

THE NEW EURASIAN

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**EA Kicks-off
Inaugural Football
Camp with SHGs**

**Singapore's Rising
Shooting Star**

**'The Eurasian Dragon'
Born to Wrestle**

**ECH Mural 'Comes Alive'
on Portugal Tour**

Contents

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03 President's Message & In Touch

04 Education

- Joseph Schooling Sports Grant
- Singapore's Rising Shooting Star
- Singapore Buddhist Lodge Bursary Awards
- Education Open House
- Empowering Mothers: Singapore Women's Prison Reintegration Programme
- Dialogue with MOE Student Welfare Officers
- Creative Kids: SandArt
- Dance Movement

08 People In The Community

- Storytellers with Big Ambitions
- A Safe Space for Mental Healthcare

11 Family Support Services

- From Struggles to Strength

12 Cover Story

- EA Kicks-off Inaugural Football Camp with SHGs

14 Community Development

- EA Takes Round One at Inter-Club Balut
- In-House Balut
- Sunday Tea Dance

16 Youth

- 'The Eurasian Dragon': Born to Wrestle
- Mushroom Cultivation Workshop

18 Heritage & Culture

- EHG Tours & Workshops
- ECH Mural 'Comes Alive' on Portugal Tour

23 Sports

- Active Aging: Join Us to Walk and Jam
- EASRC Night Cycling Adventure
- EAFC Football Thrills

24 In Our Community & Visits

- Annual General Meeting 2023
- Welcoming SPS Rahayu Mahzam to the ECH
- Happy 90th Birthday to EA Patron Herman Hochstadt
- EAFC Family BBQ



6



12



16



19

The New Eurasian

Magazine of the Eurasian Association, Singapore

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President's Message

Dear EA members

We celebrate Singapore's 58th year of independence this year. The EA marks this occasion annually in August at the Eurasian Community House with a Red & White lunch organised by our Community Development team. We sing National Day songs, dress in red and white, and of course, enjoy delicious food. It is a joyous afternoon of celebrations, and also a reminder of what has brought us this far together, as a multi-cultural community.

The Eurasians in Singapore may be a small group, but we are Singaporeans through-and-through. Part of our vision at the EA is to bring people of all ages and races together, and this issue's cover story – which you can read on page 12 – on the inaugural EA Football Camp with Self-Help Groups (SHGs), which we organised in partnership with CDAC, MENDAKI and SINDA over the June school holidays, represents these efforts.

Over three mornings, close to 100 children from 7 to 12 years old from the SHGs and special guests from SportCares, came together at the Jalan Besar Stadium. It was truly a celebration of our multi-racialism, bringing children together to play and make friends, and creating inclusiveness through sport. We are grateful for the sponsorship from Singapore Pools, and for the support from Sport Singapore's ActiveSG Football Academy with the venue and expert coaches, and look forward to more of such events in the future.

We held the Joseph Schooling Sports Grant award ceremony on 13 May, which is a \$5,000 cash award to defray costs on the road to achieve sporting excellence. This year's recipient was Faithe de Souza from Ngee Ann Polytechnic, who is currently ranked top in the Singapore Shooting Association's National Youth Team for 10m Air Rifle Women. At just 15 years old, she has impressive potential and we look forward to seeing what she will accomplish in the future.

In this issue, we also celebrate two Eurasian women who have made their mark in two areas; Antoinette Patterson, the CEO and founder of Safe Space, that offers counselling and other mental health support services; and Kimberley Olsen, the co-founder of Yatta Workshop, a digital media agency.

In closing, let us toast to Singapore's 58th birthday, and continue to cherish the bonds of our multi-cultural community. I wish everyone a Happy National Day!

Sandra Theseira
President



In Touch

The New Eurasian

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Award Ceremonies

Joseph Schooling Sports Grant



15-year-old Faithe de Souza from the National Youth Team in Shooting, received this year’s Joseph Schooling Sports Grant (JSSG) award, at a ceremony at the Eurasian Community House on Saturday 13 May. Faithe is making her mark in shooting – she won the gold medal at the 10m Air Rifle Women Junior Individual event at the Meyton Cup 2023, and represented Singapore at the 15th Asian Airgun Championship 2022 where she finished 13th among competitors across eight countries. She is currently ranked top in Singapore’s National Youth Team for 10m Air Rifle Women.

Faithe de Souza, recipient of the Joseph Schooling Sports Grant Award 2023.

The JSSG is a \$5,000 cash award, to defray training or equipment costs in the pursuit of sporting excellence. It is open to athletes between 14 to 19 years old, who demonstrate that they can balance their academic studies and training responsibilities to achieve their sporting goals. The first two JSSG award recipients in 2019 and 2020 were Tia Rozario from Track & Field, and Sarah Bernard from Swimming respectively.



From left: Humphrey Conceicao (Education Sub-Committee member), Edmund Rodrigues (EA MC member & Education Sub-Committee member), Vincent Schoon (EA 1st Vice-President & Education Chairperson), Sandra Theseira (EA President), Faithe de Souza, Joseph Schooling, May Yim Schooling.

JSSG award applications are open, until 30 September.

Apply at <https://www.eurasians.sg/bursaries-scholarships>

A graphic illustration featuring a laptop screen with a QR code, a hand pointing at it, and a gold trophy with a star. The background is light blue with decorative stars and a speech bubble.

Singapore's Rising Shooting Star

Interview conducted by EA volunteer Augusta Loi.



The NewEurasian spoke to Faithe de Souza, the 15-year-old recipient of this year's Joseph Schooling Sports Grant (JSSG) award, to find out more about her passion for shooting, and her upcoming plans.

How did you get into the sport?

It began when I went on an overseas family trip when I was younger, and played a [shooting] arcade game against my cousins. Surprisingly, I won! My parents were super proud, because my dad used to be part of an air rifle CCA, and asked if I wanted to try it out.

I did, and after a while, realised that many people saw that I had potential to pursue the sport. I went for training at Bukit Batok HomeTeamNS, and my mum signed me up for the 'Learn to Shoot' programme at Singapore Sports School, where I got selected to join the school.

How did it feel winning gold at the 2023 Meyton Cup?

It felt very unreal – It was really down to the last shot to determine who won. When I fired the shot, my first thought

was, "Oh no, I messed up." Then I looked at the shooting target and realised, "Okay, I didn't mess up that badly." [My win] felt very meaningful as it was my first win at an international competition.

After every shooting routine, you reflect on your performance in a notebook. What was your latest entry?

I recently adopted a new way to manage myself mentally and physically before firing the shot. So, I wrote about how I felt during the process and how it had helped me a lot more compared to old times.

How do you avoid over-comparing yourself with others in competitions?

When younger, I would always compare myself to my teammates and seniors and ask myself "How come I cannot be good enough?"

I have a very good coach who told me to trust the process, and gave me this advice: He can't change the fact that I will always compare myself to other people, but I can change the fact that

I can be better so that I don't have to compare myself.

How do you prevent burnout?

Every athlete will experience ups and downs in their career. I feel this is especially so for shooting as shooting relies a lot on your mental state. After I won the Meyton Cup, I faced burnout as I expected a lot from myself. My coach told me to take a two-week break, and went more into the basics to help get me back up, which helped a lot.

Faithe is writing her own story in the sport of shooting and her family definitely has her back. Her parents, Roy and Fern de Souza, expressed their gratitude for the Schooling family's generosity, commended their daughter's determination and self-discipline, and emphasized their strong support as her biggest cheerleaders.



JSSG recipient Faithe de Souza (third from left) expressed her gratitude for the support of her coach, family, and the Joseph Schooling Sports Grant, which have played a pivotal role in her sports journey.

From left: Joseph Schooling, Roy de Souza, Faithe de Souza, Rohn de Souza, Fern de Souza, May Yim Schooling.



“

We are thankful to the Schooling family for their generosity and vision to nurture our local athletes. As parents, we are very happy that she received the Joseph Schooling Sports Grant. We are proud of her grit and determination. Faithe is self-disciplined and is very enthusiastic about her sport. We never had to force her to go for training, however tiring her week may be. We support her by being her listening ear, and she knows we have her back.

”

Award Ceremonies

Singapore Buddhist Lodge Bursary Awards

Three Eurasian primary school students received the Singapore Buddhist Lodge Education Foundation (SBLEF) bursary award, at the 3 May ceremony held at the Singapore Buddhist Lodge’s Quan Yin Auditorium.

The SBLEF has been distributing bursaries since 1979, to motivate students of different races and religions to do well in their studies.



SBLEF bursary award recipients Taye Angel Rattanawade and Laylabelle Beins-Au (front row). Recipient not in photo: Andrew Ahmad Fernandez Cubinar.

Engagement and Dialogues

Education Open House

EA Education held an inaugural open house fair at the Eurasian Community House on 29 April, to provide Eurasian students and their families with information on the education support available for underprivileged students, such as bursaries and fully subsidised tuition programmes.

The event featured several information booths, including kidsREAD, numeracy workshop, dance movement and art & craft programmes. 60 attendees comprising students and their families also had the opportunity to participate in numerous interactive booths.

The event aimed to empower students and their families with the necessary knowledge for academic success, and to foster a supportive environment for students.



Student participants each received a National Library Board sponsored tote bag, which included a notebook, pen and activity book.



Art and craft fun at the event, where participants created flowers using coffee filters.



“

I loved the art & craft booth.
– Alistair Albuquerque

Thank you, EA, for organising an open house. This helped us to know more about the various support from EA Education.
– parent of Joel Jeremy

”

Empowering Mothers: Singapore Women’s Prison Reintegration Programme

EA Education partnered Singapore Indian Development Association (SINDA) and the Singapore Prison Service to hold a Singapore Women’s Prison Reintegration Programme in April, to help mothers reintegrate with their families and strengthen bonds with their children.

Harman Johl, Principal of Beatty Secondary School, conducted a one-day workshop for 12 participating mothers to share information on the different education pathways for graduating secondary school students, and empower them to make informed decisions to support their children’s academic journeys.



Dialogue with MOE Student Welfare Officers

At a virtual dialogue session with the Ministry of Education's Student Welfare Officers (SWOs) on 27 April with more than 120 attendees, EA 1st Vice-President Vincent Schoon and EA MC member Edmund Rodrigues shared details on EA's range of education and family support programmes available to at-risk and low-income Eurasian families.

The annual dialogue organised by MOE provides a platform for community partners to share their experiences and valuable information with SWOs, to equip them with knowledge of the latest community resources available to support children and youth.



Holiday Workshops

Creative Kids: SandArt

During the kidsREAD session on 10 June, EA Education and Yarn@EA collaborated to facilitate a do-it-yourself SandArt holiday workshop for children. Guided by John Nunis, an EA university scholarship award recipient, the workshop aimed to engage children in a fun and eco-friendly activity.

The parent-child workshop emphasised the importance of recycling and utilised only recycled items in their creations. Each child designed two trolls – one as a keepsake to take home, and the other, to be gifted to special guests attending upcoming EA events.

“

I love my troll beard because it reminds me of my grandpa. Can I please make some more trolls?

– Luke Tan, 6 years old.

I love my troll hair. It's a grumpy princess troll.

– Hani Imani, 4 years old

”



Children with their handmade creations. From left: Hani Imani, Mesut Emre, Luke Tan, Leia Tan, Hannah Ilyanna.

Dance Movement

10 students from 5 to 12 years old had the opportunity to learn ways to express themselves through two dance movement workshops on 17 and 24 June.

The sessions were conducted by a team of five talented dancers, led by educator and dancer De Yi, with the theme 'RED' to champion the values of respect, expression and dare to try, through the exploration of movement through dance.



Students discovered the joy of self-expression during the immersive dance workshops, and performed a self-choreographed dance sequence for their parents at the end of day two.

“

"It was fun, I learnt a lot of new moves and made new friends!"

– Isabelle Vinodhen, 9 years old

"The instructors handled the kids very well and it was a lot of fun to watch!"

– Veronica Leong (parent)

”

Storytellers with Big Ambitions



Kimberley believes strongly in the importance of creating a work culture that prioritises work-life balance and mental wellness.



I want to continue telling their stories in honour of their memory.

If you were to ask Kimberley Olsen about her heritage, her natural storytelling talent would captivate you. She shared details about her Olsen family roots and anecdotes about her maternal grandfather's involvement as a Prisoner of War (POW) in World War II.

Deeply proud of her ancestors' journeys from Europe to Asia to build a brighter future, Kimberley dedicated time during the Covid pandemic to research her heritage. She said, "Thanks to the existing research my cousin

Eunice had from the archives in Sweden, I gained valuable insights into part of my Olsen family's origins. I also delved into my maternal grandfather's involvement as a POW in WWII, even finding the document he, his younger brother, and my grand uncles signed to volunteer."

These stories evoked gratitude in Kimberley, whose father has Swedish, Portuguese and Goan heritage, and her mother Portuguese-Dutch Malaccan heritage.

"I want to continue telling their stories in honour of their memory," said Kimberley.

Growing up in the Spottiswoode Park and Upper Thomson Road areas, Kimberley, who has two older brothers, attended primary and secondary school at the Convent of the Holy Infant Jesus in Toa Payoh, then obtained a Diploma in Film, Sound and Video at Ngee Ann Polytechnic. She later graduated with a Bachelor of Arts in Communications from the University of South Australia.

Reflecting on her school days, Kimberley shared, "I was never a studious person. I did, however, enjoy language and literature. I did not care much for my time in secondary school, and faced racial criticism from many teachers, except for the few that really understood my character (I admit I wasn't exactly an angel either)," she said.



Kimberley, with her husband Ivan, son Elijah and their dog Roxy.

“I once had a teacher tell me that Eurasian girls were only good for singing and dancing, and that I should accept my fate and stop ‘trying’ to do well in my studies - I found it rather hilarious. I was very fortunate to have a supportive family who always encouraged me to pursue my passions and interests, and that gave me the courage to embrace and nurture my strengths to get me where I am today.”

Kimberley shared how Yatta Workshop, a creative digital agency she co-founded with her husband Ivan, got started. With a background of 12 years in the advertising industry before becoming a mother to Elijah in 2017, she explained, “My husband and I had been considering offers from other companies to set up and run their teams. However, we saw the potential to start our own agency, drawing from our past experiences and strong client relationships.”

The couple’s diverse skills allowed them to take on hybrid roles. Kimberley handles business development with a background as a copywriter, while Ivan excels in creativity and strategy. “We didn’t have to search for clients much, because when news broke about us setting up our own shop, old clients reached out, and some even handed us their accounts.” She attributes their achievements to the support of her family.

“My mother played a huge role when we first started up, because my son was barely a year old. She would help care for him in the day and that made a huge difference, knowing that I could put in 100% each day to growing my company, knowing my son was in the best care.”

Yatta faced their first challenge during the pandemic. “With many clients putting their marketing plans on hold, and entire departments getting laid off, we found ourselves competing with the bigger companies who were now going after the same businesses that the smaller agencies did.”

However, they adapted and embraced flexibility. “Our love for the work we do and the ability to call our own shots has been a big gamechanger for us. It has enabled us to work with more brands that we are passionate about regardless of budgets and helped us create meaningful relationships with our clients.”



Our love for the work we do and the ability to call our own shots has been a big gamechanger for us.

She highlighted a significant achievement during that time, saying, “Our most rewarding moment was winning the Asia account for one of the biggest video game brands in the world. Knowing our humble little shop was chosen over other bigger, more established players in the industry was extremely rewarding and encouraging. We are also blessed with amazing clients that value the importance of family and work-life balance, so being able to pick up my son from school every day and be present for him as a parent has made a big difference.”

Kimberley aims to elevate Yatta’s creative content services in Southeast Asia and become a leading industry player in the region, while fostering a healthy work culture.

“Working in advertising is known for long hours at the office and stressful work environments. For Yatta, I would like to work towards creating a progressive team dynamic that offers meaningful staff benefits, flexible support and equal opportunities for working mothers and women, and establishing a work culture that prioritizes work-life balance and mental wellness.”

For now, she is also focused on another form of storytelling – producing her own music. “I used to be with a local hip hop group signed under Universal Music when I was in my late teens and I have finally taken the plunge to work on some original music with a fellow Eurasian music producer, Tim De Cotta, on an album which I hope to release sometime later this year.”



Being able to pick up my son from school every day and be present for him as a parent has made a big difference.



Kimberley with her family, whom she credits for their support when she co-founded Yatta Workshop with her husband Ivan.



A Safe Space for Mental Healthcare

Antoinette Patterson is the co-founder and CEO of Safe Space, which offers live support and online resources for those seeking to enhance their mental wellness.

This is something co-founder and CEO of Safe Space Antoinette Patterson believes, and she spoke with conviction when she shared with the NewEurasian their vision to provide high quality mental healthcare; at affordable costs and at scale, which starts by getting the right people on her team.

“We are pretty strict with whom we bring onboard the platform. They need to have a minimum of Masters of Counselling, Psychology or Social Work. We also look at their years of experience, testimonials from past clients and only accept candidates for certain tertiary schools,” said Antoinette, whose father is Puerto Rican-African American, while her mother is Portuguese-Chinese.

She added that Safe Space offers a comprehensive online and offline mental health solution using therapy sessions and other resources. “Using this system, clients and therapists can connect quickly, and clients can access therapy from anywhere in the world. Booking appointments and taking courses of treatment is in your hands and you can access our Safe Space service both on desktop and on the go by downloading the free mobile app.”

‘Getting better begins here’

reads the banner on Safe Space’s homepage.

Safe Space currently operates remotely in 16 countries, and Antoinette is looking to expand to other countries to meet the demand for mental healthcare.

“The short-term goal for this year would be to set up a non-profit organisation and launch The Safe Space Foundation in 2023 to provide subsidised mental healthcare for women, youths and persons with disabilities and their caregivers.”

Another area of focus she is looking at is to make it more affordable for startups and SMEs to afford a mental health employee assistance programme (EAP) via their pay-per-use EAP.



From Struggles to Strength



Reporting by EA volunteer Augusta Loi.

Despite facing financial hardships and health challenges, Gregory De Costa found support from EA and government representatives, which helped him overcome obstacles and improve his quality of life.

Life for Gregory De Costa has been like a rollercoaster ride, filled with highs and lows since childhood. Growing up in a poor household with 10 siblings, survival was the main focus, with three meals a day considered a luxury.

“I had to learn how to be independent and survive from a young age,” said Gregory, sharing that he traded empty bottles and electrical cables for money instead of pursuing personal interests.

Despite facing discrimination in school due to his family’s financial background, the challenges he faced made him more resilient. Joining the navy provided financial stability and independence, and helped his family move forward from earlier hardships. After serving in the navy for 10 years, Gregory worked as a merchant ship cook for six years, then transitioned to a 15-year career as a security officer at a condominium.

However, things started to go south when he experienced health issues in 2019. What started as a slight pain in his right leg became more excruciating as months went by.

“I was in so much pain that when I walked to the bus stop from my home, it took me 20 to 25 minutes instead of five minutes,” said Gregory.

His condition worsened in 2020, leading to a critical moment when he lost consciousness and collapsed on the floor at home. He regained consciousness after 45 minutes and managed to get a cleaner’s attention in the corridor, who called for an ambulance.

The doctor delivered devastating news to his mother that his leg needed immediate amputation due to a life-threatening infection that had reached his heart. Despite her initial fear of Gregory blaming her if she approved the procedure, his mother, with the support of all his siblings, made the decision to save his life.

“After I woke up and I saw the amputation, the funny thing is that I did not have any regrets nor did I blame anybody. I just accepted that what happened had happened because before this, I was in so much pain and no one knew,” he said.

Gregory later sought employment, but his disability posed a challenge. He approached his doctor for a memo to deem him fit for employment but employers hesitated to hire him due to concerns about potential liability in case of injury on the job.

“I did not want to approach my siblings for financial assistance because they had their families to provide for and the last thing I wanted to do was hold them back,” said Gregory.

After confiding in his neighbours and a social worker about his challenges, he shared how the community rallied around him to connect him with sources of help and support.

“The people I met suggested that I should speak to my MP. I did not know anything about the MP and what she could do for me, but I went ahead to meet her and told her what I was going through,” he said, before revealing



From challenges to gratitude: Gregory De Costa’s unwavering spirit shines brightly in his story.

Indranee Rajah as his Member-of-Parliament from Tanjong Pagar GRC.

“A week after I spoke to her, she helped arrange for someone to help paint the walls in my house, provide my meals and cover my utility bills. All her promises came through.”

Further support came when Gregory’s social worker connected him with EA’s Family Support Services manager Ram who contacted him to learn more about his needs, and helped provide support.

“I wasn’t working, so my daily life was a mess but the EA was there to help me. I needed help to cover my transportation to and from medical checkups. The EA didn’t give me cash, but they ensured the transport came to fetch me. My bed, cupboard and my handicap-friendly toilet, this was made possible from the support of the EA.”

Reflecting on the kindness he received, Gregory is filled with gratitude and a desire to pay it forward. He regularly donates what he can to charities and recently made a donation to EA’s Family Support Services.

“Thank you very much to the EA for being there for me. Let’s have a better tomorrow! You cannot help everybody, but you can help one or two.”



EA President Sandra Theseira welcomed everyone at the launch of the EA Football Camp with SHGs.



With the guest-of-honour, SHG leaders and representatives, sponsors, coaches and football participants at the event launch on 19 June.



EA Kicks-off Inaugural Football Camp with SHGs

where children showcased their newly learnt football skills and cheered each other on.

Senior Parliamentary Secretary Eric Chua highlighted the role Self-Help Groups play, and their collaborative efforts in bringing children from different cultures together.

It was three mornings of non-stop football action from 19 to 21 June as the Eurasian Association (EA) launched the inaugural Football Camp with Self-Help Groups (SHGs), held in partnership with Chinese Development Assistance Council (CDAC), Yayasan MENDAKI (MENDAKI), and Singapore Indian Development Association (SINDA).

Culture, Community and Youth & Ministry of Social and Family Development, Eric Chua, on 19 June. He was joined by EA President Sandra Theseira, CDAC Executive Director Tan Yap Kin, SINDA CEO Anbarasu Rajendran, MENDAKI CEO Mdm Zuraidah Abdullah, Sport Singapore Deputy CEO Toh Boon Yi and Singapore Pools' Senior Director of Community Partnerships and Communications Chin Sau Ho.

"This first Football Camp involving our Self-Help Groups is a commendable effort in reaching out to our young and supporting their all-rounded development, beyond academics. Bringing together our children through sport offers them an opportunity to interact and bond with peers across communities and cultures. This effort reflects the important role SHGs continue to play as part of a wider network to strengthen social cohesion in Singapore."

Close to 100 children from 7 to 12 years old attended the three-day camp held at the Home of Singapore Football (Jalan Besar Stadium). It was launched by Guest-of-Honour, Senior Parliamentary Secretary, Ministry of

Children from the four SHGs and special guests from SportCares showed their passion and teamwork on the field, which ended with a finale tournament

EA President Sandra Theseira expressed her appreciation to sponsors



Teams showcased their skills at the finale tournament, and every participant walked home a winner, with newly learnt football skills and new friendships forged!



The guest-of-honour, SPS Eric Chua, with SHG leaders and sponsors. From left: SINDA CEO Anbarasu Rajendran, EA President Sandra Theseira, Sport Singapore Deputy CEO Toh Boon Yi, SPS Eric Chua, Singapore Pools' Senior Director of Community Partnerships and Communications Chin Sau Ho, MENDAKI CEO Mdm Zuraidah Abdullah, CDAC Executive Director Tan Yap Kin.



Eurasian participants at the EA Football Camp with SHGs.

Singapore Pools, and Sport Singapore and ActiveSG Football Academy who supported with the venue and coaches. She added that there would be many takeaways for the children after the camp, as they could make new friends and create bonds. "The EA is honoured to be able to host this camp for the four Self-Help Groups for the first time. This truly celebrates our multi-racialism and creating inclusivity through sport, by bringing our young children from different races and backgrounds together," said Sandra.

Singapore Pools' Senior Director, Community Partnerships and Communications Chin Sau Ho agreed, and added, "Singapore Pools is honoured to be the title sponsor for the EA Kids Football Camp 2023. Football is a sport that is able to bring children of all races together towards a unifying purpose of inclusive sports excellence. This underscores our belief in creating a positive impact on young participants

and advocating for social change through sports."

Sport Singapore's Deputy Chief Executive Officer Toh Boon Yi felt that the initiative by EA was meaningful in being able to reach out to children from the grassroots level. He said, "Sport Singapore is pleased to support ground-up community initiatives that helps make sport more accessible to Singaporeans. We believe sport can breach boundaries and engender social bonds. Sporting activities can also teach valuable life skills. In this camp, other than developing football skills, equal emphasis will be placed on values and character development."

Apart from playing football on the pitch, the children also participated in a Learning Journey conducted by the Football Association of Singapore, which shared the rich history and stories of local football.



Coaches briefed the children before they started their exciting football activities.



The three-day camp brought children from different races and backgrounds together and celebrated unity through sport.

EA Takes Round One at Inter-Club Balut



The EA team, comprising S K John, David Lim, Therese Thompson and Hyacinth D'Silva, clinched the win at the first round of the 37th Inter-Club Balut Competition on 3 May, hosted by Singapore Recreation Club (SRC). EA hosted the second round on 21 June, with Tanglin Club's Team 3 taking the win.



The EA Balut team from left: S K John, David Lim, Yvonne Pereira (EA 2nd Vice-President & Balut Convenor), Therese Thompson, Hyacinth D'Silva.



Tanglin Club's Team 3 took the win in the second round.

This competition has been held annually since the 1980s, with prizes awarded to the individual and team champions in each round and to the overall winners at year-end. There are 76 players in 17 teams participating in six rounds this year, from National University of Singapore Society (NUSS), Singapore Cricket Club (SCC), Tanglin Club, SRC, Khalsa Association and the EA. We wish the teams all the best for the remaining rounds.



Baluteers in action in round two of the competition on 21 June.



In-House Balut

The EA hosted its in-house Balut tournament at the Eurasian Community House, an ongoing annual tradition since 2008.

This in-house event unites participants of all ages, in a series of eight rounds consisting of six games each. At the end of each month, a prize is awarded to the individual who achieves the highest scores and becomes the monthly champion.



Dedicated baluteers came together for Balut fun among friends.



If you are interested to join in the fun, don't miss out on the last few sessions for the year.

Contact marliyah@eurasians.org to register.

Sunday Tea Dance

Following the afternoon of fun at the Easter Sunday Tea Dance in April, the much-anticipated second edition of the Sunday Tea Dance returned to the Eurasian Community House on 25 June.

Recipe for a fun and relaxing afternoon: Lively beats by The Rangers, 60 guests who brought the dance floor to life, and the company of great friends and family!

“ I had a funday this Sunday. We were entertained by a very good live six-piece band. The Rangers played 70s hits as well as some retro 60s hits. Enjoyed the songs and band very much. ”
 – Jessie Chan

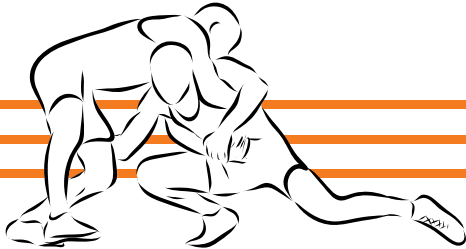


“ The music from The Rangers motivated the elderly to dance. ”
 – Esther Chan Edwards



Guests got their groove on to live music by The Rangers, with guest singer Gabrielle Ferdinands, at the EA's second Sunday Tea Dance.

‘The Eurasian Dragon’ BORN TO WRESTLE



Meet Kenneth Mark Thexeira. Husband, father to a little girl, and a marketing professional.

However, Kenneth assumes a different persona in the wrestling ring, introduced by the announcer as “Standing at 1.8m tall and weighing 100kg, ladies and gentlemen, meet Kenneth ‘The Eurasian Dragon’ Thexeira!”

One could say that Kenneth’s passion for wrestling is a calling.

“Since I was a child, I was very taken in by World Championship Wrestling and World Wrestling Federation during the Monday Night War era between both companies,” he told the NewEurasian, before sharing what captivated him about the sport.

“It was ‘The Rock’ who stood out to me as my favourite, and I remember telling myself I wanted to be just like him when I grew up. I was so mesmerised by the blend of character drama and intense

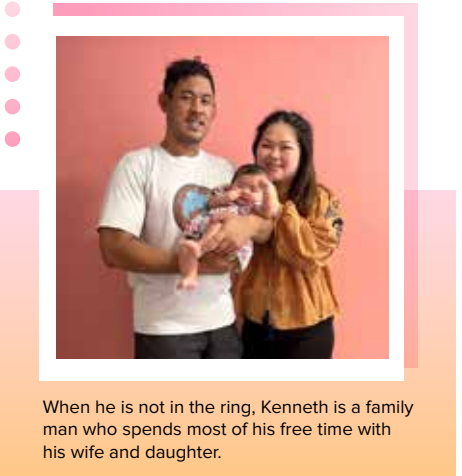
athleticism on display. Nothing in real life compared to the fantastical world of wrestling.”

After completing his primary and secondary education at St. Gabriel’s and receiving his Diploma in Interactive and Digital Media from Republic Polytechnic, Kenneth ventured into pro wrestling.

“I got started in local pro wrestling from the time Singapore Pro Wrestling (SPW, Singapore’s first pro wrestling company) opened its doors as one of the pioneer batch members of Singapore wrestlers,” said Kenneth, whose father is Portuguese Eurasian, and his mother Peranakan.

He then decided to take a leap of faith by founding Ring of Rebirth (ROR), and shared what differentiates it from other wrestling promotions.

“Pro wrestling is like any other form of entertainment. It has various genre types, sometimes depending on the



When he is not in the ring, Kenneth is a family man who spends most of his free time with his wife and daughter.

country/territory or the demographic a wrestling promotion is trying to attract.”

“There’s the North American sports entertainment, Mexico’s Lucha Libre, Japan’s Puroresu and UK’s World of Sport styles. But for Ring of Rebirth, I am creating stylistically retrofitted production, neon and bright effects with a sheen of positivity that loosely covers pretty dark topics and situations.”

A significant milestone for Ring of Rebirth was their collaboration with Dragon Gate, a renowned wrestling promotion in Japan.

Said Kenneth, “The biggest takeaway was how much more organised, professional and also how demanding it was working with a company with regular televised matches and consistent large events. It was enlightening to see what it took to run such a prestigious wrestling company.”



One of Kenneth’s goals is to create more awareness about pro wrestling.



Kenneth hopes to do the Singapore Eurasian community proud whenever he competes in the ring.

Inspired by this collaboration, Kenneth has made it a goal to work on more partnerships in the coming year.

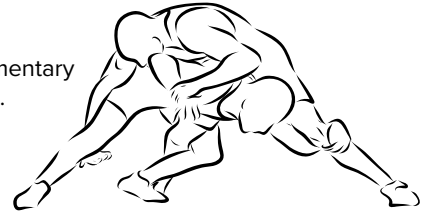
“Work aside, I want to be a good dad and husband. My other goal is to produce and wrestle in more ROR shows, including collaborative events in Singapore and abroad with other companies, to grow pro wrestling in the region,” added Kenneth, before correcting a misconception on wrestling matches being ‘scripted’.

“All the world’s a stage. Real life is made up of people putting on personas or characters just to get by. It just so happens that pro wrestling is way more exciting than real life with even larger personalities and theatrics.”

“What isn’t scripted in this world these days anyway? Don’t we all keep to times and schedules, that’s scripted too.”

How to get started?

Ring of Rebirth offers two complimentary classes for interested participants. Subsequent classes cost \$20 for group sessions or \$25 for personal sessions.



We try to be as inclusive as possible and accept potential wrestlers from all walks of life, but it is generally proven that those from prior sporting or entertainment backgrounds tend to be a little ahead of the curve compared to others. To score your first match, it depends on aptitude; Ring of Rebirth’s standout student Varun Khanna broke the Southeast Asian debut record by doing so in three weeks, while comedian Jacky Ng had Singapore’s arguably highest profile debut by having his first match during our show that was co-produced by Dragon Gate – one of Japan’s biggest wrestling companies.

● ● ● ● ● For more information, please contact **The Eurasian Dragon (Kenneth)** at **+65 9090 4091**.

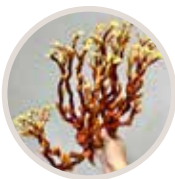
Mushroom Cultivation Workshop

In partnership with Bewilder, a Singapore-based company that explores the diverse applications of fungi, EA Youth organised its first Mushroom Cultivation workshop on 13 May, with a full group of 15 participants.

The event delved into the fascinating world of mushrooms and their remarkable role as waste management agents, with the ability to decompose waste materials like paper and food waste. Participants also learnt about the inner-workings of urban mushroom farming, and brought back their own grow kit to cultivate and harvest mushrooms at home.



Bewilder founder Ng Sze Kiat gave instructions to participants before they embarked on the hands-on activity.



Participants prepared sawdust for their DIY cultivation kits.



Empowered with newfound knowledge into the world of mushroom cultivation!

EHG Tours & Workshops

APRIL

Lent-Easter Tour

The Eurasian Heritage Gallery (EHG) held a Lent and Easter-themed programme, 'Walking in the Footsteps of the Faithful', on 29 April.

Participants learnt about Lent and Easter traditions during the tour,



Personalised totebag souvenirs adorned with crocheted Easter eggs, chickens and bunnies handmade by Yarn@EA.

and enjoyed a totebag craft activity and Latin dance workshop. The programme wrapped up with Easter snacks such as hot cross buns and kueh kochi (glutinous rice cake) made by Mary Gomes.



EHG docent Tay Siew Khim (left) enlightened participants on the significance of Bunga Rampai – a potpourri blend of flowers, finely cut pandan leaves and eau de cologne (held by the lady on the right). It represents the aromatic spices used to embalm Christ's body after his crucifixion, and is given out during the veneration of the statue of Christ, a ritual observed at St. Joseph's church on Palm Sunday and Good Friday.



Yarn@EA facilitators Lucille Marcus and Loretta Santa Maria guided participants to decorate their own Easter totebag.



Latin dance workshop conducted by Tejas Hirah (right).

MAY

Singapore Heritage Festival

The EHG organised 'For Love of the Game: Sporting Eurasians' on 21 May, as part of Singapore Heritage Festival. After a guided tour, participants embraced their sporty side with sports-related games, topped off with sugee cake and a drink to conclude the programme.



In the Spin-the-alphabet-wheel game, participants had to name a sportsperson or sports equipment to redeem a prize.



Guided tour by EHG docent Geraldine Gomes (third from right).



Children received Eurasian Fun Packs to continue their learning activities at home.



Kids tested their accuracy at the bowling station.



Participants engaged in a hockey drill after learning more about Eurasians who represented Singapore in hockey, such as Douglas Nonis at the 1964 Tokyo Olympics.

NHB's Children's Season

The EHG was a participating Museum Roundtable (MR) member in the National Heritage Board (NHB)'s Children's Season.

From 27 May to 25 June, participants could explore various museums to collect stamps in their 'passports' for a chance to win prizes.

At the EHG, visitors completed a quiz to redeem a Eurasian Fun Pack with a jigsaw puzzle, DIY 3D colonial house and paper ornament for some fun craft work.

At the 'Just ROLE With It! Be an Actor' workshop on 3 June, participants found out more about Eurasians in Singapore's theatre scene such as Sharda Harrison, and honed their acting skills in a drama workshop conducted by Tejas Hirah and Periyachi Roshini.



Tejas (left) explained the dynamics of acting.



Children showcased their creativity during the drama workshop.



Kids took home memorable props after the final scene.

Under NHB's theme of 'Hopes and Dreams', the EHG also organised two programmes.

At the 'Just ROLE With It! Be a Chef' workshop on 27 May, the little chefs were taken on a gallery tour, then learnt to create mouthwatering corned beef cutlets at the cooking workshop conducted by Chef Kenneth Francisco.



Sticker fun in the EHG's Children's Activity Booklet.



EHG docents Cecilia Martin (right) and Isabelle Stables (fifth from right) shared details about Eurasian culture.



Children tried their hand at the sticker embossing stations in each gallery.



The young chefs stirred up some magic and shaped the boiled potatoes and corned beef into patties.



Success for the satisfied young chefs!



EHG docents Ramesh Shahdadpuri (back row, second from right) and Isabelle Stables (back row, right), drama workshop trainers Tejas Hirah (front row, third from left) and Periyachi Roshini (front row, left) with participants.

JUNE

Comic Drawing Workshop

The EA sponsored the Eurasian Community House as a venue for NHB's Children's Season Comic Drawing Workshop on 11 and 18 June.



Local author and illustrator Quek Hong Shin (right) wowed with a Comic Drawing workshop on 18 June. Participants embarked on a hunt for the five-tier sugree cake photo in the EHG, which served as inspiration for his illustrations in 'The Marvellous Sugree Cake', part of a set with three other books ('The Incredible Basket', 'The Amazing Sarong' and 'The Brilliant Oil Lamp') that give insight to Singapore's four major races.



Quek Hong Shin gave tips on how to plan a comic and bring the stories to life on paper.



3rd Asian Portuguese Community Conference 2023



EA Management Committee members Percival Shepherdson and Melanie Rodrigues Smith attended the 3rd Asian Portuguese Community Conference 2023 on 30 June, organised by Joseph Sta Maria and team at Temasek Hotel in Malacca.

NHB's Kebaya Exhibition

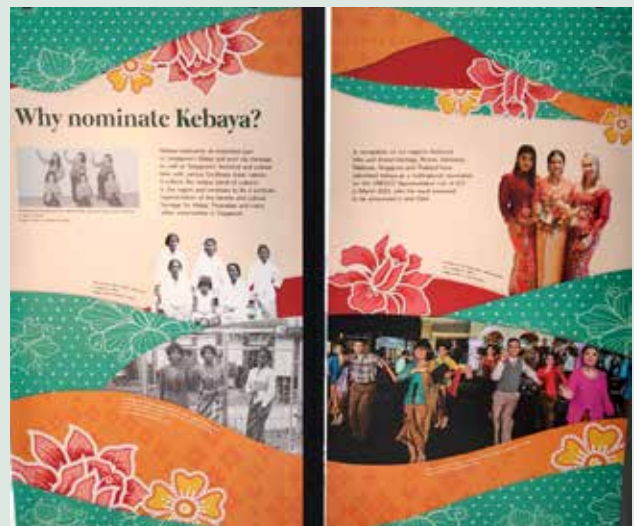
The EA supports the nomination of kebaya and has contributed information on the Eurasian-style 'cabaia kumpridu' (long blouse), with a few photos that have been featured in the National Heritage Board's kebaya exhibition at various locations in Singapore.



Photo courtesy of Cedric Pereira.



Young Eurasian ladies wearing kebaya at an EHG event.



The kebaya exhibition at the National Museum of Singapore featured an old photo of ladies wearing kebaya.

EHG Welcomes Six New Docents

Join us in celebrating the addition of six new docents to the Eurasian Heritage Gallery team: Chloe Stewart, Elmes Cook, Gerard Chua, Isabelle Stables, Lorraine Ess and Michael Hogan.

The EA extends its heartfelt gratitude to lead trainer Sharon Miller and mentors Melanie Rodrigues Smith and Alison Dragon, for facilitating the training sessions held from February to May.



New EHG docents Michael Hogan (centre) and Gerard Chua (right) with mentor and docent Alison Dragon (left).



Youth docents Isabelle Stables (left) and Chloe Stewart (right) with trainer and docent Sharon Miller (centre).



Percival Shepherdson with Dr Margaret Sarkissian, Professor of Music, Smith College, USA, at the 3rd Asian Portuguese Conference 2023 in Malacca.

Unveiling the Family Tree Flipbooks

Step into the world of Eurasian heritage with two family tree flipbooks from the Singapore Eurasian Family History Exhibition of 2021 and 2022, now on display at the Eurasian Heritage Gallery.

Join the EA in celebrating your own family history by tracing your family tree and sharing your stories for the Eurasian Memories Project. Your stories will be displayed in a digital record in the Eurasian Heritage Gallery or EA website.

For more information, contact jacqueline@eurasians.org



The two flipbooks on display at the EHG feature more than 50 different Eurasian surnames.

Your Stories Matter!

The EA is on a mission to create a digital record with stories from Eurasian families. Whether it is a cherished family photo or one of a family heirloom with a captivating story, we want to hear from you.

Share the photo and a brief story (100 words or less) with jacqueline@eurasians.org and the EA Heritage Committee will work with you to include your story in the digital record in the Eurasian Heritage Gallery (EHG), or EHG section on the EA website.

Do take the chance to be a part of the Eurasian Memories Project and help us weave together the threads of the Eurasian community's heritage.



Glass bowl – Heirloom in the Phillips family tree, featured in EA's Singapore Eurasian Family History Exhibition 2021, displayed in an album in the EHG.

ECH Mural ‘Comes Alive’ on Portugal Tour

Eurasian Heritage Gallery (EHG) docent Gerardine Donough-Tan narrates how scenes in the mural of 16th-century Lisbon in the Eurasian Community House (ECH) lobby sprang to life on a bleisure (business + leisure) tour of Portugal from late April to early May.

The beautiful, azulejo blue-tiled wall in the lobby of landmarks such as Belém Tower and Jerónimos Monastery – both UNESCO World Heritage Sites – form the backdrop to our EHG story on Portuguese expeditions to the East, conquest of Malacca and legacy stretching more than 500 years.



Belém Tower is one of Lisbon's most iconic cultural and architectural monuments. The limestone bastion and 4-storey tower are open for visits, and the Tower's Bulwark Room can be rented for events.

Magnificent Belém Tower, built in 1514, sits on a small island near the Tagus riverbank. The tower served as a lighthouse and prison at various times. Portuguese flotillas set sail from here on expeditions to South America, Africa and Asia, and returned many months/years later laden with rich cargoes.

The awe-inspiring Jerónimos Monastery, accessed by an underground crossing, was erected under the orders of King Manuel I and originally named



The 16th century Jerónimos Monastery has been extended and renovated over the centuries but most of its structures have been retained. It is a national monument, and houses tombs of distinguished Portuguese, such as explorer Vasco da Gama.

Monastery of St Mary of Belém. It was donated to the monks of the Order of St Jerome, hence the name. Sailors attended Catholic Mass here before embarking on perilous journeys from Belém. It took 100 years to build, opened in 1601 and survived the devastating 1755 earthquake with only one tower damaged.

We marvelled at decorative-tiled walls of buildings across the country, but none impressed us more than the private collection of tiles in Berardo Museum Estremoz. Several 17th-19th century



Gerardine in a hall at Berardo Museum Estremoz, surrounded by 17th to 19th century azulejo tiles. Many glazed ceramic tiles have floral or geometric patterns, and some feature depictions of the royal court or biblical scenes.



The mural of 16th century Lisbon, designed by the late Christina Theseira, in the lobby of the Eurasian Community House.



The Eurasian tile motif used as a backdrop in the EHG, designed by Andre D'Rozario. Blue and yellow represent warmth and vibrancy of the Eurasian community, and Portugal's national flower – lavender – intermingles with smaller flowers to represent the integration of cultures over five centuries.

scenic azulejo tiles resembled the EHG mural (or rather, vice versa?!), as did individual pieces with blue-white-yellow motifs like the tile featured in Gallery Two of the EHG.

The food fiesta included savouring the famous pastéis de nata (custard pastry) and pastéis de bacalhau (codfish patties). The tart pastry is crispier with a firm base and rich, creamy custard compared with the heavier, 'eggier' Singapore version.

Surprisingly, cod is not native to Portugal. Portuguese fishermen started fishing off Newfoundland since the 16th century. The catch was salted, washed thoroughly upon reaching the shore and dried. Today, 70 percent of Portugal's supply comes from Norway!



An enchanting pictorial display of azulejo tiles.

Active Aging: Join Us to Walk and Jam



Get active with Family Support Services! Join our upcoming activities for seniors who want to get out of the house and make new friends in the process.

We will start with short walks, and progressively increase route distances to accommodate more participants. Each session will conclude near a hawker centre or eatery, for a good opportunity to connect over food or drink.

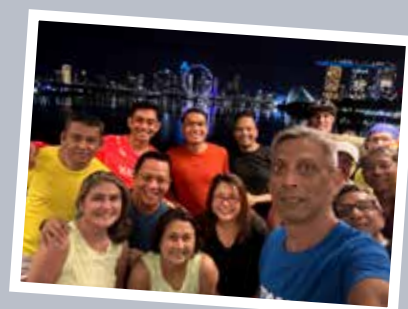
For the musically inclined, we invite you to join retired musicians for nostalgic jam sessions featuring '50s and '70s hits.

Contact ram@eurasians.org if you would like to explore Singapore's walking trails, or make music with friends.

EASRC Night Cycling Adventure

The EA Sports and Recreation Club (EASRC) held its inaugural night cycling event on 1 June, with 15 cyclists. The leisurely expedition began at 9.30pm from East Coast Parkway and took participants through captivating landmarks in Singapore including Gardens by the Bay, Marina Barrage, Marina Bay, Singapore Flyer, Singapore Sports Hub, Tanjong Rhu, and back to East Coast.

The cyclists covered a total distance of 35km, and relished two pit stops for delicious food at Lau Pa Sat and Enak Enak Hong Kong Tea House. The adventure concluded at about 2.30am.



Participants created lasting memories on wheels from EASRC's first night cycling adventure.



Cyclists replenished their energy at the pit stop.

EAFC Football Thrills

In an exciting showdown at the SIA Sports Club on 14 May, the EAFC Merdeka Squad clashed with social team Rebonz comprising above 50-year-olds, securing victory with a final score of 2-1.



The EAFC combined Veterans and Merdeka Squad celebrated their unity and passion for football.



The EAFC Merdeka Squad comprises players between 50 to 65 years old.

On 27 May, the combined Veterans and Merdeka squad took centre stage at Orchid Park Secondary School, in a friendly match against Bolten Football Club. The match was a good final preparation session in the gear up to their Solid Gold League matches, a tournament for those aged 50 and above.

Annual General Meeting 2023

The EA held its Annual General Meeting on 15 April at the Eurasian Community House, where EA President Sandra Theseira recapped the work done by the EA in 2022. With all physical activities resumed from May 2022, the year's annual report theme 'Empowering Action as One Community' focused on getting into action.

In her address, she thanked all donors, volunteers, trustees, fellow MC members and the EA secretariat for their hard work and contributions, and encouraged members to step forward to get involved in the EA's upcoming activities.



The AGM brought both past and present EA committee members together. From left: Christopher Gordon (EA MC member), Lester Low (EA General Manager), Jason Dendroff (EA Honorary Treasurer), Yvonne Pereira (EA 2nd Vice-President), William Jansen (former EA President), Sandra Theseira (EA President), Percival Shepherdson (EA MC member).



The EA management committee and EA members came together at the AGM to review the work done in 2022.



Camaraderie and delicious food after the AGM.

Welcoming SPS Rahayu Mahzam to the ECH

EA President Sandra Theseira and a few Management Committee members hosted Senior Parliamentary Secretary, Ministry of Health & Ministry of Law, Rahayu Mahzam, to a specially arranged lunch at the Eurasian Community House (ECH) on 6 June. The group discussed youth engagement efforts, heritage and culture, and potential community partnerships over lunch.



EA MC member Percival Shepherdson showed SPS Rahayu Mahzam around the Eurasian Heritage Gallery.



SPS Rahayu Mahzam (third from right) with EA MC members (from left): Percival Shepherdson (EA MC member), Lester Low (EA General Manager), Yvonne Pereira (EA 2nd Vice-President), Sandra Theseira (EA President), Christian Eber (EA MC member), Christopher Gordon (EA MC member).



Dynamic discussions over a specially arranged lunch at Quentin's.

Happy 90th Birthday to EA Patron Herman Hochstadt!

The EA hosted a special birthday celebration for EA Patron Herman Hochstadt at the Eurasian Community House on 4 May.

Patron Hochstadt, who turned 90 on 19 May, is a valued mentor of the EA. He served as an EA Trustee from 1992 to 2009, and has been an EA Patron since 2001. With his 30-year wealth of experience in the Singapore Government's Administrative Service, including as a Permanent Secretary in a few ministries, he played a vital role in guiding the EA during its journey to become a Self-Help Group. He has also championed the EA's mission to support the less fortunate, and preserve our unique Eurasian heritage.

The EA wishes Patron Hochstadt many more years of happiness and fulfilment!



Sweet birthday celebrations with sugee cake.



Gathering of joy at Patron Hochstadt's 90th birthday celebration. Front row from left: Vincent Schoon (EA 1st Vice-President), George Yeo (EA Patron), Sandra Theseira (EA President), Herman Hochstadt, Barry Desker (former EA Trustee & current Patron), Oscar Oliveiro (former EA Trustee), Yvonne Pereira (EA 2nd Vice-President). Back row from left: Melanie Rodrigues Smith (EA MC member), Lester Low (EA General Manager), Percival Shepherdson (EA MC member), Gerald Minjoot (former EA President & Trustee), Timothy de Souza (former EA President & Trustee), Ion Danker (EA MC member), Christopher Gordon (EA MC member).

EAFC Family BBQ

The EA Football Club (EAFC), part of the EA Sports & Recreation Club (EASRC), held a gathering and barbeque at East Coast Park on 13 May. The event brought members and their families together to bond and celebrate Mother's Day.



Members celebrated connections and togetherness over food at the EAFC barbeque.