

THE

neweurasian

www.eurasians.org.sg
OCTOBER - DECEMBER 2016

A hand is shown placing a white puzzle piece onto a background of colorful watercolor splashes in shades of pink, purple, and blue. The puzzle piece contains the main title and subtitle.

DEVELOPING DIFFERENTLY

INSIDE THE WORLD OF
SPECIAL NEEDS CHILDREN

PLUS

A tribute to former
President SR Nathan

Honours for the man who spurs
youngsters to adventure

'Nan' Noronha's Eurasian recipes

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President's Message

The last quarter was a significant and emotional one for the Eurasian community and all Singaporeans.

On 13 August, Joseph Schooling stunned the world and put Singapore in the Olympic record books by winning the 100m butterfly at the Rio Olympics (page 16). Significantly, he not only set a new Olympic record, but also beat probably the greatest swimmer ever, Michael Phelps, in that race. His amazing achievement brought tremendous pride and joy to the nation. More importantly, he has shown to all of us that winning the Olympic gold is not impossible. But we need to aim high, have the determination, perseverance and be willing to work very hard and we can achieve what many may consider impossible.

Sadly, only days later on 22 August, while we were still celebrating Joseph's outstanding win, our former President, Mr SR Nathan, passed away. It was a sad day for all of us at the EA. He was a close friend, a generous benefactor, our neighbour and our patron (see page 7 for our tribute). Mr Nathan was always very fond of the Eurasian community, perhaps because he lived in the area where many Eurasians lived and worked with many Eurasians in the civil service. He also shared with me, when he became our patron a few years ago, about a memorable moment in his life when a Eurasian lady helped to pay his bus fare to school as he didn't have enough money because his family was very poor after his father passed away.

What is most significant about Mr Nathan, is his life story. I would encourage all of you to read his book, *An Unexpected Journey: Path to the Presidency*. It is an inspiring story about how he came from very humble beginnings to eventually hold the highest office in the land. It was because of the challenges that Mr Nathan faced in his own life that he was always concerned about the less fortunate in our community and was always encouraging our youth to pursue a good education. Over the years, Mr Nathan assisted us with significant donations from the President's Challenge fund and, upon retiring from the Presidency, he set up the SR Nathan Education Upliftment Fund, which has assisted several of our students.

Much has also been said about Mr Nathan's deep sense of duty and determination to overcome all odds. He worked hard to

overcome his difficult situation, to get a good education and improve his life. He was also devoted to helping people and to giving back to society.

There are many lessons we can learn from Joseph Schooling and Mr Nathan: with hard work, perseverance and determination, nothing is impossible. More importantly, be grateful to the people who have helped you along your journey and do your part to help others less fortunate than you.

As we approach the end of the year, it is a good time for reflection and to express our appreciation to those who have supported us and to help others in need.

EA held its annual Eurasian Community Fund (ECF) Education Awards Ceremony in September. A total of 269 awards were presented to deserving students (see page 8). We were pleased that Mr S Iswaran, Minister for Trade and Industry, attended as our guest of honour, and in his address he spoke of the importance of embracing passions beyond academic excellence.

Another key event was the Arts and Heritage Village, a Museum Roundtable initiative at the Istana (see page 19). We had a Eurasian heritage booth where families and children gathered to learn more about the Eurasian heritage and culture. It was a memorable event and we were honoured when President Tony Tan and his wife, Mary, visited the booth.

As we do every year, we have a slew of Christmas events in store including the Christmas Light Up and Dinner and Dance on 3 December, Children's Christmas Treat on 11 December, FSS Christmas Lunch on 4 December and the New Year's Eve Dinner and Dance. We hope to see you at these events.

Wishing all of you and your families many good wishes for a blessed Christmas and the coming year!

National Day Honours for Eurasians

This year, 17 Eurasians in various fields were honoured in the National Day awards. Nicholas Conceicao, 49, executive director of Outward Bound Singapore (OBS), which is run by the National Youth Council, received a Long Service Medal for his 22-plus years with the organisation.



Nicholas Conceicao has led countless youngsters to achieving undreamed of triumphs in outdoor adventures

Since 1967, more than 400,000 people have benefited from an OBS experience and the school is regarded as a pioneer and leader in outdoor adventure education locally and internationally.

Nicholas enjoyed outdoor pursuits as a teenager, and a stint as a windsurfing instructor made him realise that coaching would be his career. When he joined OBS, he found that there was never a dull moment and the rewards could be massive. He recalls: "I had a participant who had a phobia of the sea due to a near-drowning incident. She was a non-swimmer and it took her more than 45 minutes to muster the courage to jump from the jetty. After her first jump, she kept asking to go again and again!"



Nicholas receiving his Public Administration Medal from the then President SR Nathan

NATIONAL DAY AWARDS

THE EFFICIENCY MEDAL

Belinda Catherine Danker

Senior assistant executive,
Finance and Procurement Division,
Ministry of Education

Jacinta Pereira

Deputy head (Career Development),
Legal Service Commission Secretariat
Supreme Court

1WO Morier Morris Gilford

Master trainer, Motorised Infantry
Training Institute,
Singapore Armed Forces

Stewart Darren Scott

Assistant manager,
Bus Licensing Division,
Land Transport Authority

LTC (NS) Jeremiah Jonathan Mark

PP, Singapore Armed Forces
Ministry of Defence

Philomena a/p David

Senior patient care assistant,
Changi General Hospital

Sandra Michelle De Souza

Senior administrative executive,
People & Process Excellence
Department, Housing &
Development Board

Dominic Gerard Theseira

Operations manager,
Kent Ridge Secondary School

THE MERITORIOUS SERVICE MEDAL

Joseph Isaac Schooling

Accomplished Sportsman

THE LONG SERVICE MEDAL

Berlee Tracey-Ann Allyson

Head of department,
CHIJ (Katong)

Christopher De Silva

Station inspector,
Singapore Police Force

Nicholas Gerard Conceicao

Executive director,
Outward Bound Singapore
National Youth Council

Letitia Naomi Phebe De Zilva

Assistant superintendent of Prisons,
Singapore Prison Service

THE COMMENDATION MEDAL

Angeline Pamela De Roza

Manager, Quality & Planning Office,
Nanyang Polytechnic

Richard Damian Armstrong

Head of department,
North Vista Secondary School

Sandra Anne De Souza

Head of department,
Geylang Methodist School (Secondary)

THE PUBLIC ADMINISTRATION MEDAL (BRONZE)

Dominic John Baptist

Deputy commander, Clementi Division,
Singapore Police Force

During his time, Nicholas has seen a major expansion of OBS – which celebrates its 50th anniversary next year – and when the new OBS campus on Coney Island is completed by 2020, it will be able to serve 45,000 youths every year – triple the capacity today. He says OBS provides youngsters with real-life challenges for self-discovery by stretching their perspectives beyond their self-perceived limits. "Most importantly, they learn to lead and work with other youths from different social backgrounds." Now, through OBS, every upper secondary student will have the opportunity to experience diverse outdoor adventure training opportunities and challenging situations outside of the classroom.

Nicholas' Long Service medal is his second award for public service. In 2010, he received the Public Administration Medal (Bronze).

For more information about OBS and the leadership development courses it offers, visit: www.obs.nyc.gov.sg/

Red, Set, Go!

More than 80 people – EA members, friends and families from the Eurasian community – gathered at the Eurasian Community House on 21 August decked out in their favourite red and white outfits to celebrate Singapore’s 51st birthday.

After a Eurasian buffet from Quentin’s Restaurant, EA President Benett Theseira invited the guests to join him in paying a tribute to Olympics star, Joseph Schooling.



Flying the flag – a patriotic gathering for the nation’s birthday

They watched a video of the historic swim and gave a standing ovation as he won the 100m butterfly race.

Guests sang the national anthem and recited the pledge. Christian Eber and Joy Drysdale led the crowd in singing national day songs while the guests waved national day flags and filled the room with a spirit of patriotism. The afternoon continued with games and dancing.

Yvonne Pereira says: “The Social Circle would like to thank Quentin and Kristine Pereira, all prize donors, and everyone else for contributing to the success of this event.”



Guests suitably attired at the Red and White Sunday Lunch



Rallying the Community; Building a Movement

The annual Orange Ribbon Run – ‘Race Against Racism’ – held to promote values of respect, understanding and trust among Singapore’s multicultural and multi-religious society – took place on 10 September at Bayfront Event Space. This year, 6,000 people from all walks of life joined the event and also enjoyed visiting the multicultural activity booths where they had the opportunity to learn skills such as how to draw henna, make a Chinese oriental fan and weave a ketupat.

Photo courtesy of OnePeople.sg

Looking Forward to the Next 50 Years

MENDAKI held its annual National Day Observance Ceremony on 5 August at its premises and the EA, together with SINDA and CDAC, were invited. Guest of honour at the event to celebrate Singapore’s 51st birthday was Dr Yaacob Ibrahim, Minister for Communications and Information. The EA’s second Vice-President, Yvonne Pereira, says: “It was a meaningful event where we as self-help groups took the opportunity to both celebrate our nation and also remember our roles in building a cohesive society.”



Photo courtesy of Yayasan MENDAKI

Rolling Home

At the eighth and final round of the In-House Balut Competition on 5 October, 24 players grabbed their last chance to head to the top of the leader board. To add to the suspense, the previous two months' scores had been kept a secret, meaning nobody knew their position in the tournament.

Derrick Filmer scored an impressive 678 points and emerged as the champion for October. Deborah Branson was the highest aggregate scorer (single) game with 158 points. After the last throw of the dice, the best six months' scores determined the top 5 winners for the year, with the championship going to Derek Filmer.



Yvonne Pereira (left) with sponsor Evelyn Rodrigues (second from right) and the 2016 balut winners

2016 Balut Champion	Derrick Filmer	3668 points
2nd	Aloysius Fernandez	3665 points
3rd	Helen Joseph	3519 points
4th	Joyce Cordeiro	3492 points
5th	Louisiana Thomas	3486 points

OTHER CATEGORIES:

High Individual Score (Single Game):

1st	Deborah Branson	158 points
2nd	Derrick Filmer	157 points
3rd	Patrick Fernando	154 points

High Individual Aggregate Score (Single Game):

1st	Derrick Filmer	678 points
2nd	Oliver Hoeden	672 points
3rd	Helen Joseph	668 points

"Balut in One Throw" Winners:

Louisiana Thomas, Dorothy Tessensohn, Derrick Filmer, The Ban Khi (Yang), Helen Joseph and Philip Cordeiro.

Balut convenor Yvonne Pereira says: "I would like to thank sponsors Mr and Mrs Quentin Pereira and Evelyn Rodrigues who kindly presented prizes to the elated winners. Thanks, too, to Mdm The Ban Khi (Yang), the EA management committee and secretariat and all the balut section members for their continuous support throughout the year."

Word for Word

It was an afternoon both for serious thought and belly laughs as the Toastmasters faced up against each other in a battle of words on 3 September.



Area E4 director Nguyen Anh Linh, Samantha Cleo Gonzales from Lion City TMC, Charlene, Christian & Michael Rodrigues from the EA

For the Evaluation Speech, devised by invited toastmaster Barath Kumar from the Braddell Heights 2 Toastmasters Club, and judged by him on content, delivery, language, effectiveness and audience response, Charlene Lee spoke on "Do More for Singapore – The Wayang" that discussed a survey she was asked by the government to conduct on the country's low reproduction rate. Her efforts in that and the Humorous category earned her second place out of the seven contestants.

But it was Christian Eber who talked himself into first place in both categories, despite his Humorous speech focusing on the fear of public speaking – whose remedy, he suggested, included taking something he called "Frightogen" 17 times a day, but whose side effects needed careful consideration.

Some 30 members attended to cheer on the speakers, who, in addition to Christian and Charlene, were A Rajah Vadivel, Arshad Vasawala, Carolyn Street-Johns, Harry Klass and Peter Lee.

Later that month, at the Area E contest held at Cairnhill Community Club, Charlene reprised her evaluation speech, which captivated the judges and she emerged as champion in both the Evaluation and Humorous Speech categories.

The EA Toastmasters welcome new members. Join them on the first Saturday of each month to experience the enriching learning environment that they have created at the Eurasian Community House. To sign up, please contact Revathhi at 6447 1578 (ext 207) or revathhi@eurasians.org

Keeping in Touch With Home

You don't have to be a Singaporean Eurasian to belong to the EA. Thirty years ago, Lyle Cordeiro emigrated with his family to Sydney. In 2007, he returned as a 'foreigner' and has been living here ever since. Earlier this year, he joined the EA thanks to its recently created new Associate International membership category.

"I think that the new category is important as it allows Eurasians – including those staying abroad – to stay connected to the Eurasian community," he says. He believes this is important as it enables the community to learn how relevant the Eurasian culture and its contributions are to the Singapore society at large, helped, he says, by media such as *The NewEurasian*. He says that there are many Singapore Eurasians living abroad who are keen to stay in touch with their roots and encourages the EA to leverage on social media to connect with them. Lyle does more than just pay his membership fees. He is currently a committee member and plays for the EA Senior men's soccer team. To sign up for EA membership or find out more about its exclusive benefits, visit: <http://www.eurasians.org.sg/about-us/membership/>



Lyle at one of the EA's soccer games

A Man for All the People

A tribute to Mr SR Nathan (3 July 1924 – 22 August 2016)

Sellapan Ramanathan, more popularly known as SR Nathan, was the sixth and longest-serving President of Singapore. Before being elected president, he had an illustrious 40-year career in the public service, where he held key positions in security, intelligence and foreign affairs. In recognition of his contributions to Singapore, he received many accolades, including the Order of Temasek (First Class) in 2013. He passed away peacefully aged 92. The entire nation mourned his loss.

Mr Nathan believed that no one should be left behind for lack of opportunities in life. One of his biggest legacies was forming the President's Challenge in 2000, an annual fund-raising event to bring the community together to help the less fortunate and also provide donations to charitable organisations. It was a pleasant surprise to everyone at the EA when he allocated funds from the initiative to the association and we benefitted from 2010 to 2013. The funding was a tremendous help in developing and administering education schemes for deserving Eurasian students and also enabled the EA to provide additional financial assistance for disadvantaged families.

Mr Nathan was also a strong advocate of the Eurasian culture and heritage. He allocated funds from the President's Challenge for the Eurasian Reunion in 2012 and said in his foreword to our programme: "This momentous occasion of the wider Eurasian community coming together for the first time in Singapore is something worth celebrating for all of us, regardless of our racial origins. It will enable Eurasians and fellow Singaporeans to learn and share the Eurasians' rich culture, heritage and history." On several occasions, he personally assisted the EA in sourcing funding for several heritage projects.

In addition, in 2011, he established the SR Nathan Education Upliftment Fund, which is administered by the Community Foundation of Singapore (CFS), to support disadvantaged polytechnic and Institute of Technical Education students. He invited the recipients – four of whom were Eurasians – for tea with him in 2015 and shared with them stories about his own life and the importance of making meaningful contributions to society.



Mr and Mrs Nathan in 2005 on being accorded the status of Visitor to the EA

Mr Nathan was a kind, approachable man and there are many beneficiaries who are continuing to benefit from his compassion.

He lived just across the road from the Eurasian Community House and we were used to seeing him regularly as he supported many of our events. And his face would break into a smile when presented with a box of sugee cake, his favourite Eurasian dessert.

We will miss his warm presence at Ceylon Road.



Mr Nathan during an event to honour George Bogaars



Mr Nathan at an Education Upliftment Fund Tea session last year



Mr Nathan with chef Quentin Pereira, who baked his favourite sugee cake

Netting Life's Prizes Against the Odds

The EA's Education Fund Awards are one of the Eurasian community's major annual events. The NewEurasian talks to one of its recipients

The Eurasian Community Education Fund (ECF) Awards ceremony, an annual keynote event which recognises Eurasian students' achievements, hosted more than 250 students at St Patrick's School on 10 September.



Recipient Annabel Laura De Costa Bakenova with Minister S Iswaran

At the ceremony, where Mr S Iswaran, Minister for Trade and Industry, was guest of honour, the students received cash for books and transport, and grants to cover school fees were also given to disadvantaged students. Two new awards were also introduced: the Irene Joseph Memorial Award and the Parameswara Krishna Pillai (PKP) Nair Memorial Award, which were set up by their respective families to honour the role they played in encouraging and supporting younger family members in their education.

One ECF award winner was Natasha De Souza, 19, a recipient of the Merit Bursary Award (Polytechnic), who is currently pursuing Sport and Leisure Management at Republic Polytechnic and aims to become a sports teacher.

Natasha has had to overcome difficult challenges in her young life. At the age of 14, her parents divorced, and the resultant strain on family life put Natasha under immense stress during her secondary 3 final exams, which she failed. She recalls: "I attained bad results during my examinations and did not want to blame it on my family issues." She says her mother, Rose Begum, is her role model. "She is the strongest person that



Natasha De Souza and her mother, Rose Begum, with the Minister

I know. She motivated me and continues to inspire me to become better."

"I never expected to receive this award and it pushes me to do better every day"

Her mother is a netball coach and Natasha herself captained the Tanglin Secondary School team for two years. However, her sporting ambitions were thwarted when, at the age of 16, a benign growth causing migraines was discovered in her brain. She was advised against surgery, and although she has learned to cope with the problem, she had to stop playing netball.

Instead, Natasha threw herself into her studies. Of her award she says: "I never expected to receive this award and it pushes me to do better every day." She plans to give back to the community in her spare time by tutoring English to primary school children.

Four Eurasians Ace Their Exams

Students earn vouchers for shining in their extra-curriculum tuition

Four Eurasians were among a record number of students who received Popular bookstore vouchers at the 12th Joint Tuition Awards ceremony held at Nanyang Polytechnic on 27 August, organised by MENDAKI. Mr Masagos Zulkifli bin Masagos Mohamed, Minister for the Environment and Water Resources, was guest of honour.

The 565 recipients are part of the Collaborative Tuition Programme (CTP) run by the four self-help groups and were awarded for their success in examinations including PSLE, N-levels and O-levels.

The EA encourages Eurasian students to register for the CTP as it provides affordable and subsidised tuition at conveniently located venues throughout the island. This year's award-winning Eurasian students are: PSLE — Faustina Anne Francisco; N-Level — Rachel Isabelle D/O Thanabalan; O-Level: Emmanuel Gerard Francisco and Joyce Helena Xuan Le Rappa.



From left: Joyce Le Rappa with her parents; EA president Benett Theseira; Faustina Anne Francisco with her father; Dr Graham Ong-Webb (behind); and EA general manager Lester Low (right)

Edward Meets Awards Recipients

Four recipients of an educational scholarship enjoyed the opportunity to meet their benefactor in person

Two years ago, former EA president Edward D'Silva set up a scholarship in his name as a personal contribution towards the association's education assistance programmes. This year, five model tertiary level students were presented with the Edward D'Silva Scholarship and four of them met him in person at a special lunch held in Quentin's Restaurant on 3 September. Graham Ong-Webb and Christopher Gordon, who respectively chair the Education and Youth Committees, also attended.



Edward D'Silva, centre with (from left): Christopher, Viaano, Austin, Ryan, Juwaidi & Graham

The four boys – Viaano Mikhael Spruyt, Muhammad Juwaidi bin Muhammad Johari Apps, Austin David Lazaroo and Ryan James Morier – said they were honoured to have the opportunity to meet the benefactor who had reduced their financial burden and recognised their academic perseverance; and they were keen to tell him about their future plans. They added that their award had inspired them to give back to the Eurasian community in the future.

For more information on the Edward D'Silva Scholarship and other EA education assistance programmes, please visit: <http://www.eurasionians.org.sg/education/awards-and-scholarships/>

Gaining Skills for the Future Workplace

A new government grant helps professionals to further their career prospects

The SkillsFuture Study Awards, established last year, encourage Singaporeans to develop specialist skills needed for quality jobs in the economy. The awards are aimed at people in their early to mid-career who are committed to developing their knowledge and have working experience in the relevant fields. The cash award of up to \$5,000, can be used to defray out-of-pocket expenses while pursuing their course.

"The challenge is using the knowledge towards the progress of others and your environment"

Eurasian Nathaniel Lim, 33, is currently employed with LEGO Singapore as a senior assistant, Payroll. He applied for the award in order to take up the Business Strategies for Asia course by NUS Business school, which enabled him to increase his professional knowledge of operating in the Asia-Pacific region. He says: "The course offers information specific to major emerging and developed markets in Asia. The knowledge gained will give a better understanding of who our regional partners and neighbours



Nathaniel Lim: on course for a better career

are, the environment in which they operate and how best to work with them in order to create and preserve sustainable partnerships."

He adds that the award makes knowledge affordable to acquire and has enabled him to enhance his skill sets as a mid-level career professional. "I was able to take the course at a subsidised rate and now

I am able to customise better strategies for regional expansion."

Nathaniel encourages individuals to think about their professional goals and select the appropriate course to achieve them.

For more information about the Skills Future Study Awards, please visit: <http://www.skillsfuture.sg/studyawards>

Liquid Assets

In our tiny urban island, Maxine Mowe is looking to preserve our natural habitat

Maxine Mowe was only two years old when her father, an avid fisherman, took her camping in East Malaysia, but she was spellbound by the aquatic life around her. Nine years later, she took a trip to Hawaii, where its vast water habitats held the same fascination. She decided then that she wanted to pursue a career in environmental studies. Eight years later she returned to study for a degree in Marine Biology at Hawaii Pacific University.



Maxine conducting a practical experiment for her PhD

Even as an undergraduate, she knew that she wanted to take her studies further and after graduating she returned to Singapore to study for a PhD at the National University of Singapore. Initially, she was overwhelmed by the workload and it was a challenge to juggle her research project and academic assignments while also teaching undergraduates. "I was inexperienced and did not clearly understand what a research project entails and suddenly there were many expectations to be met," she admits.



Valedictorian Maxine Mowe with her family at her PhD graduation ceremony

But a lifetime's love of her subject and years of gruelling study paid off when, at the age of 29, she was recently awarded a Doctorate in Biological Sciences from NUS. But she is keen to share the credit: "My family was tremendously supportive, I had great lab members and my supervisors were motivating."

And along the way, she discovered a passion for teaching. She explains: "In NUS, a research scholarship requires us to teach and I love educating people about the environment. Many tend to think of Singapore as concrete walls but I teach them to

"Many think of Singapore as concrete walls but I teach them about the diverse natural habitats that we have"

look beyond and inspire them to think more about the diverse natural habitats that we have."

Maxine is currently a research fellow at the National University of Singapore's Freshwater and Invasion Biology Laboratory. She is studying the feasibility of using plants in freshwater bodies as a restorative mechanism to improve water quality, a subject which she believes has not been studied sufficiently in Singapore.

Is there one thing we can all do to help protect the environment? "Don't throw plastics in drains!" says Maxine. "In Singapore we have an excellent cleaning system but it's time for Singaporeans to take more ownership for our environment."

A Different Way of Thinking

The term 'special needs' in relation to both children and adults covers diverse mental, physical and development disorders, from deafness, Down Syndrome and dyslexia to autism spectrum disorder (ASD) and attention deficit hyperactivity disorder (ADHD). Some of these are associated with learning difficulties, but others may mask exceptionally high intelligence.

Singapore prides itself on being a harmonious multicultural nation, whose racial differences are a cause for celebration, not strife. But how inclusive are we when the differences are not ethnic or cultural, but a disability?

In a recent survey conducted by the Lien Foundation of more than 1,000 people in the republic on attitudes to people with special needs, 71 per cent said they were supportive of inclusive education. However, when asked if they were comfortable with having their own child seated next to a child with special needs in class, the figure fell to half.

*"Have a lot of patience and confidence in your child.
These qualities will go a long way"*

In short, the respondents' various replies revealed a gap between what they believe in principle and what they would do in practice. Part of the difference, concluded the researchers, was that in general the public don't know people with special needs and therefore don't mix with them.

Here we talk to some parents of special needs children, their teachers – and the children themselves.

It can be challenging enough at times for parents to understand what their child is thinking, but the problem escalates significantly when the child has difficulty in communicating their thoughts and needs.

For both children and adults this is also likely to make them feel socially ill at ease.

Living With ADHD

Austin Lazaroo, 18, is a first year Higher Nitec student studying Electronic Engineering. At the age of seven, he was diagnosed with ADHD.



Austin Lazaroo receives his ECF award from Minister S Iswaran

His mother, Marian Morier, says that during a routine check-up in Primary One, teachers told Marian that Austin was too short for his age and recommended that they consulted their doctor. During the visit, Marian decided to voice a concern that she had been feeling for a long time. "I knew in my heart that there was something different about him and decided to ask the doctor to assist," she says. She had observed that Austin was hyperactive and would engage in his own activities while the rest of his kindergarten class were focusing on their work. He was disruptive and faced difficulty coping with his studies. She also noticed that other people stared at him.

Marian learned that Austin suffers from ADHD. Her initial reaction was disappointment but she was quick to accept that her top priority was to understand how she could help her son. It has been a long road, she admits.

"I attended as many ADHD talks as possible and enrolled him in speech therapy; he was undergoing programmes at the child guidance clinic and I did everything I could to understand the disorder."

When he was seven, doctors told Marian and her husband, Derek, that Austin would need to take medication to control his ADHD. She was initially reluctant as the medication had adverse side effects, but Derek persuaded her that it was the only solution to improve Austin's condition.

Austin says that after taking the medicines his hands would start to fidget uncontrollably. He laughs and says: "My parents talked to me about ADHD in Primary Three but I honestly can't remember much about the conversation!" At primary school, Austin suffered bullying and Marian also received regular calls from teachers who failed to understand his special needs. He failed almost all of his subjects each year, but thanks to additional lessons provided by a few exceptional teachers, he was able to score an impressive score of 226 in his PSLE examinations.

Although primary school was a challenge, Austin's positive attitude to his condition led him to perform well at secondary school. He says: "I decided to not let the bullies affect me. Instead, I started to study hard and play computer games during my free time. 'Till today, making new friends is a challenge for me." However, his face lights up when he talks about his one friend, Alex, whom he met through the online gaming community. "We go out for movies and I feel like I finally have someone to talk to," he says.



Austin with his family and Minister Iswaran at the education ceremony

These days, his ADHD is under control and unnoticeable to others.

Marian believes that more teachers could be trained to manage these conditions better. She also asks the parents of children with special needs to stop being in denial as that is the only way to help them. She is proud of her son and the fact that the improvements in his

"Although it might not be obvious that I suffer from ADHD, I wish people will give me a chance to explain and respect my differences. It's important to treat us as per other human beings"

schoolwork led to him recently receiving the new Edward D'Silva Scholarship at the Eurasian Community Fund (ECF) education awards ceremony.

In closing, Austin says, "I hope people don't treat people with special needs differently. Although it might not be obvious that I suffer from ADHD, I wish people will give me a chance to explain and respect my differences. It's important to treat us as per other human beings."

WHAT ARE SPECIAL NEEDS

Children in schools for special needs are diagnosed with developmental problems such as ASD or ADHD.

About ADHD: "Attention Deficit Hyperactivity Disorder (ADHD) is a neuro-developmental disorder characterised by serious and persistent difficulty in three areas, namely: inattention, impulsivity and hyperactivity."

- Institute of Mental Health

About ADHD: "Autism Spectrum Disorders (ASD) are a group of developmental disabilities which affect a person's ability to communicate and interact with others. Children with ASD have difficulties in three key areas – difficulties in communication, difficulties in social interaction, and impairments in interests, activities and other behaviours."

- Ministry of Education's Parent Guide for Children with Special Education Needs 2012

Finding Her Voice

Eight-year-old Val Nicholas is a pupil at a school run by MINDS (The Movement for the Intellectually Disabled of Singapore). She was diagnosed with autism spectrum disorder at the age of three when parents, Shawn and Syahirah, expressed concern that her speech seemed underdeveloped for her age. Shawn says: "We thought that it was a hearing problem when we brought her to the hospital but found out that it was a ASD." Following the diagnosis, they took her to specialist doctors and therapy sessions. It was an exhausting period for the entire family, including Val, as they had to shuttle her from kindergarten to the hospital almost every day.

Life has changed tremendously for the family since Val's diagnosis and Shawn and Syahirah have had to take a lot of time off work to accompany their daughter to her various treatments. Syahirah says: "We are grateful that her both grandmothers have committed a lot of their time to taking care of her. Family support goes a long way in such difficult situations."

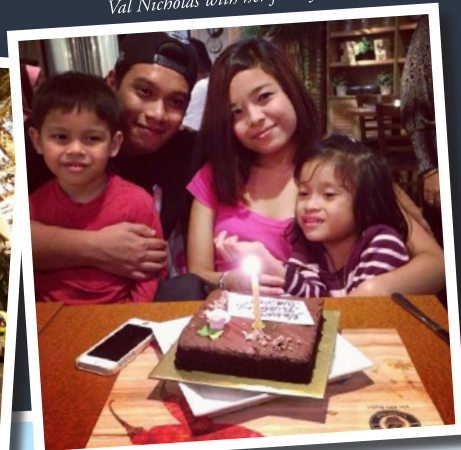
The family has learned to devise creative ways to speak to Val. Shawn smiles and says: "It is like a game of Pictionary with her. We are very proud of her as she slowly has begun to understand what we say. We will tell her to get herself a drink and she follows the instructions. It's a big milestone for all of us." It is still difficult for Val to express her thoughts to them, but now that she is at MINDS, her parents feel that her communication has really improved — and she also has a newfound passion for singing and dancing to Hindustani songs.

Shawn's and Syahirah's advice: "Have a lot of patience and confidence in your child. These qualities will go a long way."

MINDS



Val Nicholas with her family



SCHOOLS WITH A SPECIAL TOUCH

A service of St. Andrew's Mission Hospital, St. Andrew's Autism Centre (SAAC) is a non-profit, integrated centre for the education, training and care of persons with autism and their families. SAAC operates a special school, St. Andrew's Autism School (SAAS), for children and young people aged from seven to 18 with moderate to severe autism and a day activity centre for those over 19 with moderate to severe autism. For more information about SAAC, visit www.saac.org.sg

The Movement for the Intellectually Disabled of Singapore (MINDS), founded in 1962, is one of Singapore's oldest and largest non-governmental organisations providing help to people with intellectual disabilities. In addition to running four special education schools its services include employment development centre, training and development centres in addition two homes (one for adults and another for children). It also has a team of allied health professionals to provide holistic interventions and Social Enterprise Department to help provide sustainable job opportunities for its clients.



St. Andrew's Autism Centre

The Special Needs Teachers

Gloria Yzelman, 27, has been working with pupils aged between seven and 15 with moderate to severe autism at the

for weeks. She told the student: "If you'd like a biscuit, you should ask." The student responded: "Biscuit!" Gloria's jaw dropped as she had never heard the student speak. Although it was a small incident, it allowed Gloria to realise that inappropriate behaviour has a root cause and that the lack of communication skills is often the cause of behavioural problems. Now, each time she sees a student with challenging behaviour, she asks herself if the student is trying to communicate something and how she can teach them to communicate it appropriately.

As a teacher, Gloria believes that the biggest challenge parents' face is thinking about their child's future, especially in Singapore's fast-paced, results-driven society. Taking care of a child with special needs can be financially taxing and she hopes that more schemes will be introduced to support parents financially.

Gloria encourages the public to have empathy and not sympathy for people with special needs. She admits that occasional aggression can be a problem and it is important to understand the root of this and what triggers an outburst. "If teachers manage to find this, they can work out a strategy to manage the situation. But one size does not fit all; one teaching strategy does not benefit all students."

She makes a special request to parents to encourage and teach their children to interact with children with special needs.

and 12. Jessica was inspired by her elder sister, Rebecca who is also a special needs teacher. Jessica says: "All special needs educators need patience and flexibility and need to be passionate towards their work. These are the only qualities that can help you cope with difficult days."

Jessica likes the holistic approach taken by MINDS, which educates and takes care of the students from a young age until adulthood. "At MINDS, all of us teachers work closely together like a family and the curriculum has functional academics, teaching our students social and daily learning skills to make a difference in their lives."

Teachers frequently have to cope with students' behavioural problems; one of the more severe is self-harming. "I work with the allied health professionals, parents and senior teachers to better



Gloria Yzelman with a pupil

St. Andrew's Autism School (SAAS) for nearly four years. "I love working with the students and even though it is full of ups and downs, they have been my most fulfilling years," she says.

Gloria is grateful that she had an experienced mentor who quickly brought her up to speed when she first joined SAAS. She is also glad that the school sends teachers for courses and workshops to develop their teaching skills. Gloria, who has a Bachelor of Psychology degree, recently completed her Diploma in Special Education with the National Institute of Education.



Jessica De Silva teaches a colourful lesson

understand why they are engaging in self-injurious behaviour and also plan strategies to stop or reduce this behaviour," she says.

For special needs students, even the smallest achievement is a big milestone. She recalls a situation where a student could not balance and walk on a bench – an easy task for most of us. After four to five weeks of practice, she managed to do so and the entire class cheered for her.

Jessica feels that more can be done to educate the public about special needs and that people can always sign up to volunteer. She adds: "If someone has a child with special needs, please invite them to your social gatherings. Those with special needs are also special! They are loving and caring in a different way. Let's all understand that and be inclusive."

"I love working with the students and even though it is full of ups and downs, they have been my most fulfilling years"

One of her most memorable experiences was during her first year in the job. She recalls having a student who would not speak, had frequent meltdowns and would snatch her friends' snacks. One day, she started snatching and Gloria observed this and stopped her. The student began to wring her hands and Gloria knew that the situation was going to escalate. It was frustrating because the behaviour had been occurring daily

She adds: "In order to be a truly inclusive society, we have to develop intrinsic qualities that can only be nurtured and maintained from young."

Jessica De Silva, 32, is a teacher at Lee Kong Chian Gardens, one of MINDS' special education schools. She has been a special needs teacher for nearly eight years and this year is working with intellectually disabled students aged 11

Brimful of Goodness

Tea is said to be good for you — and all the more so when it's accompanied by healthy advice

With the rapidly ageing population in Singapore, the Eurasian Association's Family Support Service has been stepping up its efforts to meet the complex needs of its seniors.

The Tea With Neighbours (TWN) sessions are organised regularly to enable elderly people to learn new things and receive advice on promoting their well-being, and are followed by a question and answer session. FSS Sub-Committee member, Simon de Cruz says: "We strongly believe that each senior is getting an

participants the symptoms that one needed to look out for and informed them about preventive measures and treatment options.

Similarly on 11 September, TWN collaborated with Coast Dental and Northeast CDC to focus on the importance of dental health. The session aimed to create awareness among the elderly on why it is crucial to make oral health a priority. Dr Nijam Latiff, clinical director of Coast Dental, advised on how to

A lively discussion during Tea With Neighbours



FSS Chairperson Francesca Eber welcomes guests



Simon de Cruz (left) with speaker Adzhari Boimin

opportunity to enhance the quality of their life by attending these sessions and I am heartened that they are well received by the participants."

On 17 July, TWN was held in collaboration with the National Kidney Foundation (NKF) and the Central Community Development Council (CDC). According to a report released by the International Diabetes Federation last year, Singapore has the second-highest proportion of diabetics among the developed nations. The session was held to ensure that the elderly in the community understood the implications of diabetes and why it is a leading cause of kidney failure in Singapore. Speaker Adzhari Boimin from NKF explained to

"Each senior is getting an opportunity to enhance the quality of their life by attending these sessions"

better care for teeth and gums and warned of the problems that could occur when dental hygiene was neglected.

Before the talk, a special laughing yoga segment was conducted by Chwen Sia to demonstrate to guests how laughing out loud can help to relieve stress.

Golden Glory for Joseph Schooling

On 13 August, it took swimmer Joseph Schooling just 50.39 seconds to create Olympic history for Singapore. He not only won the nation's first gold medal at the games, but did it with a new Olympic record, and by beating his rival - and hero - the most decorated Olympian of all time, Michael Phelps.

His victory against the all-time swimming champion ensured that Joseph, 21, made headlines not just in Singapore, but all around the world.

News and pictures abound of him as a small, shy schoolboy meeting his American hero when he was just a Singaporean kid with a dream to swim his way into the record books. Now, a muscular young man, thanks to years of gruelling daily training - most recently in Texas, where he has been studying at university - he has finally claimed the biggest prize of all.

The NewEurasian first interviewed Joseph when he was 16, when he had already started training four to five hours a day, six days a week to compete internationally. His love for the sport began when he spent his weekends swimming at Tanah Merah Country Club with his parents, Colin and May. During that interview, he said: "I want to win an Olympic gold medal. That's my dream. I want to be the best at what I do - and I hate losing."



Joseph at the podium with Olympic Gold Medal
(Photo: Simone Castrovillari)



Joseph with Michael Phelps

Photo: Simone Castrovillari



Joseph with parents in 2013 at the Bolles School

Photo courtesy of May Schooling

Joseph has admitted to being somewhat overwhelmed by the attention his victory has attracted, but he has been rapidly learning to take it in his stride. In the past few months, there have been many events to celebrate his achievement, not least of all when he and his parents were welcomed to Parliament House and members gave him a standing ovation.

In a Motion of Congratulations to Joseph, Christopher de Souza MP said that Singaporeans of all races "watched you fly down Lane 4, Singapore's flag on your swimming cap. All of us roared until you touched the wall". But more importantly, he said, "it was also how you embraced your victory that has moved many people, many Singaporeans. You spoke highly of Michael Phelps and shared that

to race for others greater than yourself is deeply motivating. Courage and humility. Well done."

Prime Minister Lee Hsien Loong wrote on his Facebook page: "Joseph's win signifies much more than Singapore's first Olympic gold medal. He sweated and sacrificed. With determination and fire in the belly, he has shown a new generation of aspiring athletes that dreams are worth striving for."

Now, for Joseph, it's back to university - and to the pool, to train for even greater glory at the next Olympics in Tokyo.

"Joseph's win signifies much more than Singapore's first Olympic gold medal"

A Very Civil Discussion

Young members of the Eurasian community had a chance to learn about the work of the Singapore civil service during a 'fireside chat' with three distinguished guest speakers

A series of career dialogues between tertiary students and industry leaders was launched recently by the new Eurasian Association Youth Committee. The inaugural Fireside Chat was held on 27 July at the Eurasian Community House. It centred on the civil service, with the theme 'Good Public Governance in an Unpredictable and Complex Future'.



Tertiary students and veterans gather for a discussion on the civil service



Members of the audience raise some questions



Young participants get advice from industry leaders

and the challenges that the new generation of civil servants will face. Mr Desker also shared many interesting anecdotes from his time as an ambassador.

The dialogue was a rare opportunity for the youngsters to learn more about the work of the civil service in what is becoming a more unpredictable and complex landscape. The guest speakers were Barry Desker, Distinguished Fellow at the S. Rajaratnam School of International Studies and former Singapore ambassador to Indonesia, Edward D'Silva, a member of the Public Service Commission, and James Wong, deputy secretary in the Public Service Division. A number of young Eurasian tertiary students and SINDA youth club members took part in the session.

After networking over dinner, the participants had a discussion with the speakers on what a career in the civil service entails

The young participants agreed that they had picked up many useful insights from the guest speakers during the thought-provoking session on the challenges facing the public sector.

The Youth Committee is working on a series of similar career dialogues focusing on different industries that will enable the younger generation to have more opportunities to meet industry leaders.

If you are aged from 17 to 35 and are keen to get regular updates on the EA's youth events, email your full name, school/work, age, contact number and email address to Revathi at revathi@eurasians.org or call 6447 1578 (ext 207).

Exchange of Views

When you're on a mission to learn about multiculturalism, who better to teach you than the Eurasians?

The Eurasian Association hosted 30 youth and staff from Hong Kong who were on an exchange tour themed 'Multiculturalism in Malaysia and Singapore'. The event, on 28 August, was arranged with the Hok Yau Club, a Hong Kong charitable organisation which aims to nurture students and young people. The tour's objective was to provide the youngsters with a unique opportunity to explore social and cultural lives through personal exchange.



The Eurasian dance performance



Youngsters and staff from the Hok Yau Club pose for a cheerful group photo

The youngsters were given a tour of the Eurasian Heritage Centre by guides, Lucille Marcus and Eulyth Fernandez. Afterwards, they were treated to sugee cakes plus a Eurasian folk dance performance by the EA Dance troupe members, Samantha Santa Maria and Chanel Roberts.



The young Hong Kongers learn about the Eurasians

Stepping into a New Circle of Friends

Teenager Nikita Marie De Silva discovered a lot more than dance moves when she volunteered to take part in the National Day Parade

The Eurasian Dance Troupe contributed 11 participants to Singapore's National Day Parade, where they performed a routine in Act 2, entitled Our Four Civilisations. Dressed in elegant traditional costumes, they revealed through choreographed moves the story of how various groups came together to build Singapore into one united people.

Nikita De Silva, 15, took part in her first NDP as a new volunteer with the EA Dance troupe.



Super troupers: Nikita De Silva (bottom right) with the NDP Eurasian Dance Troupe

She says she was exhilarated when her aunt told her about the chance to participate in the NDP Eurasian Dance Troupe and signed up. She was also looking forward to the opportunity to get a better understanding of her Eurasian heritage.

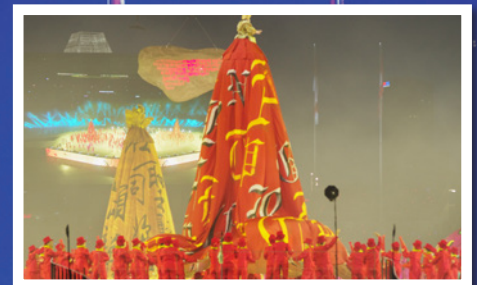
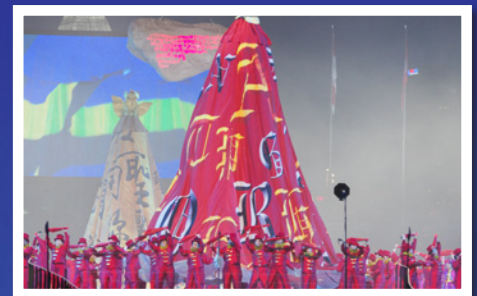
"I am going to continue to volunteer because of all the new things I get to experience and learn"



Off duty: Nikita (middle) with her friends

She admits with a laugh: "The first few dress rehearsals were exhausting. I remember the heat clearly, but it was all worth it in the end!" The best part of the experience, she adds, is that she has grown close to the troupe members.

She now misses the training sessions and her friends, but says: "I have a newfound passion for dance and I am going to continue to volunteer because of all the new things I get to experience and learn." Nikita encourages others to join and have an amazing experience!



The Eurasian Dance Troupe's NDP routine

Sticks to Tradition

The Istana was the venue for a recent trip down Memory Lane

Older visitors enjoyed reminiscing about yesteryear and youngsters learned new things about the old days at an Arts and Heritage Village held during the Istana Open House on 30 July. The event, which showcased Singapore's different cultures, was a Museum Roundtable arts initiative led by the National Heritage Board.

The Eurasian Association's contribution was a heritage booth, where parents and children gathered to play old-school games such as five stones and pick-up sticks. Kids learned about kampong living and were intrigued by the crocheted pieces on display.

President Tony Tan and his wife, Mary, visited the booth and were presented with a copy of the book, *Our City, Our Home: Singapore Eurasians 1965-2015*. President Tan also autographed one of the books as a memento for the association.



A father teaches his daughter how to play pick-up sticks



A snapshot of Eurasian culture



Mrs Mary Tan examines a piece of tatting made by a member of the Craft@EA group



EA management committee member Alexius Pereira greets President and Mrs Tony Tan at the heritage booth



Denise Pinto, Percival Shepherdson and Alexius Pereira (right) welcoming President and Mrs Tony Tan to the Eurasian heritage booth

PROMINENT EURASIANS

 BENJAMIN ENGLES First President of Singapore	 E.W. SARKER Last President of Singapore	 JEREMY MONTEIRO Second Minister (Law & Security)
 MARY KILIAS President of Singapore	 ANNABEL PENNEFATHER First Singaporean to be appointed as the Deputy Minister	 JOSEPH SCHOOLING First Singaporean to be crowned as the Commonwealth Games Champion

FOOD

Eurasian cuisine is essentially a fusion of East and West. It is rich in flavours and is often liberally spiced.

The sugee cake is made with semolina or suji (a type of wheat from India), butter, crunch, and almonds to give it a mask the slightly sour taste of the meat.

Of Portuguese origin, this spicy "debal" (meaning "leftovers" in Kristang) curry was created when all the leftover Christmas meats were put together in a hot curry, in order to mask the slightly sour taste of the meat.

Over the years, "debal" came to be heard as "devil" hence the name "Devil Dishes".

The Quest for Racial Harmony

The Eurasian Association took part in a forum set up to help educate the nation's educators on the subject of social cohesion among the country's diverse cultures

The Racial Harmony Forum 2016 was set up to help educators deepen their understanding of race relations and social cohesion in Singapore through experiential learning and discussions, and to reflect on how they could create more meaningful learning about the subject for their students.

The forum, held from 11 to 14 July, was spearheaded by the Character and Citizenship Education Branch of the Ministry of Education and OnePeople.sg.

The first segment of the forum was the Cultural Quest and included more than 70 educators visiting the Eurasian Association to learn more about the Eurasian culture and heritage in Singapore. Lucille Marcus was the tour guide and led the visitors through the stories of the Eurasian history, culture and heritage.

Iqbal Sanjiman, assistant director of OnePeople.sg, says: "Cultural artefacts at sites such as Eurasian Association brought in different flavours, which are not usually experienced.

The experiential learning brought forth greater depth in exploring issues of race, and seeds new perspectives among educators for classroom learning."



Teaching the teachers: educators on their Culture Quest at the Eurasian Association

Photo courtesy of OnePeople.sg

Light Entertainment

The Asian Civilisations Museum organised a special Love, Light, Living festival on 3 and 4 September to celebrate the unique cultural practices in the communities that grew from the influence of the spread of Christianity across Asia. The event focused on the 16th to 18th centuries, when significant trade and missionary activity occurred.

The festival featured a Eurasian Heritage booth, which displayed Eurasian traditional costumes, and guests enjoyed trying them on and taking photos with the carnival cut-outs. The EA Dance Troupe performed to the Jinkli Nona — and even taught the audience a few moves so they could join in the dance themselves!



Portuguese performance: members of the EA Dance Troupe with their Jinkli Nona routine

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Beyond Just Drama

Artist and drama educator Elvira Holmberg believes in the serious work that can be done through imagination

When artist and drama educator Elvira Holmberg returned to Singapore in 2009 from a 12-year stint teaching drama at local and international schools in



Elvira Holmberg

the Netherlands, she was encouraged to find that interest in theatre both as performance and as a tool for education was burgeoning in schools.

"If we cannot think and imagine ourselves in another person's shoes, how are we going to feel empathy? Every ill in our society often remains unsolved because of our own lack of imagination"

Swept up by the enthusiasm of the nascent theatre education scene and with an eye to do more for theatre education in Singapore, Elvira became a member of the Singapore Drama Educators Association (SDEA). SDEA is a non-profit organisation founded by a group of drama educators in 2002 to advance the profession of the drama educator and advocate for the practice and value of drama in performance, education and community and Elvira is



Elvira with the SDEA committee

the current president. Drama is far from being simply entertainment, says Elvira. In the last five years, she has observed that people are slowly coming round to the idea of drama's ability to empower marginalised communities. She points out: "There is a Diploma in Applied Drama and Psychology in Singapore Polytechnic, which trains students to work with communities. Drama educators in our membership are also working with various groups and agencies such as special-needs children, the Singapore Prison Service and the Yellow Ribbon Project." SDEA itself has worked with various organisations to support various communities, the most recent project partner being the Singapore Association for Mental Health."

Funding is a challenge, although aided by the Major Grant from the National Arts Council, support for professional development initiatives for the arts scene, especially among corporate donors, can be improved, she says. To date, SDEA has worked with the Ministry of Education, National Institute of Education, Singapore Workforce Development Agency, the Singapore Sports Council and other local and international partners on its signature programmes to show people the possibilities of drama in schools and communities.

To Elvira, drama is vital to an individual's understanding of life: "If we cannot think and imagine ourselves in another person's shoes, how are we going to feel empathy? How do we step back and think critically? Every ill in our society often remains unsolved because of our own lack of imagination," she says.

Elvira's passion for drama began when she studied at CHIJ Katong Convent School, where students were exposed to a range of art forms and had the opportunity to write, direct and perform their work during its Book and Music Week programme.

"At SDEA, we work so that drama is used as an effective tool for educational and personal development"

Today, Elvira says that there are still many challenges that drama educators and aspiring drama educators face in Singapore and pathways for professional development is chiefly one of them. SDEA is working hard on helping to provide quality continuing education and training programmes available to drama educators who are interested in developing their understanding of drama pedagogy or dramatic forms.

Her advice to educators and drama educators is to "Always be open to play." She hopes all teachers and drama facilitators will remember to engage the spirit and strategies of play so that the learning and the experience all round will be meaningful, more enjoyable and consequently more impactful.

SDEA is organising a training programme in November for drama educators titled, Drama Pedagogy – Essential Teaching and Learning Approaches. If you are keen to sign up or find out more about SDEA, visit: <http://sdea.org.sg/>

The Recipes of Our Roots

What began as scribbling a few recipes for family and friends has turned into a published cookbook for Cheryl Noronha and her grandmother

"Most cuisines have an original, definable starting place. But Eurasian cuisine is constantly evolving, and as Eurasians are by definition a mixed race the next evolution is just as authentic as the previous one," says Cheryl Noronha. The 29-year-old is a third-generation Eurasian who believes this to be the most unique feature of Eurasian cuisine. All four of her grandparents are Eurasians, including Theresa Noronha, whom she fondly refers to as Nan.

On 1 October, a book entitled *The Eurasian Table* was launched at the Eurasian Community House, where authors Theresa and Cheryl Noronha explained to the guests what had motivated them to capture their food heritage in print.

The book began as a family project in which recipes were written down so the rest of the family could cook and enjoy them. Cheryl explains: "When my extended family and a few friends found out about this mini-project that I had embarked on, they wanted copies, too. Before I knew it, I was writing this book!"

She adds that Nan's cooking style was also mostly based on her experience and she often took the 'taste and modify as you go' approach. However, Cheryl feels that this is common among older Eurasian cooks. "It used to frustrate me but now I love cooking this way and I've learnt to trust my instincts a lot more



Cheryl gives a welcome address at the book launch

and I encourage readers of the book to do the same.

It was a poignantly special moment for Nan when she saw her first copy of the book. Cheryl says: "Nan is illiterate and she found it really exciting that she's an author and on the cover of the book!"

She adds that the book's title also has a special meaning to them. There's a table in Nan's tiny kitchen where all her visitors crowd around and dig into the delicious food. Cheryl says, "I was watching the scene one day and it struck me that it has brought family, friends and neighbours together. I thought it perfectly symbolised the Eurasian community's attitude towards food – always open and generous."

The *Eurasian Table* is available for sale at www.eurasiantable.com for \$39 and includes free delivery within Singapore.



Plenty of Eurasian fare at the book launch: sambal sandwiches, dry mee siam and curry devil



Sweet treats at the Eurasian Table tea party, including suggee cupcakes with vanilla buttercream and coconut candy cubes

Nan's Recipe for Tamarind Pork Belly Curry (Porku Tambreneu)

INGREDIENTS

- 2 candlenuts
- 4 large onions
- 50 g of shrimp paste (belachan)
- 15 chilli padi
- 4 sticks of lemongrass
- 3 thick slices of galangal
- 2 thick slices of turmeric
- 1 kg of pork belly, cut evenly into chunks
- 2 tbsp crushed salted soya beans
- ½ tbsp sugar
- 2 tbsp tamarind paste dissolved in 2 cups of water
- A pinch of salt

METHOD

1. To make the curry paste, blend the candlenuts, onions, shrimp paste, chilli padi, lemongrass, galangal and turmeric together.
2. Add oil to a pan and fry the blended spices for about 10 minutes or until fragrant.
3. Add the crushed salted soya beans and pork belly, stir to coat the meat and fry for another few minutes.
4. Add sugar, salt and tamarind water.
5. Turn the heat down and continue to cook for another hour or until the pork belly has softened completely.

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Dress Code: The Great Gatsby Formal

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**DEEJAY
Bernard Jeremiah**

**GUEST ARTIST
Ernesto Valerio**

**Please contact Laurenzo Overee
at 6447 1578 (Ext. 206) or email
laurenzo@eurasians.org
for details and bookings**



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