

THE NEW EURASIAN

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APRIL – JUNE 2014

Power Sharing

Successful women
who work for others'
advancement

PLUS

BUILDING A STRONG SAFETY NET

Francesca Eber on the growth of
the FSS

WORD PERFECT

Overcoming dyslexia

HOLE-HEARTED

The EA golfers' winning ways



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MCI (P) 151/05/2013

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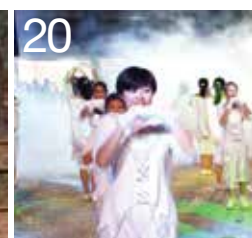


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On the Cover

THE NEW EURASIAN

The magazine of The Eurasian
Association, Singapore

The NewEurasian is published
quarterly and read by more than
17,000 Eurasians in Singapore. It is
also circulated to senior government
offices, various ministries, statutory
boards, community organisations
and self-help groups.

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Deadline

Copy must be submitted two
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(Established July 1919)

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President's Message

The cover story of this issue of *The NewEurasian* is dedicated to successful Eurasian women and how they are driven by their positive spirit to overcome challenges and achieve greater heights while helping others at the same time. Among the stories in this issue on women in the Eurasian community, we also pay tribute to a great Eurasian woman: Evelyn Norris, a former Raffles Girls' School principal and a lifelong educator, who passed away in February, aged 95. She had a profound impact on many young minds and was a great mentor to many. Her contributions and dedication to education will always be remembered.

Just like Ms Norris, the volunteers in EA have touched the lives of many in the community. Volunteers are an essential resource for the EA as we are the smallest of the four self-help groups in Singapore, and as a result we are not able to afford a large, full-time secretariat team with our limited operating budget. We are therefore very dependent on volunteers to help us run our various programmes and activities in education, family support services and community development.

The 15th of March was a significant day for us as we celebrated our annual Volunteers' Appreciation Tea at the ECH – a simple event to mark our gratitude for the selfless commitment of our numerous volunteers, many of whom have served the community for quite a number of years. The EA is continuously in need of more volunteers and I hope more Eurasians will come forward to assist us with our important mission of helping the less fortunate in our community and building a stronger Eurasian community in Singapore.

That evening, we also held a Cultural Night when students and parents from St Joseph's Institution International (SJII) joined members of the Eurasian community to learn more about Eurasian culture and were treated to a tour of the Eurasian Heritage Centre and some sumptuous Eurasian cuisine. In February, we had collaborated with the SJII for a joint participation at the annual Chingay Parade. It was fantastic to see the dedication and enthusiasm of the 30 young dancers, comprising some of the EA's young members and SJII students, who put in many hours of training to deliver a lively performance at the parade.

Collaborative projects and events such as this help us to raise awareness and educate others about the Eurasian history and identity, which is especially useful in the case of the expatriate families in the SJII community as a number of them have children who are Eurasian. We are working on more collaborative initiatives to promote Eurasian culture and build stronger ties with other communities. As reported in this issue, we have also initiated discussions with the Peranakan Association on some collaborative projects and will be announcing some of these shortly.

At the Temasek Cares and Coral de Cruz Memorial bursary ceremony held on 22 March, one of the beneficiaries, Samantha Santa Maria, delivered an inspiring and confident speech on how she managed her time to do well in her studies as well as all her co-curricular activities. Samantha was one of the EA dancers at the Chingay Parade and is an active youth volunteer who has represented the EA at numerous cultural and heritage events. Some research

indicates that people who volunteer tend to have higher self-esteem, psychological well-being and happiness, and in the case of youth volunteers, a link to a higher quality of life as an adult. Whatever the case may be, I hope Samantha's example was an inspiration to the students at the ceremony and I hope more students like her will come forward to volunteer their time and help others in the community.

As we come to the end of the current term of the management committee, I would like to thank Vincent, Yvonne, Carla, Paul, Francesca, Geoff, Angelina, Michelle and Graham for their support, commitment and contribution over the last two years. It is not easy being volunteers, juggling personal commitments, work and family time to serve on the management committee and I truly appreciate the personal sacrifices all of them have made to serve the Eurasian community. Some members of the team will be stepping down and some new members joining for the next management committee term. On behalf of the current committee, I would like to thank the members of the EA for their support and I look forward to your continued support of the next management committee in the new term. Please join us in working together to build a brighter future for the Eurasian community in Singapore.



A handwritten signature in black ink, appearing to read 'Benett Theseira', written in a cursive style.

Benett Theseira
President

On Course for Success



Win or lose, all the golfers had a good time

The recently established EA Golf Society (EAGS) is already proving a popular addition to the association's activities. In February, it staged its first overseas game in Bintan, turning the event into a family weekend break at the Bintan Lagoon Resort.

Three dozen golfers and their families enjoyed an exclusive package that included express immigration clearance at the Bintan's ferry terminal, a one-night stay with breakfast in a deluxe room and – most importantly – two days of golf at the two championship courses, inclusive of buggy and caddy.

On the first day, the teams enjoyed a friendly but hard-fought game at the challenging Ian Baker-Finch 18-hole course, which was played under blue skies. As the players sought their best strokes, and enjoyed a chilled Bintang beer afterwards, their families enjoyed a cool dip in the hotel pool. Day two's game took place at the scenic Jack Nicklaus 18-hole championship course.

For EAGS committee member Donovan Ann the trip will be one he will remember forever. With the romantic seascape in the background, he chose a perfect moment to propose to his girlfriend, Sze Ling – who was delighted to answer: "Yes!" The evening festivities fast turned into an engagement party for the happy couple.

On 11 March, there was further success for the golfers, when the society took part in its first league game at the Inter-Social Club Golf Tournament (ISCGT). A total of 10 clubs competed, with 16 golfers from the EAGS – who took third position. Anthony Maniam scored 39 and Dan Yeow and Ralph Aeria each scored 37, their team of three emerging as A Division champions. With three more legs to go, EAGS is confident that captain Gary Nonis and vice captain Anthony Maniam will continue to spearhead the team to a victorious 2014.



Donovan and Sze Ling celebrate their engagement



Winning smiles from Dan Yeow (left), Ralph Aeria (second from right) and Anthony Maniam (right)

The EAGS is also planning a golfing trip to Malacca with other social activities for the families. There will be a competitive edge as the Singapore players will face a game with fellow Malaysian Eurasians, who will be playing on their home turf. Let the battle commence!

To find out more about the EA's golfing activities, contact Daniel Chong at 6447 1578 or daniel@eurasians.org

I Will Survive!

If you were ordered to deliver a short speech in public and given the subject only minutes beforehand, would you survive?

That was the task faced by competitors at the Toastmasters' Area D2 and D3 International Speech and Table Topics contest hosted by the EA on 20 March.

The short, impromptu speech – the 'table topic' – is an exhilarating battle of wits as the Toastmasters attempt to order their thoughts on the given subject and present them into a stream of elegant words during the allotted time.

The given subject at this event could have related to that very ordeal, and the topic 'Survival Has No Rules', selected by the contest's chairperson, Leanne Ulibarri, was won by the EA's representative, Vernon Lim.

Vernon faced tough competition from entertaining speeches by both Singapore Recreation Club and Vietnam Toastmasters. The judging panel, headed by Fernando Young, deliberated for half an hour before unanimously giving their vote to Vernon. His thought-provoking speech argued that how an individual wins is as important



A relaxed looking Vernon explains how far he'd go to win



Vernon Lim receives his certificate of participation from Area D2 governor Peter Rodrigues

Photos courtesy of Raymond Chan, Toa Payoh South CC Toastmasters Club

as winning itself, and that "when you aim to win at all cost, you lose the reason to win".

The EA welcomes everyone of 18 years and above to join the Toastmasters Club on the first Saturday of each month for a productive public speaking session. It's a chance to learn from fellow Toastmasters and be creative with the educational items and themes provided. To find out more and to register, contact 6447 1578 or secretariat@eurasians.org

Cultural Collaboration

Parents and students from SJI International school were invited to a Eurasian Cultural Night on 15 March to learn more about Eurasian customs and cuisine. This followed a collaboration between the SJI International and the EA earlier this year when they joined forces to present a dance performance at the Chingay Parade.

The guests from the school were provided with a tour of the EA's Heritage Gallery and enjoyed a Eurasian dinner prepared by Quentin's restaurant. Shanice Hedger provided musical entertainment. The Chingay dancers also reprised a version of their Chingay routine.

EA President Benett Theseira presented the Chingay dancers and their instructor, Sharina Shah, with certificates to express the EA's appreciation of their commitment to this year's parade. Heartfelt thanks also go to Vincent Anandraj, director of development and communications at SJI International, for his support in helping to coordinate both the Chingay Parade and the Eurasian Cultural Night.



The Chingay dancers at the Eurasian Cultural Night with members of the EA and SJI International management

Thanks for your Time

The EA could not exist without its loyal band of volunteers, who willingly give up their time to help the community, whether by visiting elderly and lonely people, distributing food parcels to the needy, helping to organise events or taking part in dance performances – and much more. Each year, the EA gives thanks with its annual Volunteers' Appreciation Tea that gives these helpers an opportunity to get together and chat over a meal.

At this year's event, held on 15 March, EA President Benett Theseira presented certificates to more than 40 volunteers. Special booths were set up to showcase a



EA volunteers with management committee members

large collection of Eurasian-themed books and the volunteers also had fun being introduced to the game of chikee.

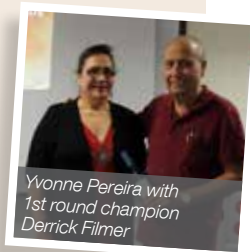
Shaking and Rolling

The familiar sounds of die shaking and rolling in leather cups in the ECH's Platinum Lounge on 14 March heralded the first round of this year's EA Balut Tournament. After the teams had enjoyed a 'bento set' dinner, balut convenor Yvonne Pereira welcomed the veteran players and introduced two 'newbies' – Shirley Ridley and Rosemary Chan – to this season's competition.

Christina Theseira displayed her prowess by scoring a creditable 147 points to get herself on the leader board as a High Scorer (Single Game).

One of the male players wryly questioned how a man could possibly win in the face of a female-dominated tournament – only for Derrick Filmer to prove it could be done by beating the women to emerge as Champion for March with 625 points! In second place was The Ban Khi (Yang) with 600 points. With seven more months of play still to go, can the current winners maintain their leads?

Yvonne Pereira says: "Our grateful balut section members would like to thank Mrs Evelyn Rodrigues for her kind donation to fund the 2014 tournament and Quentin and Kristine Pereira for sponsoring wines for the monthly winners."



Yvonne Pereira with 1st round champion Derrick Filmer



A Satisfying Sunday

The EA's Social Circle arranged a Sunday Lunch at Quentin's restaurant on 30 March to gather family and friends – and a few new faces. More than 100 diners enjoyed the buffet, chanced their luck in raffles and listened to golden oldie tunes from Romito Mendoza.

News in Brief

Advertise in *The NewEurasian*

If you would like to advertise your products or services in the quarterly *The NewEurasian* magazine, see page 2 for our advertising rates and circulation details or contact Revathhi for more information, tel: 6447 1578; email revathhi@eurasians.org

Tell Us a Story

Do you have any interesting stories about life as a Eurasian? If so, feel free to contact Revathhi (details above) with potential editorial stories. You can view our magazines here: <http://www.eurasians.org.sg/media/neweurasian/>

Events Space Available

The EA has rooms available to rent at the Eurasian Community House for a variety of occasions and catering is available through Quentin's restaurant. For enquiries, rates and bookings, contact Bridget Basnayake, tel: 6447 1578; email bridget@eurasians.org

A Tribute to *Evelyn Norris*

25 December 1918 to 15 February 2014

Miss Noel Evelyn Norris, a former principal of Raffles Girls' School, passed away in February aged 95.

Miss Norris was herself a pupil of RGS and went on to graduate with a degree in History from Raffles College. During World War II she moved to India and Sri Lanka (then Ceylon), working as a librarian in the Royal Air Force Library.

She returned to teach history at RGS until 1955 when she became principal of Crescent Girls' School. Six years later, she returned to RGS as its principal, and remained until her retirement in 1976. She was a dedicated educationalist and held numerous positions in various educational and community activities outside of the school. She was awarded the Public Service Administration Medal (Silver) in 1964 and the Long Service Medal in 1977 for services to education.

Miss Norris is remembered with great fondness. Molly Soh, her goddaughter and former RGS student says: "When I lost my mum, she took her place. With her love and dedication, she helped to mould me and gave me confidence. I remember how she went out of her way to inform me that I had achieved my goal to enter teachers' training college."

Miss Norris suffered from a stroke in 2011, and a deputy panel comprising former students of RGS, past principals and friends was formed to take care of her welfare.

Teo Mei Wan, another former RGS student and member of the deputy panel says: "I

remember her as a stern, no-nonsense principal, who would correct our English grammar during assembly. During my days, if one had to see the principal, it meant trouble! Miss Norris was a stoic and gracious woman who had a very strong sense of attachment to RGS. I've always admired how she embraced life fully and never complained, even when she was immobilised by her stroke. She was an ardent dog lover, and I heard she gave away money regularly to people who came to her for help."

Dr Stephanie Leonard, a family friend and member of the deputy panel, recalls that Miss Norris was an excellent raconteur. "I am going to miss hearing stories about her past and travel experiences." She adds: "Something that a lot of people didn't know about her was that she was deeply interested in food. She loved visiting new restaurants."

Miss Norris's love of food was well known to her caregiver and good friend Koh Mui Keng. "I assisted with her errands for 16 years and am proud to say that she was in love with the cakes that I baked," she says. "She was very sweet and gave away her cookery books to me as she knew that I was passionate about cooking. Miss Norris was an amazing woman and had a fantastic memory. I used to drive her around for almost all of her events and am proud to be referred to as Miss Norris's driver. I value her friendship deeply."

Another caregiver, Celine Chandy, says: "Miss Norris was a close friend of my parents. As I grew closer to her, I realised that I was able to get along with her very well despite coming



A gift of flowers for a much-loved head teacher

from a different generation. She would always tell me interesting stories about life before and after the war and the history of different places. It was impressive that she was friends with people from all walks of life. She was friends with people in top leadership positions and also her gardeners. She was comfortable in almost any setting! Her independent spirit is something that I'll never forget."

Former RGS student and colleague Carmee Lim remembers that the old RGS in Anderson Road was prone to flooding. "Miss Norris would stock up the school with food just in case the girls were marooned in the school and could not get home. Such actions reflected her concern and priority for the welfare of the girls."

She adds: "The last gathering was on her 95th birthday. Madeleine Lee, member of the advisory panel, presented her with a bouquet of 95 red roses. Mui Keng made an amazing birthday jelly at her request. We also sang carols. These memories will be etched in our minds forever. Miss Norris will be deeply missed by the RGS community, and especially those whose lives she has touched in the course of her amazing life."

Peranakan Plans

Peter Wee, President of The Peranakan Association, visited the Eurasian Community House on 22 February for lunch with the management committee at Quentin's restaurant, where their discussions included plans for future collaboration between the two associations.



EA President Bennett Theseira (left) presents Peter Wee with a book, *The Eurasian Face*

Membership Update

The EA recently conducted a programme to update its membership files. Those with Ordinary Membership, which has a one-year term, were able to renew it for another year at a cost of \$12 or convert to Life Membership which is a one-time payment at \$60.

Special promotions are available exclusively to EA members. Visit <http://www.eurasians.org.sg/about-us/membership/>

For further information, contact Bridget, tel: 6447 1578 or email bridget@eurasians.org

When Words are a Jumble

Dyslexia is a learning difficulty that makes it challenging for people to process information when reading, writing or spelling. William Laws tells us how he found help for his daughter, Sara, who was diagnosed with the condition

William Laws and his wife, Prisha, realised that their daughter, Sara, now 14, had trouble with spelling and was not interested in reading. Fortunately, three years ago, a perceptive teacher at Sara's primary school suggested that she might be dyslexic.

Dyslexia – which is unconnected to intelligence – is characterised by weaknesses in language development, memory and sequencing. It can affect people in varying degrees of difficulty in reading, spelling and confusing the alphabet – such as having trouble distinguishing between 'b' and 'd'.

Sara's parents arranged for her to be assessed at the Dyslexia Association of Singapore. Tests confirmed that she was dyslexic and she was enrolled in two-hour weekly classes at its Jurong Point Centre, where she has made considerable improvement. Her teacher believes that she will be able to graduate in another 18 months.

Sara is not the only one to learn from the DAS classes. William says: "I realised that dyslexia is not only about reading and spelling. Its introductory classes for new families taught me that dyslexics also face difficulties concentrating, organising themselves and following a list of instructions." He was also able to understand that coping with tasks that might be straightforward for other children could cause Sara to lack self-confidence. He says: "Sara was constantly accused of being lazy!"

He adds: "DAS educational therapists are highly trained and dedicated. Their classes are based on international best practices." The students are taught in small class sizes of no more than four students, which enable appropriate multi-sensory teachings for all ages and degrees of dyslexia.

William and Prisha dedicate the success to Sara's hard work and her teacher at DAS, Miss Gayathri, who they say has been a tower of strength to their daughter. They follow the recommendations provided



by the DAS teachers and attend the parent-teacher conferences held at the end of each term.

For William, the rewards are evident: "It's so gratifying to have her ask eagerly for the next volume of *Hunger Games!*" he says.

Sara says that she used to find reading a challenge and was constantly tripping over words. "I used to hate reading aloud in class," she says.

“Dyslexics also face difficulties concentrating, organising themselves and following a list of instructions”

However, she feels differently now after attending classes at DAS. She has started writing quotes about the things she feels, makes YouTube videos, acts, sings and the list of her language-based talents is endless. She has transformed into a confident young person and reading has become part of her daily routine.

It is estimated that some 10 per cent of people throughout the world are dyslexic. However, DAS is reaching less than one per cent of children with dyslexia in Singapore and believes there are many children in school who would warrant support to help them learn. Students enrolled in DAS can apply for subsidies made available by the MOE. To find out more, visit <http://www.das.org.sg/services/financial-assistance>

Bargain Bytes

Subsidised computers are available for low-income families

The EA works closely with the InfoComm Development Authority under its NEU PC Programme to provide subsidised computers for students from low-income families. Desktops cost from \$132 to \$146 and laptops from \$214 to \$621. Students in Primary, Secondary, ITE, Junior College and Polytechnic, with a family per capita income of \$700 and below, or gross monthly household income of \$2,700 and below, may apply for a computer under the programme. For more details, contact Jacqueline Peiris at jacqueline@eurasians.org or 6447 1578.



Leading Lady

Elizabeth Morrier was one of 2013's top scorers in the International Baccalaureate Diploma Programme at the School of the Arts (SOTA), obtaining a qualification widely recognised by the world's leading universities. Here, she tells us how she made the grade

Why did you choose to take the International Baccalaureate (IB) diploma at SOTA?

I auditioned for this programme in Primary 6 as I was interested in the theatre. My parents were also keen and supportive about my admission to SOTA. Honestly, I didn't know what to expect as IB was quite new back then. However, I am glad that I chose this path as the programme's structure is very similar to university. We were allowed to dictate every aspect of our work and were also expected to be fully responsible for the end results. Teachers did not spoon-feed us. SOTA also includes compulsory community service as a core element of the IB diploma. The IB programme has six academic areas and the core elements: Theory of Knowledge, the Extended Essay and Creativity, Action, Service. It has a very rigorous curriculum and does not only focus on the final, externally marked examination; there are other projects and reports that we have to complete. It's important to be consistent in your efforts

with each project so as to ensure that your grades are not pulled down by small projects along the way.

“I can't wait to start my internship with a production company in Singapore to gain more experience”

What was one of your most interesting experiences during the programme?

We went on an exchange programme to Queensland Academy of Creative Industries during Year 3. It was my first overseas school trip. It taught me how to work with people from a different country and cultural background. At SOTA, my daily school life was also interesting as some of the lecturers were film-makers and workshops were held by practising artists.



All's well that ends well: Elizabeth Morrier completed her SOTA course with flying colours

What were some of the most difficult challenges you faced during your course?

Time management was essential as each subject had its own set of supplementary projects. It was tricky to prioritise these. It was also tough to revise regularly to ensure that I didn't fall behind. Support from peers helped. There were study groups and we shared notes on the online portal.

How do you feel about your successful completion of the IB diploma?

I feel more than relieved. It was a long journey but completing it successfully gives me an indescribable feeling of contentment. All the hard work has been worth it! I can now focus on entering college and beginning a course in media, film or television production. I can't wait to start my internship with a production company in Singapore to gain more experience.

Finding Time to Succeed

A ceremony to distribute Temasek Cares, Coral de Cruz Memorial Fund and Tan Chin Tuan bursaries took place at the ECH on 22 March. More than 20 primary school children received the Temasek Cares awards while six secondary students received the Coral de Cruz awards sponsored by Justice Judith Prakash and Ambassador Simon de Cruz and eight secondary students received the Tan Chin Tuan award. The awards were presented by the guest of honour, Ambassador and EA Trustee Barry Desker.

The bursaries help students and their families by covering school fees and providing an allowance for books, uniforms, transport and meals.

One of the beneficiaries, Greendale Secondary School student Samantha Santa Maria, 15, scored four A1s and two A2s with an L1R5 score of eight points for her Secondary 2 Express final examinations in 2013.

Besides her school activities, Samantha also volunteers at the EA. She has performed as one of the youth dancers representing the association and also danced during the HeritageFest organised by the National Heritage Board.

Samantha was nominated to deliver the vote of thanks at the ceremony on behalf of the beneficiaries. In thanking the EA, she said she was honoured to have been selected for a bursary. She believed that it

benefitted her not only in monetary value but also in motivating her to reach her full potential.

“I like being busy and having a packed week,” she told the audience. “Though tiring, it allows me to do the things that I want to do and constantly improves my time management skills. If you want to achieve something, you have to work hard for it.”



Samantha Santa Maria delivers her speech



The students with (back row) Geoffrey da Silva, Barry Desker and Benett Theseira



Breaking Through Barriers

Inspiring Eurasian Women

It is always a struggle to reach the higher echelons in one's chosen field – and even more so for women. So in devoting this issue to how talented Eurasian women succeed in Singapore, we have focused on those who have not only triumphed on their own account but who have also devoted their careers to helping others up the ladder

An internet campaign, led by Facebook COO Sheryl Sandberg and backed by illustrious women as diverse as singer Beyoncé, US politician Condoleezza Rice, actor Jane Lynch and others, is calling for the word 'bossy' to be banned as it is used to inhibit women from taking control in their chosen fields. One would have hoped such campaigns would not be necessary in the 21st century. Yet every year, International Women's Day highlights how much further women still have to go to achieve equality.

Eurasians have long had a history of strong women – and a strong community spirit. Here we celebrate some extraordinary women, who by self-belief and determination have not only achieved their own goals, but have also helped their sisters (and brothers) in the community to realise their aspirations in areas as diverse as sports, career advancement and emotional and physical well-being.



Annabel Pennefather

Lawyer Annabel Pennefather, 65, a senior consultant at Khattar Wong LLP, is also one of Singapore's most prominent sports administrators and has a long list of legal, sporting and public service achievements to her name, many of them as the first female in the role.

She was the first female to serve on the Singapore National Olympic Council in its 52-year history in 1998 and was the first

female President of the Singapore Hockey Federation. In 2004, she was the first female Chef de Mission for the Olympic Games at the Athens Olympics and the same year was the first female from Asia to be elected Vice-President of the International Hockey Federation. She is currently Vice-President of the Singapore National Olympic Council and a Senior Consultant and Head of Sports Law Practice at KhattarWong LLP.

Annabel discovered a passion for hockey at the age of five when her father stuffed a hockey stick in her Christmas stocking. At the age of 16, she had already been selected to play for the women's national team, where she continued playing for 16 years, a decade of them as captain. Her love of the sport has never left her and she has dedicated her life in sports administration to ensure that others can get as much out of the sport as she has enjoyed.

Her sporting talent is perhaps not surprising, given that her parents were both national hockey players and her grandfather was a top footballer who represented Singapore. And she is especially proud of her grandmother, Alice Patterson, who was often referred to by members of the public as the 'Grand Old Lady of Sport' or 'Sporting Grandmother'. Alice was an exceptional sportswoman in Singapore. Not only was she a leading hockey and netball player but she also represented Singapore in badminton and tennis, winning the Malayan women's badminton title in 1931, 1932 and 1934. In 1936, she won the national title for tennis.

Annabel has always admired her grandmother Alice's sporting achievements. In a magazine published for its 35th anniversary in 1994 by the Jansenites Hockey Club, which had its humble beginning in the Pennefather family home in Jansen Road, Annabel refers fondly to her grandmother having been described thus: "Physically and character wise she was a towering person, always full of love."

Annabel's dedication and determination to succeed, no doubt inherited from her parents and grandparents, has in turn been passed to her own daughter, Vanessa Ess. When Annabel first learned that Vanessa's ambition was to become a pilot, Annabel admitted to having doubts at the time, as there were no females then in the cadet pilot training programme in Singapore. However, she was quick to transform her doubts into research. She helped Vanessa to map out a path that would give her the best chance of realising her dream as a female pioneer in Singapore's aviation history.

Annabel says: "My daughter learnt the values of hard work and discipline and this led her to being accepted as the first female cadet

pilot in SilkAir. Subsequently, she became the first female captain and more recently the first female line instructor pilot in SilkAir."

Annabel is gratified that whereas women were not allowed to participate in the first Olympic Games of the modern era in 1896, there were female competitors four years later; and as a result of hard work and campaigning for women's sport over the years close to half of the 10,000 athletes in the London Olympics 2012 were women.

Nevertheless, Annabel points out that there is still a relatively low number of women sport administrators and policy makers in sports governing bodies and National Olympic Committees around the world and that the number of women in most committees tends to not exceed even 20 per cent of the members.

She adds: "Even in Singapore, only a handful of women sport administrators are in leadership roles or on management committees of more than 60 national sport associations." She believes that setting up a Women and Sports Committee within the National Olympic Council might help to identify and nurture more female sports administrators.

Annabel encourages readers to make worthwhile contributions to the community – not just through organised programmes but also as individuals in their specific areas of interest. "My experiences have taught me that to scale greater heights, you must be prepared to push yourself beyond your comfort zone and more importantly beyond the limits that others have set for you based on their opinion, prejudice or poor judgment," she says.



Cassandra Rudge

Cassandra Rudge, 39, is on a mission to make the world a better place for women. She has been a volunteer with Singapore Red Cross and is a member of Social Health Growth, an organisation committed to assisting parents and disadvantaged families raise their children into healthy and contributing members of society.

Last year, the single mother of a 16-year old son moved on from a career as a news presenter, radio DJ and emcee to join the Singapore Council of Women's Organisations (SCWO) as a programme executive, where she manages

“Push yourself beyond your comfort zone and more importantly beyond the limits that others have set for you”

international conferences, visitors and social media platforms.

She also handles its Women's Register (WR), sourcing renowned speakers and mentors for a series of talks held for women, and brainstorms themes for SCWO events that give women the chance to meet up and interact and also receive guidance on career planning and other relevant aspects of their lives.

She also handles local and foreign requests to SCWO; these are usually for a delegation of senior women from NGOs overseas who want to expand their knowledge of women's and family issues in Singapore, such as the running of SCWO's Star Shelter, which aims to provide, regardless of their race, language, creed or religion, a safe temporary refuge for women and their children who are victims of family violence; and the Maintenance Support Central, a one-stop drop-in centre that provides advice and assistance with problems relating to payment of court-ordered maintenance (following a divorce or legal separation).

She speaks passionately about her work and says that as a woman she has benefitted from many of the events by SCWO. One was the launch on 14 March of the Singapore women's Hall of Fame by SCWO at the Shangri-La hotel. The event was held in celebration of the women who have made, or are making, an impact on Singapore.

She says never before had she been in a room full of boundary breakers, record holders, risk-takers and change makers. She says: "To witness and be part of such a historic event was unreal. I was moved, motivated and empowered. It was a major shift in my career because I had never been fully aware of the great achievements and advances so many of our pioneering women have made."

She believes that with self-respect any woman can set boundaries in their personal and professional lives: "When a woman distinctly draws a line on what she will or will not accept, she gives herself an opportunity to be in a healthy space which enables positive decisions and results." She adds that when a woman starts respecting herself, she becomes a good role model for her peers and future generations.

She also feels strongly on the subject of domestic violence. Through her personal experiences, she realises the stress and damage it can cause to women. "When a man hits you, all your dignity is wiped out in a second. You feel physical, emotional and mental pain mixed with guilt and take responsibility for his actions," she says. She feels that many women continue living with a sense of worthlessness and that there are many untold stories because

of the stigma that comes with being in an abusive relationship.

Instead of living in fear, she wants women to be empowered and prevent violence against themselves with the support of their government, family, friends, colleagues and media. "We really need a strong campaign, similar to 'Bell Bajao' in India, which calls on men and boys to take a stand and promise to end violence against women."

She believes that society should acknowledge that men and women have different roles in a family. She feels that women have a tendency to be more concerned about the family's nutrition; in such cases vouchers could be given for grocery shopping for women who are financially constrained or sole income earners of the family. In addition, working mothers could perhaps be given flexible working hours to allow them to drop off and collect their children to and from school. She believes that these types of initiatives will result in healthier and happier communities. And she says: "We must work towards having policies to ensure that women are provided with flexibility to juggle work and home lives."



Audrey D'Cotta does post-natal exercises as baby Ashley watches

Audrey D'Cotta

Millennial businesswomen are increasingly finding ways to chart their own path. One such young entrepreneur is Audrey D' Cotta, 35, founder of The Moving Body, a centre that offers various styles of Pilates classes taught by certified instructors.

Audrey started her career as a fitness instructor, teaching at least six to eight classes daily. But when she started to experience back problems and went to the doctor, he diagnosed her with scoliosis, a common condition found in women, in which the spine is curved leading to discomfort when the body is overworked. Her doctor suggested she try Pilates to enable her to stretch and strengthen her muscles. In six months, her back pain disappeared.

“We really need a strong campaign, similar to ‘Bell Bajao’ in India, which calls on men and boys to take a stand and promise to end violence against women”

As a fitness professional and a convert to Pilates, she decided to take up training in order to educate others about Pilates and its benefits. "I wanted to use the exercise to reach out to people in a different way," she says.

Her journey to entrepreneurship was a challenge. She left the fitness club where she had been employed and began her training over again – this time as a Pilates instructor, and became an apprentice at a renowned Pilates studio in Singapore. After four years of learning the ropes, and with encouragement from her husband, she decided to strike out on her own. Starting a business, she says, definitely helped her to grow mentally, emotionally and psychologically: "It's not only about dollars and cents but also learning how to deal with people." She had to learn how to publicise her company, manage the team at her studio and keep her clients happy.

Despite the stressful start, Audrey has emerged as a successful entrepreneur. She now combines her business with motherhood, having given birth to her daughter Ashley in November last year. "Now that I am a parent, I feel that running a business is more of a controlled environment and easier," she jokes.

She values the fact that women now have more diverse roles to play in society. But while she believes that in developed countries women are respected and discrimination is not as rampant as before, there is still a great need to bridge the gap between women's treatment in developed and developing countries.

“Business is not only about dollars and cents but also learning how to deal with people”

Interview with **Francesca Eber**

Francesca Eber, who chairs the Eurasian Association's Family Support Services, Committee, explains how the association's welfare arm has developed over the years



Francesca Eber with EA member Helen Joseph

Helping fellow members of the community when they're in need has been a cornerstone of the EA since its foundation, but what started out as a department known simply as 'Welfare' that dispensed help on a fairly informal basis has grown into an important and far more structured component of the EA's work, and is one of the three pillars of its existence.

Early Days

In the early years, says Francesca Eber, who has chaired what is now known as the FSS (Family Support Services) Committee since 2010, help was given on an ad hoc basis. "For example, when the bread winner of a family died the community rallied around to help the family. This was more prevalent during the war years of 1940 to 1945. During this period, the activities of the association were suspended and many members of the community went to Bahau, but this did not stop the families from helping those in need."

This community self-help was revived by the EA after the war years and has continued to the present day. "The initial challenges were – and still are – providing for the needs of a changing

and growing community," says Francesca. "We overcame these challenges by working closely with the SSOs (Social Service Offices) of MCCY (Ministry of Culture, Community and Youth), the CDCs (Community Development Councils), other philanthropic organisations and generous donors."

The FSS Clients

Francesca says the FSS currently serves more than 80 families, but during the last financial crisis it had more than 150 families on its books. The scope of its work now goes far beyond the simple financial assistance (FA) and food rations (FR) provided.

"The common problem facing most of our clients is poverty – not just in a material sense but also in a sense of well-being and quality of life," she says. "At the last census, 74 per cent of our population was over 60 years old; many are sick and the majority are lonely. Their families are also facing challenges.

"We try and keep in touch with each person or family on a monthly basis, and although much of this is done by Mr Ram, our case

work executive, we still need volunteers to visit; particularly our non-ambulant clients. Depending on their needs, each case is reviewed after three or six months' assistance. However, many have been on record with us for years, owing to their inability to work because of illness or handicap and, of course, their age."

She adds: "The most vulnerable members of these families are the children, the aged and the sick. Our single-parent families are of foremost concern; here, we work with the EA's Education Committee to ensure that the school fees are paid for and we take care of the children's growing needs. For such families, we work with Temasek Cares. We assist by working closely with the CDCs, WSQ and WDA (Workforce Skills Qualification and Workforce Development Agency) to ensure that the parent receives training to be gainfully employed.

"One of our most challenging cases was when the parent became ill with cancer and was unable to work. The child continued to do well in school and we then approached the EA's Education Committee to request that she continue to receive monetary assistance for tertiary education.

"Another case is a woman, a diabetic in her sixties, who is non-ambulant, having had her leg amputated; her only child is not in Singapore. She does not leave her apartment often and has very few visitors. The effect of isolation worsened her medical conditions and eroded a meaningful life."

“I am blessed when I see the compassion and empathy the FSS team has for our clients”

Improving the Quality of Life

Francesca says that the FSS can help to broker change in the client's circumstances by assessing their needs and often by assigning a member from its Coach team to work with them on a one-to-one basis. "In this way we are able to provide a better quality of life."

And there are rewards in giving, she says. "My personal satisfaction is a feeling of gratitude for being allowed to contribute to another person's life. The FSS team is wonderful; I am blessed when I see the compassion and empathy they have for our clients."

Spreading Joy and Hope

Christine Pereira, a volunteer with the Eurasian Association, describes what she puts into the task – and what she gets out of it

Christine Pereira recalls that when the EA set up a Senior Citizens Committee to get more members to socialise and share experiences with each other, she thought “it might be a good idea to get involved and help out”.



Christine Pereira (second row in white necklace) with FSS volunteers and recipients

That was more than 10 years ago, when former EA President the late Bryan Davenport appointed the late Fred Fox to establish the committee. Since then, Christine has been one of the loyal band of EA volunteers whose time and effort do immeasurable good for the Eurasian community.

“Volunteering is a two-way experience”

Christine, who retired four years ago, has a busy life with her family (her husband, Richard, two daughters and four grandchildren), keeping up with friends and baking and beadwork hobbies. She began her volunteering work with the Senior Citizen Committee and in 2010 started volunteering with EA's Family Support Services.

“I regularly meet up with the FSS committee to discuss how we can assist the less fortunate Eurasians. We plan and dedicate resources for financial assistance, food rations and supplies, life coaching and counselling,” she says. “We also assist single parents, and organise donation drives and home visits.”

She adds: “It's especially important to plan social events like Tea with Neighbours

sessions, where clients are able to socialise with neighbours from surrounding community centres and other EA members.”

Her responsibilities also include taking part in FSS events such as its annual Christmas Lunch, hamper-packing, the quarterly Tea with Neighbours sessions and meetings with external organisations.

But it's not all giving on her part, she says: “Volunteering is a two-way experience. Being involved and spending time with less fortunate families, I hope that I bring love and joy to them and this makes me realise how blessed I am with my life when interacting with them.

“One experience that I'll never be able to forget is a visit to a family of five. The family was very grateful that I took the time to see them and prepared a meal for me. Their hospitality was very touching. Although it happened four years ago, their kind gesture has remained with me all this time.”

The FSS always needs more volunteers. Anybody wishing to join the team can email Ram, ram@eurasians.org or contact 6447 1578.



All smiles at an FSS event

The FSS has implemented several recent initiatives. Last year, it launched Active Ageing to support FSS clients by integrating them into the bigger community of EA. It also set up Tea with Neighbours (TWN); there are four such events planned for 2014, which also include the CDCs and other organisations such as RSVP (the organisation of senior volunteers) and C3A (Council for Third Age). It also hopes to increase its Befriender pool of volunteers that establish closer contact with FSS clients that goes beyond financial help and food rations.

Francesca adds: “The FSS is always in need of money to make the lives of people around us less stressful, so we are planning a fund-raising event which we hope will create a greater awareness of the Eurasian community. We are also on the lookout to increase the FSS team's capacity with additional members. Many people in our community have skills that will help make FSS a ‘keener, sharper tool’; for example, we are in need of IT skills to streamline our operations further.”

Your Chance to Help

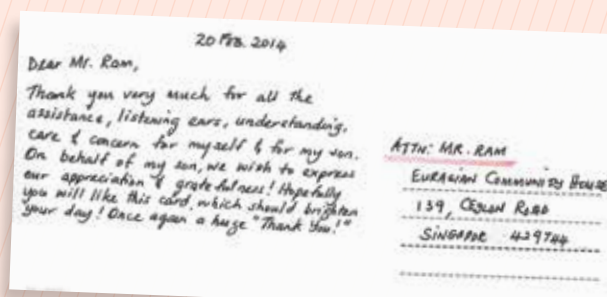
What skills do volunteers need? “There are many skills and qualities needed in FSS and not everyone has them all,” says Francesca. “But if you have one of the many, the FSS welcomes you! Any of these will do for me: love; compassion; empathy; gratitude; openness; awareness; courage; passion; living in the moment; being non-judgmental; enjoying your work and being able to bring those skills to the table; being interested in other people; being able to have a meaningful conversation. The list is endless... Pick one quality and join the FSS – we can help you grow it!”

If you are interesting in volunteering with the FSS, contact Ram at 6447 1578 or email ram@eurasians.org

Yours Gratefully...

It's nice to get recognition of a job well done. So the FSS team was delighted to receive an amusing postcard from a client with the following message on the reverse.

The team replies: “You're very welcome!”



Setting the Right Tone



Three talented young Eurasian musicians are shining examples of how hard work and talent can bring immense rewards



Chloe De Silva takes a break from studies on a holiday in France

Harmony in the Family

Talented saxophonist Chloe De Silva packs her life full with music, ballet – and homemade cupcakes

When 13-year-old Chloe De Silva describes herself as “a family oriented person”, it’s not hard to see why life at home is fun. The St Anthony’s Canossian Secondary School pupil explains: “My dad is the 14th and last child in his family and as a result I come from a huge extended family. Most of my family members are musically inclined and our get-togethers always include singing, guitar playing and dancing.”

with the alto sax. Not only that, she enjoys the drums and keyboard, too.

“My personal favourite is playing the alto as it provides me with a wider spectrum to express myself. Currently, I have three-hour band practices on Mondays and Fridays,” she says.

Chloe’s artistic talents also stretch to dance and she is a 7th grader in classical ballet. “I figured that we only live once and it’s best to make the best of everything that comes our way,” she says.

Inevitably, these commitments take up most of her time, but she has recently discovered a new passion – baking. “Each baking project has proved to be very promising – my last batch of cupcakes turned out better than my mum’s, which is fantastic!”

“My dad regularly includes me in jamming sessions with his friends for their music gigs”

With a dad who plays the bass guitar and a mum who plays the keyboards, her parents were naturally supportive when she started playing the alto sax at the age of eight. Chloe now plays tenor saxophone for the school band and has reached Grade 5

Chloe’s musicianship also benefits the community. She went Christmas carolling in places such as old folks’ homes and orphanages and the homes of elderly people living alone. “These sessions are often organised by my family,” she says. “My grandfather is also an active member of the residents’ committee in our neighbourhood. Once, my friends and I had a special chance to perform as a quartet at their community events. I’ve also performed with a jazz pianist for a special Christmas Jazz Night at the Eunost Community Club. And my dad regularly includes me in jamming sessions with his friends for their music gigs.”



Karate sessions at the EA



Fight Like James Bond!

The Eurasian Community House is now offering classes in Kyokushin karate, which has millions of practitioners throughout the world. The team explains what to expect

Kyokushin, a blend of stand-up and full-contact karate, was founded by Korean-Japanese karate master Masutatsu Oyama in 1964 and is rooted in a philosophy of self-improvement, discipline and hard training. The system is based on traditional karate like Shotokan and Goju-ryu, but incorporates many elements of combat sports like boxing, Muay Thai and kickboxing. Its full-contact style is practised by more than 12 million people globally.

Kata is a form of ritualised self-training in which patterns of memorised movements are done to practice a form of combat manoeuvring. This includes *ura* (reverse) movements and a kata is executed with all turns done during a spinning movement. This unique form of training was developed

In Full Voice

Two young choristers discuss taking part in Singapore Lyric Opera's recent children's concert

The Singapore Lyric Opera Children's Choir recently presented *This Joy – A Choral Concert* with 120 students, an initiative aimed at nurturing the spirit of friendship and community among the young. Two of its participants were Eurasians Brianna Qian-Ni Grant, 11, a student at Singapore American School, and Amelie Fehler, 10, who attends the German European School Singapore.

Brianna, described by a teacher as a 'happy chatterbox' was first taught classical singing by her grandmother, who introduced her to the song *Brown Bird Singing* by Haydn Wood. Brianna was captivated by the song and sang it when she first auditioned for the SLO in 2010 and for the SLO's musical *Pursuant* last year – both times successfully. She's not only a talented singer but is also a pianist and violinist in addition to taking ballet lessons. What's the secret behind all of these talents? "My secret weapon is my mother!" says Brianna. She helps me to plan a schedule and taxis me around. I am very glad to have busy days as I really enjoy music and dance."

*“My secret weapon is my mother!
She helps me to plan
a schedule”*

Brianna's biggest challenge for the SLO concert was memorising all the songs – "some of the songs were in a foreign language!" – but says the achievement of no longer being dependent on the score was an amazing feeling.

Her fellow chorister, Amelie Fehler, is similarly multi-talented, and she enjoys playing the cello, acting and dancing. She learned about the

*“Ura movements were
developed to aid
fighting against multiple
opponents”*

by Oyama to aid a circular fighting technique against multiple opponents.

Kumite (sparring) is an important aspect of Kyokushin training and emphasis is placed on full-contact sparring, which is considered the ultimate test of strength, endurance and spirit. To achieve the 1st degree black belt grade, a student has to complete a 20-men kumite test, comprising 20 one-minute fight bouts with no rest period.

Tameshiwari (the act of breaking objects) tests strength by using the hand, foot, fingertip, toe, head, elbow, knuckle or knee to break one or more objects such as wooden boards, bricks, roof tiles, ice blocks or baseball hats.

Tournaments are a very important part of Kyokushin and hundreds are held globally throughout the year. The Full-Contact Karate Olympics is a world-standard tournament held every four years.

Notable Kyokushin practitioners include *James Bond* star Sean Connery; Dolph Lundgren, who also starred in *Bond* movies; Japanese actor Sonny Chiba; Canadian mixed martial artist Georges St-Pierre; American actor Michael Jai White; and kickboxer Andy Hug.



Making waves: Brianna Qian-Ni Grant (above) and Amelie Fehler are two of Singapore's brightest young singing talents



SLO through her cello teacher and soon afterwards joined the choir.

"It's super fun to participate in a choir," she says. Amelie admits she was nervous on the day of the concert – her biggest fear being that she would arrive late – but says that once she is on stage, the fear always turns to excitement and seeing the audience in the dark is a wonderful moment.

Her advice for kids who experience stage fright is: "Remain calm and imagine that you are singing or dancing in your own room. Always be yourself, and if something goes wrong be able to laugh about it!"

For more information on SLO's Children's Choir, visit <http://www.singaporeopera.com.sg/family/childrenschoir.php>

How to Enrol



Classes are held on Fridays between 7.30pm and 9.30pm in the Multi-Purpose Hall at the ECH. Those interested should contact Senpai Leon Kleinman, tel: 9338 7565, email: leon@wkoss.com; or Senpai Keith Allen Loh, tel: 9299 9399, email: keith@wkoss.com

Instructors: Sensei Choo Keng An; Sensei Ernest Ong; Sensei Francis Tan
Assistant instructor: Senpai Kiyoshi Tabe
Training advisor: Shihan Bong Kim Lee



Mary Gomes offers a warm welcome at her cafe

From Banking to Baking

Mary Gomes's first career was in finance, but a love of cooking was always simmering in the background. Now, she is the owner of her own restaurant and author of two cookery books – and shares with us one of her favourite recipes

Mary Gomes's passion for cooking began at the age of about six and she recalls helping her mum with chores such as peeling the potatoes. She opted for the security of a job in banking, but for more than 10 years volunteered regularly at St. Joseph's Church, baking cakes and kuehs for the church-goers.

Four years ago, she gave up the desk job to open Mary's Kafe. At the beginning, she says, "there were days with only one customer". Today, during her interview with *The New Eurasian*, she needs to break off several times to welcome regular customers and chat with them over their orders. "Money is not

my main objective; it's to become friends with my customers," she says.

She watches the Asian Food Channel regularly to expand her knowledge of cooking techniques and enjoys trying out new Chinese and Vietnamese dishes. Her advice for families experimenting with new recipes? "Share the cooking chores between husband and wife!" She feels that it's a good way to enhance a relationship.

Mary has also written two cookbooks – *A Celebration of a Singapore Kitchen* and *The Eurasian Cookbook* – that are full of colour,

local flavour and imagination. They can be purchased, priced \$15 each, at Mary's Kafe, 1 Queen Street, Singapore 188534. Opening hours are: 12pm to 5pm on weekdays only. For catering enquiries, tel: 9852 0348.

Here's her recipe for teem soup, which she says is simple to make. This is traditionally served for supper after midnight mass. The soup is usually heated until piping hot before serving. As kiam chye is salty, do not add salt until you've tasted the soup.



Teem Soup

Serve with a French loaf and dipping sauce.

Ingredients

- 200g kiam chye (stems only)
- 1 pig's trotter, about 600-700g (ask the butcher to cut the trotter into chunky pieces and discard toes)
- 2 pieces kiam buay
- 100 g black beans
- 5-6 cloves garlic in 1 bunch, do not separate
- 240 ml water
- 1 teaspoon sugar
- 1 tablespoon brandy

Preparation

Rinse the kiam chye and cut into 8-10 chunky pieces. Soak overnight to drain excess salt. Change the water a few times.

1. Wash and drain the pig's trotter.
2. Wash the kiam buay, black beans and unpeeled garlic.

Method

1. Place the trotter in a medium-sized pot.
2. Add the kiam chye, kiam buay, black beans and garlic.

3. Add the water and bring to the boil.
4. Add the sugar and brandy. Simmer over a low heat for about 45 minutes until the meat is tender and the beans and kiam chye are soft.

Dipping Sauce

- 4 tablespoons dark soya sauce
- 2 red chillies, sliced

Mix well.

Kristang Corner

In the second of our Kristang series, here are some more words and phrases to learn to help keep alive our unique Eurasian language



Kristang	English Pronunciation	Meaning
Na kaza	Na ka-zer	At home
Filu	Fee-lu	Son
Fila	Fee-ler	Daughter
Kifoi ta churah	Key-foi ter chu-rah	Why are you crying?
Pai	Pie	Father
Mai	My	Mother

Kristang	English Pronunciation	Meaning
Nos tudu	Nose to-do	Everyone of us
Akeli nungka retu	Ah-kay-lee nung-ker ray-to	That is not right
Nang ribeh	Na-ng rye-ber	Don't get angry
Bai na drengu	By ner drain-to	Go in
Netu	Nay-to	Grandson
Neta	Ne-ter	Grandaughter

With thanks to Valerie Scully and Catherine Zuzarte, authors of the *Eurasian Heritage Dictionary*. Copies of the dictionary are available at the EA, price \$28.00.

Off the Shelf

Increase your knowledge of Eurasian culture with our selection of books for sale

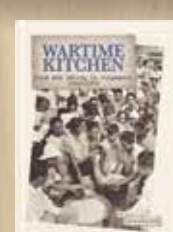
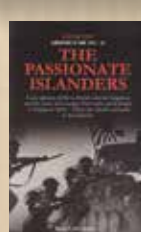
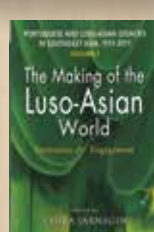
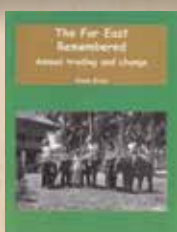
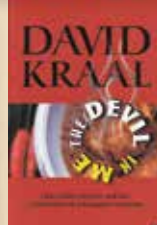
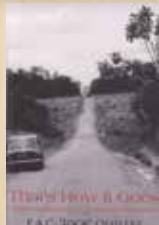
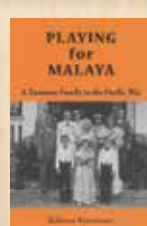
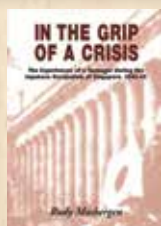
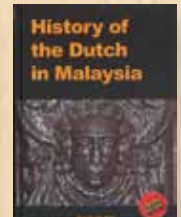
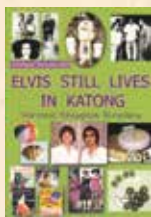
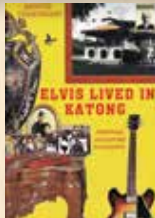
The Eurasian Association sells books written by Eurasians about our Eurasian history, roots, heritage and culture.

Our authors include Joe Conceicao, Rex Shelley, Ralph Modder, Kevin Shepherdson, Valerie Scully, Mary Gomes, Jock Oehlers, Denyse Tessensohn, Quentin Pereira and many more.

The EA Books Catalogue is available on the EA website. Books can be purchased from the EA Secretariat Office at Level 3 of the Eurasian Community House located at 139 Ceylon Road.

Dr Paglar: Everyman's Hero, by Rex Shelley, is a story that should have been told long ago. This biography of Dr Charles Paglar (1894-1954), a well-known and well-loved doctor and community leader of his time, details his life from wartime troubles, helping Eurasians in Bahau and his political career.

For more information, contact Jacqueline at 6447-1578 or email jacqueline@eurasians.org





Jacqueline Webb with children at a primary school



Jacqueline with a young AIDS sufferer

A Goat Deal of Help

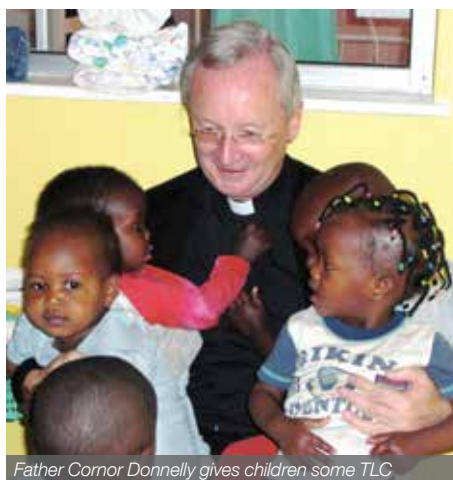
When Jacqueline Webb took a holiday in Kenya it turned into a life-changing experience

When Jacqueline Webb first went to Kenya in 2008, it was to experience the country's culture in the usual tourist ways: to meet the people, see Africa's wild animals and enjoy shopping for native ornaments. But on her trip she also visited the Kibera Slum in the capital, Nairobi, which changed her entire perspective of her holiday. The poverty-stricken children had no shoes, holes in their clothes – and yet wore a smile on their face.

Since then, she has returned several times with a friend in order to help some of the country's neediest people. She says: "I visited Kenya for the fifth time late last year. Father Conor Donnelly, a Catholic priest in Singapore, had transferred to Africa and, being a good friend, he prepared our itinerary, hired a private car and took us to the slums, institutions for the children and other places of interest."

“It's a joy when you are spending time with the children but heart-wrenching to leave”

During her trips, she and her friend often visit Nairobi's Cottolengo Home for HIV positive children. The spacious home is properly built with bricks and has a playground, and the children are looked after by a religious congregation of nuns. "Although the children are well cared for, there are too many children and the nuns are unable to show TLC to everyone," says Jacqueline. The babies are not held or cuddled enough and the older children



Father Conor Donnelly gives children some TLC

miss their hugs and high-fives. When we visit, they cling to you and refuse to let you go. It's a joy when you are spending time with the children but heart-wrenching to leave."

On a more practical level, she has also been able to contribute in many ways. "Simpler efforts included a Christmas party – which was organised for 20 children but around 120 turned up. There was singing, dancing and playing of various African musical instruments. We were also able to provide the children with over a hundred small soft, cuddly teddy bears at another home," she says.

And for the long term, she is also helping to build the She-Goat and Hen Project. This aims to provide poor families with a female goat (which costs US\$20) and, in the future, a hen – the goat to provide milk and the hen to lay eggs. "After the initial idea, meetings



A She-Goat owner



Jacqueline with an African teacher

were held and friends came on board to raise funds. We were only targeting 16 families but it looks like at least 20 families will benefit. Once the She-Goat project takes off, we will be raising funds for the hens. We are even thinking of rabbits, which breed quickly, as an ideal source of meat for these families," she says.

"Each of us can make Kenya, or any other poor country, a better place. Good ideas like the She-Goat project may be small steps but they lay the foundation of hope for the children in Africa. If you are keen to help out, please drop me an email at jacquiewebb.erin@gmail.com."

On Home Turf

Butcher James Goodenough is carving out a new career for himself as an entrepreneur

For more than 20 years, James Goodenough has been advising shoppers on the best cuts for their meat recipes as a butcher working on the meat counters in Singapore stores. Last year, he swapped the security of a regular salary for the challenges of entrepreneurship when he became owner of the eponymous James' Butchery & Co, one of the stores at PasarBella in Turf City.

James, 38, said that he was encouraged to strike out by himself thanks to the mentorship and support of Ernst Huber, who set up the renowned Huber's Butchery.

“Keep the courage to make your dreams happen”

James' Butchery & Co opened in August last year and is designed along the lines of a butcher house. “It has drawn positive feedback with our 360° display of fresh meat and unique market ambience. I've also focused on the market concept, with 80 per cent of the shop area for production and sale of meat cuts,” he says. James' Take Out occupies the remaining space and serves steak and other meat dishes with fries and greens.

The store offers some 150 cuts of meat, including beef, pork, poultry, lamb and veal flown in from famed meat-producing countries throughout the world, such as Argentina, Australia, Japan, New Zealand, Spain and United States. His number one must-try? “I have two recommendations that are our absolute bestsellers: the grill

Spanish pork chop and the Angus ribeye,” he advises.

With customers increasingly concerned about the provenance of their food, James's future plans include importing meats directly from the farm to the shop.

He says being a part of the PasarBella family has been a rewarding experience. “It's great that we are able to jointly offer with other traders a unique shopping and dining experience as the first farmers' market concept in Singapore.”

What would he advise potential entrepreneurs? “Be a spark of initiative; keep the courage to make your dreams happen and the determination to see it through. It's a long road but with resilience, drive and perseverance, the taste of success will be priceless.”

And he adds that it's important to have continuous support from the family (he is married to Nora Marissa and has a teenage daughter, Natasha), lots of patience and passion for the business.

James' Butchery & Co is located at PasarBella @ The Grandstand Bukit Timah, 200 Turf Club Road. Opening hours: the shop, 9:30am to 9pm; Griddle Station, 12pm to 9pm. For general enquiries, contact James at askjames@jamesbutchery.com



Meat with success: James Goodenough in his butchery and restaurant



A Graceful Canter

The EA dancers, dressed in sparkling white costumes, danced to three uniquely Singaporean songs – *Rasa Sayang*, *Di Tanjong Katong* and *Celebrate Joget* – as their contribution to this year's Chingay Parade. The five dancers, together with 25 dancers from St Joseph's Institution International, performed routines choreographed by Sharina Shah.

This year's Chingay focused on the Singapore spirit and rich culture, and performers paraded down the F1 pit building to the theme 'Colours of Fabric, One People'. More than 70,000 volunteers and performers took part in the event. The troupes ushering in the Year of the Horse came not only from Singapore but also from China, Italy, Malaysia, Philippines and South Korea.

