

The New Eurasian

OCT – DEC 2020

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Real-Life Stories: EA's Beneficiaries

Fun With Docents At The Eurasian
Heritage Gallery

**SERVING SINGAPORE
WITH PRIDE**

**A Review Of
Herman R.
Hochstadt's
Memoir**

Contact us



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The New Eurasian

Magazine of the Eurasian Association, Singapore

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Dear fellow members of the EA,

I hope everyone is well and keeping safe. In the past quarter, even though Covid-19 has restricted many EA programmes, we have still been able to organise and participate in several important events.

First was the eagerly awaited launch of EA Patron Mr Herman R. Hochstadt's book, "lives and times of hrh". Mr Hochstadt had originally planned to hold the book launch at the EA, but a virtual one was held instead due to the Covid-19 restrictions. I hope you will read about our patron's interesting and important life in the civil service and beyond, and learn about how much he has contributed to nation building in Singapore.

Second, in adjusting to the new realities in Singapore, the Youth Sub-committee organised virtual seminars and conferences. The first webinar "Our Wild Neighbours" was about a digital journey on identifying local wildlife on land and sea. The second webinar was about wellness, presented by Shannon Siew and Varian Monteiro, who shared tips on managing anxiety, coping with emotions and having an open discussion about mental wellness concerns.

The third major virtual activity was the postponed EA Annual General Meeting on August 15. During the online meeting, we announced that five Management Committee (MC) Members have stepped down. They were Ms Julia d'Silva, who was the thrust behind the re-launch of the Eurasian Heritage Gallery; Mr Andrew Pang, who chaired the 2019 EA Charity Fundraising Dinner that helped to raise \$500,000; Mr Christian Eber, who assisted the Community Development team; Ms Hannah Hendriks, who spearheaded the Eurasian.ish dialogue; and Dr Graham Ong-Webb, who chaired the Education sub-committee for four years. My deepest thanks go to them for their unwavering support of the EA.

We also welcomed new Management Committee members — Ms Sandra Theseira, Mr Ion Danker, Mr Percy Shepherdson and Mr Edmund Rodrigues. Thank you for your willingness to serve. You can get to know them by turning to page 2.

I would also like to thank the MC Members who will be continuing to serve, including Mr Vincent Schoon, Ms Yvonne Pereira, Ms Angelina Fernandez, Mr Martin Marini, Mr Christopher Gordon, Ms Melanie Smith and Mr Danni Danis. I am very grateful that they have renewed their commitment as they provide stability and continuity to the EA.

The new MC will arrange activities up to 2022. If you would like to share how the EA can help the community, please let us know.

Finally, we will continue to make use of the Empathy Package to assist Eurasians whose livelihoods are affected by the pandemic. We will try our best to help. Please see the back cover for more information.

Together, we can make a positive difference.

Warmest regards,

Dr Alexius Pereira

President



HIGHLIGHTS

● Welcoming The EA's New Management Committee

Due to Covid-19, the 2020 Annual General Meeting was postponed from April 18 to August 15, and held virtually for the first time.

During the meeting, the President of the Eurasian Association (EA), Dr Alexius Pereira shared how the centennial anniversary was celebrated with a slew of events throughout the year. He also welcomed the office bearers and members of the EA's Management Committee (MC) for the period from August 2020 to April 2022.

Here are their views on how they feel about their roles in the new MC and what they envision for the EA next year.

“I hope more volunteers will step forward to join our efforts to find new ways to help the less fortunate during these challenging times.”

Dr Alexius Pereira
President

“I look forward to grow and develop our Eurasian community, especially our students. I believe that education is a great leveller and I'm driven by the adage to not leave any of our students behind.”

Mr Vincent Schoon
1st Vice-President

“Joining the EA's MC after 35 years as an administrator and secretary in the private sector offers new experiences for me to interact with a diverse group of people, including Members of Parliament. I still enjoy organising events — even after a decade — to foster stronger ties among Eurasians and help others to gain a deeper understanding of our culture.”

Ms Yvonne Pereira
2nd Vice-President

“The heart of the EA's mission is to offer a hand to the vulnerable in our community, and the wider society. Being part of the MC for the past few years has enabled me to make a small contribution to this important mission. It has been a great privilege!”

Ms Angelina Fernandez
Hon. Secretary

“After 40 years in the banking industry, I feel committed to give back to my community. With my experience, coupled with assistance from the Secretariat/MC, I shall endeavour to create a healthy and sustainable budget to maximise benefits for our community.”

Ms Sandra Theseira
Hon. Treasurer

“I am happy to continue serving our Singapore Eurasian community in my new MC role after four years as the EA’s treasurer. I look forward to new challenges ahead.”

Mr Martin Marini
Committee Member

“When I look around and witness the devastation caused by Covid-19, I realise how fortunate I have been and wonder if there is more that I can do to mitigate the suffering of those whose lives have been upended by the pandemic.”

Mr Edmund Rodrigues
Committee Member

“I’ve been volunteering at the EA for the past few years. I got started when I witnessed the camaraderie and the selflessness of the team who put in so much hard work for the benefit of our community, I knew it would be a great committee to serve. I was right!”

Ms Melanie Smith
Committee Member

“I hope more Eurasian families will document their family trees — preserve their documents, records and photos of their families. Each family has a beautiful story to share. We are proud of our Eurasian Heritage. You are all friends of our Gallery.”

Mr Percival Shepherdson
Committee Member

“I hope we’ll improve on what we have done in the previous term, and work towards serving our communities’ needs better. At the same time, I hope to see new faces, especially our youth volunteers, to participate in the work we do for our Eurasian community.”

Mr Danni Danis
Committee Member

“My biggest hope for the EA is to see many young Eurasians coming forward to serve the community and the wider Singapore society, especially during this crisis of a generation. The EA’s youth committee will provide a platform where our Eurasian youth can bring about positive change with their passion, ideas and energy.”

Mr Christopher Gordon
Committee Member

“I’m honoured and humbled to serve in the MC. In 2021, I hope we can move forward to support our Eurasian community better, and most importantly, adopt the same spirit of our ancestors who had faced various challenges but persevered to build a strong foundation for our Eurasian community.”

Mr Ion Danker
Committee Member

HIGHLIGHTS

● Stronger Together: Walk For Fitness

What's a football club to do when no matches can be held during Phase 2 of Singapore's reopening after the circuit breaker period?



(From left) EA President Alexius Pereira, Ms Karen LeCaine, Ms Michelle Woodworth and Mr Daren Almonte took a 16.9km route for the first Brisk Walk event from Adam Road Food Centre to East Coast Lagoon Food Village on July 26.



(From left) Mr Gerard Pereira, Ms Karen LeCaine, Ms Melanie Smith, Mr Daren Almonte and Mr Lyle Cordeiro met up at Adam Road Food Centre to kick off the second Brisk Walk event to East Coast Lagoon Food Village on August 2.

The Eurasian Association's Football Club (EA FC) has been organising brisk walking sessions since July for members to gather socially — while keeping safe distancing measures in mind — and stay fit together. The routes were planned around a few scenic locations in Singapore. Families and friends of the football club's members are able to join these events, along with other members of the Eurasian community.

The first Brisk Walk event kicked off at Adam Road Food Centre in Bukit Timah and ended at East Coast Lagoon Food Village in East Coast Park on July 26. EA FC members and the EA's President Dr Alexius Pereira covered 16.9km over three hours that day.

The same route was taken for the second event on August 2. Besides Mr Pereira, the participants included

Mr Daren Almonte, Mr Lyle Cordeiro, Ms Karen LeCaine and Ms Melanie Smith.

The third event on August 16 was participated by EA FC's squad members and other members of the community. Their 10.6km-walk started at Kembangan MRT Station and ended at Kallang Wave Mall.

As for the fourth event on August 23, Mr Pereira, Mr Cordeiro, Ms Smith and Ms LeCaine started on their 16.4km-route from Adam Road Food Centre, passing through Alexandra Road and Bukit Cermin Boardwalk, before reaching Tanjong Beach in Sentosa.

The EA FC's brisk walking events are typically scheduled on Sunday mornings. If you are keen to join the next event, please contact **Mr Cordeiro** at eamenssoccer@gmail.com to sign up.



Serving Singapore With Pride:

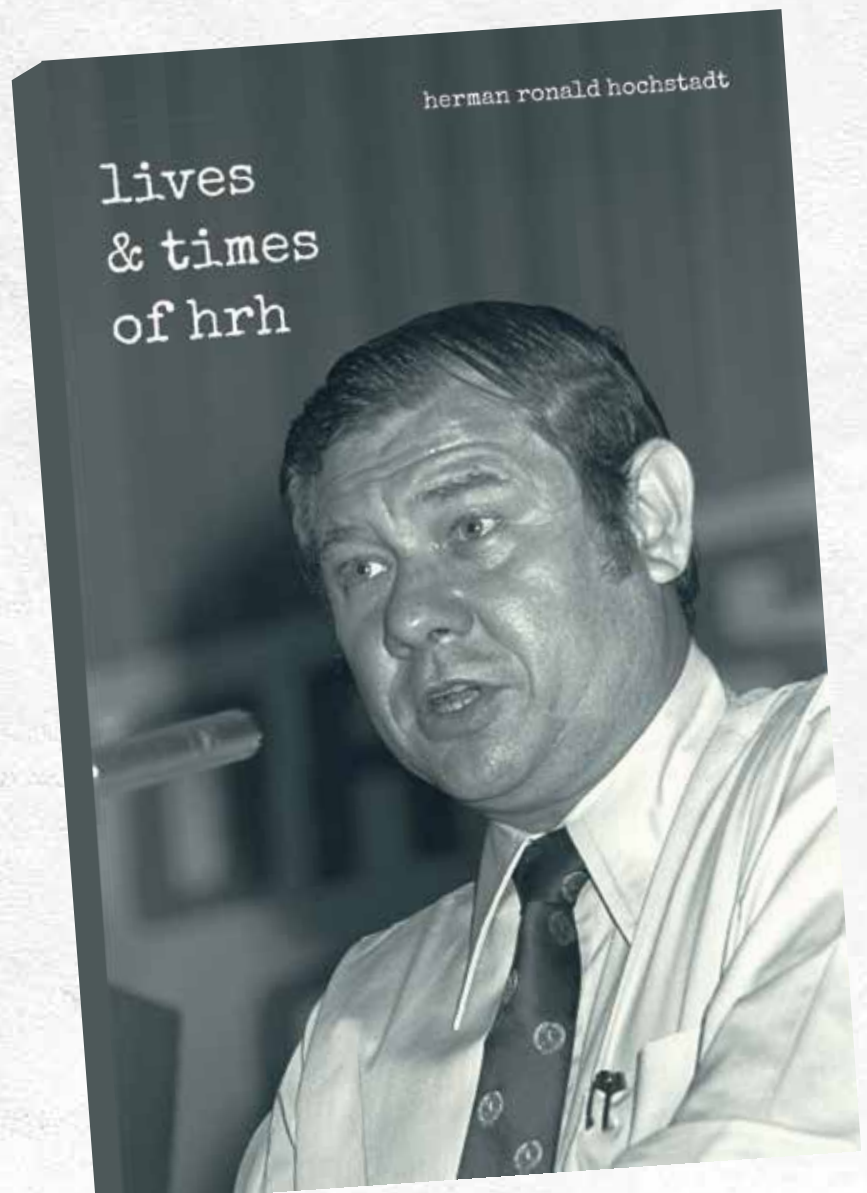
A Memoir By Herman R. Hochstadt

EA Patron and Stalwart Mr Herman R. Hochstadt, who has played key roles in Singapore's history, opens up on his family, childhood, career and life in his book, *"lives and times of hrh"*.
Reviewed by **EA Trustee, Barry Desker.**

Three Eurasians have served as Permanent Secretaries, the highest rank of the civil service in Singapore: Stanley Stewart, George Bogaars and Herman Ronald Hochstadt. We are fortunate that Hochstadt has published his memoir "lives and times of hrh" (NUS Press, Singapore, 2020).

It offers an interesting perspective on growing up in Singapore under the Japanese Occupation in World War II, life as a student at the University of Malaya, major events during a stellar career as a senior civil servant, the challenges facing Singapore in the years after its independence in 1965, and the variety of roles that he played after retirement. Through the sharing of his Eurasian heritage, Hochstadt also provides a unique insight into the role Eurasians have played in a changing Singapore over the past 70-odd years.

Such reflective accounts are an important part of Singapore's history and should be recorded by those who played seminal roles in the evolution of modern Singapore. The importance of such accounts can be seen even in the sparse public records from Stanley Stewart and George Bogaars.



EA Patron and Stalwart Mr Herman R. Hochstadt launched his book "lives and times of hrh" on June 20 this year.

Challenges shape the man

By contrast, Hochstadt has given us his own perspective on his life and career through this well-crafted memoir.

He begins by discussing his family tree, the difficulties posed by the Japanese Occupation, growing up in Tanjong Katong and his life as a student at the University of Malaya in Bukit Timah. This provides us with a sense of the man, his environment and the challenging times that helped to create the person that we are familiar with.



Herman R. Hochstadt gave a speech at the farewell and appreciation dinner in his honour, organised by MOE HQ staff, principals of junior colleges, secondary and primary schools at Shangri-La Hotel on 15 May 1980.

Photo credit: Herman Ronald Hochstadt

The formative impact of the university comes through clearly as Hochstadt mentions developing lifelong friendships with contemporaries such as Joe Conceicao, Haider Sithawalla and Ernest Wong, reading an unusual combination of English Literature, Mathematics and Philosophy, being elected as a student councillor and the publications secretary of the University Socialist Club, participating in student pranks and meeting his future wife, Peggy Leong Wai Chee.

Hochstadt's impact as an administrator

His life as a member of the Administrative Service — the apex of the civil service — is at the heart of his memoir.

Hochstadt served as Secretary to Prime Minister Lee Kuan Yew from 1962 to 1965. He was present when key decisions were made at the creation of modern Singapore, including the establishment of Malaysia in 1963, the

1964 race riots, Indonesian Confrontation and the MacDonald House bombing, and separation in 1965.

The PM had such a high level of confidence in Hochstadt that when the latter resigned and joined The Straits Times, he was requested to return to the civil service.

During his tenure in the civil service, Hochstadt implemented major government policies, such as equal pay for female civil servants, and set up the Manpower Division of the infant Ministry of Interior and Defence. He was also the first Permanent Secretary of the Ministry of Education (MOE) who made weekly visits to schools and sought feedback from principals and teachers on education policies.

He left his greatest imprint in the Ministry of Finance (MOF), where he spent 11 years of his 30-year civil service career. He served as Permanent Secretary (Budget Division) in his third stint in the ministry, having developed a reputation for his effective handling of budgetary and staffing issues.

Hochstadt is also candid to point out that the PM's decision to move the civil airport from Paya Lebar to Changi led to his transfer from the Ministry of Communications to MOE as he had been working on the expansion of the existing airport. He notes that the decision to move to Changi was the right call. But he also points out that while Singapore needs to do what is best for the nation, it needs to consult its regional neighbours too.

Photo credit: Herman Ronald Hochstadt



The 1982 "Budget Night" Dinner of MOF's Budget Division. Seated, left to right: Dileep Nair and Sim Cheng Tee Henry; standing, left to right: Huan Tzu Hong, Low Ah Tee, Herman R. Hochstadt, Tan Khay Quee and Ajith Prasad.

He showed a willingness to handle unpleasant tasks such as the 1980 decision to terminate excess staff at the Monetary Authority of Singapore, following a study by MOF's Management Services Division. That was when he called for a meeting with all the excess staff. He chaired it alone and served the termination notices.

Life after the civil service

The final section of the memoir covers Hochstadt's "afterlife", including serving as a non-resident High Commissioner to South Africa, Mauritius, Tanzania, Namibia, Botswana and Swaziland. When he became Chairman of the Singapore Turf Club, he oversaw its move from Bukit Timah to Kranji.

His father, Henry Hochstadt, regarded himself as a "pukka Eurasian". Herman R. Hochstadt's support for the Eurasian community can be seen in his active role as a Trustee and later Patron of the Eurasian Association of Singapore.

includes memorable anecdotes. For example, he handled the arrangements for a two-month lobbying trip led by former Deputy Prime Minister Toh Chin Chye, who visited New York in September 1965 for Singapore's admission into the United Nations. That was followed by visits to meet leading members of the Non-Aligned Movement and countries like the Soviet Union that had minimal contacts with Singapore then.

He even shares how the zip on his trousers gave way just as he stood up when former Indian Prime Minister Indira Gandhi was proposing a toast to the Singapore delegation, forcing him to use the white table napkin to cover his trousers!

He reminds us of the highly competitive political environment in Singapore in 1963 too. In the lead-up to the general elections then, he recalls PM Lee spending Sundays on constituency tours. Once, the latter had wanted a bottle of beer to quench his thirst after arriving in Changi following a day of walking to kampongs in Pulau Tekong. And Hochstadt was "saved" by the Marine Police officer-in-charge (OC) Charles Bridges who dispatched a police car to get a cold one.

As was usual with the PM who was insistent on reimbursing the OC, Hochstadt took him out for an evening of beers the following week at his own expense.

A "pukka" Eurasian

His father, Henry Hochstadt, regarded himself as a "pukka Eurasian". Herman R. Hochstadt's support for the Eurasian community can be seen in his active role as a Trustee and later Patron of the Eurasian Association of Singapore. These community links date back



Photo credit: Herman Ronald Hochstadt

Herman R. Hochstadt with President Nelson Mandela of Republic of South Africa. This photograph was taken after the presentation of credentials by Hochstadt as first High Commissioner for Republic of Singapore to Republic of South Africa.

In addition, he revived the Export Credit Insurance Corporation (ECICS) after it was exposed to high risk loans which covered the export of oil rig newbuilds exported to Nigeria. He also served as the director, deputy chairman and chairman of Neptune Orient Lines from 1972 to 1999.

Hochstadt's discussion of his activities after retirement demonstrates his capacity for leadership, clear decision-making approach, and the ability to juggle a range of responsibilities.

Anecdotes make for easy reading

Hochstadt's fluent writing style makes for easy reading. He is also humorous and

SPOTLIGHT

to the days of his youth in Katong, then a bastion of Singapore Eurasians.

When he sold his family's shareholding in the Singapore Casket Company, originally founded by his grandfather, part of the money earned was used to make a substantial donation to the Eurasian Association. The Association named its main meeting room the John Hochstadt Room in honour of his grandfather.

This memoir serves as a reminder that even as

Eurasians participate in the process of nation-building and the creation of a national identity, family and friends act as a stimulus for the retention of ties with the community.

More significantly, Herman R. Hochstadt has provided an example of how "within the wider Eurasian community of Singapore is the DNA of the principal ethnic, cultural and religious milieu of the entire population of the Republic of Singapore".

“Heartiest congratulations to the Eurasian Association's Patron, Mr Herman R. Hochstadt on the publication of his book 'lives and times of hrh'. It so vividly describes his experiences in Singapore's Civil Service through the foundational years of self-government and nation building. Those were truly ground-breaking times and he was right in the midst of them.

As a Trustee of the EA Endowment Fund from 1993, Mr Hochstadt was involved in the developments of the association's transformation into a Self Help Group. His deep understanding of government policies and practices was an asset he shared freely whenever we discussed the developments. His advice was always highly principled and given in complete integrity.

He is a Singaporean through and through and just as much a Eurasian, and his thoughts always bear the imprint of these two instincts.

I was fortunate as the former EA President to have had Mr Hochstadt as an advisor and mentor through those 10 years of the EA's transformation into a Self Help Group. He has touched all Eurasians through his contributions.

The EA is certainly fortunate to have Mr Herman R. Hochstadt as our Patron. ”

– **Timothy de Souza**

Trustee of The Eurasian Association Singapore

“Herman R. Hochstadt recently penned his memoir 'lives and times of hrh', touching on transience and permanence, key transitions in Singapore's history set against anecdotes of his many 'lives' and his footprints across many Ministries.

An esteemed alumnus who graduated in 1958 with a Bachelor of Arts with Honours in Philosophy, Herman R. Hochstadt dedicated his life to serving Singapore. We are deeply proud to count him as one of our own in the NUS Community. ”

– **Professor Tan Eng Chye**

President, National University of Singapore

What's In A Name?

Mr Herman R. Hochstadt's paternal great grandfather, Mr Peter Philip Hochstadt, was originally from Munich in Bavaria, Germany, possibly from or near a small town named Hochstadt, and that's likely to be the origin of the family name. In German, *hoch* means "high" and *stadt* means "town".

D'Almeida Street, near Raffles Place, was named after one of Mr Herman R. Hochstadt's antecedents, Jose d'Almeida Carvalho E. Silva. His daughter, Rose Delphina D'Almeida, was Mr Hochstadt's grandmother.



Standing In The Shoes Of Others

The unprecedented challenges brought on by Covid-19 has affected us all, in one way or another. Businesses have shuttered, workers have been retrenched and there are families and individuals within our community who are struggling to get by with a loss of income.

Our daily infection cases may be falling but we are not out of the woods yet. Without a vaccine, we will continue to be vulnerable to the virus, and the uncertainties cast on our economy. I am grateful and touched by the support and contributions of Singaporeans who have stepped up to care and uplift the vulnerable in our community.

As a community, we have bonded. Rather than turning a blind eye to families that are trying their best to get by with less income, or friends who have been retrenched,

"If there has ever been a time when one should be generous and caring, it is now."

members of our community have chosen to help in whatever way they can, to make the lives of others better. The spirit of community is exactly what we need now, because without an end date to Covid-19, many jobs and businesses will continue to be threatened.

Since April to August, the Family Support Services (FSS) has received more than 150 appeals from individuals who have lost their jobs. Their families have received financial assistance from the Eurasian Association's Empathy Package for one to three months. The number of individuals appealing for financial assistance continues

to grow, and the FSS needs more financial resources to support families through this uncertain period.

As Chairperson of the FSS, I appeal to those who have the means to lend a helping hand. Whilst you enjoy good health and the gift of a good life, do not forget those in your community who can only wish to have your comforts.

If there has ever been a time when one should be generous and caring, it is now.

I would like to share how the FSS has helped two recipients — a family and an elderly gentleman — cope amid the current challenges.

Their names have been changed to respect their privacy.



Edmund Rodrigues
Chairperson
Family Support Services

Two Beneficiaries Of The EA's Empathy Package Share How The Covid-19 Pandemic Has Turned Their Lives Topsy Turvy



A double whammy

When Stephen returned home from work one evening, he was greeted happily by his two young children as usual. But that day, he did not offer any hugs or cuddles like before. They sensed that something was amiss and their suspicions were confirmed when they noticed their father tearing up. Even his wife's greeting was met with a numbing silence.

As he struggled to maintain his composure, Stephen revealed that he had lost his job. Upon hearing the bad news, his wife stood frozen in shock as a million thoughts crossed her mind.

How would they meet their mortgage payments? How would they pay for their children's education? What about the day-to-day living costs?

She started thinking about whether it was possible for the whole family to survive on just her salary which was less than half of their combined income. Nevertheless, she knew how broken her husband was then and strived to restore his self-confidence and lift him up out of his depression.

But three days later, just as they were making some progress to stay positive, Stephen's wife returned home from work, looking ashen-faced, and announced that she had just lost her job.

An unforeseen impact

Living alone in a rental two-room Housing Board flat for the past four years was the norm for Aloysius. The 64-year-old widower used to work 12 hours daily as a taxi driver, earning a good income which was more than adequate to meet his needs.

When he grew tired more easily due to hypertension and diabetes, he kept to an eight-hour workday to get proper rest. Even then, he was still quite comfortable with his daily takings.

Then Covid-19 hit, resulting in a huge drop in the number of passengers he picked up and practically no phone-bookings for fares. Queuing at the airport was pointless as there were no flights arriving in Singapore.

When Aloysius earned far less than the \$60 needed to pay for fuel each day and struggled to fork out the rental fee for his taxi, he returned to working a 12-hour shift. Despite his best efforts, the rewards were far below what he expected. Often, he found himself exhausted and sleepy at the wheel.

One late evening, he was so tired that he dozed off at the wheel, resulting in an accident that left him with a broken hip and a broken arm.

Although his medical bills were covered by insurance and Medisave, he is now incapable of earning an income and has become totally dependent on someone else for all his personal needs.



If you would like to help others in our community during these challenging times, please reach out to Ram at ram@eurasians.org

17th Joint Tuition Awards Ceremony



It is never too late to celebrate, especially when hard work pays off to reap meaningful rewards. This year's Joint Tuition Awards Ceremony was held online on August 29 due to the Covid-19 pandemic. The event, which celebrated the achievements of students from the Collaborative Tuition Programme (CTP) for their 2019 major exams, was organised by the Eurasian Association (EA), Chinese Development Assistance Council, Singapore Indian Development Association and Yayasan MENDAKI.

The guest-of-honour, Mr Masagos Zulkifli, Minister for Social and Family Development, Second Minister for Health and Minister-in-charge of Muslim Affairs, participated in a virtual award presentation for students who were recognised for their hard work and achievements for their PSLE, GCE 'N' and 'O' Level examinations last year.

The EA's Best Overall Award for the Normal Technical Stream was presented to Ess Valerie Anne.

"Ess Valerie Anne not only displayed similar achievements in progress for her GCE 'N(T)' examinations, she is in fact personally driven by the belief that there are no short cuts in reaching one's goals," said Mr Masagos.

Other recipients of the EA's Overall Award were:

- Arya Shannon Xavier (Best Overall Academic Performance – PSLE)
- Natasja Raine Silav (Best Overall Academic Performance – 'N' Level Normal Academic)
- Elizabeth Paulyng Gostelow (Best Overall Academic Performance – 'O' Level)

Eurasian Community Fund Awards

The Eurasian Association would like to recognise the hard work, perseverance and determination of Eurasian students who have been awarded Distinction Awards. Congratulations to these 11 awardees who have shown outstanding achievements across various categories.

AWARD	RECIPIENT
The Peter H. Fernandez Award for the Top Eurasian PSLE 2019	Arya Shanon Xavier
The Colonel R. J. Minjoot Award for the Top Eurasian 'NT' Level Student 2019	Stacy Mary Lee
The Colonel R. J. Minjoot Award for the Top Eurasian 'NA' Level Student 2019	Natasha Kayla Glass-Nadeson
The Evelyn Rodrigues Award for the Top Eurasian 'O' Level Student 2019	Elizabeth Paulyng Gostelow
The Peggy Wai Chee Leong-Hochstadt Award for the Top Eurasian 'A' Level Student 2019	Alyssa Victoria De Conceicao
The Eurasian Association Award for the Top Eurasian IB Student 2019	Sarah Faith Dendroff
The Beryl Lucy Phillips-Hochstadt Special Award	Jordyn Antonia Fernandez
The Colonel R. J. Minjoot Award for the Outstanding Eurasian ITE Student 2019	Alex Natthapong Taye
The Lawrence Henry da Silva Award for the Outstanding Eurasian Polytechnic Student 2019	Alfred Kittipong Taye
The Herbert Schoon Progress Award 2019	Misson Joshua Ignatius
The Henry David Hochstadt Award for the Outstanding Eurasian University Student 2019	Clarissa Jayne Brigid Francesca Rozario



Overcoming The Odds

Ms Sabrina Theseira, a recent first-class honours graduate and former top student of the Eurasian Community Fund, shares how she beat the challenges in her journey to seek academic success and a balanced lifestyle.

How has your perception of education changed over the years?

I wasn't an exemplary student in my primary and secondary school years. I just managed to do well enough to get by. I was more interested in having fun with my friends and enjoying my childhood.

But there was always a nagging thought that I wasn't good enough like my peers. Many of them did well in their studies, participated in various sports and co-curricular activities, and showed great leadership skills. I might not seem like it, but I had always felt a sense of insecurity throughout my teen years.

As clichéd as it sounds, after completing my overseas university education, I realised the value of learning for learning's sake, compared to studying for something merely to tick a box or 'beautify' my resume. It also made me realise that I needed to take time to think about what I really want to do, instead of just going for what was deemed to be the socially ideal career or path in life.

Subsequently, I became a lot more invested in my studies because I genuinely enjoyed it and felt like there was some purpose to it.

The ECF Education Awards are divided into five categories:

(i) The Bursary Award helps students from low-income families to pay for their educational needs.

(ii) The Merit Award is for students who perform well in their final year examinations.

(iii) The Excellence Award recognises the top 25 per cent in the national PSLE, 'N', 'O' and 'A' Level examinations.

(iv) The Distinction Award is the most prestigious of the awards. It is presented to students who top their national examinations, and tertiary students who achieve outstanding academic results.

(v) EA Bursaries and Scholarships are for tertiary students from low-income families who show potential to excel in their studies. Most of these awards are funded by donors and are of a higher value than the other awards. The recipients are selected via interviews with the EA's Education Committee.

What did you study in university and what made you gravitate to that major?

I didn't know which course of study to pursue initially. I chose to study law at the University College London eventually because I had the notion that having a law degree would help to open most doors. I also wanted to develop the ability to think critically and enhance my analytical skills at that time.

In addition, there was an element of advocacy in law that appealed to me. As I was often told that I talk too much, I might as well use this gift of the gab for the right reasons.

What were some of your struggles and how did you overcome them?

I used to suffer from imposter syndrome for a long time. I never felt I was doing well enough even when I attained good grades. I thought I was a fraud who faked it till she made it, and prayed that I wouldn't get discovered.

Support from my friends and family helped me to pull through tough times whenever I doubted myself. Over time, I managed to find confidence in myself. I came to realise that there're actually people who just want to put their best foot forward so that they seem like they have it altogether, despite grappling with intense self-doubt and being hard on themselves for their failures. Knowing that I wasn't alone in feeling this way was, in a way, comforting.

I became focused on making little wins, like acknowledging the improvements I've made, instead of comparing myself to others.

Could you share some tips on maintaining a balanced lifestyle for students?

Be disciplined and don't make excuses. Plan time for studying and relaxing. Don't be too hard on yourself when you fail because failure is part of a long learning process. Everyone has a different pace so don't compare yourself to others. Focus on your own improvement.

Ultimately, it's important to have grit. More than IQ or EQ, I think having Adversity Quotient (AQ) is the key to not burning out.

When you relax, put all work aside. You deserve the break and you need to give yourself that time so you can return to focus on your studies effectively.

You're not alone on this journey; everyone is going through the same struggle. Talk to your friends about what you've learnt and you'll find yourself strengthening your level of understanding of those topics.

How have you benefited from the ECF?

Receiving the ECF award was very affirming for me. I know we aren't supposed to define ourselves by our achievements, but it did affirm my hard work and made me realise that I can succeed if I make the effort.

I often felt that the academic phase of my life was a constant struggle because the results of my hard work never really met my expectations. So the sense of achievement that I felt when I received the award boosted my confidence and reminded me to always work hard even when the process seems long and pointless.

I also felt pride as a Eurasian because there are not many Eurasians in the academic spotlight. This isn't an issue about capability because frankly, Eurasians make up a smaller part of the population.

I think it's good that this award helps to boost the morale of those who seek it and manage to earn it.

Any advice for students who have to deal with upcoming major exams amid the current global pandemic?

It's important to keep an open mind and accept that life will be different because of Covid-19.

Try to see the silver lining of this situation — it's easier to sit down and focus on your studies now that there are less distractions. Focus on what you can be grateful for, like spending more time with your family.

Also, don't be too hard on yourself if you find difficulty adjusting to the current situation — take it slow and steady. Remember to take time off to clear your mind so you don't burn out.

The Eurasian Association is committed to advance the academic achievement of all Eurasian students and encourages them to strive towards their goals. There are numerous programmes in place for students from primary to university levels. We work together with donors, benefactors and other organisations to ensure that Eurasian youths are supported in their academic journey.

For queries on our Education programmes, please contact **Vinitha Mukunthan at vinitha@eurasians.org**

Step Back In Time

Get to know your cultural roots with docents who make history fun and interesting at the Eurasian Heritage Gallery.

More than 1,400 locals and 200 foreigners have visited the Eurasian Heritage Gallery (EHG) since it opened on September 21 last year. Launched by President Halimah Yacob, the EHG aims to preserve and share the history and culture of the Eurasian community with the wider society and overseas visitors.

So far, dedicated docents have conducted 36 group tours for schools, community centres, travel agencies, organisations and companies. These tours also included special ones for members of the Eurasian Association and regular ones for the public.

Docents who make a difference

Feedback from the visitors and tour groups was encouraging. Many found the docents friendly and knowledgeable, and expressed delight in the viewing of exhibits and artefacts, sparking more interest to learn about Eurasian culture. One visitor mentioned that the EHG is unique in that it encapsulates the history of Eurasians since the 1500s when the European powers came to Asia in search of the spice trade.

Trained to assist and answer queries about the gallery, the docents enhance their commentaries with personal stories and often highlight areas that are of personal interest to visitors. This is why return visits are common for those who seek varied experiences with different docents. One of the EHG's outstanding docents is Ms Alison Dragon, whose personal stories appealed to many visitors, especially one who felt that her lively and animated narrations brought history to life.

Group tours at the EHG can be customised based on the varied interests of visitors so that every experience is unique. Coupled with the docents' high standard of hospitality, this flexibility to accommodate special requests can help to inspire return visits, perhaps to coincide with an event to commemorate a birthday or anniversary.



Gallery 1 shows the many unique faces of Eurasians.



EHG docent Alison Dragon (centre) enjoys sharing her knowledge on Eurasian traditions at the section on religion.

For example, a special group visit can begin with a sumptuous meal at Quentin's Eurasian Restaurant on level 1, followed by a visit to the EHG on level 4 for a trip down memory lane as they view the section on enclaves, My Grandfather's Road or admire artefacts such as kitchenware and jewellery from a bygone era.

Going virtual

The EHG's temporary closure from April 6 to July 14 due to Covid-19 as well as Singapore's circuit breaker and restrictions on gatherings, led its management to look into developing a virtual museum. In fact, it has the option of applying for funding from the National Heritage Board to support this initiative.



Gallery 3 showcases the unique Eurasian culture with European and Asian elements.



Gallery 2 records the careers and contributions of the Eurasian community.

Currently, the EHG is working on creating a virtual tour to be launched early next year. When it is ready, people in Singapore — and from all over the world — will be able to explore the EHG from the comfort of their homes. It will complement physical tours in future as well. Viewers will be able to discover some of the exhibits and artefacts online, and those who are interested to explore further can register for actual tours via Peatix.

Reopening safely

The EHG, which reopened on July 15, has been offering regular tours on Saturdays and selected weekdays since September 1.

Special themed tours are held on certain months, such as Battle for Singapore in February and Easter in April. Some themes involve common cultural elements such as cuisine during Racial Harmony Month in July, contributions by pioneers in August, a focus on Remembrance Day in November and a spotlight on Christmas in December.

The guided tours are currently free, thanks to the support from the National Heritage Board. Visitors who would like a taste of Eurasian culture can opt for the package that includes a free guided tour and special promotion of a slice of sugée cake and a cup of tea at

\$6 per person. There are other packages that include a bento meal or a cooking demonstration component. Tours need to be booked in advance via Peatix or through the QR code below.

Safety measures are a priority at the EHG and they are in place to put visitors at ease and keep them safe. Some measures include providing pre-arrival information for visitors on the EHG page of the Eurasian Association's website, enforcing mask wearing on the premises, temperature screening at the lobby, registering entry via the SafeEntry app, providing hand sanitisers and cordoning off all interactive sections.

Only 15 visitors are allowed to be on the premise at any one time. In addition, all visitors must maintain a safe distance of at least 1m away from one another and keep to groups of five. Viewing of the EHG is also capped at one hour, especially during peak periods and weekends. Tours resumed in September and interested parties can register for tours via Peatix.



Building Political Awareness In Singapore

Four Eurasians share how they are proud to be meaningfully engaged and involved during the General Elections 2020.

Volunteering with conviction

"As a Workers' Party (WP) volunteer during the General Elections 2020, I helped to distribute manifestos and newsletters to residents in the Marine Parade GRC. Part of the canvassing work for WP's election campaign was meeting residents in their homes and at hawker centres, which I found exceptionally informative and moving.

We visited homes across the income spectrum and gained a broad view of various issues faced by the citizens of Singapore in the area. It is one thing to collect data from polls or via online means, but another to have face-to-face meetings with people who offer interesting insights of the Singapore heartbeat.

After eight years of pioneering and helping to grow the local pro wrestling scene in Singapore, I've learnt to treasure the importance of grassroots connectivity and the positive changes it can bring to communities.

I believe in volunteering to strengthen the fabric of our nation. It's never too late to play a part and make a difference. That's why I seized the opportunity to participate in the election campaign.

I found the whole experience meaningful and I will continue to volunteer with WP on a more frequent and holistic basis beyond this election."



Mr Kenneth Thexeira

My duty as a Presiding Officer

"This year's General Elections (GE) marked the first time that I was selected to be a Presiding Officer (PO). I was extremely nervous although selected candidates had already been through months of training.

There were about five stations where we would have to conduct and assist with polling proceedings at the polling station. It was a little overwhelming at first and I was a little anxious.

A day before GE kicked off, I was informed that my duties would include sealing the ballot box with another PO. I didn't give much thought to it till the next day when I saw many people, including polling agents and officers from various industries, who were there to witness the sealing of the ballot box.

My heart was in my mouth and my hands turned cold. I became even more nervous. When it was time to seal the box, I felt like I was presenting a show, albeit a serious one. I had to carry the box to show everyone that it was empty before sealing it. Although the process was short, my hands trembled when I sealed the box. When it was over, I heaved a sigh of relief. What an experience!"



Ms Laura Jessica Fernandez

Eurasian-Malay sisters, Ms Nur Friday and Ms Farzanah Friday both played their part in the GE.



Ms Nur Friday

Engaging youth on social media

"I wanted to start conversations and be engaged in active citizenry during the General Elections 2020. As my friends on Instagram were mostly first-time voters then, I decided to use my platform to make complex concepts simpler to understand, especially when political jargon is used. I feel that Singapore's democracy will be adversely affected if our younger generation becomes politically apathetic.

So I came up with a content calendar for my Instagram as a way to engage my friends and the public. For two weeks, I covered fundamentals like the job of a Member of Parliament, organs of state, summaries of manifestos and party broadcasts and gutter political tactics. I also presented counter arguments to various narratives. I intended my platform to be a safe space where everyone could engage in civil discourse.

I volunteered as a Polling Agent to uphold the integrity of our democratic voting system too. Along the way, I made new friends and enjoyed the conversations that transpired. I even had numerous strangers challenge my arguments. Although our opinions differ, we were able to engage one another in a civil and respectful manner. The experience changed my perception that Singaporeans are unable to hold meaningful conversations about supposedly sensitive topics.

One must not only have compassion for such exchanges to happen. Being willing to listen to others is essential too."

Delivering the latest news

"I became interested in local politics when I was in secondary school in 2011. Since then, my interest in it has increased after reading manifestos and understanding what goes into creating policies. Political jargon can be difficult to understand, so I hope that by sharing what I know, others would feel encouraged to find out more.

Being a journalist and a voter, it's important for me to remain diplomatic and fair, regardless of my personal views on politics.

When I was on the ground during this year's General Elections on Nomination Day and Polling Day, as well as the preparation period leading to the main event, I met politicians and heard their speeches. I also witnessed their interaction with people from all walks of life when there was no one toting cameras around them. Being able to see all of that makes it all the more real to me and I do my best to deliver reports and news accordingly.

On Polling Day, I covered the morning voters and delivered the news about the extension and long waiting times. It was surreal rushing out news reports, and then joining other Singaporeans to cast my vote, before resuming work on post-interviews and updates. Overall, it was a fulfilling experience."



Ms Farzanah Friday

Our Wild Neighbours

Mr Elliott James Ong and Ms Inez Alsagoff share how you can learn to spot and identify wildlife on land and sea in Singapore.

During an hour-long webinar on June 15, Eurasian-Chinese, Elliott Ong, member of the EA Youth Committee, and Inez Alsagoff, invited guest for that webinar, focused on wildlife in Singapore, specifically how one can spot certain animals.

Feathered friends

Mr Ong spoke about terrestrial wildlife (wildlife on land) and two of the most common habitats. They include urban parks and gardens in heartlands, as well as primary and secondary forests which are bigger patches of land in our nature reserves such as MacRitchie Reservoir and Lower Pierce Reservoir.



MacRitchie Reservoir is one of Singapore's nature reserves where you can find abundant wildlife.

In Singapore, there are 390 species of birds, 140 species of reptiles and amphibians, and 61 species of mammals that can be found in urban parks and gardens. You can spot three types of birds — resident, migratory and vagrant — which can be identified by their colour (in relation to certain body parts), sizes, calls and behaviours. Resident birds live and breed in Singapore all year round, while migratory birds are here just for stopovers to escape winter between September and March. Vagrant birds never intend to land here unless they are lost, which is mostly the case.

Understanding ecosystems

Ms Alsagoff focused on the topic on marine life and intertidal zones, and explained how different activities and animals can be found during high tide and low tide. For instance, you will find fishes are aplenty during high tides, while many crabs come out to scavenge for food when the tide is low.



The Asian Koel is a common resident bird in Singapore known for its loud morning calls.

Of the six ecosystems in Singapore, the sandy shore is the most common. Animals are mostly found underground with moist and cool sand at “hotspots” such as Changi Beach, East Coast Park, Sentosa, Pulau Ubin and the Southern Islands of Singapore. Such animals mostly have protective shells and tubes, with a preference for underground life to avoid direct sunlight and be safe from predators. For instance, tubeworms live in long underground tubes made of mucus and sand, and can measure up to 10m long.

If you chance upon hermit crabs, beware of their pincers! Should you get pinched by one that won't let go when you hold it, Ms Alsagoff recommends placing it on the ground immediately so it will release its painful grasp.

Another common ecosystem is the rocky shore, which can be found at Labrador Nature Reserve, Changi beach, Pulau Ubin (Chek Jawa), Sentosa and the Southern Islands. You probably will not see many signs of animal life there till you look under the rocks. This is because such animals — mainly snails and slugs — are active at night to hide from predators. You'll also have a higher chance of seeing them on cool, overcast days and during low tide. Thunder crabs are also found under the rocks. Their pincers are for crushing shells and have been known to break fingers!

Learn more about wildlife in Singapore at these links:

Ecology Asia: ecologyasia.com

Wild Singapore: wildsingapore.com

TideChaser: tidechaser.blogspot.com

DiBird: dibird.com



Ms Shannon Siew and Mr Varian Monteiro lead a discussion on managing anxiety and coping with emotions.

Mental wellness has been a topic of interest especially during stressful times as the pandemic continues to wreak havoc on many lives. On June 27, two members of the EA's Youth Sub-committee, Ms Shannon Siew and Mr Varian Monteiro facilitated a mental wellness webinar on dealing with anxiety.

The event was kicked off by EA Youth Chairperson, Mr Christopher Gordon, who shared how he was initially sceptical about the benefits of mindfulness. Eventually, he became a firm advocate for it when he saw how it helped to improve his quality of life. It helps that his wife is a mindfulness practitioner too.

He feels that as more people get increasingly caught up with the daily stresses of life, there is a need to learn to better cope and manage them. And the power to manage it lies within each individual. He believes that mental fitness, physical wellness and emotional balance have to integrate in a holistic way.

Managing anxiety

When Ms Siew, a Eurasian-Chinese, began her segment on defining anxiety and exploring ways to manage it, participants were invited to share their interpretations of

the word "anxiety". Their answers included "mental and emotional stress", "sense of uneasiness", "a state of mind leading to fear", "sense of worry" and "feeling lost".

According to the American Psychological Association, anxiety is an emotion experienced by individuals when they feel tense, have worrying thoughts or experience physical changes in their body such as increased blood pressure, or even all of them. She added that symptoms of anxiety can be physical (eg. tiredness), psychological (eg. excessive worrying) or behavioural (eg. constantly seeking reassurance from others). It is common to experience anxiety, but when does it become dysfunctional?

4 signs of anxiety disorders:

1. The individual's anxiety is greatly disproportionate to the risk and severity that the stressor faced.
2. The individual is often anxious even when the stressor is not present.
3. The individual's anxiety interferes with and negatively affects the social, work, school or physical aspect(s) of his life, or all of them.
4. The individual completely avoids certain situations.



Source: Russ Harris

To better manage anxiety, try the steps outlined in the Acceptance and Commitment Therapy (ACT) framework. This framework is based on the practice of mindfulness.

Coping with anxiety

When Mr Monteiro asked participants to share an emotion that they have trouble coping with, answers included uncertainty and happiness.

He explained how emotions are indicators of how we feel towards a particular situation. He added "Though it may feel like it, we are not our emotions.

"Emotions are tied to our perspective on life events or situations, and they (emotions) come and go like the weather. Yet we can hold on to these emotions for a long time, sometimes longer than we should.

"So similar to a rainy day, just because we can feel the water droplets on our skin, it does not mean we are water or we become the rain; just because we feel the sadness within us, it does not mean we are a sad person or we become the sadness. When we feel an emotion, it is an indication of the unique meaning that we have attached to this outcome."

There is a complex interplay between emotions and the logical mind, he said. Theoretically, we have three minds: a logical one to solve problems, an emotional one that makes decisions in the "heat of the moment", and a wise one that activates executive functioning with a consideration for consequences.

Arousal (An event) + Interpretation (subjective thoughts) = Emotion

The key to coping with emotions is to change our interpretations. He offered the analogy that emotions are like a wave — succumbing to it or fighting against

it is unhelpful. This alludes to how some people get overwhelmed by emotions or suppress them only to have them come back stronger. Ideally, we need to ride the wave, so that we do not drown in them, yet do not fight them.

4 ways to cope with your emotions:

- 1 Express yourself**
Effective communication is a two-way street; get your message across and listen actively.
- 2 Take care of yourself**
Your happiness is as important as other people. Care for yourself first before caring for others. This includes setting boundaries.
- 3 Build up your tolerance**
Increase your tolerance to foster forgiveness for your own benefit.
- 4 Maintain a positive outlook**
Acknowledge what has happened and ride with your emotions. Focus on things you can be grateful for.



"I have come to believe that caring for myself is not self-indulgent. Caring for myself is an act of survival."

EA Youth Sub-committee Member **Shannon Siew** lives by this quote by American poet Audre Lorde. The fresh graduate from Temasek Polytechnic has a Diploma in Psychology Studies programme and previously served as Peer Supporter at the tertiary education institution.

"Even a happy life cannot be without a measure of darkness, and the word 'happy' would lose its meaning if it were not balanced by sadness."



EA Youth Sub-committee Member **Varian Monteiro** is a firm believer of this quote by Swiss psychologist and psychiatrist C. G. Jung. He is a counselling consultant at The Relational Counselling Studio.

Get Into The Christmas Spirit With Some Eurasian Recipes And Crafts



An Egg-cellent Delight

Serve up a scrumptious dish of scotch eggs that's easy to prepare even for beginners with this recipe by **James Pereira**.

Ingredients:

- 300g sausage meat (preferably pork)
- 1 tbs seasoned flour
- 4 large eggs, boiled
- 1 large egg, well beaten
- salt
- white pepper
- breadcrumbs
- oil
- water

For garnish

- lettuce, torn
- cucumber, sliced
- carrots, sliced

Method:

1. Boil eggs in a pot of water. Leave boiled eggs to cool before removing the shells. Then set aside.
2. Add seasoned flour and a dash of salt and white pepper to sausage meat. Mix well and divide into 4 portions.
3. Mould each portion of sausage meat mixture onto each boiled egg to encase it.
4. Dip into beaten egg and then coat thoroughly with breadcrumbs.
5. Deep-fry in oil and let cool before slicing into quarters. Serve on a bed of lettuce, cucumber and carrots.



Sweet Indulgence

Relish comfort food like this delicious bread and butter pudding that can be easily whipped up with this recipe by **Rosalind Mowe**.

Ingredients:

- 2 eggs
- Sugar
- 450ml warm milk
- 2 large slices of bread
- Butter
- 50g dried fruit

For custard sauce

- 1 large egg (or use 2 egg yolks for a thicker sauce)
- 15g sugar (or increase to 25g for a sweeter taste)
- 300ml warm milk

Method (for pudding):

1. Preheat oven to 160 deg C.
2. Whisk eggs with a fork, then add 1 tsp of sugar and warm milk. Do not boil the milk or it will cause the eggs to curdle.
3. Remove the crust from bread, and butter lightly.
4. Cut the bread into neat squares or triangles, and layer them in a pie dish.
5. Add dried fruit and pour the mixture of egg and milk over it.
6. Allow to stand for 30 minutes.
7. Sprinkle the top with a little sugar and bake for about 1 hour.
8. If the pudding appears to be cooking too quickly after 40 minutes, lower the heat.
9. Serve with custard sauce.

Method (for custard sauce):

1. Beat eggs (or egg yolks) and sugar together. Add warm milk and continue beating the mixture.
2. Strain the mixture into a saucepan and cook over very low heat while stirring it with a wooden spoon. It's ready when the mixture is sufficiently thick to coat the back of the spoon. The custard must not be allowed to boil, or it will curdle.

Reproduced from Laguna Park - SIGLAP Newsletter (Issue 6)



A Taste Of Christmas

Bake a traditional fruit cake with this recipe by **Bernadette D'Cruz** to celebrate the festive season.

Ingredients for soaking:

- 1 kg mixed fruits
- 3/4 cup brandy
- 1/2 cup of orange juice

Other ingredients:

- Zest of 1 orange
- Zest of 1 lemon
- 250g butter, softened
- 200g muscovado sugar
- 4 large eggs, beaten
- 2 tsp vanilla essence
- 4 to 5 tbsp brandy
(for feeding the cake)

Dry ingredients:

- 200g mixed peel
- 175g plain flour
- 150 chopped almonds
- 1/2 tsp baking powder
- 2 tsp mixed spice
- 1 tsp cinnamon powder
- 2 to 3 tbsp molasses

Method:

1. Soak mixed fruits with brandy and orange juice in an air-tight container. Chill overnight in the fridge.
2. Remove the soaked mixed fruits from the container the next day. Leave it at room temperature for 30 minutes.
3. Whisk softened butter with muscovado sugar till creamy in a mixing bowl. Then add beaten eggs and mix well.
4. Add dry ingredients to the mixture.
5. Add lemon and orange zest, and vanilla essence to the soaked mixed fruits. Mix well.
6. Line the base and sides of a 9-inch round or square cake tin, then spoon the cake mixture into it.
7. Bake in a pre-heated oven at 160°C for 2.5 to 3 hours, or until the cake feels firm to touch and a skewer comes out clean after being inserted into its centre.
8. Let the cake cool in the tin. If the top darkens too quickly, cover it with parchment paper.
9. When the cake has cooled, pierce and feed it with splashes of brandy. Then wrap the cake (with lining paper intact) with cling film, and again with foil.
10. Store in a cool and dry place. Continue to feed with more brandy every 7 days for a month.

Note: For best results, make this fruit cake a month ahead of Christmas.



Festive Sparkle

Personalise a T-shirt with a special motif for yourself or your loved ones this Christmas.



Method:

1. Lay T-shirt on a flat surface and insert cardboard to hold it in place. Set it aside.
2. Cut festive motif (eg. Santa Claus, Poinsettias and Snowman) from fabric.
3. Place the motif face-down and run fabric glue around its edges.
4. Stick the motif on the T-shirt and press it down firmly with the piece of cloth. Use the palm of your hand to press and smoothen the motif to release air bubbles.
5. Once the motif is in place, let the fabric glue on it dry out for a day. Do not remove the cardboard yet.
6. When the fabric glue has dried completely, apply glitter glue on the edges of the motif. Leave to dry for a day or two before removing the cardboard.

Materials:

- T-shirt in red, green, white or black (plain and collarless, with a round or V-shaped neckline)
- Fabric with festive motif/s (available from Spotlight)
- Fabric glue
- Glitter glue (silver or gold)
- A piece of cloth
- Cardboard
- Scissors

(You can also use the same method to embellish plain place mats to add a festive mood at your dining table.)



Washing instructions

Remember to turn the T-shirt inside out and place it in a laundry bag, before placing into the washing machine. Tumble dry it and hang up it to dry completely. Avoid ironing on the motif.

Contribution by **Yarn at EA**



5 Work Ethics Employers Want to See and How to Win Them Over

Here are key principles you should illustrate in your next interview.

Work ethics govern how employees perform their job responsibilities. For an insight of a potential candidate's character, employers often pose behavioural questions that tend to reveal one's work ethics. An example of such a question is: "Can you tell me about a time you made a mistake?"

So what are these desirable traits that employers want to see?

- 1. Reliability: Can you be trusted to deliver high-quality work?**
Share a time you rectified or addressed issues in the absence of the person-in-charge, or worked on a complicated task with no guidance.
- 2. Cooperation: Are you a team player?**
Think about a time when you worked harmoniously with colleagues from different backgrounds, or set aside differences with a colleague to complete a task or project together.
- 3. Professionalism: Do you possess proper workplace etiquette that is reflected in how you speak, dress and do tasks?**
Talk about the time when you worked with a tough client, or guided new hires on work responsibilities and expectations.
- 4. Discipline: Are you equipped to execute tasks well and improve performance, while having good work-life balance?**
Give an example of the time when you took the initiative to develop new skills at work, or managed work assignments alongside personal demands.
- 5. Respect: Do you treat others fairly, listen to diverse opinions and shy away from gossip?**
Think about a time you welcomed different perspectives from others in a team project, or clarified misunderstandings with colleagues on job tasks.

3

Steps to Writing a Good Resume

Searching for a suitable job requires preparation — and that includes your resume. These tips will help get you started.

1. Articulate your experiences and competencies clearly and honestly. Leave out unnecessary information, such as reasons for leaving each job, unless requested by the employer.
2. Word your resume so that it aligns with the job description. Apply similar terms and concepts to show a better match of skillsets, so the company can see the potential fit.
3. Include relevant part-time or contract work commitments and match them to the job expectations. These help to highlight that you spend your time productively, honing skills that raise your level of competence in communication and resourcefulness, while looking for full-time employment.

Need employment help? Workforce Singapore's professional career coaches can assist you with your job search. Register your interest at [go.gov.sg/careeradvice-ia](https://www.go.gov.sg/careeradvice-ia).



EA's Empathy Package

We're here to help!



For Eurasians who have lost their jobs or at least 30% of their income

Financial Assistance Scheme

A monthly cash grant of up to S\$500 (capped at three months) while you find alternative work.

Special Emergency Fund

One-time grant (capped at S\$500) if you have urgent and immediate needs.

If you would like to apply for the **Empathy Package**, or if you have questions, e-mail: ram@eurasians.org

For Eurasian youth

School Pocket Money Fund Top-up

An increase of S\$100 a month (capped at nine months) for students currently receiving assistance from The School Pocket Money Fund.

EA Bursaries Top-up

An additional S\$75-\$100 a month (About 4 weeks upon submission of supporting documents) for each student receiving an EA bursary.

If you would like to apply for an **EA Bursary** or the **Empathy Package for youth**, please e-mail: vinitha@eurasians.org