oldfashioned.

About Ines Ligron

Ines Ligron is an internationally-recognised celebrity stylist as well as fashion and beauty expert. She has styled many Hollywood stars including Jennifer Lopez, Penelope Cruz as well as famous names such as Beyonce and Maria Sharapova. She is the founder of *Dream Factory by Ines Ligron*, a fashion and beauty concept styling studio that aims to bring out the inner star in everyone.

For more information, please visit www.dreamfactory.sg

Foodie's Heaven HOT NEW HAUNTS

Try out these new restaurants that have upped the ante in Singapore's food scene

ver the years, Singapore has gained a reputation for being a tantalising hub of multi-cuisine restaurants where food buffs can go on a gastronomic expedition. Whether you want to treat yourself to authentic French cuisine, dig into spicy Indian curries or please your palate with freshly cooked seafood, the Lion City's new restaurants will keep your appetite up and running.

BAR-ROQUE GRILL

165 Tanjong Pagar Road #01-00, Singapore 088539, Tel: (65) 6444 9672



A feast for the stomach and soul, Bar-Roque Grill promises authentic French inspired food by Alsace-born chef Stephane Istel who was formerly the executive chef of DB Moderne Bistro Singapore. With signature dishes such as Australian pork knuckle, tart flambé, the New Zealand abalone salad, and "Mom's" apple pie, Bar-Roque Grill offers one of the most exclusive menus for discerning gastronomes. The restaurant with its 17th century European feel featuring flamboyant paintings and sculptures transports one to the lush courtyards of the Baroque era. It also features an original mural by Singapore graffiti artist Ceno2 and gives the hot new joint its edgy atmosphere. Another highlight is its modern rotisserie - one of the biggest in Singapore.



Luke's Oyster Bar & Chop House

20 Gemmill Lane, Singapore 069256, Tel: (65) 6221 4468 260 Orchard Road #03-02, The Heeren, Singapore 238855, Tel: (65) 6733 4813

This establishment, which has opened its second outlet at Orchard Road, offers oysters directly sourced from New England, one of the finest resources of fresh oysters in the world. Owner and chef Travis Masiero has blended the unique cooking style of European eateries with the casual American diners to create a riveting menu that features popular Luke's Bobster pie pot, Luke's clam chowder, Jumbo Lump crab cake and George Banh scallops. Furthermore, the extensive wine and spirits selection at Luke's will inspire one to spend an indulgent night in a cozy corner of the bar. Whether it's for a business lunch, after work drinks or a dinner date, Luke's is one of the restaurants to go to.

Saha Signature Indian Bar & Restaurant

9A Duxton Hill, Singapore 089593, Tel: (65) 6223 7321

The cozy atmosphere of the alfresco terrace bar makes it the perfect place to enjoy chef Abhijit Saha's signature Indian-inspired cocktails such as Compressed Watermelon Martini, Cryo Pomegranate Margarita, Indian Mojito and New Age Pina Colada. Marrying European flavours with the exotic Indian dishes, chef Saha has set the bar high for other Indian restaurants in Singapore. The innovative menu features Khasta Roti Tacos, Prawn Milagu Roast and other dishes specially created for Singaporean palates such as Kerala vegetable Istew Espuma with citrus pudding and Kasoor Methi seared foie gras with spice stewed mango. Having recently won the Best Chef of India award in 2013, chef Saha's brand new restaurant is well worth a visit.



EAT, COOK AND LOVE TURKISH CUISINE

Known as one of the best cuisines in the world, Turkish food is a beautiful blend of aromatic spices and meat

t the crossroads of Mediterranean and the Middle-East, Turkish cuisine has long symbolised the tasteful blend of European, Asian and African cuisines. The cradle of civilisation, the food tradition in Turkey has evolved over centuries and is now one of the most popular cuisines across the world on par with French, Chinese and Italian cuisines. Renowned for its sophisticated use of various exotic and aromatic spices, Turkish food beautifully brings together elements of the east and west.

Masters in the art of mixing spices with meat and vegetables, the Turkish food is the legacy left by the Ottoman Empire which was at its height during the 15th and 16th centuries. Spices and seasonings are some of the most vital ingredients in Turkish cuisine that set it apart from others. From delicate carom seeds to sweet cinnamon sticks, Turks have long cooked their food to perfection.

One of the most commonly used spices in Turkish food is Allspice or *Yenibahar*, a dried berry which has an aromatic flavour reminiscent of clove and nutmeg. It is a key ingredient of beef meatballs called *köfte*. Cinnamon sticks are another favourite seasoning used mostly in desserts, puddings and in *salep*, a sweet hot milk similar to hot chocolate. Other exotic spices that are used include sesame seeds, paprika, nigella seeds which are also known as black cumin. Fresh mint leaves are also used in many salad recipes along with fish, poultry and meat. It is also an essential ingredient in *Ezogelin* soup made with red lentils, rice and bulgur. Mint is also popular as a garnish to sprinkle on classic Turkish dumplings similar to miniature ravioli. Dried oregano is another commonly used spice to add flavour to meat, salads, sauces and soups.

With so much variety of mouth-watering dishes, the Turkish meal can be enjoyed hot and cold. Most dishes which are cooked without meat are usually served cold. Known locally as *zeytin yağlı* which means cooked in olive oil, these dishes primarily contain vegetables which usually have some stuffing. Some of the popular *zeytin yağlı* dishes are *Dolma*, dried or fresh eggplant, bell pepper or zucchini stuffed with seasoned rice and onion. Turks also love their meat and cook them in so many ways such as minced, skewered, grilled, baked and fried. *Kebab* is a popular meat dish which is either plain or marinated meat that is grilled. Lamb is the basic meat in a Turkish kitchen and is often threaded on a skewer and grilled over charcoal. Known as *Shish Kebab* across the world, it is every meat lover's favourite dish.

With seafood available in abundance, fish forms an important item in Turkish food. Usually accompanied by a particular type of vegetable, bluefish is one of the most common fish cooked in Turkish kitchens. Different types of fish such as bonito, red



Shish Tawook (Photo: taste.fourseasons.com)

mullet, sea bass are also used in a wide variety of dishes.

Other popular side dishes include flavourful *pilav*, a popular rice dish cooked in seasoned broth. *Mezes* which are essentially "hors-d'oeuvre" or appetisers accompany wine or *raki*, an alcoholic drink made of anise, also known as 'lions drink'. Among beverages, everyone is familiar with Turkish coffee which is usually thick and dark served without sugar.

Turkish desserts are one of the most sought-after across the world – *Baklava*, being one of the best known. A rich, sweet pastry made of layers of filo filled with chopped nuts and sweetened with syrup or honey, Turkish *Baklava* is a pastry lover's dream. With such diversity and flavour, Turkish food is every epicurean's soul food.



APPETISER BABA GANOUSH

Serving size: 12 Appetiser servings

Baba meaning 'father' and Ganoush meaning 'spoiled', this Turkish smoked eggplant dip is best had with pita bread or Lavash (flat bread)

Ingredients

2 medium eggplants roasted
1/3 cup tahini
3 roasted garlic cloves (or 1 clove raw garlic, crushed)
2 fresh lemons, juiced (or more to taste)
1/2 teaspoon cumin
1/2 teaspoon salt, or more to taste
Pinch of cayenne pepper
2 tablespoons minced fresh parsley (for garnish)
Paprika (for garnish)
Extra virgin olive oil

Directions

- Roast the eggplants over medium flame until both sides are evenly cooked. Prick the eggplants in several places using a fork. This helps steam escape while the eggplants roast. Once well roasted, the skin will darken a little and begin to smell smoky, adding lots of flavour to the dip.
- 2. Remove pulp from roasted eggplants and place in a bowl along with some of the smoky roasting liquid. Allow to cool to room temperature. Add tahini, garlic, fresh lemon juice, cumin, salt, cayenne pepper and one tablespoon extra virgin olive oil to the bowl. Use a fork and/or spoon to mash together the mixture, using firm pressure to break up the tahini paste, roasted garlic, and any stringiness of the eggplant. Mix well. Spray the surface of the dip lightly with extra virgin olive oil. Sprinkle with paprika and fresh minced parsley to garnish. Serve as a dip with pita bread, crackers or chips. If you prefer a cold dip, chill in refrigerator prior to garnish. Store refrigerated in an airtight container.



Accompaniment LAVASH

Serving Size: Eight large pieces

This soft thin flat bread is the perfect accompaniment to Baba Ganoush

Ingredients

- 1 pkg. yeast
- 1 1/2 cup warm water
- 2 teaspoons sugar
- 4 1/2 cup all purpose flour
- 1 tablespoon toasted sesame seeds
- 1 1/2 teaspoon salt
- 2 tbsp oil

Directions

- 1. Coat a large bowl with oil and set aside. Take a measuring cup and mix yeast, water and sugar. Stir until yeast is dissolved well in the mixture.
- 2. Now, take another large mixing bowl and combine flour and salt together. Add yeast water mixture and knead until you the dough is soft. This will take at least seven to 10 minutes. Once the dough is soft enough place it in an oiled bowl. Roll the dough around the bowl to coat it with oil. Cover it and set it aside for a minimum of an hour. The dough should double up in size.
- 3. Once dough has doubled, punch down to release air. Continue to knead for about five minutes. Now, divide the dough into eight separate balls of equal size. Cover and allow dough to rise for another 30 minutes.
- 4. Preheat oven to 400 degrees. Once risen, roll dough out to thin triangles about as thin as pizza dough. Puncture it with a fork. Brush all the triangular dough with water and sprinkle sesame seeds on top.
- 5. Arrange these triangles on a well greased baking sheet. Place inside the preheated oven and bake approximately for 20-25 minutes until it turns golden brown. Continue to bake remaining dough. Serve it hot with a variety of dips for an enjoyable appetiser.

Recipe by Tori Avey at www.toriavey.com

Recipe by Saad Fayed from www.mideastfood.about.com



Main course SHISH-TAWOOK

Serving Size: 5 skewers

A traditional Turkish shish kebab where cubes of chicken are skewered and grilled coated with exotic spices

Ingredients

- 1 [1/2]lb. boneless, skinless chicken breast
- 1 tablespoon minced garlic
- 3 tablespoons fresh lemon juice
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons Greek yogurt
- $2\ tablespoons\ tomato\ paste$
- 1 tablespoon paprika
- 1/2 teaspoon cayenne
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper

Directions:

- 1. Preheat a grill to medium heat. Cut chicken breast into one inch cubes and place in a large bowl. Add garlic, lemon juice, extra-virgin olive oil, Greek yogurt, tomato paste, paprika, cayenne, salt, and black pepper, Marinate for few minutes with the mixture.
- 2. Skewer chicken and divide equally among five skewers. Place chicken on the grill, and cook for approximately eight minutes, turning over every two minutes to grill all sides. Serve warm with hummus and pita bread.

Recipe from www.dedemed.com



DESSERT BAKLAVA

Serving Size: Serves 12

Turkey's favourite dessert, this bite-sized sweet treat features honey and nuts

Ingredients

16 ounce phyllo dough 11 ounce chopped nuts 2/3 cup butter 3/4 teaspoon ground cinnamon 2/3 cup water 2/3 cup white sugar 3/4 teaspoon vanilla extract 1/3 cup honey

Directions

- 1. Chop nuts and toss with cinnamon and set aside. Unroll phyllo dough and cut whole stack in half to fit pan. Place two sheets of dough in pan, butter thoroughly. Repeat until you have eight sheets layered. Sprinkle two to three tablespoons of nut mixture on top. Top with two sheets of dough, butter, nuts, layering as you go. The top layer should be about 6 - 8 sheets deep.
- 2. Using a sharp knife cut into diamond or square shapes all the way to the bottom of the pan. You may cut into four long rows, then make diagonal cuts. Bake for about 50 minutes until baklava is golden and crisp. Make sauce by boiling sugar and water until sugar is melted. Add vanilla and honey. Simmer for about 20 minutes.
- 3. Remove baklava from oven and immediately spoon sauce over it and serve.

Recipe by Neonwillie from www.allrecipes.com

PRIVATE CHEFS BRING THE EXCLUSIVE TOUCH

Engaging a private chef has added an upmarket sheen to hosting at home. Celebrity chefs, like John Sawarto, have also introduced panache

ingapore is warming up to the exclusivity of having a private chef when hosting at home because of the novelty, the convenience and the wide range of services on offer. From \$95 to \$300 (or more in some special cases), sophisticated cuisine, wine pairing, table setting, and all serving and after-cleaning services can be skillfully arranged. So while the host charms the guests, the expert creates an unforgettable dining experience. If that is not the perfect solution to impress guests without the host having to lift a finger, nothing is.

Celebrity Chef John Sawarto's services are listed on the webportal, My Private Chef, which offers personalised dining options for corporate and private clients. Services range from conceptualising the theme and decorating the venue, to serving the perfect gourmet meal. His client list includes celebrities, socialites, public dignitaries and people in the Forbes 500 list. Among these are Chinese leader Xi Jinping and Singapore's President and Prime Minister.

Chef Sawarto has also been featured by Mediacorp Channel 8, Asian Food Channel and Taiwanese Asia Eastern Broadcast Channel as well as in innumerable glossy magazines and newspapers. He was the Resident Radio Spokesperson for 96.3 FM South China. He himself admits that there is media hype and glamour attached to his high profile job, but also believes that no chef can climb the ladder of success, without a fair share of long tedious hours, burns, cuts, injuries and hard work along the way. Perseverence, he says remains one of the key ingredients in a chef's career. Innovation is another. He explains that the "satisfaction of being a chef is seeing that lovely smile on the clients' faces when they taste the culinary masterpieces."

Born in Sumatra, Indonesia, Chef Sawarto moved to Singapore with his parents at the age of three and stayed on. Heavily influenced by his mother and grandmother, who he describes as "passionate homemakers," who liked putting high quality, delicious food into the "family's tummy," his interest in cooking started young. As a child, his grandmother's culinary magic in the kitchen fascinated him.

He later graduated from the prestigious Le Cordon Bleu Culinary Institute in Paris where he majored in Cuisine and Pattiserie. Though it was initially a "bit of a struggle" because of language difficulties, he was "hungry" enough to quickly pick up the French language so that he could study their cooking skills. Having learnt the secrets of preparing classic French cuisine with its centuries of history and culture, the budding chef went on to develop his own style. Technique remains his main focus. When it comes to food, he believes that there can be no "no shortcuts or compromises."

Upon his return to Asia, he went to work in the kitchens of several five-star hotels across China, where he was also among a panel of judges for an international food competition in Shanghai.



He then moved to Singapore. Now 32 years old and a permanent resident, Chef Sawarto is an established name on the city's elite culinary circuit. According to him, food and culture always go together and Singapore, with its "spectrum of cuisine" and diversified food variety is just about the "best place to be."

Nevertheless, his comfort food is the simple *Nasi Padang* and he is also a big fan of beef burgers. Asked if one dish could describe his personality, he names his signature dish, *Wagyu Beef Cheek Rendang*. To be perfect, this dish requires about six hours of slow cooking and Chef Sawarto incorporates French techniques and classic Indonesian cooking methods.

The next project is his upcoming Indonesian dining concept, Kuslina. Diners in Singapore can soon taste authentic Indonesian flavours in his restaurant but for those, who still prefer the cozy settings of their homes, Chef Sawarto will still make house calls. Although as a private chef, his speciality is European cuisine, Chef Sawarto is an Indonesian at heart as well as a fan of Singaporean food. With such diverse influences, it is practically impossible to anticipate the menu he might recommend but it will definitely bring a smile onto a client's face.

WHAT'S HAPPENING

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

Sep 30-Oct 26, 2014

Syrinx

Venue: Artistry, 17 Jalan Pinang, 199149 Contact: alison@alison-wilson.com

Sep 17-Oct 25, 2014

Skins by Joshua Bonson

Venue: ReDot Fine Art Gallery Contact: info@redotgallery.com

Sep 12-Oct 12, 2014

KPY Arts Festival

Venue: 5000G Marine Parade Road, #01-27 Laguna Park, 449290 Contact: MyMat@kateporteryoga.com

Sep 15-Dec 31, 2014

Sesame Street

Venue: Pantages Hollywood Theatre, Universal Studios Singapore Ticket: S\$74.00 Contact: executive@ate.bz

Sep 18-Oct 11, 2014

Speed

Venue: 476 River Valley Road, 248361 Contact: info@icongallery.sg

Sep 3-Dec 11, 2014

Stepathlon

Venue: various locations Ticket: \$\$69.50 Contact: kunal.bhargava@stepathlon.com

Mar 27-Dec 31, 2014

Fullerton Heritage Tours

Venue: The Fullerton Heritage Gallery Contact: (65) 6877 8972

Mar 22-Dec 27, 2014

Kid's Art Workshop

Venue: Maya Gallery Ticket: \$\$30.00 Contact: (65) 6219 1760

Aug 8-Oct 27, 2014

A Night of Magic

Venue: Jubilee Hall, Raffles Hotel Ticket from: S\$125 (adult); \$S60 (child) Contact: SISTIC (65) 6348 5555

Aug 15-Oct 31, 2014

Hello Kitty Town

Venue: Nusajaya, Johor Malaysia Ticket from: S\$47 Contact: SISTIC (65) 6348 5555

Jun 14-Oct 19, 2014

Portraiture Photography Weekend Course

Venue: ArtScience Museum Ticket: S\$197 Contact: SISTIC (65) 6348 5555

Aug 20-Oct 31, 2014

Little Big Club

Venue: Nusajaya, Johor Malaysia Ticket from: S\$47 Contact: SISTIC (65) 6348 5555

Aug 31-Oct 31, 2014

Vintage Toys from over 40 Countries

Venue: Mint Museum of Toys Ticket: S\$15 (standard); S\$7.50 (child/student) Contact: SISTIC (65) 6348 5555

Sep 18-Oct 11, 2014

The Nightingale

Venue: DBS Arts Centre - Home of SRT Ticket from: S\$22 Contact: SISTIC (65) 6348 5555

Oct 11-Nov 1, 2014

Sentosa Spooktacular Welcome to Laddaland

Venue: Fort Siloso, Sentosa Ticket from: S\$56.60 Contact: SISTIC (65) 6348 5555

Oct 19, 2014

Singapore Art Museum Sensorium 360° Workshop Create Your Signature Perfume

Venue: Glass Hall, Level 1, SAM, 71 Bras Basah Road Ticket: S\$19 Contact: SISTIC (65) 6348 5555

Oct 21, 2014

French Movies 2014 Le Hussard Sur Le Toit (The Horseman on the Roof)

Venue: Alliance Francaise Theatre Ticket: S\$8 Contact: SISTIC (65) 6348 5555

Oct 23-Nov 9, 2014

Frozen

Venue: Esplanade Theatre Studio Ticket from: S\$35 Contact: SISTIC (65) 6348 5555

Oct 25, 2014

Soulscape

Venue: Tanjong Beach Club, Sentosa Ticket from: S\$25 Contact: SISTIC (65) 6348 5555

Oct 29-Nov 15, 2014

Hop and Honk – The Ugly Duckling and the Frog Prince

Venue: Drama Centre Theatre Ticket from: \$\$30 Contact: SISTIC (65) 6348 5555

Oct 31-Nov 1, 2014

Queen -It's a Kinda Magic

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

REVIEW



SOEKARNO FREEDOM FIGHTER

This movie portrays the life of the late Soekarno, Indonesia's first president, and how he achieved independence for the nation



ourneying back in time to 1940s, when Soekarno was an aspiring young man who inspired the whole nation to fight back against colonialism and won Independence for Indonesia, this movie follows the life of the first president of the Archipelago from his youth to the time he became a national leader.

Costing about US\$2.5 million, this movie has one of the biggest production budgets in the history of Indonesian film-making. Directed skilfully by Hanung Bramantyo with Ario Bayu playing the role of the protagonist Soekarno, this historical movie premiered in Singapore at the Golden Village Grand cinema in Great World City shopping complex on August 11, 2014. Commemorating the country's 69th Independence Day, it was hosted by Indonesian Ambassador Andri Hadi.

After a rousing welcome, Mr Bramantyo spoke at length about the movie to the audience, "The movie is about a young Soekarno learning and discussing with his friends and colleagues on the best way forward. He also had no choice but to collaborate with the Japanese so as to be allowed to build an army to fight for independence. He had to keep a low profile so as to achieve freedom for the nation."

The movie also has moments that showed Soekarno as a great orator that the colonial Dutch administration had to silence by putting him in jail. Other stars in the movie included Koesnaedi (Soekarno's second wife Inggit Garnasih), Tika Bravani (his third wife Fatmawati), Lukman Sardi (Mohammad Hatta), and Tanta Ginting (Sutan Sjahrir).

Producer Mr Raam Punjabi, is a great admirer of Soekarno and had conceived the idea of the movie to inspire the youth of Indonesia. He said, "At the age of 19, Soekarno was fighting for independence and he achieved it. He is a wonderful example for young people everywhere."

Among the guests was Mr Santosh Kumar, a management committee member of the Singapore Press Club. After viewing the film, he told IndoConnect, "Indonesian politics at that time had several twists and turns but the director has kept it simple, just dealing with the Dutch and Japanese rulers. Leading man Ario Bayu portrayed Soekarno very well but it is impossible to capture the life and times of Soekarno in two hours."

Mr Kumar added, "Director and scriptwriter Hanung Bramantyo has done a tremendous job, balancing all aspects of the character of the former Indonesian leader in a nicely-done film. The settings, acting and camera work are superb. The scenes have a smooth pace. In essence, the film deals with the years of turmoil artistically. Dialogue was in Bahasa Indonesia but the English sub-titles were a big help to understand the nuances."





Grafia UNIQUE, SPECTACULAR, UNFORGETTABLE



Cavalia is a show like no other and is wowing Singapore audiences in the same way it won the hearts of millions around the world

here is something wondrous about a giant tent reaching up 35 meters high. The sense of awe will be heightened with the start of the show Cavalia: A Magical Encounter Between Man and Horse. It had been described as an "equestrian theatrical spectacular" and it will not disappoint. The stars of this show are the horses. About 50 of these noble beasts dominate the proceedings on the 50-meter wide stage almost within touching distance of the audience. While some of horses came on with human companions, other horses run freely on the stage, displaying the grace that only a thoroughbred can attain.

Of course, there is also singing, dancing, comedy, acrobatic acts, aerial stunts and lasso tricks by the 42 artists that include riders, aerialists and dancers. The sight of human pyramids on the back of horses left spectators amazed at the trust between human and horse. Then there is the stunning visual feast of amazing animation and multimedia special effects served on the 60-meter wide digital projection screen that acts as the backdrop to the thrilling show on stage. All the while, musicians fill the air with rhythms that match every act.

The show has impressive roots. It was conceived by Normand Latourelle, who also co-founded the famous Cirque du Soleil. It has been performed for more than four million people across the world. Demand was so great. Cavalia was extended till October 5, 2014. IC

www.cavalia.net/Singapore



WTA CHAMPIONSHIPS BECKONS TENNIS ENTHUSIASTS

Singapore set to host first ever WTA championship in Asia Pacific

he excitement level is at a fever pitch as sports enthusiasts across the country are queuing up to attend the first BNP Paribas Women's Tennis Association (WTA) Championships to be held in the Island city. Singapore is the first country in Asia Pacific to host the much awaited tennis championship. Not only that, fans will get to finally watch the nail-biting games at the state-of-the-art \$1bn Singapore Sports Hub, located in Kallang, which is hosting the championships at the 7500-seat, Singapore Indoor Stadium.

Furthermore, this year the finals are set to get even more exciting as the record prize-money of \$\$ million offered for the winner will surely embolden the world's greatest women's tennis gladiators to go all out to vanquish the competition. The battle between the champions is expected to keep spectators on the edge of the seat as tennis aces such as Serena Williams and Maria Sharapova will fight for glory from October 17 – 26, 2014.

Joining the honour roll of past host cities such as Istanbul, Madrid, Munich, Doha, New York and Los Angeles, Singapore is the only country in Asia-Pacific to have won the rights to host this elite global event for the next five years. Sports enthusiasts have even more reason to celebrate as the inaugural events of the championship promises to be one of the most entertaining ever. Chief Executive Officer of Singapore Sports Council (SSC), Mr Lim Teck Yin, believes that the WTA Championships will be



a boon for Singapore tennis especially since the sport is to be included in the next Southeast Asia Games also to be held here in 2015. He explained, "There's nothing like top class tournaments and world-class athletes coming into town to inspire people."

The current champion is Serena Williams, who beat Maria Sharapova in a nail-biting final in 2012. Recent Australian Open semi-finalist Eugenia Bouchard also told reporters that she is confident that the BNP Paribas WTA Finals 2014 will be the best championships ever.

For tickets, log on: www.sportshub.com.sg/WTAFinals

COMING SOON NUANSA14 THE PRIYAYI

Indonesian students in the National University of Singapore are continuing the tradition of producing a musical all by themselves



Photos: NUANSA'13

hey are known as NUANSA -an acronym for NUS (National University of Singapore) and Indonesia, which also means 'subtle difference' in Bahasa Indonesia. As a cultural production group, they aim to showcase the rich and diverse culture of the Indonesian archipelago for the international community in Singapore.

Formed in 2007 by several Indonesian undergraduates to stage musical productions, NUANSA has presented a production every year, each bigger and more sophisticated than the previous one. Their next is titled NUANSA14: The Priyayi – a performance inspired by the novel 'Para Priyayi' by the late Indonesian novelist Umar Kayam. It tells the story of the life of a priyayi – a member of the gentry -- in East Java in the 1960s. The book was translated into English and published as 'Javanese Gentry'.

Ms Yuli Samantha, a member of the corporate relations team for the show, told IndoConnect, "We hope that through the performance the audience can get a clear picture on what being a priyayi means, and what it entails from different perspectives, and hence relate the issues to their real lives."

"From simple beginnings, NUANSA has since developed into one of the biggest student-run musical productions here at NUS," added Ms Bernadette Natalia Pekerti, the show's producer.

NUANSA14 – it promises to be a glorious performance of Indonesian culture. Tickets at \$19 each are available via email at ticketing.nuansa14@gmail.com or Gede at (+65) 9102 5989. C

NUANSAI4 – The Priyayi Date: Oct 6, 2014 Venue: University Cultural Centre Hall, National University of Singapore Ticket: \$19

Flag Raising Ceremony

Acara penaikkan bendera Merah Putih pada tanggal 17 Agustus 2014 untuk memperingati Hari Kemerdekaan Republik Indonesia berlangsung dengan hikmat. Setelah itu, Pak Dubes Andri Hadi melakukan pemotongan nasi tumpeng.





Indonesian Children's Day

Hari Anak Nasional yang diperingati pada tanggal 23 Agustus diadakan di halaman belakang KBRI Singapura. Anak-anak sangat antusias mengikuti perlombaan yang diadakan oleh panitia, yaitu: balap karung, makan kerupuk, kelereng dalam sendok, panjat pohon kelapa, dan masih banyak lagi.



SBY's Visit to Singapore

Presiden Susilo Bambang Yudhoyono menerima penghargaan The Order of Temasek (First Class) dari Presiden Singapura Tony Tan Keng Yam pada tanggal 3 September 2014. Penghargaan ini diberikan atas jasa-jasa Beliau dalam menjaga stabilitas dan persahabatan antara Indonesia dan Singapura selama 10 tahun menjabat sebagai Presiden.

Panggung Gembira

Acara Panggung Gembira kali ini dimeriahkan oleh artis-artis papan atas seperti: Saskia Gotik, Inul Daratista, Hussein Idol, Beniqno, dan masih banyak lagi. Walaupun sempat hujan, semangat masyarakat Indonesia tidak surut sedikit pun. Sampai jumpa di acara Panggung Gembira tahun depan! :)





Soekarno Movie Screening

Pemutaran perdana film 'Soekarno' di Singapura berlangsung di Golden Village Grand. Selain Produser Pak Raam Punjabi dan Sutradara Pak Hanung Bramantyo, sederetan artis pemain film tersebut turut hadir dalam memeriahkan acara tersebut. Tamu-tamu yang hadir juga sangat antusias menonton film sejarah perjuangan Soekarno dalam memerdekakan Indonesia dari tangan para penjajah.



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THE GREEN BLOGGER

By day, Irfan Desyadi Azia is a business process specialist; by night and on weekends, he blogs mainly on automotive subjects. He tells IndoConnect what drives him to blog

or 38-year old Irfan Desyadi Azia, Singapore has become a home away from home which gave him an opportunity to rediscover his interests and develop new habits. A resident of Jakarta, Irfan moved to Singapore in November 2011 and has come to love his host city. A father of two children, he flies home twice a month to spend time with his wife and family, but with plenty of time in his hand during rest of the month, Irfan loves to go exploring all the tourist attractions with his friends.

He says, "Life in Singapore is very comfortable with safe public transport, clean air and clean streets. Everything is organised and its people are disciplined even when unsupervised. However, I feel that Singaporeans need to learn to be patient from Indonesian as most of them are impatient."

While Irfan misses Indonesian food the most, he has taken to checking out various eateries and restaurants in Singapore. "I work for APL Co Pte Ltd as Business Process Specialist and have plenty of free time during those weekends that I stay back. The thing I miss most is authentic Indonesian food which is so delicious. But during my free time I love exploring the variety of food available here in Singapore and I also blog about it."

Irfan found the pleasures of blogging while browsing the internet during his free time. "I have plenty f free time, especially after working hours. A lot of my spare time is spent online. After a long time I was thinking, why am I not taking advantage of my free time to create



Selo Electric Car at the Indonesia International Motor Show (IIMS) '14

something that is useful for many people? In this spirit, I finally started blogging last December. I mostly write about things that I find interesting which are automotive sports, travel, photography and food. I am very happy with the response as I have a total of 400,000 readers with an average of 1,500 daily readers. You can find my blog at https:// irfandazis.wordpress.com/."

While being away from home has been tough, Irfan believes in working for a good cause and contributing back to the community and country. He says, "I am very concerned with environmental issues and have named my blog as 'The Green Blog'. One of my first impressions here was that Singaporeans are environmentally conscious and do not waste electricity or water needlessly. I also noticed that there are water-saving gadgets easily available and most things are recycled. This is one of the best things about this country. I would like to encourage my fellow Indonesians back home to be energy-saving and hope that my blog can contribute to this change."

A DREAM WEDDING IN BEAUTIFUL BALI

For a truly memorable wedding, couples are heading to Bali – one of the world's most beautiful islands, and a top wedding destination

magine reciting marriage vows in the exotic intimacy of a seaside villa or in the breezy ambience of a beach wedding. May be, exchanging rings in the sanctity of a custom-built chapel overlooking a glorious tropical sunset. It could also be a fancy celebration in a luxurious hotel or something totally out of this world such as an underwater exchange of matrimonial vows. Making such wedding dreams come true has made Bali one of the world's top wedding destinations.

Gaining in Popularity

All signs point to more foreign and local couples tying the knot in Bali this year. In February 2014, the Bali Daily reported Mr Deden Acep Saefulloh, chairman of the newly established Bali Wedding Association, saying, "The demand this year is very high. If the situation remains stable and secure, we are optimistic that wedding businesses will have better prospects than last year."

According to the report, the island's biggest markets for weddings are Australia and Japan, as well as China and Hong Kong.



Demand from clients from large cities, like Jakarta, Bandung and Surabaya, has also continued to rise.

Mr Deden, who has managed PT Bali Exotic Wedding since 2000, told the newspaper, "It might be because there are more Indonesian celebrities getting married in Bali, so they have set a sort of trend."

In the years ahead, this multi-million dollar sector is seeking to attract more clients from other potential markets, including Russia, India, Singapore and Malaysia. Head of Promotion at the Provincial Tourism Agency, Mr Nyoman Wardawan, said that weddings had potential for the island's tourism sector, as they involved various businesses, including hotels, florists and catering companies.

The booming business has also caught the eye of foreign wedding planners like Australia's Villa Botanica. It set up a Bali branch in February 2014 to tap into a new market as well as cater to the growing number of Westerners marrying abroad. The company's director, Ms Janet Hogan told The Sydney Morning Herald, that the new company aims to host up to 400 weddings in the next two years in Bali.

For Every Kind of Budget

A wedding in Bali, which in reality is a wedding and a honeymoon rolled into one, can actually cost less than a grand wedding dinner in a posh hotel in most cities.

• Based on estimates quoted by Bali Weddings International, ceremonies in Bali can cost from US\$500 to US\$820; decoration packages range from US\$300 upwards; bands can cost from US\$820 to US\$2,000; a wedding cake costs US\$180;

IndoConnect + Vol3



and the fee for professional photography ranging from US\$465.

- Resort weddings that cover the costs of basic travel packages, legalities, ceremony, food, beverages, cake, and entertainment can be as low as US\$25,000 for 50 guests.
- Chapel weddings can be from US\$3,000. The price includes venue, decorations, flowers, and preparation room.
- Additional costs for a villa wedding could be for sound systems amounting to approximately US\$1,000; a function fee of about US\$3,000 to US\$4,500; a local council fee of US\$300 to US\$700, and food and beverages at US\$150 per person.

To ensure the grand day proceeds without a hitch, it is highly recommended that couples seek the assistance of a wedding planner who knows Bali well and is able to satisfy all the requirements.

It's all Legal

A Bali wedding will be official and legally binding – provided the paperwork is done. Couples who want to get married in Indonesia are required to declare their religions and foreigners are not exempted. The Certificate of Non-Impediment, which can be obtained from the couple's embassy or consulate in Indonesia, must also be submitted. Non-Muslim couples need to A WEDDING IS A CELEBRATION OF THE LOVE AND COMMITMENT BETWEEN THE BRIDE AND THE GROOM. BY CELEBRATING IT IN BALI – UNDOUBTEDLY ONE OF THE MOST BEAUTIFUL ISLANDS IN THE WORLD – THE COUPLE WILL BE MAKING THEIR WEDDING DAY TRULY SPECTACULAR AND MEMORABLE

complete and submit a Notice of Intention to Marry. This form is available at the Civil Registry in Bali. Indonesian laws further require couples to have both a religious and civil ceremony. These can be integrated and done on the same day. The best way to sort out the legal aspects of a Bali wedding is through an experienced wedding agent.

Professional Wedding Planners and Coordinators

Couples often engage a Bali-based agency and work through the wedding details through email, Skype meetings, and international calls. Among the top agencies are Bali Wedding International, Jameel Tey Weddings and Bali Wedding by The Seven Group. Alternatively, couples can consult a wedding professional in their own country who can then coordinate all the details in Bali. Australians for instance can contact Villa Botanica based in Queensland, or Global Weddings located in Victoria.

Happily Ever After

A wedding is a celebration of the love and commitment between the bride and the groom. By celebrating it in Bali – undoubtedly one of the most beautiful islands in the world – the couple will be making their wedding day truly spectacular and memorable.



The Ultimate Shopping Paradise

Known to many as the Paris of Java, Bandung, a two-hour drive from Jakarta, offers a cool getaway for both local and foreign tourists in Indonesia

he third largest city of the country and the provincial capital of West Java, Bandung has long been known for its pleasant climate, sublime gastronomy, and panoramic views. In recent years, Bandung has become popular as a home to a wide selection of factory outlets, designer brands shops and chic boutiques attracting millions of tourists and shoppers from all around the world.

Factory Outlets Abound

Tagged by some as the "Fashion capital of Indonesia", Bandung is packed with factory outlets offering the latest trends in garments and apparels at reduced prices. The bustling streets of Jalan Ir. H. Juanda, Jalan Setiabudi, and Jalan Riau are lined with branches of worldrenowned brands such as Zara, DKNY, Banana Republic, Forever 21, Nike, Calvin Klein and Armani.

Along Jalan Cihampelas are denim jeans shops that offer fashionable styles at a lower price compared to many stores in Jakarta. Factory rejects are also very popular with shoppers who fancy top brands, albeit with a minor defect. Local designers are also energetically present in Bandung's fashion scene and this provides a dynamic blend of foreign and local styles to shoppers. *Distros* or distribution outlets where, retailers sell chic products that are locally made but without a marketing label yet, usually serve as hot spots for those wanting to find unique local brands.

Bandung is also famous for its topquality leathers, handbags, shoes and belts. The House of Leather is a small shop famed for their all original and genuine leather handbags and wallets exuding fine craftsmanship at very competitive prices.

Bandung's huge shopping complexes offer a one-stop-shop for people who are into shopping spree or simply window-shopping. At the top of the list are: Transstuddio Mall, Parijs Van Java, Bandung Trade Center and Cihampelas Walk.

Past and Upcoming Developments

In 2011, Jakarta Globe reported an influx of Malaysian tourists who were attracted by the lure of bargain clothes and cheap finds in Bandung. Local dealers and merchants responded quickly by accepting Malaysian ringgit to make transactions more convenient and some of them had earned 50 per cent more profit as a result. "My peak time for sales is usually during Ramadan or Idul Fitri when people shop for new clothes. But now, with all the tourists coming, my shop is busy all year round," Lani, a local trader, told Jakarta Globe.

Today, Bandung is the second most frequented tourist destination in Indonesia, catering to over six million visitors per year, just next to Bali. Around 80 per cent of the visitors are domestic tourists, With the projected increase in Bandung's connectivity to Singapore and Malaysia through more frequent direct flights, the number of foreign tourists is expected to rise exponentially.

To keep up with the rapid developments and changes that have been transpiring in Bandung, the local government has drafted a series of infrastructural developments that aims to ease the traffic congestion in the city while maintaining access to the primary shopping and tourist areas. In July this year, construction started on the first ever monorail in Bandung. The town's Mayor Ridwan Kamil said, "My dream is to make Bandung a little like Kyoto, modern without losing its sense of identity."

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Pictures of Ram Bagh Palace

"The whole object of travel is not to set foot on foreign land; it is at last to set foot on one's own country as a foreign land." - G.K. Chesterton, Author

Travelling to a new country is the one of the best experiences that one can have. With options galore and connectivity to all corners of the world, today's savvy tourists are spoilt for choice. Whether it is travelling on a budget or a romantic honeymoon getaway, a relaxing beach holiday or an adventurous wildlife safari, IndoConnect brings you exclusive section on tourism across the world. From exotic Indian palaces to perfect wedding destinations, here's a chance to explore the hot destinations and travel packages to your favourite part of the world. What are you waiting for? Join us in our journey of exploration to exciting new places and discover unusual cultures, delicious cuisines and mesmerising new locales

ne of the most enticing attractions of holidaying in India is to stay in one of these lavishing appointed royal residences. This came about with the need for the erstwhile royals to partially or completely covert them into luxurious hotels to ensure their upkeep after 1971, when the Indian government withdrew their privy purses. Many of these magnificent palaces are centuries-old ancestral properties (and quite a few in food working condition)-and part of the allure lies the charm of living within the ambit of a world where (sometimes) time seems to have stood still.

The elegant, the subtle, the whimsical, the bizarre — the range of palaces boggles the mind. Yet some of these heritage properties (either sold off to hotel chains or retained partially), fashioned from the finest of materials and services that money could buy, are now perfectly successful, professionally-run luxury hotels, where the regal trappings of yesteryear meld seamlessly with all modern conveniences. Charting the landscape of heritage palace hotels across the country, clearly, it is the desert state of Rajasthan—the Rajputana of yesteryears, which offers the richest and most opulent pickings. Reinventing the courtly life and world of feudal pageantry they are perfect extravaganzas of luxury and leisure. From Aubusson tapestries to Belgian glass, from silver-embossed buggies to gold crockery, from polo playing elephants to gun salutes and Rolls Royces we love Royal India's dedication to excess.

Our list (for the well-heeled traveler who wants to enjoy a slice of royal living) does however throw up some nice little surprise too. Incredibly many of India's exquisite royal residences-turned- luxury hotels have been given a new lease of life with the growing demand for them as an appropriate setting for wedding ceremonials, honeymooning sojourns and even lavish birthday parties.

Ram Bagh Palace

Slip into the gilded world of the maharajas at Ram Bagh Palace in Jaipur. This fabulous pile was the home of one of the most beautiful women in the world— the glamorous Maharani Gayatri Devi, married to Jaipur's polo-playing Maharaja (Jai) Swai Man Singh II. Ram Bagh Palace has been commissioned to run as a luxury hotel by the Taj chain since 1972, two years after Jai died in a polo accident. His internationallycelebrated rani moved into the adjoining Lily Pool where she continued to live till her death in 2009.

Meanwhile, the hotel goes from strength to strength attracting the well-heeled and celebrated from the four corners of the earth as they come to sample the legendary offerings of Rajasthan, quintessentially steeped in Jaipur's bazaars and palacemuseums, gardens and fortifications. High tea on the terrace overlooking the lavish 47-acre landscaped environs merges gently into the dusk as the lights come up one



by one to delineate the palaces' exquisite proportions against the purpling sky.

Lighted lamps guide the footsteps of the folk dancer...while the sound of her anklets seem to herald the arrival of the cocktail hour at one of India's most atmospheric and hospitable palace hotels. Tennis courts, a luxury spa, a shopping arcade and the lovely swimming pool garden are added allurements to the palace's classy restaurants, manned by gourmet chefs. Gorgeously appointed interiors—four poster beds and silken chaise longues et al, transport you to a world of selfeffacing glamour and luxury.

The Grand Royal Suites (Prince's Suite and the Maharani Suite) served as the personal chambers of the royals. The Presidential Suryavanshi suite is a world of understated luxury and elegance. Riding and even a game of polo can be arranged on request.

www.tajhotels.com/Luxury/Grand-Palaces-And-Iconic-Hotels/Rambagh-Palace-Jaipur

Umaid Bhavan Palace

Located in this celebrated desert outpost. Jodhpur's sprawling Umaid Bhavan Palace, now a hotel with the Taj chain, has played host to the likes of Madonna, Mick Jagger and Naomi Campbell. Home still to erstwhile Maharaja Gaj Singh, the Umaid Bhavan Palace Hotel (one of the world's largest private homes) dominates Jodhpur's skyline from Chittar Hill, as does the fabulous 13th century sprawl of the Mehrangarh Fort, where tourists swarm to explore its history.

This massive regal structure was commissioned to give work to his subjects by Maharaja Umaid Singh during the great famine that hit the region in 1929. The yellow sandstone Indo-Art Deco palace (designed by Henry Vaughan Lancaster and spread over 26 acres with 347 rooms) with its lavish setting and period furniture, is now divided into three wings: the Residential Wing for the erstwhile His Highness Maharaja Gaj Singh II and his family, the Private Museum and the Hotel Wing, commissioned in 1972. Its 64 guestrooms are steeped in Art Deco atmospherics. There's a small fee if you want to just visit (10am-4pm, closed Sunday).

Don't miss the fabulous 105 foot high cupola, the amazing Durbar Hall, billiards room, two marble squash courts, an indoor swimming pool and heritage spots in the palace. Another star attraction is the collection of murals drawn by Jodhpur's court painter Stefan Norblin, a refugee Polish artist who fled here during WWII. Requests are entertained for riding, golf and jeep safaris.

www.tajhotels.com/Luxury/Grand-Palaces-And-Iconic-Hotels/Umaid-Bhawan-Palace-Jodhpur

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Hotel Lake Palace

Set upon the silvery waters of Lake Pichola in Udaipur, the four-acre milkymarble sprawl of the Lake Palace on Jag Nivas Island, is one of the world's most highly rated private water palaces — now run as a luxury hotel by the Taj chain of hotels since the 60s.

This secluded fairytale retreat offers exclusive holidaying experiences for all occasions—be it for a honeymoon —or a writer seeking fresh inspiration. Legend has it that it was created by a young scion (Maharana Jagat Singh II) of the Mewar royals, to escape the censure of his elders who objected to his hedonistic lifestyle. The only access to his retreat was by boat—even as it is today.

Memorable experiences can be enjoyed amidst its mirrored guestrooms, the private sit-outs jutting over the lake, the lily pond, the swimming pool and charming public spots. Pampering is the keynote of the services and entertainment and gourmet meals are the cherry on the cake.

The enchantment begins the minute you step onto the boat from the Gangaur Ghat near the City Palace complex, for the ride to the water palace. Take time in between to uncover the layers of history embedded in the serpentine lanes of Udaipur and it glorious palaces.

www.tajhotels.com/Luxury/Grand-Palaces-And-Iconic-Hotels/Taj-Lake-Palace-Udaipur



Hotel Lake Palace

Deogarh Mahal Palace

Situated between Jodhpur and the lake city of Udaipur, Deogarh Mahal Palace seems to be caught in a time warp with its medieval setting. Yet the hotel offers every comfort for a modern-day visitor. Quintessential to the Deogarh experience is the personalised service...you may even get to dine with Rawat Nahar Singh's family (who continue to reside in one wing) over a cultural evening on the beautifully terrace.

Wake to the peacocks' cry on a crisp Rajasthani dawn, tuck into a thali full of yummy dishes for breakfast and then saunter off into the nearby bazaar for local crafts and silver jewellery. All 50 rooms reflect their ages-old Rajasthani heritage — Gokul Ajara, Moti Mahal and Ranjit Prakash guestrooms date to 1670 but all offer the comforts of every modern convenience.

Do take time to check out the Deogarhschool miniatures dotting the interiors. Meals at Deogarh are driven by the freshness of home-grown fruits and vegetables, in-house milk products and oils. Later take a jeep ride with a picnic basket to one of the grand waterfalls or ride the rails on the toy train running through the verdant environs of the Aravallis. Vintage car rides, riding, treks can also be arranged. www.deogarhmahal.com

Gajner Palace

Parrots chase each other amongst the ancient trees, the demoiselle cranes and black ducks on the lake dip deep to catch an unwary fish...then scatter wildly as a tiny boat transporting visitors to the other end of end glides by... the priest rings the bell in the family shrine in the Mandir Chowk... guests drowsily loll on sun-warmed stone benches catching itinerant breezes wafting over the lake...Welcome to Gajner Palaceone of Rajasthan's most picturesque, out-ofthe-tourist-path, retreats. Once a hunting lodge for the Bikaner royals, Gajner (famed for its Imperial sand grouse shoots with the English Viceroy since the 'roaring 20s'), is now run as a heritage hotel (with four wings-Dungar Niwas, Mandir Chowk, Gulab Niwas and Champa Niwas) by HRH Hotels, owned by the Mewar royals.

Just a half hour run from the desert city of Bikaner on the Jaisalmer Road, Gajner has its own little sanctuary where jeep rides bring you up-close with blackbuck, chinkara

and wild hog. The beautifully accoutered guest suites (13 historic suites and 32 deluxe suites) drowse in dappled sunlight under ancient trees amidst the surrounds of rich foliage on a scattering of landscaped verdure punctuated by stone courtyards. You can sign up for elephant rides, boating, jeep rides into the desert with dinner on the dunes and cycling trips or a game of billiards on the 1900s table. Candlelight dinners can be arranged in the sanctuary on request. In between those lazy bouts head for the Camel Farm near Bikaner or the famous Rat Temple at Deshnoke. www.hrhhotels.com/grand_heritage/gajner_ palace

Raj Nivas Palace

Another laidback retreat, this beautiful red sandstone palace in Dholpur, run by a scion of the Gwalior royals, offers easy access to Agra with its iconic Taj Mahal, and Gwalior, renowned for its spectacular Fort. Dushyant and his famous mother Vasundhra Raje Scindia, Chief Minister of Rajasthan, have painstakingly converted the Raj Nivas Palace into beautiful palace resort with both a heritage wing with gorgeous period guestrooms and a cavalcade of newly structured cottages, scattered in the lush landscape.

Dholpur offers easy access to the legendary Chambal River, where you can go crocodile spotting and even take a jeep ride around those Chambal ravines, famed once for their dreaded dacoits. Picnics are arranged at the Talab Shahi lake retreat surrounded by lush forests filled with wildlife Mughal Shahjehan once hunted.

Dholpur is also famous for its stone quarries which supplied the Raj for building the Viceroy's palace—now Rashtrapati Bhavan, residence of India's president, in New Delhi. Riding is also arranged on request, as are tours of the Taj or Gwalior's star attractions. The palace has also been the perfect setting for low key weddings for well-heeled and discerning patrons. www.dholpurpalace.com

www.unoipurpulace.com

DHOLPUR IS FAMOUS FOR ITS STONE QUARRIES WHICH SUPPLIED THE RAJ FOR BUILDING THE VICEROY'S PALACE—NOW RASHTRAPATI BHAVAN, RESIDENCE OF INDIA'S PRESIDENT, IN NEW DELHI

Nadesar Palace

The atmosphere of the ancient city of Varanasi is best explored from the luxurious setting of the Nadesar Palace, run now as a Taj hotel. Surrounded by fragrant swathes of jasmine and marigold in a cool mango grove the hotel's laidback ambience is the perfect counterpoint to the dusty hustle and bustle of one of India's most visited pilgrimage hubs. Its picture windows, overlooking the hallowed Ganga, have offered great moments of delight to streams of celebrated visitors since 1835. Its ten guestrooms, done up in colours of the floral offerings to the Ganga-marigold and lotus, jasmine and champa, are islands of tranquility and modern day comforts.Also within the palace are paintings from the maharaja's personal collection. Golf and spa treatments have been welcomed diversions at the palace.

www.tajhotels.com/Business/Nadesar%20 Palace

Falaknuma Palace

A massive pile of Italian marble spread over 93,971 sq m, the Falaknuma Palace in Hyderbad was painstakingly filled with every imaginable luxury and cultural item from the four corners of the earth by Nawab Vikar-ul-Umra, prime minister of Hyderabad. No wonder his lord and master Mehboob Ali Pasha, 6th Nizam of Hyderabad, turned green with envy when he came here for a party. So when he extended his stay telling him how much he loved it the prime minster had little choice but to offer it as a gift to his ruler. The Nizam graciously accepted the offer. Under great pressure for overshooting his budget for his astonishing personal residence, the prime minister did not demur when the Nizam sent him the money to compensate him for the lavish gift.

Today even you can enjoy the pleasures of that fabulous gift, thanks to the arrangements by the Nizam's family with the Taj group to run it as a hotel. The splendour of the Nizam's envy will continue to be the talking point for ages to come. Beautifully restored and refurbished the palace hotel offers visitors an aesthetic journey of many delights during a sojourn here in one of their 60 guestrooms. Don't be in a hurry to leave. And of course the star attractions of Hyderabad city-an astonishing amalgam of the old (Hyderabad of the Nizams) and

CHAPSLEE, THE SUMMER RETREAT OF CHARANJIT SINGH. MAHARAJA OF KAPURTHALA, IS A **BEAUTIFUL LITTLE PALACE HOTEL** STEEPED IN RAJ-ERA NOSTALGIA WITH ITS PERIOD ROOMS AND FURNISHINGS AND SCATTER OF EXQUISITE MEMENTOES AND BRIC-A-BRAC.

the super-new (after all its one of India's top IT hubs) come as an added bonus. www.tajhotels.com/Luxury/Grand-Palaces-And-Iconic-Hotels/Taj-Falaknuma-Palace-Hyderabad

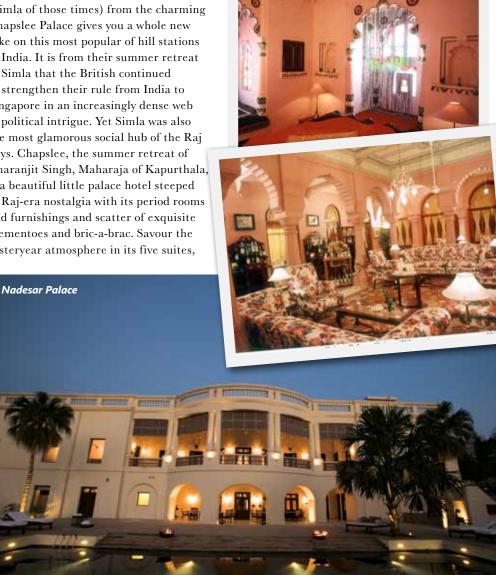
Chapslee Palace

Exploring the Raj-era nuances of Shimla (Simla of those times) from the charming Chapslee Palace gives you a whole new take on this most popular of hill stations in India. It is from their summer retreat in Simla that the British continued to strengthen their rule from India to Singapore in an increasingly dense web of political intrigue. Yet Simla was also the most glamorous social hub of the Raj days. Chapslee, the summer retreat of Charanjit Singh, Maharaja of Kapurthala, is a beautiful little palace hotel steeped in Raj-era nostalgia with its period rooms and furnishings and scatter of exquisite mementoes and bric-a-brac. Savour the yesteryear atmosphere in its five suites,



Abridged from a report by Ranee Sahaney

Deogarh Mahal Palace



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Raja Ampat NIRVANA OF INDONESIA

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Wanted! Your travel photos - anywhere from Sabang to Merauke, Indonesia. Give us your best shot (high-resolution 300 dpi/at least 2MB, along with a brief caption and approximate date) by November 15, 2014 and win a pair of tickets to Alive Museum Singapore. Email your entries to indoconnect@sunmediaonline.com

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