

THE NEW EURASIAN

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APRIL - JUNE 2016

Finding Our Voice

The art of effective public speaking



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THE NEWEURASIAN

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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President's Message



I am honoured to have been re-elected as President for the Eurasian Association for the term 2016-2018 and would like to thank our patrons, trustees, EA members, my fellow management committee (MC) members and the secretariat for their continued support. I am pleased to welcome four new MC members – Martin Marini as Hon Treasurer, Graham Ong-Webb (Education), Julia D'Silva (Heritage) and Christopher Gordon (Youth). While Julia and Christopher are new faces to the MC, Martin and Graham have served on committee before and I'm glad that they are back.

I am also grateful to our existing MC members for continuing to serve in the next term – Alexius Pereira and Angelina Fernandez, who have stepped up to take bigger roles of 1st Vice President and Hon Secretary respectively; Yvonne Pereira as 2nd Vice President; Francesca Eber who will continue to look after FSS; and Charlene Lee who will take on the communications portfolio.

I would also like to thank our outgoing members of the MC. Carla Barker, who has served on the MC for many years and supported me as 1st Vice President in the last term. Carla has been actively involved in the EA since its resurgence over 20 years ago and has always been a good partner, providing sound advice both to me and previous presidents. She will be staying actively engaged in the EA by chairing our Legal Advisory Panel.

Paul Leong has done an outstanding job as our Honorary Treasurer, making significant improvements to our operating and control procedures. Geoffrey da Silva has been actively involved in the EA for many terms; he served as Honorary Secretary in the last term and also made a huge contribution to education, whose portfolio he helmed for many years. Kevin Aeria is passionate about Eurasian heritage and culture and brought much enthusiasm to our Heritage Committee.

In February we came to the end of the first five-year term since we launched term trusteeship in 2011. Two of our trustees, Joseph Conceicao and Oscar Oliveira, have retired and two new trustees, Judith Prakash and Edward D'Silva, have joined as board members. On behalf of the MC, I would like to express my heartfelt thanks to Oscar and Joseph for their years of dedicated service to the community as well as to Judith and Edward for coming on board for the new term.

Oscar Oliveira was, together with Herman Hochstadt, our first trustee when we established the EA Endowment Fund in 1992 and has served as a trustee for almost 24 years. Oscar has a tremendous track record

of serving people as a former President of the National Trade Union Congress and he guided the EA through many important moments of our history. Joseph Conceicao, who is staunchly passionate about Eurasian culture and the community, became a trustee in 2004 and has served for more than a decade. A member of parliament in Singapore's early years as a nation, he also represented Singapore as an ambassador in several countries.

Judith Prakash has been a Supreme Court judge since 1995. In 2012, together with her brother Simon de Cruz, they established the Coral de Cruz memorial fund in honour of their mother to help needy students to further their studies. Edward D'Silva served as EA President from 2008 to 2010 and led the committee that developed the ECH. He is an icon of public service, having served on the boards of countless community organisations. Judith and Edward will be joining Timothy de Souza, Barry Desker, Gerald Minjoot and Gerard de Silva as EA trustees in the new term.

In March, we held an event to honour our Eurasian pioneers and to launch a new book, *Our City, Our Home: Singapore Eurasians 1965-2015*. See our story on page 16. Another significant occasion was our Volunteer Appreciation Tea at the ECH (see page 13).

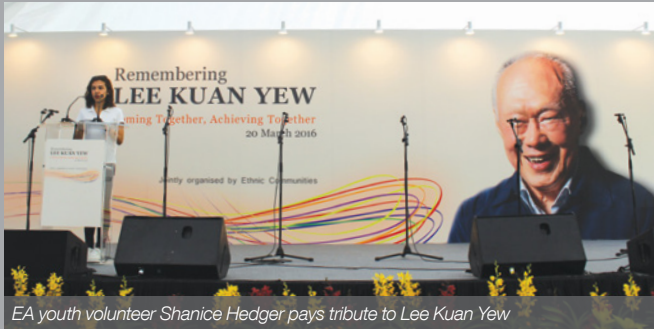
Our cover story this issue looks at public speaking. Eurasians have always been known as good speakers. But how challenging is it when you need to speak in front of a crowd? We have spoken to successful broadcasters and other public speakers to find out (see page 9).

Once again, I would like to express my gratitude for the strong support from our partners, community, donors, volunteers, management committee members, trustees, patrons and the secretariat. I look forward to this continuing with the new MC in the term ahead.

A handwritten signature in black ink, appearing to read 'Benett Theseira'. The signature is stylized and fluid, written over a white background.

Benett Theseira
President

Tribute to *Mr Lee Kuan Yew*



EA youth volunteer Shanice Hedger pays tribute to Lee Kuan Yew

The EA, together with other cultural and business organisations, gathered to pay tribute to the late former Prime Minister Lee Kuan Yew on the first anniversary of his death.

The event, which included the four self-help groups plus the Singapore Chinese Chamber of Commerce & Industry, Singapore Federation of Chinese Clan Associations, Singapore Chinese Cultural Centre, Business China and the Association of Muslim Professionals, gathered at the National Museum of Singapore on 20 March for a community event: Remembering Mr Lee Kuan Yew: Coming Together, Achieving Together. Deputy Prime Minister Teo Chee Hean was guest of honour.

MPs Visit the Eurasian Heritage Centre

The EA hosted two VIPs when Member of Parliament Joan Pereira and Minister for Culture, Community and Youth Grace Fu visited the Eurasian Heritage Centre on 17 and 25 February respectively. Both enjoyed a Eurasian lunch provided by Quentin's restaurant and were presented with a copy of the book, *The Eurasian Collection*.



Minister Grace Fu (in green) with the EA management committee



Joan Pereira MP receives a copy of *The Eurasian Collection* from EA President Benett Theseira

Good Eggs

Some 70 people, young and old, including recipients of the EA's Family Support Services, gathered at the Eurasian Community House for the association's annual Easter Sunday Lunch.

They enjoyed food prepared by Quentin's Eurasian restaurant while listening to music by Stephen Gomez and Jeffery Pinto from The Music Men.



Lynna John (left) with Dorothy Tessensohn

During lunch, The Singapore Film Society screened a few short heritage films, including one entitled *I am Eurasian*. A tombola session and an Easter trivia quiz followed – and guests also learned that throwing plastic eggs into paper cups for prizes is a lot more difficult than it looks ...

Yvonne Pereira, who chairs EA's Social Circle Committee says: "I would like to thank Mr and Mrs Quentin Pereira for their sponsorship of dining vouchers and my committee members for contributing prizes."



Easter goodies crafted by our Craft@EA ladies

Giving it a Throw

It was beginner's luck for balut newcomer Louisiana Thomas when she became the first contestant to win a speciality prize introduced by convener Yvonne Pereira for achieving a balut – five identical dice – in a single throw. The throw earned Louisiana a bottle of wine sponsored by May Swan, a feat that was later also achieved by Dorothy Tessensohn.

The event on 9 March was the first round of the In-House Balut Tournament 2016. Pat Leung was declared the evening's tournament champion with 693 points and won a bottle of wine sponsored by Quentin's Restaurant.



Yvonne Pereira (centre) with balut-in-one-throw achievers Dorothy Tessensohn and Louisiana Thomas

Annabel Pennefather's Challenging New Sporting Role



Annabel Pennefather

Eurasian Annabel Pennefather, Vice President of the Singapore National Olympic Council, has been appointed as a member of the International Association of Athletics Federation (IAAF) Ethics Board (formerly the IAAF Ethics Commission).

The nine-member commission is an independent judicial body established by the IAAF Congress to safeguard the authenticity and integrity of athletics and take measures to eliminate corrupt conduct.

Annabel is a distinguished lawyer and is currently Deputy President of the International Hockey Federation's Judicial Commission. A veteran sports administrator, she has also served as the Chef de Mission for Singapore at the Olympics, Commonwealth Games, Asian Games and SEA Games.

Annabel joins the Ethics Board at a time when alleged widespread doping in the sport is making news headlines.

A Sporting Chance

Guys: do you remember those happy hours playing football at school – or those knockabouts with your mates at weekends?

You can now relive those carefree times – and keep fit – by joining the EA's recently formed Men's Senior Soccer Team. It's open to all male EA members over the age of 18.

The idea was mooted by Lloyd Branson, 45, who for years has been playing for other teams. He was approached by the Singapore Recreation Club to play a Christmas Cup against the EA and decided to create an opportunity for Eurasians in Singapore to get together.

The EA squad now has 20 members and hopes to have 40 by the end of the year. It has already played two games and participated

in a tournament – reaching the semi-finals of the Inter-Faith seven-a-side match.

He recalls the match against SRC, which was a draw: "It was a tough game to begin with but was played in good spirits. The most memorable part was actually the dinner after the match where we mingled with the SRC team. They were fabulous hosts," he says.

The EA team will play friendly matches at least once a month and also participate in a few tournaments. Lloyd is even planning to create a tournament and is keen to attract Eurasian-based teams from around the world. The team also plans to organise events that the rest of the family can join in.

To find out more or to register as a player, please contact Seow at seow@eurasians.org or 6447 1578 (ext 204).



EA Men's Senior Soccer Team during their match with the SRC on 2 Jan

Meet Up at the ECH!

Whenever you're planning a get-together – from a family reunion or a wedding reception to a formal business meeting or evening a jamming session – the Eurasian Community House is the place to be!

Situated in the Joo Chiat area, the ECH provides a relaxed setting for all kinds of events. Rates are based on a four-hour block and a deposit of \$300 is required upon booking. Audio/visual and light/sound services are included although a technician will not be present during the event. The EA secretariat can assist with all your queries regarding renting the venue.

External catering is not permitted at our premises but food and beverages can be provided by Quentin's restaurant.

For more information or to make a reservation, please contact Seow at 6447 1578 (ext 204) or email seow@eurasians.org

*Peak = Sat, Sun, PH & Eve of PH **Non-Peak = Mon – Fri

Venue	Level	Capacity (est)	Rates	Peak*	Non-Peak**	Optional
Platinum Lounge	1	40 to 60 pax	EA members	\$150	\$130	Free use of TV / DVD
			Government agencies / Non-profit / institution	\$160	\$140	TV / DVD / Projector (\$50)
			Corporate / guest	\$180	\$160	
			Tenant (Quentin's restaurant)	\$30	\$30	Free use of TV / DVD, Projector (\$30)
Conference Room (JH Room)	2	15 to 18 pax	EA members	\$180	\$150	Free use of TV / DVD
			Government agencies / Non-profit / institution	\$200	\$180	TV / DVD (\$50)
			Corporate / guest	\$220	\$200	
Meeting Room	3	15 to 18 pax	EA members	\$160	\$140	Free use of TV / DVD
			Government agencies / Non-profit / institution	\$180	\$160	TV / DVD (\$50)
			Corporate / guest	\$180	\$160	
Multi-Purpose Hall (MPH) 50ft (L) x 36ft (W)	2	40 to 60 pax	EA members	\$150	\$130	Free use of TV / DVD
			Government agencies / Non-profit / institution	\$160	\$140	TV / DVD / Projector (\$50)
			Corporate / guest	\$180	\$160	
			Tenant (Quentin's restaurant)	\$30	\$30	Free use of TV / DVD, Projector (\$30)

Boardroom Lunch



All smiles after the appreciation lunch

A special appreciation lunch was held on 9 April at the Eurasian Community House to welcome the new intake of trustees and to give thanks to the outgoing members who completed their terms in April. Patron Herman Hochstadt also attended the event.

EA President Benett Theseira praised the two outgoing trustees, Oscar Oliveiro and Joseph Conceicao, who have served as trustees for 16 years and 24 years respectively, and thanked them for their dedication and ongoing involvement in the EA.

He also welcomed the new trustees, Edward D'Silva and Justice Judith Prakash, who will be joining Barry Desker, Timothy de Souza, Gerald Minjoot and Gerard de Silva to serve until 2021.

Certificates of appointment and appreciation were presented to the trustees, who enjoyed a Eurasian lunch.

Making the Connection



The four people in the foreground (clockwise from front left): Keith Kuah, EA education executive; Francesca Eber, EA FSS chairperson and management committee member; Mohd Heikal Yusope, Executive Director, Mendaki SENSE; Christina Gan, Cluster Director, Social and Family Development Cluster, IDA

The Infocomm Development Authority of Singapore (IDA) recently organised an appreciation lunch for the partners involved in IDA's NEU PC Plus Programme and Home Access Programme to recognise and appreciate the commitment rendered.

The EA Tightens Its Budget Control



The new management committee

The EA held its annual general meeting on 16 April where Benett Theseira was re-elected as President. Alexius Pereira, Yvonne Pereira and Angelina Fernandez were re-elected as 1st and 2nd Vice President and Honorary Secretary respectively.

The EA welcomed Martin Marini from the EA's Legal Advisory Panel as the Honorary Treasurer. Francesca Eber and Charlene Lee were re-elected as management committee members. There are three new committee members: Graham Ong-Webb, Julia D'Silva and Christopher Gordon.

Graham Ong-Webb is a research fellow at the S. Rajaratnam School of International Studies (RSIS) at the Nanyang Technological University. He teaches postgraduate students on the International Political Economy Programme within the school and military officers at the SAFTI Military Institute, where he covers strategy and policy.

Julia D'Silva started her career in the Singapore Civil Service in 1975. She joined the Ministry of Defence in 1980 and served as a political researcher and analyst until her retirement in 2013.

Christopher Gordon is currently serving as a senior assistant director (Community Liaison) at the Communications Group under the Prime Minister's Office (PMO).

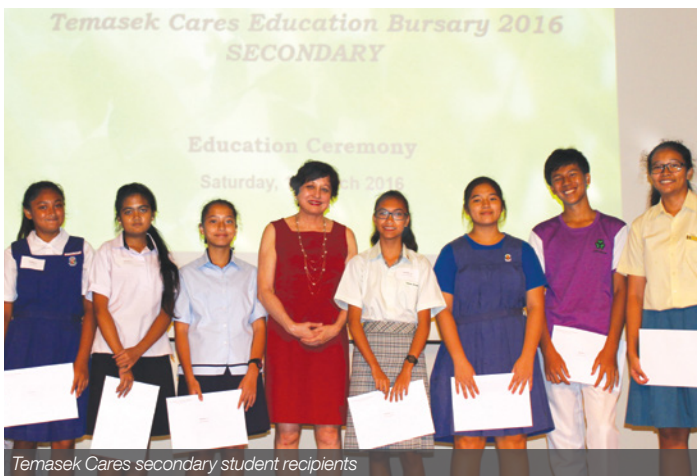
The management committee will serve until April 2018. During the AGM, the management committee also proposed amendments to the Finance Bye-Laws within the Constitution to further improve the governance of public funds. The amendments will enable the trustees to play an enhanced role to oversee the financial budgeting of the association and also require the management committee to seek consent from the trustees if there is a forecasted variation in the budget of 10 per cent or \$150,000, whichever is greater. These procedures will be managed through a monthly financial forecast and also quarterly meetings to review the finances. Benett Theseira highlighted that these amendments were an additional layer of control above the management committee to ensure that the expenditure is well managed. To download a copy of the latest EA Constitution booklet, please visit: <http://www.eurasians.org.sg/about-us/membership/>

Putting the Care into a Future Career

Two educational awards ceremonies were held simultaneously at the Eurasian Community House to provide funds for students



Temasek Cares primary student recipients



Temasek Cares secondary student recipients

The Temasek Cares Education Bursary and Coral de Cruz Memorial Fund Award ceremonies took place on 12

March to distribute awards

to some 30 Eurasian students. The Temasek Cares bursary donates funds to the EA to help students from the community's low-income families. The Coral de Cruz Memorial Fund, provided by Justice Judith Prakash and her brother, Simon de Cruz, in memory of their mother, aims to inspire Eurasian secondary students to realise the importance of good education, in order to provide for their families in the future.

Justice Prakash, as guest of honour at the event, presented the students with their award, and both she and the general manager of Temasek Cares, Woon Saet Nyoon, were given a token of appreciation by EA President Benett Theseira.

The ceremony ended with refreshments and a chance for the parents and donors to chat – and take a selfie or two.



EA President Benett Theseira with three young recipients



Student Claribel Marian Dutta with her family, Benett Theseira and education committee member Edmund Rodrigues (right)



The EA management and education committee members with Justice Prakash (centre) and Woon Saet Nyoon (right)

Shawn's Talent is Going Places

Teenager Shawn Siew is a gifted artist, whose work has been shown on the SMRT network

For many children with special needs, their problems lie more in other people's attitude to them than in their own so-called disabilities, and thus they often need to be reassured of their capabilities.

Shawn loves vintage vehicles and buildings and his ambition is to be involved in restoration work

Shawn Dillon Siew Kei Leon, 15, was diagnosed with autism at the age of three and a half and is studying at Pathlight School, a special school for high-functioning autistic children. A year ago, his artistic talents were publicly recognised when a project between the school and SMRT selected works of art by the students – in the form of wall stickers, billboard posters and large-format light boxes – to be displayed across SMRT's train network. Shawn, who took up drawing as a way to express his feelings, was proud to be one of the 19 pupils chosen to represent their work. His painting was featured at Bishan MRT station, one of the first MRT stations to have the artworks installed.

Although he coloured his SMRT drawing of Singapore's public transport system in blue, he says: "Red is my favourite colour because Singapore is a little red dot!"



Shawn with his winning drawing

Described by his family and friends a tall, shy and respectful boy, Shawn is passionate about numerous other diverse hobbies from cooking to collecting and building LEGO figurines, (especially from the Pirates Collection) and listening to jazz, disco and classical music.

He loves vintage vehicles and buildings and his ambition is to be involved in restoration work. His favourite period is the 1960s and one of his favourite vintage buildings is the old Kendang Kerbau (KK) Hospital as it is

where Singapore's population boomed in the 1960s. He would love Singapore to return to the retro look of the 1960s, complete with the furniture of the era – right down to the old dialling phones.

Shawn's sister, Shannon, 18, says it is important for the families of children with special needs to know that they have much to contribute to society. "They can all go very far in life. All they need is our great love, support and a huge dose of patience," she says.

Talking Together



NUS students Hannah Hendriks and Dean Hunt participated in the Distinguished Speaker Series organised by the SINDA Youth Club on 20 March entitled *my Singapore: Nurturing an Inclusive Society*. Among the subjects raised were how best to bridge income divides and how to integrate and accept foreigners.

The keynote speaker was Darryl David, MP for Ang Mo Kio GRC. Alexius Pereira, who chairs the EA's Education Subcommittee, also attended the event.



From left: Hannah Hendriks, Darryl David MP, Alexius Pereira and Dean Hunt



BUSINESS PRESENTATION



POLITICAL DEBATES

Speaking *Loud and Clear*

Being able to speak confidently in public can make a huge difference to our confidence – and career prospects – and, professional public speakers say, anybody can get there with practice



PUBLIC FIGURE



PUBLIC SPEECH



By adulthood, most of us are self-assured enough to express our views in the company of a few other people. But Google 'most commons fears' and list after list will tell you that among the things most likely to strike terror in us is the simple thought of opening our mouths in front of a public audience. Yet there are a multitude of reasons why being able to communicate effectively is important. It allows us to shine at school, to explain our work plans to colleagues and clients – and to persuade other people to come round to our way of thinking.

In the colonial past, Eurasians benefitted from speaking English. They were the middlemen between the Europeans and the Asians and communicated between the two groups effectively. Today, many Eurasians excel in careers that require verbal eloquence, such as the law, where Judith Prakash serves as a judge and Annabel Pennefather is a senior consultant in a law firm; entertainment, with radio DJs Jean Danker, Vernetta Lopez, Brian Richmond and film producer, TV host and actress, Eunice Olsen; and

politics, where Christopher de Souza MP is just one of a long line of politicians and public administrators who have served over the years.

We speak to individuals from broadcasters to EA Toastmasters Club (TMC) members and a student lawyer about how to overcome the challenges to effective public speaking – and how it can improve our lives.

The Broadcasters



Cheryl Fox

Cheryl Fox is a prominent figure in Singapore's media industry. She is a familiar face on Mediacorp's Channel NewsAsia, and currently fronts News 5 at 9pm on Channel 5.

During her time with Channel NewsAsia, she has anchored its morning show (*Primetime Morning*), brought local news to our homes (*Singapore Tonight*), and helmed the award-

winning investigative series, *Get Real!* She has spent the last few years with *On The Red Dot*, a current affairs series that focuses on

“It's knowing when to make the switch between our 'made in Singapore English' and proper English when the occasion arises”

social issues in Singapore, and she is now back to where she began, in the newsroom.

Cheryl feels that one of the best characteristics of Singapore is its multicultural and multilingual society. She says that although we often hear a conversation in English, it weaves in and out words and phrases in other languages. However she acknowledges that speaking in “our brand of English” often does not allow us to be well understood or respected on an international stage.

She believes that being proficient in English is no longer the domain of the Eurasians alone as many households communicate in English irrespective of their race. She says: “I've met well-educated people who don't speak good English and also those who speak better English than Eurasians.” She feels that communication skills depend on the standards

that are set at home. In her house, her father simply said: “No Singlish.”

Cheryl started speaking in public during her primary school days when she would be up on stage in school theatre productions. She says: “I remember even taking part in Malay storytelling competitions and performing in front of the entire school assembly. As I grew older there were also inter-school debates and public speaking competitions.”

When she was 14, *Newswatch*, an English news magazine programme launched its first initiative to train students as cub reporters during their holidays. There, Cheryl learned about presenting and producing. “That was my first taste of the newsroom and I fell in love with it,” she says.

She emphasises that it is important to have confidence in what one is speaking about and to connect with the audience in order to grasp their attention. “I have always been told that it always helps to imagine yourself talking to a person that you know when you are in front of an audience,” she laughs.

Cheryl believes that if a person grows up in an environment where they are constantly exposed to public speakers, they might not find public speaking intimidating. However, “if you are able to find your comfort zone on stage, you'll then be able to focus on delivering the message effectively and also let your charisma shine through,” she says.

The Broadcasters

**Keith de Souza**

Keith de Souza started his career on Mediacorp Channel 5's morning show AM Singapore as a broadcast journalist and researcher in 1995.

“The secret of good public speaking is rehearsing: Practice, practice and more practice. Speak to friends, family – or a pet!”

Since then, he has hosted a variety of segments on the programme such as Money Talks and AM with the CEOs. He is currently on 938Live's Morning Agenda.

Keith points out that an effective speaker gets the message across in the least amount of time while achieving the desired response. The secret, he says, lies in rehearsing your speech: “Practice, practice and more practice. Speak to friends, family – or a pet!”

Is there an ‘X-factor’ that makes somebody want to listen to one person and not another? Keith says that in order for someone to listen, the

speaker must believe in what they say and also be able to effectively communicate it. He cites the example of the Gettysburg address, in which Abraham Lincoln had to follow the renowned speaker Edward Everett for the dedication of a soldiers' cemetery. The latter spoke for two hours and Lincoln spoke for two minutes. Keith asks: “Whose speech is remembered today?”

He also feels that it is a strength for people to be able to motivate and influence others through public speaking. He says that charisma can be learned with hard work. “Working in front of a mirror might help. Everyone has a mobile phone; record yourself publicly, and if you bore or scare yourself, you may have the answer that you are looking for.”

Keith concludes that the burgeoning arts scene has enabled increasing opportunities for people to express themselves in artistic and literary avenues, which is naturally fostering more interest in public speaking and being articulate.

The Toastmasters

**Michael Rodrigues**

Michael Rodrigues, 68, is a retiree and the current vice-president (Education) of the EA Toastmasters Club. He joined the Singapore Recreation Club's TMC in 1999 and laughs as he recalls: “It was my wife, Constance, who signed me up without telling me. At that time, I was working a full day and was apprehensive

that it would deprive me of much-needed rest and recreation.” However, his first meeting at SRC changed his life completely. Since then, he has helped to establish new clubs, including the EA TMC, and in 2005 he founded the TM Prison Volunteers, which is doing excellent work in Changi Prison for inmates who have less than a year to serve.

“Eurasians are natural story tellers and have a wealth of experience to share”

Being conferred the ‘Distinguished Toastmaster’ award was a remarkable recognition for Michael, but he says: My most cherished achievement is hearing another individual say that he or she was inspired by my work and that it motivated them to achieve success in Toastmasters.”

EA TMC was started in 2009 and Michael's aim is to recruit both young and old members from the Eurasian community in order to boost the profile of the club. “Eurasians are natural story tellers and have a wealth of experience to share and it does help that English is our mother tongue,” he says.

He believes that eventually every TMC member will feel increasingly comfortable speaking to groups, in front of an audience and also to raise questions and clarify their doubts.

One of the challenges he highlighted is an ‘Asian’ characteristic of having a fear of public speaking. He says: “When we were young, we were not encouraged to speak up; but that is changing in today's education system.



The Toastmasters

**Jennifer Francis**

Jennifer Francis heard about the EA Toastmasters Club from her friends and was eager to polish

her public speaking skills. She wanted to learn new ways of connecting with people through speech, how to innovate her presentations and also to find new friends with similar interests. EA Toastmasters offered that and she joined in 2015.

“Always give the audience something to take home”

“I have a great mentor, who is dedicated to coaching me in my projects and the community at EA TMC is delightful.” Every session is tailored and members have lessons that even cover how to pronounce tricky words accurately.

In a typical EA TMC session, Toastmasters deliver a prepared speech followed by an impromptu ‘table topic’ that is given to them minutes beforehand. Jennifer admits she is slightly more comfortable with the prepared speech as she gets more time to think about it and also display her skills. But, she says, the

table topics are “thrilling! The atmosphere is different, with a burst of energy”.

In her past year at the EA TMC, Jennifer has developed writing skills that enable her to develop a good speech, good social skills and she also appreciates the club’s culture of fun and respect.

She advises: “Always give the audience something to take home.” She feels that it is important to first research the topic thoroughly, pause at the right moments during the speech – and also remember that the speaker is the ‘master’ on stage. “With a combination of these tips, you will be confident to address any audience,” she says. And she believes that it is never too late to learn.



The Law Student

**Ryan Sim**

Ryan Zachary Sim, 25, who has a Eurasian mother and Chinese father, is currently completing the final semester of his law degree at the National University of Singapore. He says that he grew up as a very chatty person and believes in the value of good conversation; so it was not surprising that he decided to embark on a profession that involves a significant amount of speaking.

He feels that stage fright is inevitable for most people but says he always takes a few deep breaths and says a prayer to calm himself. He says: “I try and rationalise that being afraid is not going to help with what I am about to do.”

Last year, he participated in an international negotiating competition held in London, pitting himself against teams from several other law schools. He had to present a case and defend his position to a panel of judges from law schools, which he describes as nerve-racking. But he believes that any aspiring lawyer should be able to put his or

her point across clearly and confidently in a public setting, despite the emphasis being shifted in favour of written submissions following the abolition of jury trials here.

“I try and rationalise that being afraid is not going to help with what I am going to do”

He adds that education today has been a great equaliser and although Eurasians are generally known to speak well, they can no longer be entitled to feel that they hold an advantage in this respect. However, he says that there is still a perception that Eurasians are sociable and outgoing, which he reckons shows in the large number of Eurasian radio personalities.

Ryan feels that charismatic people who are naturally gifted public speakers draw a lot of strength from their own personalities. That



being said, he reckons that with hard work and a desire to keep learning, anybody can attain a high level of proficiency in public speaking. “The most important element is being sincere in conveying your message and actively engaging the audience,” he says.

Thanks for Everything

The EA's annual Volunteer Appreciation Tea was held on 26 March at the Eurasian Community House to recognise and reward the association's 40-plus volunteers, who have variously helped to raise funds, organise and take part in cultural events, and pack hampers and distribute rations to needy families.



This year one of the volunteers to receive a certificate of appreciation was 16-year-old Cynthia Yap, a non-Eurasian who joined as a youth volunteer – with encouragement from her Eurasian friend, Chanel Roberts – as she was curious about the Eurasian culture. She started as a part of the contingent during SEA Games 2015 and has since participated in several heritage events including Chingay 2016.

She says: "When I first started, it was simply to entertain myself when I was

free; however I enjoy it tremendously now and have fun with my friends!" She hopes more young people will volunteer at the EA and describes it as an interesting way to learn about the Eurasian culture.



A Heart to Heart over Tea

The EA's get-togethers for its FSS recipients are a chance to mix with others in the community in convivial surroundings – while learning something new

Focussing on 'Are you ready for Heart-Smart Eating?', the EA's latest Tea with Neighbours session provided guests with information about proper nutrition and simple daily exercises to promote better heart health. More than 55 people participated in the event and learned how they could build healthy food habits to prevent heart diseases.

The tea was held on 3 April at the Eurasian Community House, and was organised by the EA's Family Support Services in collaboration with the Singapore Heart Foundation (SHF), supported by the South-East Community Development Council.

Nutritionist and heart safe coordinator Lim Kiat from SHF gave a talk about developing healthier food varieties and provided a food demonstration on making dairy-free cream pasta.

Afterwards, the guests took part in a workout session that taught simple stretching exercises using a chair. They were then invited to take part in a question and answer section on healthy living and enjoyed – healthy, of course – tea and refreshments.



Best Foot Forward

Two young Eurasian footballers have enjoyed the chance to train at top European clubs



Mark with his own Valencia shirt meets Valencia coach and former Manchester United star Gary Neville

Mark Achieves His Spanish Goal

Teenager Mark Rodriguez must be the envy of his classmates after he flew to Spain to take part in the youth training camp of one of Spain's top-league teams – and even got to watch the first team play.

Football-mad Mark, a student at SJI International, was one of 17 student athletes to win a Singapore Olympic Foundation-Peter Lim (SOF-Peter Lim) Scholarship offered by the Singapore billionaire businessman who owns La Liga's Valencia football club.

“I learnt how dedicated the teenagers in their youth team were as they trained almost every day”

Mark visited the city to participate in the SOF-Peter Lim Amunt Valencia Football Camp for a week last December after he submitted an audition video.

The 16-year-old year old says that he has been playing football for “as long as I remember” – even before he started primary school. He was inspired by his father, who bought Mark his first football kit, a set of cones and a football. Mark treasures the football up to this day.

His sporting role models include Real Madrid's (and former Manchester United's) Cristiano Ronaldo – “arguably the best player in the world, to me he is a complete footballer; he can do everything, I am a Manchester United fan as well and he was a legend at the club.” He also reveres midfielder Paul Scholes and defender Nemanja Vidic, both also former Man Utd players.

Mark trains three times a week and during the weekend he also enjoys a friendly game with his friends. He was ecstatic when he found out that he had received the scholarship as he had waited eagerly for months for a response. “I sent my audition video to Valencia in May and only got a reply in October. It was a long wait.”

He says he was determined to clinch the scholarship and gave it his all during the audition video.

“Keep calm and forgive your team mates when they make a mistake”

His face lights up when he describes his experience in Valencia. “We would wake up at 7am for breakfast and train for around three hours. After that, we would get to rest for a short period before having another training session or visiting different parts of the city.” During his time at Valencia, Mark had the opportunity of watching a La Liga match, Spanish Cup Game and also enjoyed a tour of Mestalla Stadium, the team's home ground.

One of the biggest challenges that he faced was adapting to the cold weather, which could drop to six degrees Celsius at night. He was thankful he'd taken long-sleeved compression wear for the trainings and used plenty of layers to keep warm.

During the trip, the coaches taught him new drills related to shooting, passing and positioning. He adds: “I learnt how dedicated the teenagers in their youth team were as they trained almost every weekday with a game over the weekend. It was inspiring.”

He believes that after practising and doing all you can, “it's best not to stress out too much when playing the game – and also to keep calm and forgive your team mates when they make a mistake.”

Mark would like to thank his parents, his coach and Mr Peter Lim for the amazing opportunities that they presented him with. He hopes to graduate from SJI International with an IB Diploma and then go to university. “I hope to keep playing football. Even if it is not competitive, I will still have a good time with my friends!” he says.



Mark with his fellow scholarship recipients



Mark with Valencia coaches Toni and Alvaro, who organised the training sessions

A Dollah to Treasure

By day, 18-year-old Joshua Pereira is a Temasek Polytechnic student pursuing a diploma in Hospitality and Tourism. By night, the promising midfielder can be found on a football training ground practising with the Garena Young Lions. His double shift means a routine that begins at 9am and finishes at 10pm.

His long hours of hard work were recently recognised when he was presented with a sporting trophy – *The New Paper's* Dollah Kassim Award for footballing excellence and character. On winning the award, Joshua says: "I was in awe! It did not cross my mind that I will win. I thought to myself that every nominee here deserves to win the award as well."

The award included the Singapore Pools Passport to Excellence prize of an eight-day stint training with France's Ligue 1 team, St Etienne, which Joshua attended in March.

His passion for football began when he was seven years old. "It was actually at the EA's Soccer School that I started playing soccer with Uncle Freddie" – Freddie Fox, who founded and coached the EA Soccer School."

“It was the 90th minute and I scored the equaliser and eventually Team Singapore won the match on penalties”



Joshua goes through his paces



Joshua Pereira has fought back from injury for his place in the team

He admits that it's tough juggling college and football and says he gets his inspiration from Manchester United player Bastian Schweinsteiger, who, he says, "is always composed and an extremely reliant player for the team."

Joshua's most memorable match was the battle for third and fourth placing at the U21 Vietnam Newspaper Cup, an under-21 tournament held in Vietnam annually. He recalls: "It was the 90th minute and I scored the equaliser and eventually Team Singapore won the match on penalties."

Life has not been without serious setbacks. When he was 12, he fractured his right fibula and at 16 suffered a broken ankle. Despite these major injuries, he came back stronger than before. He says he went through the tough period by focusing on recovering well before starting to play again. "I kept my head down and kept on working hard. I can't do anything to reverse time and everything happens for a reason."

Revitalisation of the Eurasian community

A new book on the Eurasians by Dr Alexius Pereira is part of a major collection to commemorate SG50



Minister Heng Swee Keat with Dr Alexius Pereira

A series of books on Singapore, on topics ranging from its heritage to diplomacy, was launched last December by Minister for Finance Heng Swee Keat as part of the nation's jubilee celebrations in a joint collaboration between the Institute of Policy Studies and Straits Times Press.

As part of the 50-volume series, *Singapore Chronicles*, Dr Alexius Pereira, Deputy Director at the Ministry of Home Affairs and a member of the EA's management committee, wrote a book entitled *Eurasians*. The book focuses largely on identity issues that Eurasians face.

Alexius' interest in the Eurasian community began when he undertook his Master's thesis at NUS in 1995 on the subject 'Singapore's Eurasians: Their Management of Ethnic Identity'. In January, he gave a talk at the National Museum of Singapore on his new book and

the revitalisation of the Eurasian community. He covered the history of the Eurasian community in Singapore, its apparent disappearance as a distinctive group and its recent revitalisation, and explained how the Eurasian community's social history is intricately woven into Singapore's own history and development.

With the Eurasian community adopting European styles in matters such as food and fashion, they were considered distinctive and yet looked local

During his speech, he said: "As a port with a vast array of wealth, Singapore (during colonial times) became a place which people wanted to come to. They were encouraged by the colonial powers, which saw Eurasians, with their command of English, as ideal candidates to take on jobs in the colonial civil service." With the Eurasian community adopting European styles in matters such as food and fashion, they were considered distinctive and yet looked local. However, the Europeans did not accept the Eurasians as members of their community, while the mannerisms and culture

of the Eurasians did not align with the local communities. As a result, the Eurasians formed a community unto itself, where Eurasians of various ancestries – Portuguese, Dutch, British, Chinese, Malay, Indian, and others – intermarried, forming the unique Singaporean Eurasian community as we know it today. This period, which lasted until the beginning of the Second World War, became fondly known as the Eurasian Golden Age.

He then discussed the apparent disappearance of the Eurasian community as a recognisable group and said that with the emergence of Singapore as a nation, many people were encouraged not to identify themselves according to their racial communities but as "Singaporeans".

However, by the 1980s, when the government was satisfied that the nation building project was complete, ethnic identification was once again encouraged. By the 1990s, the Eurasians, like the other races in Singapore, began to explore their heritage, ancestry and the community's own unique features, mainly led by efforts from the Eurasian Association.

The first 10 books of the *Singapore Chronicles* series are available in bookshops and the remaining 40 books will be published over the course of 2016.

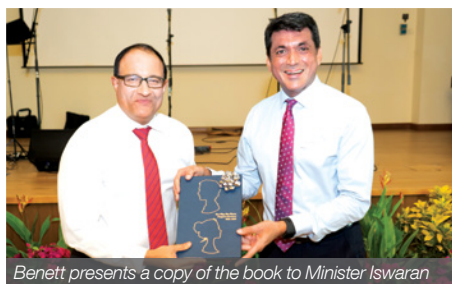
Famous Fifty

The EA has published a book of 50 Eurasians who have made a significant mark since 1965

On a convivial, musical afternoon typical of the Eurasian spirit, the EA launched a book that highlights the contribution made by 50 influential members of the community since Singapore's independence.

The book, entitled *Our City, Our Home: Singapore Eurasians 1965-2015*, was produced as part of the SG50 commemorations and Mr S Iswaran, Minister for Trade and Industry attended the event on 19 March, as guest of honour.

The event took place against a musical backdrop provided by Alemay Fernandez and Anson Fung, Ernesto Valerio, Greg Anderson, Veronica Young and Peter Diaz, and began



Benett presents a copy of the book to Minister Iswaran

with guests taking snaps of themselves at the photo booth provided.

Emcees Christian Eber, Paul Rodrigues and Michelle Tessensohn gave guests a brief introduction to the Eurasian Association and in his welcome address, EA President Benett Theseira pointed out: "Our involvement clearly exceeded our small population, and through the years we have contributed and achieved success in diverse fields such as the civil service, health, education, arts, sports, community work and more."

Minister Iswaran, who was presented with a copy of the book by Benett, described it as "an important contribution to Singapore's collective sense of history and identity, which enlivens the grit and determination of the pioneer leaders of Singapore and the Eurasian community."

A slideshow featured Eurasians speaking about the community and a photo montage of the featured Eurasians was on display. To symbolise the handing over from the wise old guard to the new generation, the promising young Eurasians featured in the book presented souvenirs to the Eurasian pioneers who appear in its pages.

A toast was then raised to: "Eurasians!"

The book will be available for sale from 1 July and the EA will be taking pre-orders. Please contact Jacqueline at jacqueline@eurasians.org or 6447 1578 (ext 202) for more information.

Recording Kristang for the Future

Help to Keep the Eurasian Dialect Alive

Are you one of the dwindling group of Eurasians who still speak Kristang? If so, you can help to preserve it for others and assist in maintaining the Eurasian cultural identity.

Kristang, a mixture of Portuguese and Malay, originated in the 1500s when Portuguese businessmen needed to communicate with the locals in Malacca for the spice trade. Many Eurasians of Portuguese descent spoke Kristang. However, over time, as English became the unifying language, the need for Kristang faded.

The Eurasian Association's Heritage Committee is keen to preserve this rare Eurasian dialect and is working on collecting audio recordings from those who can speak Kristang. The recordings will be based on themes such as Easter, Christmas, baptisms, birthdays, weddings and other topics. Kristang is a significant aspect of the Eurasian community's history and the EA wants to protect it for future generations.

If you speak Kristang or know of anyone who does, please contact Jacqueline at 6447 1578 (ext 202) or jacqueline@eurasians.org

Spreading the Eurasian Story

Recent discussion forums have provided a platform to publicise the community's history

More people are taking the opportunity to learn about the Eurasian community – both here and abroad.

At a discussion panel at the National Museum's Battle for Singapore programme in February, former EA Heritage Committee chairperson Burton Westerhout described the part Eurasians played during WWII, drawing on his own family's experience.

He told the audience that his mother was pregnant with him when the Japanese first bombed Singapore simultaneously with Pearl Harbour in December 1941 – and she nearly miscarried as a nearby house was hit. During that period, many of the local Japanese Community lit lights on their rooftops to guide the Japanese bombers.

Burton told of his family's struggle to keep him and themselves nourished in the face of food scarcity and how the Japanese generally mistrusted the Eurasian community because of their Westernised family names, native English and the fact that they worked predominantly in the British colonial administration.



Burton Westerhout takes part in a question-and-answer session about wartime Singapore

This mistrust, coupled with the dearth of food in Singapore, led the Japanese to encourage Eurasians to move to Bahau in Negri Sembilan. There, some 3,000 civilians discovered a terrible, insanitary life that was harsher than they would have endured in Singapore.

Denyse Tessensohn gave her take on the Eurasian experience on 13 December, when she gave a talk at a seminar organised by the Singapore Federation of Chinese Clan Associations to discuss the experiences of the different ethnic groups as they transformed Singapore from a small fishing village to a metropolitan city.

NHB Museum Round Table

The EA has joined forces with the National Heritage Board to help promote the community's culture

Last June, the Eurasian Association became a member of the National Heritage Board's Museum Roundtable (MR), which strives to develop a stronger museum-going culture in Singapore.

As an MR member, the EA is now able to promote the Eurasian Heritage Centre in the Singapore Museum Guide, which is displayed at all museums under the NHB, and the association has seen an increase in the

number of schools and organisations enquiring about the packages offered under The Eurasian Experience Tour @ Eurasian Heritage Centre.

The EA now needs more museum tour guides. If you are keen to sign up for training – and are able to conduct tours on weekdays – or would simply like to register for a tour package in order to understand the Eurasian culture and heritage better, please contact Jacqueline at 6447 1578 (ext 202) or jacqueline@eurasians.org



Sounds Delicious

How do you pass the time it takes to cook a meal? Why, raise your voice, says Irene Jansen, Singapore's singing chef



Irene Jansen in the studio kitchen

Irene Jansen loved the food her grandmother and mother cooked – “her house smelled heavenly with all the Eurasian cuisines like feng and curry devil” – so when Irene married and no longer had easy access to home cooking, she realised she'd have to learn for herself.

She began experimenting by creating easy and simple recipes. Whenever she cooked, she would listen to music for background entertainment – and is herself a talented singer, having been a choir girl in her youth. On one occasion, some eight years ago, there was no music to listen to, so she started singing in the kitchen. At that point, she says: “I had an epiphany – and came up with the concept of singing the history behind the food that I was cooking.” She introduced the concept during a book launch and from there received the opportunity to present a food show – and *The Singing Chef* on TV's Planet Food was born. She says: “I never thought this could be something that I could pursue as my career, where music and food work together so seamlessly.”

The 47-year-old, now a mother of two teenagers, says her aim is to motivate other busy women and show that there are many delicious recipes that take little time and effort to make. She enjoys cooking all types of food, perhaps due to her diverse family

background; her mother is Cantonese and father, Eurasian, while her great grandfather was of Dutch heritage and her great grandmother descended from Portugal. Irene likes cooking with spices and one of her favourite recipes infuses tea into the dish. She adds: “Another favourite is shepherd's pie, which is everyone's favourite too.”

“I came up with the concept of singing the history behind the food that I was cooking”

For the past 10 years, Irene has also been working as a vocal coach. She says the beauty of teaching is not only to make her students achieve their singing potential but also to see them gain confidence. “I feel tremendous satisfaction when my students realise that they are able to hit the notes and sing without assistance,” she says. She was also the host and chef for *On the Go!* TV programme on the Asian Food Channel and partnered with fitness enthusiast Kelly Latimer.

One of her 2015 year-end projects was *The Emperor's New Clothes* play with Wild Rice.

Her aim is to motivate other busy women and show that there are many delicious recipes that take little time and effort to make



Irene training the children to sing in Wild Rice production of *The Emperor's New Clothes*



Irene with her family

She enjoyed working with the creative team and training the first stage kids. One challenge was to ensure that the children harmonised and truly felt the story behind the songs. She says, “Pam Oei was the director and Julian Wong was music director and they are fantastic people to work with.”

In the near future, Irene plans to give more workshops and vocal training. She also hopes to aid her student's vocal retention and help to protect the vocal chords creating healthy recipes. We bet they taste good.

Chance Encounters

Kimson Hogan's job is to ensure the safety of patrons at Marina Bay Sands – and that includes ensuring that its casino patrons are enjoying themselves responsibly

Photo: Marina Bay Sands



Kimson Hogan: ensuring visitors enjoy a safe stay at Marina Bay Sands

For many people gambling offers the opportunity to have a fun night out and – maybe – take home a sizeable bonus. For others, though, it can be an addiction that can bring misery to their family and friends. Marina Bay Sands is well aware of this and among its staff are specially trained personnel, part of whose job is to keep an eye out for problem gambling.

Kimson Hogan, 46, is one of MBS' 'responsible gambling ambassadors' (RGAs). In 2014, the Eurasian, who is of Irish and Chinese descent and married with three children, joined MBS as a security operations manager, where he was also selected to become an RGA. In January, MBS identified 40 outstanding ambassadors for their consistent good work and contributions under the company's RGA Appreciation Award programme and Kimson was a deserving recipient.

In order to qualify as an RGA, he underwent a full-day training under a programme developed by Dr Bo Bernhard of the International Gaming Institute of the University of Nevada, Las Vegas, in conjunction with MBS. Kimson says: "It provided us with a deeper knowledge of responsible gambling and also taught me to interact with patrons and direct them to help when required. There are currently more than 450 RGAs in MBS and they are required to attend an annual training session to refresh their knowledge on responsible gambling.

Kimson says that he was very proud to receive his award, but more importantly, he is gratified by the appreciation from patrons who have taken his advice and sought assistance after he approached them.

Kimson emphasises that even though the main role of an RGA is to assist and provide information to patron who may be experiencing difficulty with gambling, RGAs are not mental health professionals and are not qualified to give a problem gambling diagnosis. He explains: "It is extremely difficult to tell if a patron has a gambling problem; there are often no overt signs." He uses the techniques that

he was taught during training. He now knows how to use the right approach to engage a patron – and also to listen first for verbal cues before approaching him or her. He says that it is important that this is done with empathy: his biggest challenge is to figure out how to suggest, in a sensitive manner that does not offend, that the patron seeks help from available avenues.

“The training provided us with a deeper knowledge of responsible gambling”

Kimson adds that there are several problem gambling screening tools that are available and further assistance can be found at www.ncpg.org.sg

His role as an RGA is just one part of his work. In his capacity as a security operations manager, Kimson oversees one of the four operations teams tasked with ensuring the safety and security of MBS.

He recalls one incident where he saw an elderly lady alone in the lobby and looking distressed. He approached her and realised that she did not speak English. Via sign language, he established that she could not return to her room as she had forgotten her key card. Because of the language barrier, he was unable to verify that she was a registered guest. He says: "I immediately informed my team and we reviewed the CCTV cameras. From the footage, we were able to verify that she was our guest and escorted her back without any delay. The look of gratitude on her face was a priceless takeaway."

The hospitality industry is all about service, says Kimson: "MBS has taught me to create memorable experiences for the guests and, more importantly, to be patient, empathetic and positive."

IN STEP FOR THE



BIG PARADE

2016



After more than three months of practice to get their routine precision perfect, the EA Dance Troupe joined the colourful array of performers at the annual Chingay event – Asia's largest street performance and float parade.

Organised by the People's Association and held this year on 19 and 20 Feb at the F1 Pit Building, the festival is a celebration of the diverse cultures in Singapore.

The EA troupe, comprising 21 dancers decked in red, white and black, performed to a Malay number, *Geylang Sipaku Geylang* choreographed by Syarul Ezuan.

