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ON THE COVER

NEWEURASIAN

The quarterly 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.

Advertising Rates

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Call the EA at 6447 1578 or e-mail Rachel Chen at rachel@ eurasians.org.

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President's message

The Eurasian Association's largest educational event, the Eurasian

Community Fund (ECF) Awards, has taken place again. In September, we gave some 200 awards to deserving students from primary to tertiary levels. Since its inception in 1996, the ECF awards ceremony has been instrumental in providing Eurasian students with bursaries, study grants, excellence and distinction awards; 2010 was also the second year of EA's Merit Bursary Awards, which provide full tuition fees, books and ancillary expenses to two outstanding polytechnic students and two ITE students.

It was a privilege to have Annabel Pennefather, the guest of honour, speak to our Eurasian students about sports and school, as well as essential life skills. I was happy to see so many bright and talented young Eurasians reaping rewards from their hard work and achievements, be they academic or sporting. With the Youth Olympic Games behind us, we are proud that three of our young Eurasians have done so well, and we hope that more Eurasians will engage in sporting achievements and continue the tradition of sporting excellence that an older generation of Eurasians fought hard to maintain.

Our Eurasian students have been making good year-on-year progress in their studies. In 2009, 4.6 per cent of Eurasian students taking their Primary School Leaving Exams (PSLE) made the top 10 per cent of their cohort, compared to three per cent in 2008. In 2009, 21.4 per cent of those who took N-Level (Academic) exams made the top 10 per cent of their cohort, compared to 12.1 per cent in 2008.

I wish our Eurasian youths all the best in their future endeavours and encourage them to keep up the good work, and continue to strive towards the highest standards in their studies, with the long-term goal of raising the standing of Eurasians in society.

In this issue, we bring you a feature on one of the most enticing aspects of Eurasian culture - our cuisine. Read more in our cover story to learn how Eurasian cuisine came to be as multicultural and diverse as the Eurasian heritage itself.

On another note, the success of the Eurasian community is dependent on assisting the needy people within our community. Once again, we are reaching out to all of you to lend us a hand and volunteer your time and skills, no matter big or small, to our welfare arm, the Family Support Services (FSS). On our FSS pages you will find out what our services mean to two beneficiaries, and how the FSS's assistance programmes have helped them to become self-reliant and empowered.

Finally, Christmas will soon be here and we have a line-up of seasonal events to enjoy. We hope you will turn up to support them - and have great fun at these events.

William (Bill) Jansen,

President

Photograph courtesy of SPH-SYOGOC/STEVEN TOR

Congratulations to our soccer stars!





Well done Singapore's Youth Olympic Games football team, who won a bronze medal at the recent games held in Singapore. The team included two Eurasians: in the left photograph, Bryan Neubronner (in red and black) battles for the ball; in the right photograph captain Jeffrey Lightfoot jumps for joy at a match-winning goal

Burning desire

The Youth Olympic Games was not just about competing for a place on the podium. For many, there was the sheer joy of taking part on home soil in the world's inaugural event.

Eurasian Pearl Wee, 15, a pupil at the School of the Arts Singapore, was proud to have been chosen as a torch bearer for the home stretch of the Journey of the Youth Olympic Flame.

The torch bearers were escorted by the police and outriders and watched the crowds lined in support along the streets. "I could not have felt prouder for Singapore," says Pearl.

"On the day of the run I was so excited to see fellow Singaporeans, young and old, playing a part. Just when I thought that things could not get any better, I was told that I had to run an extra 100 metres because a participant had been unable to make it. So I had to run a total of 200 metres - twice the privilege!"

Her mother, Joyce Zuzarte, says: "I felt so proud seeing Pearl carrying the torch, with the big smile on her face and the crowd cheering and clapping; it was a moment of sheer exuberance!'



Pearl Wee carries the torch for Singapore

Family values are business values

Do you own a business? If so, is it family friendly? According to an MYCS (Ministry of Community Development, Youth and Sports) survey, family-friendly businesses can earn an average of eight per cent more in sales than those that don't prioritise families.

The MYCS is now offering grants to businesses to help them incorporate family-friendly strategies. All businesses and organisations whose services or products are relevant to families are eligible, providing they are registered or incorporated in Singapore, have at least one outlet, and target families as customers.

Under the Business for Families grant, the government co-shares up to 70 per cent of costs incurred for approved projects, subject to a cap of \$50,000 for businesses with one outlet and \$80,000 for businesses with multiple outlets.

Businesses in the retail, food and beverage, leisure and lifestyle, and services sectors are encouraged to apply.

For more information, contact Angela Swee at Singapore Productivity Association, e-mail angela.swee@spa.org.sg.

500 years in South-east Asia

A three-day conference to commemorate half a millennium of Portuguese presence in South-east Asia was recently hosted by the Eurasian Association.

The event, entitled 'Portuguese and Luso-Asian Legacies in Southeast Asia, 1511-2011', was held on 28 September 2010, and the 65 distinguished guests included Portuguese ambassador HE Jaime Leitão, Ambassador K Kesavapany, Director of ISEAS, and ISEAS Visiting Professorial Fellow and Conference Organiser Dr Laura Jarnagin Pang.

EA Honorary Secretary Jason Dendroff and management committee members Burton Westerhout, Francesca Eber and Yvonne Pereira played host to the conference delegates. In a welcoming speech, Jason outlined the history and objectives of the EA and after dinner, former EA vice-president Dr Barry Pereira gave the visitors a tour of the heritage museums at the ECH.

Organised by the Institute of Southeast Asian Studies, the conference was held in both Singapore and Malacca, bringing together academics from Macau, India, Australia, Portugal, Germany, the UK and the US to present and discuss research topics on culture (literature, architecture, music, linguistics), identity, colonialism and post-colonialism.



Conference visitors examine some artefacts from the Second World War



Dr Barry Pereira (right) conducts the tour of the museum



Left to right: Yvonne Pereira, Dr Laura Jarnagin Pang, Jason Dendroff, Francesca Eber, Burton Westerhout, Jaime Leitão



Yvonne Pereira

Laughing her way to the top

The serious art of public speaking was accompanied by plenty of mirth when EA Toastmasters Club members competed in their annual Humorous Speech & Evaluation contest at the ECH.

Russell Bennett, Yvonne Pereira, Emilie Oehlers, Peter Rodrigues and Zaf Coelho entertained the audience with their amusing and original speeches. Having finished second last year, Yvonne triumphed as champion this year.

Her speech, entitled *It's a Reality*, inspired by her recent interview with the *Today* paper on active ageing, drew laughter from the audience when she lamented: "It's a reality that each and every one of us will grow old and eventually die, either heading to heaven or to hell. I know where I'm heading to, as I am too heavy to climb upwards..."

To learn more about the EA Toastmasters Club, please contact Emilie Oehlers at veganahata@gmail.com



Amanda Hogan

On parade

When 15-year-old Amanda Hogan responded to an EA appeal for volunteers to represent the Eurasian community in one of the mass display groups at this year's National Day

Parade, she discovered she'd signed up for months of exhausting but exhilarating work.

Amanda, a pupil at St Anthony's Canossian Secondary School, says: "I decided to join just for the fun of it", although she admits that the CIP [Community Involvement Programme] points gained also came in handy.

It was the first time she had participated in the event and she learned that she would need to go to rehearsals every Saturday starting from June. "Each rehearsal lasted for about eight to 10 hours. Yes, it was very tiring." Was it worth the effort on the day? "It was really thrilling and I was very excited to perform in front of so many viewers," says Amanda. "I was hoping I'd be on TV but unfortunately, I wasn't. I wasn't very nervous as we had many rehearsals beforehand, so I was quite confident on the actual day."

She is now back at school concentrating on her studies, where her favourite subject is biology. And as a young Eurasian representative, she says: "I guess the best part is having a rich heritage, like being a mix of European and Asian. I think it's pretty cool."

Pulling for the team

The EA dragon boat rowers are looking for you to be part of their team! You don't have to be Eurasian to join – all you need is to enjoy paddling on the river, surrounding yourself with other fit men and women, and a desire to be number one!

Tanned and buff EA dragon boater Calvin Christian tells us why dragon boating is so great.

What do you get out of being a dragon boater? Is the training tough?

Training is tough as nails, but working cohesively as a team is what it's all about. The smiles and laughs do make the weekly training something to look forward to. You also get a great tan while you're out there for so long. What I take back is an awesome day out with great friends and

an absolute workout. It's not about being a dragon boater that matters - it's about being an EA dragon boater that makes it special.

What techniques, skills and muscle groups are involved in the sport?

Dragon boating can easily be taken on by anyone with some kayaking experience. The sport depends primarily on strength and coordination. The specific skills necessary are few – such as the ability to use your back and core stomach muscles by rotating your mid torso when rowing; stepping with your legs to transpose energy from the legs to the arm; and paddling and generating a forward force to the boat.

The key muscle groups used in dragon boating are abdominals, trapezius, quadriceps, lower back, biceps, triceps, forearms and obliques. We've noticed that the dragon boat team is unisex. How do you balance the weight disparity



on a dragon boat? Don't you end up rowing in circles?

No problem going in circles as we balance the boat rather well! Currently the team has a few more guys than gals, but the weight between the left and right rowers has worked out. Technically, if the boat is unbalanced there is the coxswain who has the ability to shift his or her weight around the back to help balance things off.

If you're interested, please e-mail Clifford LeCaine at clifford@templar.com.sg

Lucky draw winners

Congratulations to the following 15 lucky winners of our membership updating exercise, who have each won an \$18 voucher for a Sunday Brunch Buffet at Quentin's restaurant: Nicholas Anthony; Olga Veronica Cappel; Molly Theresa Ferdinands; Belinda Francisco; Jennifer M Frugtniet; Murphy Charles Jansen; Francis Vincent Koenig; Salleh Lange; Gerard Sylvester Nunis; Clifford Douglas Olsen; Patricia Vera Pereira; Tracy Faye Ann Rozario; Christina Hilda Theseira; Alan Raphael Walters; Terrence Nigel Yap.



News in brief

Lunch with the mayor

The EA's management committee hosted a lunch at Quentin's restaurant in September for Mayor Matthias Yao from the South-East Community Development Council. The purpose was for him to meet the new management team and to renew ties with the EA.



EA President Bill Jansen (left) greets Mayor Matthias Yao at Quentin's restaurant

Membership updating reminder

The EA is undergoing an updating exercise for all members, so if you haven't done so already, please send us your up-to-date records.

To request a membership form to be mailed, faxed or e-mailed to you, contact Rachel at 6447 1578 or rachel@eurasians.org

Calling all bookworms

A complete catalogue of the books available on sale at the Eurasian Community House will be coming soon to the EA website. If you want to purchase a book but are not sure what's in stock, you'll soon be able to browse the catalogue on www.eurasians.org.

Doing the honours in Delhi

Eurasian Annabel Pennefather was appointed Singapore's chef-de-mission for the 19th Commonwealth Games in New Delhi and led the nation's team of 71 athletes in the city between 3 and 14 October. Ms Pennefather is a lawyer and President of the Singapore Hockey Federation.

Well spoken

Judith D'Silva, deputy director of Mindef's Public Affairs Department, will be contributing to the nation's Speak Good English Movement by publishing a book of 'bad English' that comprises hundreds of gaffes made frequently by civil servants at work – so Singaporeans can learn from their mistakes.

Extra effort brings rewards

Students who do well under the Collaborative Tuition Programme can win awards for their efforts

Children who sign up for tuition classes held under the Collaborative Tuition Programme could earn themselves a Joint Tuition Award. The JTAs are given to students who make significant progress through their CTP studies and do well in major landmark exams.

Pupils can now sign up for tuition classes at dozens of centres island-wide, thanks to the expansion of the CTP, which began with 14 tuition centres when it was launched by the self-help groups as a pilot scheme in 2002, and today has 65 centres with an enrolment of approximately 8,715 students from the four ethnic groups.

A total of 63 primary and secondary schools have provided the venue and resources for the SHGs to conduct the tuition programmes, and this collaboration has made tuition

more affordable and more easily accessible to students from all races.

The Joint Tuition Awards Ceremony was inaugurated in 2004, and at this year's award ceremony 473 students received awards for significant improvement in their performance at the PSLE, GCE 'N' Level and 'O' Level examinations. This is some eight per cent increase on the number of recipients last year.

The EA has always strongly encouraged Eurasian students to register for these tuition classes; it points out that they not only provide affordable, subsidised tuition at conveniently located venues but also offer an opportunity to make friends from other cultures.

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



The self-help groups' representatives and award winners at this year's JTA ceremony

Early education help for youngsters in need

Children from low-income families may be eligible for extra help with their studies

Temasek Cares Education Bursary

The Temasek Cares Education Bursary is for primary school students from lower-income families and covers school fees, transport, meals and uniforms. Students who are currently in primary school or will be starting in 2011 are eligible to apply.

Applicants must have an average household income of no more than \$500 per person. Forms can be obtained from the EA Secretariat office at the ECH and applications are open until Friday 17 December 2010. Late submissions will not be accepted.

Bridging Programme

The self-help groups conduct a Bridging Programme for children from low-income families who have not attended pre-school or have not acquired basic literacy, numeracy and social skills. The Bridging Programme is hosted at primary schools to familiarise these children with the school environment.

This year, the SHGs will be expanding the K2-One Bridging Programme to reach out to more pre-school children. The four-week programme, from 22 November to 17 December, comprises classes of six to 10 children, which are usually held from 9am to 1pm.

For more information on both of the above, please contact Jacqueline at 6447 1578 or via email: jacqueline@eurasians.org

ECF Education Awards 2010

The EA pays tribute to this year's outstanding students

Bursary Award winners - Primary



Bursary Award winners - Secondary



Bursary Award winners - Tertiary



Distinction Award winners (below and bottom)





Annabel Pennefather presents David Pang with the Outstanding Eurasian ITE Student award



The annual Eurasian Community Fund [ECF] Education Awards is the EA's recognition of outstanding academic achievements by Eurasian students throughout the year and also offers bursaries to deserving, needy students. This year, no fewer than 200 recipients received awards.

The guest of honour was Annabel Pennefather, Vice President of the Singapore National Olympic Council and Chef-de-Mission, who led Team Singapore to this year's Commonwealth Games. In her speech, she addressed the prominence of sporting achievement in Singapore Eurasians of the past, mentioning athletes and Olympians including Percy Pennefather, Mary Klass, Wilfred Skinner and Lloyd Valberg. She then congratulated three young Eurasians – footballers Bryan Neubronner and Jeffrey Lightfoot and cyclist Travis Woodford – who had done well as part of the Singapore team in the Youth Olympic Games.

Ms Pennefather then outlined the benefits of pursuing sports courses in schools, citing physical benefits as well as essential life skills such as time management skills and a disciplined outlook in life.

She also made special mention of David Christopher Pang, who received the Outstanding Eurasian ITE Student 2009 award. David, who has consistently scored good grades throughout his education, is an active sportsman. Besides pursuing a Diploma in Sports Wellness & Management at Nanyang Polytechnic, he also coaches budding young soccer players under Little League Pte Ltd.

ECF Award winners

The Peter H Fernandez Award Sponsored by Lawrence da Silva Top Eurasian PSLE Student 2009 Samantha Annabelle Neubronner

The Colonel R J Minjoot Award Sponsored by Gerald Minjoot Top Eurasian Normal Academic 'NA' Level Student 2009 Aurea Eolande Nonis

The Colonel R J Minjoot Award Sponsored by Gerald Minjoot Top Eurasian Normal Technical 'NT' Level Student 2009 Desiree Sara Joy Stewart

The Evelyn Rodrigues Award Sponsored by Evelyn Rodrigues Top Eurasian 'O' Level Students 2009 Hunt Wei Cheung Dean Brandon Joshua Thomasz

The Peggy Wai Chee Leong Award Sponsored by Herman Hochstadt Top Eurasian 'A' Level Student 2009 Stacey Anne Fernandez

The Colonel R J Minjoot Award Sponsored by Gerald Minjoot Outstanding Eurasian ITE Student 2009 David Christopher Pang

The Oscar G da Silva Award Sponsored by Lawrence da Silva Outstanding Eurasian Polytechnic Student 2009 Tricia Marjorie Fernandez

The Henry David Hochstadt Award Sponsored by Herman Hochstadt Outstanding Eurasian University Student 2009 Shawn Ignatius Rodrigues

Outstanding Eurasian Sports Student 2009 Sponsored by Harry Elias Travis Joshua Woodford

Meritorious Eurasian Sports Student 2009 Sponsored by Oscar Oliveiro Ida Mariah De Vierno

Merit Bursary Award (ITE/Polytechnic) Claudia Emilia D'Silva Republic Polytechnic Diploma in Sports & Exercise Science

Theresse Vanessa Pereira Singapore Polytechnic Diploma in Aeronautical Engineering

Bridget Ann Welford ITE College East NITEC in Office Skills

Taking and giving

Previous ECF award winner Zaf Coelho is now repaying the EA's faith in him

Zaf Coelho was awarded top Eurasian university recipient in 2005. As an undergraduate at SMU, he was already involved with the EA, giving free maths tuition to Eurasian students in his spare time.

After graduating, he decided to devote himself increasingly to the Eurasian community and over the years threw himself into a number of EA management roles, representing young Eurasians on the Management Committee, acting as vice-chair of the Mentoring Youth Leaders Network, encouraging public speakers as President of EA Toastmasters from 2009 and taking on the job of the association's dragon boat team manager. He currently chairs the Youth Sub-committee.

"The key reason why I am an active contributor to EA is because I would like to give back to the community," he says simply. "I have been blessed to have received a good education and also, over the years in school, to receive ECF awards from the EA; hence it is only right that I contribute back in whatever small ways I can.

"Some people today may not have the same opportunities that I've had and I would like to Zaf Coelho help them achieve

their potential despite any unfortunate circumstances," he adds.

``I personally feel that if Ican make an impact on one child's life, then that will make me very happy"

His main passion as a volunteer is working with young people. "I feel that if I can make an impact on one child's life, then that will make me very happy. The Eurasian community is a small and diverse one, where resources are scarce. We all need to come together and make a contribution in any way we can and play a role in moving our community forward. That's what I am doing – just playing a small role to push us forward."

Merit Award winners - Primary



Merit Award winners - Secondary







origins of our distinctive cuisine



Whenever people emigrate, they take their culinary traditions with them – and add to the mix with locally available ingredients. Indeed, it was food – the spice trade – that first brought the Portuguese to the East.

The Portuguese conquered Malacca in 1511 and for the next 150 years or so, the colonisers operated on the principle of integrating with the local community, which then comprised Malays, Chinese, Peranakans and Indian merchants.

They instituted an official policy of intermarriage between Portuguese men (casados) and local women in Malacca, just as they did in Goa, India (another spice trading centre). It was from these unions that the Eurasian culture grew, along with the Kristang language – and Eurasian cuisine. Dutch settlers arrived in 1641 and British settlers followed in 1824, adding to the racial and culinary melting pot.

With the new array of spices and other ingredients available to them, the European settlers in Malacca and Singapore began to substitute local ingredients for the European ones that they had grown up with but were unable to purchase in this region.

So coconut milk replaced cream, Chinese 'lap chiong' was used in place of European sausages, while cinnamon and clove were used to flavour Irish stews and soya sauce was added to English dishes such as shepherd's pie and pot roasts.

The Eurasians also took on afternoon tea, a daily ritual imported by the British – but, inevitably, with a local twist. Along with British teatime staples such as cucumber sandwiches, scones and cream horns, dishes such as sardines and prawn sambal tumis sandwiches, curry puffs and sugee cake also appeared in the afternoon tea ensemble – all washed down with a pot of English tea.

Burton Westerhout, chair of the EA's Heritage Sub-committee, muses that there was no written tradition of preserving Eurasian recipes until as recently as the last decade.

Details of how Eurasian cuisine evolved are unclear; many Eurasians are able to debate at length what makes a delicious and authentic curry devil ('debal') and how to cook it, but are unaware how the dish originated.

With the new array of spices and other ingredients available to them, the European settlers in Malacca and Singapore began to substitute local ingredients for the European ones that they had grown up with

It's impossible to think of Eurasian cuisine without sugee cake—which is believed to take its name from the Hindi word for semolina. This iconic dessert is popular in Singapore with Eurasians and non-Eurasians alike and is a favourite at Eurasian weddings—yet its origins, too, are obscure.

How is it, then, that other ethnic groups in Singapore have been able to produce records of their unique cuisines, which also date to the distant past, and the Eurasians have not?

"We're not very organised," laughs Burton. More likely, though, he believes that secrecy among female family members contributed to the lack of a written tradition. Recipes were passed on exclusively from mother to daughter, as they were responsible for the household cooking. According to Burton, one daughter in particular would be the lucky recipient of the mother's secret recipes — usually the one who would look after her mother during old age.

As a result, the acquisition of the secret recipes was often political and an instigator of family

feuds among female members of a household. Nothing was ever written down for fear of another sister accidentally stumbling upon the secret recipes.

Eurasian cuisine seems to feature predominantly Portuguese and British influences. Burton can only recall bluder cake as a Dutch-influenced recipe. However, shops licensed to sell coconut toddy, a highly intoxicating alcohol and key ingredient of the dessert, closed down in the 1970s and the recipe is in danger of becoming extinct. However, smore, a Eurasian beef stew, is thought to be named after the Dutch term for cooking in a closed vessel.

Curry devil is the Eurasian community's most famous and best-loved dish. According to Celine Marbeck in her book *Cuzinhia Cristang*, curry devil is similar to Goan vindaloo curry. Both are sour yet very spicy and share ingredients such as vinegar, dried chilli, garlic and turmeric. The name 'vindaloo' originated from the Portuguese pork stew 'vinho d'alho' with wine (vinho) vinegar and garlic (alhos). After vindaloo was introduced in Malacca, locals added ingredients such as soya sauce (via Chinese Malaccans), candlenuts, galangal and lemongrass.

Like many, Marbeck believes that curry devil got its name from the dish's fiery hot spiciness, associated with the fiery pits of Hell.

Others, including the website, quickiesonthedinnertable, however, curry 'debal' originated from 'balance' – the leftovers from Christmas roasts, but was later renamed 'devil' because it would often reduce people to tears and snivelling. Furthermore, some Eurasians erroneously believe that 'debal' is Portuguese for 'devil', when in fact the correction 'diabo' is the correct Portuguese translation.

If any readers can shed any light on the origins of our wonderful cuisine, please e-mail Rachel Chen at rachel@ eurasians.org.

 $References:\ http://www.malaysianfood.net/Eurasianfood.html \bullet\ http://rozells.com.my/eurasianfood.html \bullet\ http://online.wsj.com/article/NA_WSJ_PUB:SB123174985052573181.html$

Our favourite flavours

Curry devil

A rich, hot and fiery curry made with chicken, pork (bacon, sausages or ham hocks), cabbages and potatoes and enlivened by mustard powder, turmeric powder, garlic, vinegar, candlenuts and plenty of chillies. Recipes vary depending on individual tastes.

Sugee cake

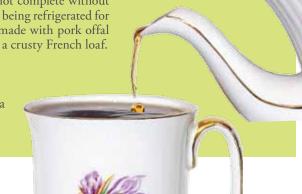
A pound cake made with semolina or cornmeal mixed with slivers of roasted almonds.

Curry feng

A Eurasian Christmas is not complete without curry feng. Best eaten after being refrigerated for a day or two, this dish is made with pork offal and tastes wonderful with a crusty French loaf.

Smore

A Eurasian beef stew incorporating vinegar, soya sauce, ginger, cinnamon and coriander.



TV dinners

More Singaporeans have recently learned about the delights of Eurasian cuisine – and the history behind it – when Quentin's restaurant owner Quentin Pereira, dubbed 'The Skinny Chef', starred in a MediaCorp Okto programme of the same name to share the delights of his native cooking with well-known Eurasian personalities. During a break from rustling up spicy specialities, he told *The New Eurasian* how it went

Tell us more about the Skinny Chef TV series. What was it about?

The Skinny Chef was no ordinary cooking show! It was cooking with local Eurasian personalities over nine episodes. It was about showcasing the unique heritage hodgepodge of Eurasian cuisine, and bringing it straight to the homes of Singaporeans – Eurasians and non-Eurasians alike.

In each episode, I visited a Eurasian personality, and we cooked true blue Eurasian dishes together. For the most part, I cooked with them in their homes, so it was very cosy and intimate. With Don Richmond, however, we actually filmed on an Englishwoman's yacht. And Annabelle Francis's episode – the finale in the series – was filmed at Quentin's restaurant right here in the Eurasian Community House.

Who were the Eurasian personalities you worked with?

Jean Danker and Glenn Ong, Nadya Hutagalung, Vernon Cornelius, Andrea de Cruz, Rosalyn Lee and Shan Wee, Hamish Brown, Don Richmond, Pilar Arlando and Annabelle Francis.

How were the dishes for each celebrity chosen?

The dishes were selected to compliment the personalities and their taste preference. With Nadya, we chose dishes that suited her special dietary needs, so no dishes containing any meat or animal by-products. Rosalyn badly wanted to have the recipe for prawn bostador, so she requested to cook it on the show.

Did the personalities cook with you? What were some funny moments from the shoots?

Meeting Eurasians with diverse cultures and heritage, and understanding their ancestry, made going into their homes and teaching them to cook Eurasian food an interesting experience. Many of them



Quentin Pereira (right) with Don Richmond

actually don't cook, let alone cook Eurasian food! It was a hands-on lesson for many of the celebs.

For the show Hamish Brown had to make feng, which he then discovered, is actually a very tedious dish to prepare. Thus throughout the show he continually thanked his mother for making Feng for him all these years.

Has business at Quentin's restaurant improved since you started appearing on Okto?

I think the series has brought Eurasian cuisine right to the homes of many non-Eurasian families. I've definitely seen new faces appearing at the restaurant – I think people are more curious about Eurasian cuisine and want to taste what they saw on their TV screens.

Can you really trust a skinny chef? How do you keep so slim?

Absolutely! A skinny chef is someone for whom others come first. He will serve you everything he cooks, and not hold back on the servings. This is how I stay skinny.

Set menus

These are the dishes Quentin cooked for the personalities:

Jean Danker and **Glenn Ong** (Class 95FM radio personalities): pang Susie, shepherd's pie, and sago gula melaka.

Nadya Hutagalung (former MTV VJ/model), who is vegan: patchri (eggplant logs), baked mixed vegetables, tossed salad and special dressing, and bubur terigu.

Vernon Cornelius (singer): soi lemang, porku tambreyno, and meaty cutlets.

Andrea de Cruz (actor): roasted leg of lamb, birthday mee, and chopped pineapple sambal.

Rosalyn Lee and **Shan Wee** (aka 'Shan & Rozz', 98.7FM radio personalities): Kristang stew, curry devil, and prawn bostador.

Hamish Brown (Gold 90.5FM radio personality): prawn chilli garam, feng, and beef smore.

Don Richmond (singer/songwriter/composer and music producer): sotong black, keluak curry, and acar timun serani.

Pilar Arlando (Miss Singapore World 2009): dhall Kristang, singgan serani, and pot roast beef.

Annabelle Francis and **Sheik Haikel** (actor/producer/singer/TV host): roasted chicken, cucumber and pineapple acar, and sugee cake.

Turn over a new leaf

The EA stocks a selection of books on various Eurasian subjects from culture and heritage, biographies, memoirs, cookbooks – and even a Eurasian Heritage dictionary.

Some books on sale include:

The Eurasian Cookbook by Mary Gomes, \$30.00

This is the first attempt at collating Singapore's Eurasian recipes. Eurasian food may be little known outside the community but the author hopes her book will help us understand the community's enduring love affair with this unique cuisine.

Lazatnya...Recipes of Love edited by Asmah Laili, \$30.00

This cookbook contains a repertoire of cosmopolitan dishes from the East and the West, including Eurasian dishes. Its contributors are well-known cooks, celebrities and dignitaries.

Mary's Recipes: a celebration of a Singapore Kitchen by Mary Gomes, \$30.00

In her second cookbook, Mary shares her Eurasian and Peranakan family's secret recipes, celebrating a true Singapore kitchen.

Wartime Kitchen: Food and Eating in Singapore 1942-1950 by Wong Hong Suen, \$35.00

This book captures the resilience and adaptability of a people faced with limited resources and shortages during the Japanese Occupation and post-war Singapore.

Presenting in-depth research alongside anecdotes, personal reminiscences, foodrelated vignettes and a collection of wartime recipes, the book vividly documents a

crucial decade in Singapore's history with a particular emphasis on eating.

Robin's Eurasian Recipes by Quentin Pereira, \$19.90

This book presents original recipes belonging to Robin Pereira, whose son Quentin owns Quentin's restaurant.

To purchase a book, contact Jacqueline Peeris at 6447 1578



or jacqueline@eurasians.org, or simply come down to the EA's Secretariat office on the 3rd floor of the Eurasian Community House, 139 Ceylon Road, Singapore 429744.

Lunch times

For many Eurasians, life isn't complete without the regular monthly Sunday lunch at the EA. For Helen Joseph, who prepared thousands of such meals, it was a labour of love

For several years during the 1990s, Helen Joseph would be awake at 4.30am on a Sunday morning, starting her day in the kitchen. She would be there for hours, cooking for up to 100 hungry visitors to the EA's monthly Sunday lunches at its former premises in Mountbatten Road.

Preparation for the mammoth task started the previous night when Helen, then in her 60s, prepared the food so that everything was ready to cook in the morning. She did the shopping herself, and the lunches were funded by the EA.

When the food was ready, EA volunteer Burton Westerhout would arrive in a van to transport it to the EA. There, diners feasted on Eurasian dishes such as devil's curry, smore, amdilla, meaty cutlets and rendang. Helen learned to cook as a young woman by helping her aunt and recalls grinding ingredients before the days of electric blenders. Her favourite dish to cook is devil's curry — "it has to be very spicy!" she insists.

Feng, a Eurasian dish featuring pig offal, is her favourite dish to eat, though she explains that the process is long and arduous, and involves standing over a boiling pot of innards for half a day, removing liquid from the pot at regular intervals and refilling it with fresh water. "If it stinks too much, you have to discard the entire contents and start all over again!" she says ruefully.

Her cooking skills were already legendary when she was approached by EA volunteers Maureen Westerhout and Lorraine Bligh to cook the Sunday lunches.



Helen Joseph

And soon people would ask each other, 'Who's cooking this Sunday?' – when they heard it was Helen, a huge crowd would turn up.

These days the Sunday lunches are provided by Quentin's restaurant at the ECH. But Helen, now 81, remains active and is still involved with the EA as a cleaner. Cleaning, she says, is one of her passions, along with cooking, dancing, music and gardening.

"I always have my radio on when I'm cooking," she says. And a longstanding ritual before cooking is to consult the 'kitchen prayer' hanging on her kitchen wall, so that "nobody will get sick from eating my food!"

Making a difference

We never know what life is going to throw at us — that's why the EA's Family Support Services department is there to help out. Jagannathan Ramakrishnan (Ram), a former bank employee turned FSS case work executive, tells *The NewEurasian* what his job entails

What is your job scope?

I am primarily a case worker. I interview FFS clients, perform assessments, help clients seek financial assistance, and help them get access to food rations. I help refer clients to external agencies such as HDB and town councils, as well as government organisations and schools for fee waivers and school pocket money. I also perform one-off counselling sessions and make home visits to clients – some are too elderly and not mobile enough to come down to the EA.

Describe a day in the life of an FSS social worker

On most days, I come into the office to review cases, contact clients for follow up, attend training, reviews, and prepare reports. I speak to clients on the phone every day and run clinics from 11am to 8pm once a week; this is a new initiative with opening hours to accommodate working people who work typical office hours. I also provide life coaching to help my clients become self-reliant.

How did you end up becoming a social worker?

It started in 1994 when I had a sudden desire

to go into family life education. I had attended a one-week self-awareness programme, which was life-changing. Spirituality and motivation – mind dynamics. It helped me think of my life in a brand new way.

I wanted to become a family life educator and wanted to run a programme to help people transform, spiritually and psychologically. I got a diploma three years ago in counselling psychology, and another in Family Life Education. Then I made the transition into social work.

What are the upsides of your job? My job gives me great happiness. When I'm able to help clients and see them progress to become self-reliant, I am happy and fulfilled.

What are some obstacles you face in your job? It can be a challenge to find appropriate schemes for clients and financial support for those who fall through the cracks of government assistance.

It has been a challenge to help many of our elderly clients, such as finding volunteer befrienders for them or arranging hospital transport. I've encountered resistance when

> it comes to persuading the children of some elderly clients to support their parents financially.

> How many clients do you have?

Right now I have 120 clients although I have seen up to 160 clients at one point. When I first started, I only had 80-plus clients.

Do you ever feel exhausted by the weight of other people's troubles? No. I am doing what I love, so I don't feel burnt out.



Jagannathan Ramakrishnan

Casework stories

Two FSS clients tell how they have been helped by the EA.

Former EA management committee member and volunteer Christine Clunies-Ross learned of Jessie Theseira's distressing personal circumstances and recommended her for FSS assistance earlier this year.

Not only had Mrs Theseira's husband been retrenched 10 years previously, but she had also lost her job, leaving the family with very little income. To compound that, Mrs Theseira was suffering from breast cancer that required medication and chemotherapy – treatment that cost some \$8,000 every three weeks – and her husband, Patrick, has suffered cancer of the colon. Inevitably, the situation was taking a tremendous toll.

Help came from The Singapore Cancer Society that supplemented Mrs Theseira's Medisave and Medishield accounts, but there were bills to pay and a home to run.

The FSS, which assesses its clients on a three to 12 months basis, has now assisted the childless couple for the sixth time, in the form of rations, a monthly cash grant and NTUC food vouchers. Mrs Theseira says gratefully that the EA's assistance is helpful "to just get me through the day".

The FSS – plus a large dose of luck– has helped 45-year-old Carolin Moncano back on her feet. Mrs Moncano had lost her job and could work only as a cleaner as she had no childcare for her eight-year-old daughter.

She was interviewed by Ram of the FSS, who helped make arrangements for her daughter to be looked after and also offered FSS financial support.

By a happy coincidence, a personal friend of Ram's came into the EA office on the very day that Ram was interviewing Mrs Moncano and mentioned that he was looking for a new secretary. Ram suggested that he should speak to Mrs Moncano, who was looking for a job. The friend decided to hire her, providing the perfect solution for all of them.

Mrs Monanco says: "The EA has gone beyond call of duty to help my daughter to be taken care of. I would like to thank the EA, especially Mr Ram. My financial help ends in October and it has made life possible for me."

Juggling offspring and the office

The EA single parent initiative aims to assist single Eurasian parents to become independent and effective parents, while helping their children to become well-adjusted and successful.

Parents receive basic IT classes and a career readiness workshop, together with skills training and a transport allowance and grooming vouchers to help prepare them for a new job. Children benefit through childcare assistance and tuition. Eurasian single, divorced, widowed or separated parents, or a parent with an incarcerated spouse, are eligible to apply if they are Singapore citizens or permanent residents and have a household income below \$1,500, or have been unemployed for at least six months.

For further information, contact Jagannathan Ramakrishnan or Bridget Basnayake at the EA's Family Support Services, tel: 6447 1578.



Lend a helping hand

The EA's Family Support Services is appealing for volunteers for the EA's welfare service arm.

Volunteers can contribute in a number of ways to make a real difference to people's lives. They can help children of FSS families with educational and health needs, visit clients in their home, and offer counselling and coaching for people with problems such as depression and job loss.

They can also offer advice on food and nutrition, and help give family support to the mentally unwell, the infirm, single parents and elderly clients living at home; and they can help the unemployed with retraining and job placement.



For more information, contact Jagannathan Ramakrishnan at 6447 1578 or ram@eurasians.org.



Learning journeys

Whether you're a Eurasian who would like to learn more about your heritage or a non-Eurasian intrigued by the history of the early European settlers who intermarried with locals and created their own, unique culture, you can find out about this small but vibrant community on a tour of the Eurasian Community House at Ceylon Road.

The Eurasian Experience provides visitors with a fascinating glimpse into the history and culture of the Eurasians in Singapore and includes:

- A guided tour of the Eurasian Showcase, a small museum giving the visitor a quick summary of the heritage and history of the Eurasian Community in Singapore
- A brief introduction to the Eurasians as one
 of the ethnic communities in Singapore,
 including a brief demonstration of the
 popular Eurasian folk song and dance, the
 Jingkli Nona sung in Kristang, a spoken
 patois of Eurasians originating in 17th
 century Malacca
- A guided tour of the WWII The Eurasian Story Exhibition. This is a unique exhibition on the social life of one community in Singapore during World War II, and also features the Bahau Catholic colony

 A Eurasian cooking demonstration by executive chef and cookbook author, Quentin Pereira, who learnt the art of Eurasian cooking from his parents and grandparents. Join this course and learn to prepare traditional Eurasian cuisine and the secret recipes handed down through the generations

If you happen to be at the Eurasian Community House, and wish to have an unguided tour of the two galleries, it is also possible to do so for \$6 per person. This contribution helps the EA to cover the rising costs of electricity bills and maintenance of the galleries.



Participants of the Eurasian Experience can learn the Jingkli Nona and Portuguese dancing

Students learn about wartime Eurasians at the EA's World War II museum at the ECH



Admission charges for adults range from \$15 to \$65 depending on the category of the tour chosen. Tours can also be customised to accommodate special requests.

Student packages (minimum 30 people) are held Monday to Friday and cost between \$10 and \$30 per person.

Tours last from 1.5 to three hours; they include a traditional Portuguese dance and sugee cake tasting.

At least one week's notice and payment is required for bookings.

For enquiries and bookings, contact Therese Thompson at 6348 0327 or therese@quentins.com.sg

A melting pot of history



Burton Westerhout (left) chats to visitors at the HeritageFest

Singaporeans enjoyed the chance to learn more about their shared multicultural background when the National Heritage Board staged the Singapore HeritageFest between 11 and 22 August.

The festival gives the nation the opportunity to showcase its diverse cultures. Various events were held throughout the island, culminating in a three-day Festival Finale in the Arts & Heritage District (the area that is bounded by Bras Basah Road, Waterloo Street and Stamford Road).

The Eurasian heritage was highlighted at the event through cooking demonstrations by Quentin Pereira, a display of handicraft (crocheting and tatting) by Lucille Marcus and Angela Phipps together with traditional folk and contemporary musical performances staged respectively by the Kristang Cultural Troupe led by Valerie Scully and the Ferdinands Family.





EA volunteer Eulyth Fernandez gives schoolchildren a lesson in Eurasian history

In addition, the EA's Heritage Group contributed to an exhibition on Roots and Heritage, which was housed in a pavilion set up by the NHB in front of the National Museum. Individual booths featured the heritage of 12 different communities including the Eurasians.

The following volunteers served as guides at the booth: Charlotte Collars; Eulyth Fernandez; Fiona Hodgkins and her family; Lucille Marcus; Geoff Morris; Cedric Pereira; Edmund Rodrigues; Peter Rodrigues; Jamie Smith; Christina Theseira; Therese Thompson; Maureen & Burt Westerhout.

The seven information panels on the Eurasians, prepared by the NHB based on information supplied by the Heritage Group, were then presented to the EA, which will use them for its planned *Eurasians in The Heartlands* road show programme.

Tightening community links

The EA reaffirmed its links with the People's Association when the management committee hosted a lunch at Quentin's restaurant recently for the PA's outgoing and incoming Chief Executive Directors, Tan Boon Huat and Yam Ah Mee, respectively.

The two organisations discussed future collaborations, such as working with community centres to showcase Eurasian cooking with Quentin Pereira, and welcoming PA members to the ECH to learn more about the Eurasians.

The EA also discussed the possibility of PA's National Community Leadership Institute visiting the ECH. In the past, NACLI provided lectures to future grassroots leaders about the Eurasian community. These visits ceased recently owing to budgetary constraints

The association is keen to have these visits reinstated to complete the familiarisation of the trainee grassroots leaders with the community.

The EA has a history of close ties with PA: the first EA office was located in the PA headquarters during the early 1990s, before the association moved to Mountbatten Road and subsequently to its current location in Ceylon Road.



EA President Bill Jansen (right) greets Yam Ah Mee

Strengthening ties with orange ribbons

The annual Orange Ribbon Celebrations, established two years ago to promote racial harmony, coincided with the build-up to the Youth Olympic Games this year and was themed 'Friendship without Borders'.

The finale to this year's month-long event was held at The Arts House, River Promenade on 23 July, where guest-of-honour Deputy Prime Minister Teo Chee Hean, together with mayors and representatives of the self-help groups, launched the event with a lighting-up ceremony in which The Arts House and even Sir Stamford Raffles were lit in orange.

The River Promenade was a sea of orange as guests and organisers alike donned orange T-shirts and the event included a variety of national dances, sand painting and booths showcasing the various local cultures.

Yvonne Pereira represented the EA on the ORC organising committee and the Eurasian booth was staffed by volunteers from the EA's Heritage Sub-committee. A traditional sugee cake, baked by Dorothy Tessensohn, was presented to Mr Teo by EA President Bill Jansen.

A cultural view

EA members were TV stars for a day when they appeared recently on *Budaya* (the Malay word for culture), a TV programme on the Suria channel.

Hosted by Eurasian John Klass, the programmed featured a couple of Malay TV personalities acting as a mother and son visiting Singapore. The purpose was to educate Malay viewers about the Eurasian community.

Five members of the EA's Heritage Subcommittee took part. Burton Westerhout provided the introduction and overview, followed by Eulyth Fernandez and Christina Theseira speaking about the association's Eurasian Experience heritage tours. Mary Gomes spoke about her speciality, Eurasian food. The filming took place at the Eurasian Community House.

A patriotic lunch

Decked out in national day colours, more than 100 EA members and their friends turned up at the ECH on 15 August to enjoy a National Day celebration buffet lunch.

Jointly organised by the Social Circle Subcommittee and Quentin's restaurant, the event also included the band D'Highlights, who got guests on to the floor dancing (especially to Jingkli Nona), while stalls sold handicrafts and edibles. There were also prize draws. Zoe Lazaroo, elegantly attired – in red and white, of course – won the prize for Best Dressed Lady.

And, of course, everybody stood up to sing the national anthem.



Patriotic EA diners enjoy the music

Social Circle chairperson Yvonne Pereira (centre) waves the national flag to music provided by D'Highlights



Dancing to the music



EA President William Jansen (right) and his wife, Angeline





Organiser Yvonne Pereira with the winning NUSS team

Rolling on

The EA's Balut Section hosted 76 avid balut players at the fourth round of the 26th Interclub Balut Competition at the Singapore Recreation Club in September.

The 19 teams comprised players from the SRC, Singapore Cricket Club, NUSS, Tanglin Club and Indian Association plus the EA's team of Philip Cordeiro, Joyce Cordeiro, Monica Leicester-Wong and Dorothy Tessensohn. NUSS Team 1 was declared the month's Champion.

Yvonne Pereira, the EA's Balut Section advisor, who presented the prizes, says: "The EA management committee and its Balut Section would like to extend their grateful thanks to the SRC for the use of their premises and the invaluable assistance from its PR and F&B departments. Special thanks also to Pernod Ricard for their sponsorship of prizes."

Singing in harmony

More than 3,000 people attended the annual Inter-Racial Inter-Religious Harmony Nite at Singapore Expo in July, which was organised by the Thye Hua Kwan Moral Society.

Michelle Tessensohn, Sabrina Theseira, Emeleen Soh, Crispin Rodrigues and Peter Rodrigues from the EA read the Racial Harmony Declaration in English, and Michelle and Crispin later sang the English version of *A place in our hearts*, the theme song for the event.



EA members take the stage to represent the Eurasian community

Reading between the lines

The EA sets up a book club to promote the joys and benefits of reading

Whether you're an avid reader, a lapsed reader or have yet to learn the delights of a good book, here's your chance to join the Social Circle's Reading Club and "discover, share, discuss – and socialise."

The opening session of the club was held on 9 September and was facilitated by Kiang-Koh Lai Lin and Peter Lee of the National Library at Marine Parade. The first group of seven members shared a lively, interactive and enlightening review of the book *Ever After*.

Date: Second Friday of

each month

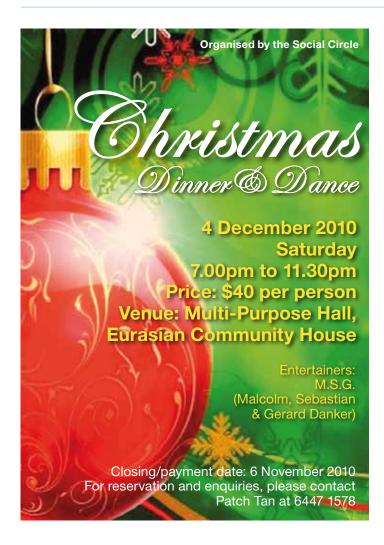
Time: 7.30pm

Venue: Platinum Lounge,

ECH

To join the club, contact Patch Tan at 6447 1578 or patch@eurasians.org







It's time once again to celebrate yuletide in the traditional Eurasian way! The EA's annual Children's Christmas Treat and Family Christmas Carnival will provide plenty of entertainment for kids and parents alike.

Date: Saturday, 11 December 2010 Venue: Eurasian Community House

Time: Family Christmas Carnival – 11am to 4pm Children's Christmas Treat – 1pm to 4pm

Price: \$20 per child

(includes entertainment, a light meal and Santa's gift).

Children's age group: 4 to 10 years old. Every child *must* be registered for the Children's Christmas Treat, and payment must be made on registration. Registration closing date: 7 November. Contact Patch Tan at 6447 1578 for more information.

Inviting all vendors to the Christmas Carnival!

Set up your stall at the ECH during the day for only \$60! What better way to sell items such as Christmas décor, jewellery, stationery, food, etc., at the Christmas Carnival. Hurry! There are only a limited number of stalls available!

Contact Patch Tan at 6447 1578 for more information.



When

31st December 2010 7.30pm - 2.00am

Where

Mandarin Orchard Hotel

Mandarin Ballroom, 6th Floor

What

EA Members - \$135 Non Members - \$155

*strictly no admittance to persons under 18 years

Corkage

- None

Dress code

- formal

Entertainment - Gerard Danker and MSG

- DJ Alan Marshall

Contact Patch Tan at 6447 1578 or patch@eurasians.org