

# THE BEAM

Official Magazine of the  
British Association  
of Singapore

Jan/Feb  
2021

## HERE'S TO A HAPPY NEW YEAR

- 12 New Year's Revolution
- 18 Another Year Younger
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- 30 New Year, New You
- 34 A Circumnavigation of Singapore





NOTICE TO ALL BA MEMBERS

# 65TH ANNUAL GENERAL MEETING

Wednesday 31st March 2021  
7.00pm

(This will be a Zoom Event unless there is a change in Government policy)

**Notice is hereby given to all members of the British Association of Singapore of the forthcoming 65th AGM**

If you wish to submit questions for discussion at the meeting, please send them to [bachair@britishassociation.org.sg](mailto:bachair@britishassociation.org.sg) no later than 17th March 2021.

One of the purposes of the AGM is to elect a Council to serve you for the next year. The Council is the main committee of the British Association and meets once a month to discuss all aspects of the Association's activities. Some existing Council members are standing for re-election, but there are several openings, including Chair, and we would like to see more candidates come forward. If you would like to stand for election to Council, please contact the BA Chair to obtain an application form.

At the AGM we will be voting on small changes to the Constitution so it is important to get your proxy vote in. Completed forms must be submitted by 17th March 2021.

These will be sent out at the end of February.

The Annual Report will be emailed to all members whose emails have been registered on our GlueUp Membership platform and hard copies will be available on request to [info@britishassociation.org.sg](mailto:info@britishassociation.org.sg).

I look forward to seeing you in 2021.

**Edith Blyth**  
On behalf of the Council

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Carolyn Perkins

Helen Woodhall

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Helen Woodhall



Rosalind Arwas



Carolyn Perkins

# BEAM Team Memo

Let's raise our glasses to a happy New Year as we welcome you to the first BEAM of 2021 and, in the coming weeks, to the Year of the Ox.

If your good intentions for this year include getting more physical exercise or boosting your wellbeing, we have a wealth of suggestions. We encourage you to sample the fun there is to be had at beginners' golf and on the tennis courts at the British Club, to try out some of our dynamic days out for the young and young-at-heart, to explore a holistic approach to wholesome living or to circumnavigate Singapore by bicycle. To supplement this healthy lifestyle you could also consider Veganaury – going vegan for the whole of January. Alternatively, if you'd rather reward your efforts, we offer an appetising array of afternoon teas to sample. How will you know which one is the best if you don't try them all?

If you are of a more artistic persuasion, you might like to join the Sketchers for drawing and oil painting classes or try painting a 'tingkat' tiffin tin by hand. In this edition we also meet novelist Tammar Stein, who writes for young adults and children, and catch up with Jassy Husk, over coffee and a croissant, to hear how she is combining her singing and artistic talents for the conservation of the world's coral reefs. Closer to home, Singapore has some vibrant murals brightening its streets and our latest quiz invites you to go on an art trail, either on foot or from the comfort of your own armchair.

In a BEAM first, much missed former BA member, Susie Harris, is serialising the adventures she encountered as she sailed her 47-foot boat from Singapore to Europe. Enjoy Part One in this edition of The BEAM and be sure to come back for episodes two and three, which will be featured over the next few months.

As ever, we are truly grateful to everyone who has contributed to this edition of The BEAM. If you would like to write a feature, capture the cover photo, turn your eagle eyes to proofreading or otherwise be part of the BEAM Team, please do get in touch at the address below.

We would like to finish with a song but rest assured we won't be singing. At New Year, *Auld Lang Syne* reminisces on days gone by but there is a lesser known traditional Scottish tune that looks to the future. This (translated) extract is just as relevant in 2021 as it was centuries ago, as we continue to hope that this year, and the next, will be better for everyone dear to us:

*Now let us hope our years may be as good as they have been  
And trust we ne'er again may see the sorrows we have seen.  
And let us wish that one and all, our friends both far and near  
May e'er enjoy in times to come a hearty good New Year!*

#### Chorus

*A good New Year to one and all and many may you see  
And during all the years to come, o happy may you be.*

**BEAM Editorial Team**

beam@britishassociation.org.sg

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## Your BA Team

### COUNCIL MEMBERS

Chair	Edith Blyth
Vice Chair	Carole Jenkins
Hon Secretary	Vacancy
Hon Treasurer	Derry Blyth
Editor-in-Chief	Edith Blyth
Membership Secretary	Carole Jenkins
Events Coordinator	Claire Abbasi
Social Activities Coordinator	Siân Brook Gillies
IT Coordinator	Michael Davidson
BEAM Coordinator	Carolyn Perkins

### SOCIAL ACTIVITIES LEADERS

Beach Clean-Up	Siân Brook Gillies
Book Groups	Jane Walker Julia Chapman Jo Harding Marion Lang Anne Roberts
Bunco	Anne Roberts Jo Cockerill
Cinema Club	Siân Brook Gillies
Drop-In Coffee	Edith Blyth
Golf	Edith Blyth (18-Hole) Nancy Peirson (Beginners)
Handicrafts	Jane McDermott
Ladies' Night	Claire Abbasi

Mahjong	Jane McDermott Sam Blundell
May I?	Sally Harris Anne Roberts
Monthly Meanders	Miranda Thomas
Newcomers	Jo Cockerill
Photography	Carolyn Perkins
Sketchers	Joanne Bull
Tennis	Davina Borton-Sutherland Martin Wigglesworth
Walkie Talkies	Miranda Thomas (Botanics) Julie Avery (East Coast) Tara Codling (Bay)

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# View from the Chair

How was 2020 for you? It started with such promise and high hopes only to be dashed by the growing spread of the COVID-19 virus and eventual lockdown. At least we managed to have the newcomers' evening and carpet auction.

I ventured into social media and looked at ways members could stay connected. We used WhatsApp and we Zoomed. I researched activities you could do at home and sent them out on the newsletter. With this came warnings and I learnt about 'phishing', 'credential stuffing attacks' and 'password spraying' attacks. I changed some passwords and promptly forgot I had, so apparently did the PC. So I got out my sewing machine!

When my favourite restaurant did takeaways, I was there, although I did manage a few culinary efforts of my own and Claire helped us with her cookery classes. The trip to the supermarket was a masked outing. I managed to find a pack of toilet rolls tucked behind the kitchen rolls. Had it been hidden there to be collected later? Sorry, it was now mine and not from greed but need!

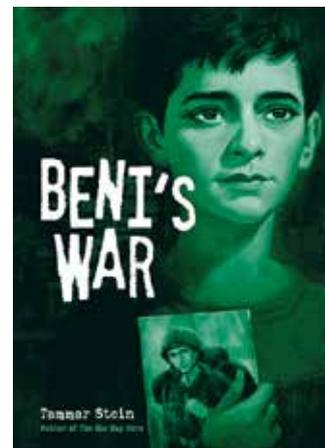
I gave thanks that I was in Singapore and to all the frontline workers who kept Singapore going in the growing crisis as well as to everyone obeying lockdown and wearing masks in public. I sincerely thank all the coordinators and the events team for all the activities we can still enjoy in small groups or on Zoom. Sadly we said goodbye to Janet Topping, our tour organiser, who has returned to the UK. We also said farewell to Jules and Miles Murphy who brought us May 1? and the infamous gentlemen's pub crawl. We wish them every happiness in their new ventures. Through our volunteer leaders we enjoyed a Christmas lunch like no other in our history and a Christmas celebration with carols and a message from the British High Commissioner via Zoom. Thank you, the members, for staying with us and thanks to the BEAM Team and the Council for their work throughout the year.

What have I learnt from 2020? Firstly, to value friends and family and keep in touch, secondly, to appreciate small acts of kindness and thirdly, it is never too late to learn new skills. We do not know what the 'new norm' will be so what will your resolutions be? Remember that we always need volunteers. What are you waiting for? Drop us an email and we will find a way to embrace your skills. Remember I retire (again) in March at the AGM so am ready to pass on the mantle.

The Year of the Rat moves into the Year of the Ox. It will be a metal Ox this year, which promises greater stability. We look forward to the Chinese New Year celebrations, which are followed immediately afterwards by Valentine's Day. Stay well, stay bright and all best wishes for a happy 2021.

**Edith Blyth**

bachair@britishassociation.org.sg



## The BEAM Meets...

# Tammam Stein

Tammam Stein, an American novelist living in Singapore, has written six books for young adults and will publish her first children's book next year. Her most recent novel, *Beni's War*, set during the 1973 Yom Kippur War in Israel, was published in November 2020. It is a sequel to her award-winning 2019 novel *The Six Day Hero*, about the Six Day War in 1967.

The BEAM met with Tammam Stein to find out more about her life and work.

### **BEAM: How long have you lived in Singapore and what brought you here?**

**TS:** I arrived with my family in September 2019 after my husband was offered the opportunity to relocate for work. Having never lived in Asia before, I was particularly excited by the possibilities to travel (before the pandemic!) and try out new foods, especially the famous Singapore hawker cuisine. I'm lucky because I can work from anywhere. I've already written books from three different countries and four different US states. Often it's easier to write a book once I've left a place. It provides perspective and distance.

### **BEAM: You make it sound easy! Surely there's more to it than that?**

**TS:** You're right. My first novel, *Light Years*, which was published in 2005, took about five years to write. I had almost given up on it when a chance meeting led me to an agent. She encouraged me to market it as Young Adult (YA) fiction and within three weeks, publishers in New York were expressing interest, which eventually culminated in a two-book deal. That was both a dream come true and a scary nightmare as it meant I was now contracted to produce a second book, within a specific time frame. As the deadline neared the doubts crept in. If I thought my new book was boring, wouldn't my readers too? Fortunately my editor agreed that a late book is better than a bad one and with the extra time, I completely re-wrote it and it became *High Dive*.

### **BEAM: What exactly is Young Adult fiction? Who reads it?**

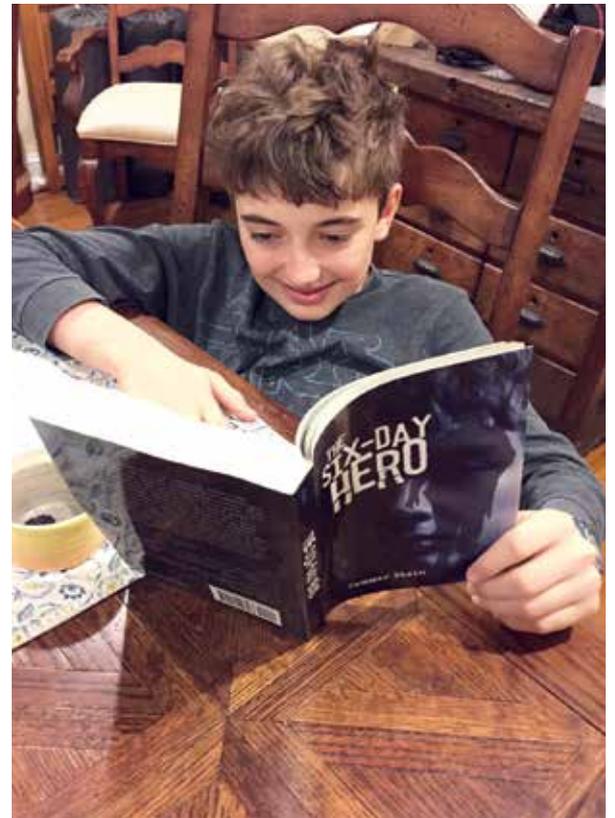
**TS:** YA books are aimed at kids aged between twelve and eighteen, although a significant proportion of them are read by adults. It's a

newish genre, the number of Young Adult titles more than doubled between 2002 and 2012. Initially I was a little surprised by the suggestion that my first novel could be classified as YA because the main protagonist is twenty. I hoped it didn't mean editors thought my writing was immature. My agent explained that the novel's themes are exactly those which resonate with a YA readership: who you are; what you want to be; finding your place in the world. My novels also appeal this age group because I deliberately put characters into complex situations where the decisions that they make have a clear impact.

### **BEAM: *Beni's War* and *The Six Day Hero* are aimed at an even younger audience (10–14 year olds). Was this a conscious decision?**

**TS:** Yes. I realised that there are almost no books for children about the events surrounding the Six Day War. News reports and internet posts on the subject tend to be divisive and polarised. Yet my parents lived through that history and I wanted young readers today to experience what that was like. For the first time I actually listened to which I had only half paid attention before. I was constantly calling my parents to ask questions like: 'How often did the bus used to come?'; 'What was playing on the radio at that time?'; 'How many flavours of ice cream were available?'. It's these little details which make the book come alive.

I did have to change my style a bit to make it more appealing to younger readers. For example, the sentences are shorter and the descriptions snappier. The dialogue is more to the point, with fewer metaphors. I listened to how my own kids communicate. My son, who was ten when I was working on *The Six Day Hero*, read it and gave me valuable feedback. I'm always impressed by how many people tell me that their favourite part was something which he suggested.



### **BEAM: Did you always plan that there would be a sequel to *The Six Day Hero*?**

**TS:** Yes. I wanted to demonstrate the impact of repeated episodes of war on one family. However, it was more difficult than I expected. I thought *Beni's War* would be relatively easy to write as I had already done a lot of research about the Israeli military for the previous novel. My parents both completed military service in Israel and my father fought as an officer in the Yom Kippur War and other conflicts so I had their personal, first-hand accounts to work with. Yet after two years, I was struggling. I realised that I needed to visit the places I was describing in my novel and to see where actual battles took place. I was fortunate to be awarded a research grant which enabled me to travel to Israel and interview people who had played a key role in the war. After that, the book just took off and I found it very easy to complete.

Singapore benefitted indirectly from the conflicts described in *The Six Day Hero* and *Beni's War*. In 1965, one of Singapore's most pressing tasks was to protect the new nation. Throughout the 1960s and 1970s local commanders were trained by officers from Israel, another small, young country. The Singaporean army was modelled on the Israeli Defence Force.

### **BEAM: Where do you get your ideas from?**

**TS:** From a snatch of song on the radio or a billboard advertising the lottery, basically from anywhere and everywhere. Although all my characters are fictional they often contain a kernel from someone I know, or perhaps someone I used to be. Especially when I write for younger kids I need to put myself back into that zone to remember how they see the world.

### **BEAM: How has the publishing world changed since you sold your first book?**

**TS:** My first novel was published fifteen years ago. In those days, there were no blogs and no self-promotion on social media. E-sales were irrelevant. Writers had to rely on reviews in newspapers and

magazines and book talks and signing events to publicise their novels. Big bookshop chains such as Barnes and Noble wielded a lot of power. The size of their book order could determine success or failure. It's very different now.

### **BEAM: What are you working on now?**

**TS:** I've just finished a wonderful project called *A Book of Hugs: Stories to Keep You Company*. Forty-five Singapore based authors contributed stories, poems and pictures with the twin aims of cheering up young readers during these uncertain pandemic times and raising money for two local children's charities. I also have a children's book of my own coming out next year, based on the story of Jonah and the Whale.

### **BEAM: And when you are not working, what are some of your favourite things to do in Singapore?**

**TS:** I love walking through the Botanic Gardens and along the river, perhaps ending up in Tiong Bahru for breakfast. One of my highlights this year has been experiencing the view from the top of Marina Bay Sands, with the city lit up at night. And, of course, being a bookworm, I enjoy spending time at my local library and browsing the new selections at the small but delightful independent bookstore: Closetful of Books.

### **BOOK GIVEAWAY!**

To stand a chance to win a copy of *Beni's War*, please email [beam@britishassociation.org.sg](mailto:beam@britishassociation.org.sg) with your BA Membership number before 31st January 2021.

*A Book of Hugs* (\$25) can be purchased from Closetful of Books ([closetfulofbooks.com/products/a-book-of-hugs](http://closetfulofbooks.com/products/a-book-of-hugs)) and all profits from the sale of the book will be donated to Child at St 11 and Superhero Me.

The BEAM was represented by Rosalind Arwas.

# BA Diary

## JANUARY - FEBRUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Regular Events</b> <ul style="list-style-type: none"> <li>• Walkie Talkies</li> <li>• BA Joggers</li> </ul>	<b>Regular Events</b> <ul style="list-style-type: none"> <li>• Walkie Talkies</li> <li>• Sketchers</li> <li>• Mahjong</li> </ul>	<b>Regular Events</b> <ul style="list-style-type: none"> <li>• Walkie Talkies</li> <li>• Mahjong</li> <li>• 18-Hole Golf</li> </ul>	<b>Regular Events</b> <ul style="list-style-type: none"> <li>• Drop-In Coffee</li> <li>• May I?</li> <li>• Handicrafts</li> </ul>	<b>Regular Events</b> <ul style="list-style-type: none"> <li>• Walkie Talkies</li> <li>• Tennis</li> </ul>
<b>Special Events</b> <ul style="list-style-type: none"> <li>• <b>8th February:</b> Monthly Meander</li> </ul>	<b>Special Events</b> <ul style="list-style-type: none"> <li>• <b>12th January:</b> Monthly Meander</li> <li>• <b>19th January:</b> Afternoon Tea</li> <li>• <b>23rd February:</b> Afternoon Tea</li> </ul>	<b>Special Events</b> <ul style="list-style-type: none"> <li>• <b>6th January:</b> Around the World Lunch</li> </ul>	<b>Special Events</b> <ul style="list-style-type: none"> <li>• <b>12th February:</b> Around the World Lunch</li> </ul>	



### DROP-IN COFFEE

**Date** : Thursday mornings  
**Venue** : Brunetti, 163 Tanglin Rd, #01-35 Tanglin Mall, 247933  
**Time** : 10.30am  
**Cost** : Please settle your own bill on the day

Please join us for our coffee morning every Thursday from 10.30am. It's a great way to relax, catch up and find out the latest news in Singapore.

All are welcome. No need to book – just come along and look out for the flags and the smiling faces. Don't forget to show your BA membership e-card to gain your BA Benefits discount.

Contact Edith Blyth at [bachair@britishassociation.org.sg](mailto:bachair@britishassociation.org.sg) or call the BA office on 6716 9773.

### AROUND THE WORLD LUNCH: GREEK

**Date** : Wednesday 6th January  
**Venue** : Blu Kouzina, 10 Dempsey Road #01-21, 247700  
**Time** : 12.30pm  
**Cost** : Please settle your own bill on the day

Blu Kouzina Singapore is the place to go for authentic Greek cuisine. The stunning space which Blu Kouzina inhabits represents elements of Greek mythology with nods to Singapore's Chinese heritage and colonial past. You'll find chequerboard tiles, a bright and airy dining space filled with plants and floor-to-ceiling windows as well as lots of white and blue furnishings and decor. When it comes to the food, it is best described as fresh, colourful and bursting with flavour. Portions are generous – as is the Greek tradition – and sharing dishes is not only approved of, but encouraged. So, for a quick, relaxing and delicious trip to Greece, a booking at this Dempsey Hill restaurant is absolutely essential.

Please book via the BA website. All bookings subject to MOH guidelines.



### AFTERNOON TEA AT THE FULLERTON BAY HOTEL

**Date** : Tuesday 19th January  
**Venue** : Fullerton Bay Hotel, 80 Collyer Quay, 049326  
**Time** : 3.00pm  
**Cost** : \$51

Join us for one of our favourite afternoon teas at the Landing Point, which stretches along an elegant indoor promenade paved with bespoke marble mosaics and gold hues. Sit back and enjoy your afternoon tea while taking in the panoramic sweep of Marina Bay's waterfront.

Please book via the BA website. All bookings subject to MOH guidelines.

### AROUND THE WORLD LUNCH: THE AMERICAS

**Date** : Friday 12th February  
**Venue** : Panamericana, Sentosa Golf Club, 27 Bukit Manis Road, 099892  
**Time** : 12.30pm  
**Cost** : Please settle your own bill on the day

Panamericana is the ultimate casual grill. It brings to life the rich diversity of cultures and cuisines found in the 14 countries along the sprawling Pan-American Highway that stretches through the North, Central and South Americas.

Panamericana enviably sits on a prime spot upon Singapore's finest and most prestigious golf club, set against the South China Sea, offering a relaxing and stylish setting with mesmerising ocean views.

Please book via the BA website. All bookings subject to MOH guidelines.





## AFTERNOON TEA AT THE RITZ CARLTON

**Date** : Tuesday 23rd February  
**Venue** : Colony, Ritz Carlton, 7 Raffles Avenue, 039799  
**Time** : 3.30pm  
**Cost** : \$52 including a flute of champagne

Take a step back in time and journey through Singapore's culinary heritage, while you enjoy a leisurely afternoon tea. Relish sweet and savoury highlights served in a five tier ceramic tiffin, also known as 'tingkat' in the Malay language. These include plain and chocolate scones, mini steak ale pie, tandoori chicken with yoghurt relish in pita bread, prawn and watercress sandwich and more.

Please book via the BA website. All bookings subject to MOH guidelines.

Please book online via the [BA website](http://BA website) or contact [events@britishassociation.org.sg](mailto:events@britishassociation.org.sg) for further details of the above events.

All information is correct at the time of publication. To make sure you have the most up-to-date information on all our events and activities, go to the BA website at [www.britishassociation.org.sg](http://www.britishassociation.org.sg) or sign up for the members' e-newsletter.

# Monthly Meanders

January:

## Fast Cars, Old Barracks and Super Homes!



**Date** : Tuesday 12th January  
**Time** : 9.00am - 11.30am  
 (approximately depending on everyone's pace)

**Length of walk** : 8 km  
**Meet point** : Botanic Gardens, Tanglin Gate  
**End point** : Baker & Cook, Loewen Road

On this walk we explore the lesser known parts of Tanglin Village, Dempsey Cluster and the nearby streets named after some of Singapore's foremost colonial personalities - Ridout (Major-General Sir Dudley Howard Ridout), Swettenham (Sir Frank Swettenham) and Peirce (Robert Peirce) - now home to many interesting old and new buildings. After the walk there will be an optional stop off at Baker & Cook for refreshments.

Things to bring: water bottle, sunhat/umbrella, mosquito repellent, sunscreen and money for refreshments.

If restrictions on group sizes are still in place in January, we will walk in groups of up to eight keeping a safe distance from any other group. Maximum sixteen people.

Please register through the BA website or contact Miranda on 8685 9912.

**Closing date for registration: Friday 8th January.**

February:

## Far Eastern Parks

**Date** : Monday 8th February  
**Time** : 9.00am - 11.30am  
 (approximately depending on everyone's pace)

**Length of walk** : 8 km  
**Meet point** : Pasir Ris MRT Exit A  
**End point** : Tampines Hub - Bus and MRT Interchange

Pasir Ris and Tampines are quite far away for many of us and possibly rarely, if ever, visited, which is a shame as there are some lovely areas to explore. We start with two parks in Pasir Ris, the first has a long area of beach, multiple walking trails and a mangrove boardwalk, the other a much loved local fishing lake. Then on to Tampines Eco Green with its natural habitats, grassy trails and abundant birdlife, and lastly a park where, if we are lucky, we can watch a game of woodball being played on an international standard course.

Things to bring: water bottle, sunhat/umbrella, sunscreen, mosquito repellent, binoculars and money for refreshments. Please wear suitable shoes for uneven paths and note that some paths may be muddy if there has been wet weather recently.

If restrictions on group sizes are still in place in February, we will walk in groups of up to eight keeping a safe distance from any other group. Maximum sixteen people.

Please register through the BA website or contact Miranda on 8685 9912.

**Closing date for registration: Friday 5th February.**



# BEAM Voice

Compiled by Claire Abbasi



## BOOK GROUP LUNCH AT BASILICO

After a lively discussion of *So Lucky* by Dawn O'Porter, the BA Tuesday Morning Book Club met at Basilico at the Regent Hotel to enjoy a very, very early Christmas lunch. Although we missed the lavish Italian buffet of previous years, the food was still amazing, in particular the dessert selection plates, which we did not all remember ordering but nonetheless tucked into with enthusiasm (it seemed rude not to!). The Tuesday Morning Book Club would like to wish safe travels to those members who have moved on and a speedy return to those currently overseas due to family commitments. If you are interested in joining the Club, please reach out to Jane Walker (details on page 40). The book choice for January is *Frenchman's Creek* by Daphne du Maurier.



## BEVERLEY'S BIRYANI

Beverley Francis is a convert to cookery classes: 'I've recently taken a couple of Claire's Zoom classes. They're great fun and I'll definitely be back for another as I absolutely loved the hands-on workshop rather than being a spectator! Claire is a wonderful teacher. She is patient and kind and gives very clear directions and tips, which for me is an absolute necessity as I'm not a natural cook. Our latest challenge was a Chicken Biryani, which was delicious! I learned a great deal and had loads of fun in the process interacting with the other 'trainee chefs'. I highly recommend signing up for a class; it is a fantastic experience!' Well done, Beverley, that Biryani looks mouth-watering.



## IN THE PINK

Pink apparel from deely-boppers to lei to sarongs was de rigueur on 30th October when BA members participated in sponsored Mini Pink Walks in aid of the Breast Cancer Foundation. The combined walks all over Singapore raised a whopping \$5,500 in cash donations, making 2020 the best year ever – for something, at least.

Keppel Bay Ladies formed three groups, each doing a different rotation or variation on a loop around Labrador, Forest Walk, Henderson Waves and Faber Peak, finishing at a different restaurant for lunch. Pippa Jackson and Fay Ford were in one of the groups and Sally Harris (pictured in her tutu) led another. Sally's group elected to do the walk anti-clockwise, which is crafty as it means you go down – rather than up – the Marang Trail. Having worked up a healthy appetite, Sally steered the group down to Wine Connection, where everyone had a salad and a small glass of champagne – with plenty of chips and more champagne!



## BOTANIC GARDENS WALKIE TALKIES

Early every Monday and Friday morning you will find groups of BA members in the beautiful Botanic Gardens. Some like to 'power walk', others take it more slowly but, whatever the pace, there's always lots of chatter and sharing of information around a five-kilometre route. This varies so that different parts of the Gardens are explored and, depending on the season, you can enjoy the wonderful aroma of the flowers or see stunning trees in full bloom, sunbathing monitor lizards, and if really lucky, otters fishing in Swan Lake. Afterwards a well-deserved break is taken at Casa Verde with a refreshing drink before heading home to continue the day.

Groups also sometimes meet for evening walks or a 'Walk in my Hood', when a member takes the lead on a route discovered whilst walking in their neighbourhood. These fascinating walks have so far taken groups around Emerald Hill and Fort Canning as well as the Green Corridor and Sixth Avenue area.

New walkers are always welcome to join, you don't have to come twice a week or even every week, just whenever fits in with you. See page 41 for more information.



## GLORIOUS GOODWOOD

Amanda Linstead enjoyed afternoon tea with BA friends at the Goodwood Hotel: 'As soon as we arrived, the staff were warm and welcoming and the service was excellent. Champagne was served straight away and they explained how the counter service worked and to select whatever we wanted, including sandwiches, savoury bites, cheese and biscuits and a fantastic mini beef Wellington. Next came sweet treats, including mini bread and butter puddings and scones with cream and jam – or is it jam and cream? There was also a selection of cakes and beautiful handmade chocolates. There were many choices of tea with frequent top-ups. COVID-19 rules were followed and the whole afternoon felt very safe. The atmosphere was buzzing as this afternoon tea is obviously very popular. I think we all agreed we could see why.'



## THURSDAY BOOK CLUB

The Thursday Book Club has taken a distinctly international turn! Whilst you will normally find our group comfortably ensconced in the library at the Shangri-La Hotel on the second Thursday of each month, COVID-19 restrictions have pushed us online. We have missed meeting up in person but video chats have been a wonderful way to keep in touch – from the UK to Australia! Our coordinator, Noya, sadly stepped down last year to return to the UK. Julia has taken over Noya's role and is doing a fantastic job, helping to keep the group running. Just a couple of the books we've enjoyed recently are:

- Invisible Women by Caroline Criado Perez – exposing data bias in a world designed by men
- The Dutch House by Ann Patchett – a tale of two siblings whose lives are upended by the loss of their parents, their home and inheritance.

Like to join us? Contact Julia at [juliachapmansingapore@gmail.com](mailto:juliachapmansingapore@gmail.com).



## MONTHLY MEANDERS

For a small country, Singapore has a surprisingly wide range of interesting places to explore and the Monthly Meanders are chosen to make the most of this. This year, thanks to COVID-19 we couldn't meet every month but we still managed a few routes, sometimes in the humid jungle or one of the many nature reserves, sometimes in the rich, culturally diverse urban areas of this Little Red Dot.

In January we trekked from MacRitchie Reservoir to Windsor Nature Park and in February we explored the newly reopened Jurong Lake Gardens. Once Phase Two commenced and we were allowed to meet again, we resumed with a route through the old Wessex estate. Over the following months we walked around fascinating Bukit Brown Cemetery, across the high walkways along the Southern Ridges and through Gardens by The Bay, across the Barrage and around the Kallang basin into Little India.

Wherever the Meanders take us there is always something fascinating to see as we explore Singapore. See page 9 for details of the January and February meanders.



## TAPAS PARA SEÑORAS

Nancy Peirson reviews the sixth Around the World Lunch at Esquina: 'There were just two of us this month which allowed us to sit at the counter and enjoy watching the chefs prepare our dishes. We decided to order a selection of tapas. The style of food is very modern, with some dishes barely recognisable from their traditional form, and the majority was delicious. The show-stopper for us both was the wagyu beef cannelloni, which was absolutely amazing. Unfortunately we were too full from the tapas to order dessert but the ones we saw being prepared looked very tempting, and we wished we had left some room! The restaurant has a good lively vibe and the staff are very friendly and helpful. I would definitely return.'

Thank you, Claire, for organising a memorable lunch and I look forward to the next one.'





# New Year's Revolution

by Helen Woodhall

The new year is traditionally the time to take stock of the period just gone and make some positive changes for the one to come.

In this context, the challenge of Veganuary – going vegan for the whole month of January – seems particularly appropriate. Whether it's for health reasons, compassion for animals, or concern for the environment, going vegan for the month could be a meaningful addition to your New Year's resolutions. (Or maybe you've already committed to Dry January and just feel that an extra dose of self-denial is exactly what you need to kick off 2021.)

## What is Veganuary?

Veganuary began in 2014 and participation has grown every year since then. In January 2020, over 400,000 people worldwide pledged to go vegan for thirty-one days, and thousands of businesses took part in the campaign. The non-profit also works throughout the year to encourage people and businesses to move towards a more plant-based way of eating. To 'take the pledge', all that is needed is to visit the website and sign up for free. Participants receive a daily email, along with recipes, meal plans, helpful tips, and encouragement along the way.

Vegan or plant-based eating has been making waves in the last few years, with more and more food providers jumping on the bandwagon. What was seen as an alternative, even dangerous, choice just a few years ago has become more and more mainstream with Hollywood stars and international athletes touting the benefits

of going meat-free. These days, even fast-food chains are getting in on the act: Burger King released the Impossible Whopper in 2019 and McDonald's, having already trialled a vegan offering in Germany, is now set to release the PLT (Plant, Lettuce, Tomato) burger in the U.S. In many cafés and restaurants, it is now fairly straightforward to find a vegan option on the menu, and many of the main supermarkets stock a range of speciality vegan products such as vegan 'cheese' or meat substitutes like Beyond or Impossible.

The motivation of Veganuary participants is varied. 38% of participants said they were signing up for health reasons, 37% for the sake of animals and 18% for the environment. Some people who sign up are motivated to continue the vegan or plant-based journey, while others might just have found a few meatless meals to add to the weekly repertoire.

## What's the difference between vegan and plant-based?

VEGAN	PLANT-BASED
Ethical position motivated by belief that animals should not be used for food	Often undertaken for health reasons; increased health and longevity are claims made for the plant-based diet
Diet includes no animal products at all, including honey and sometimes other products which are harmful to animal populations, such as palm oil	May include small amounts of animal products
Avoids non-edible animal products such as leather, silk and wool	Tends to be more focused on what is eaten than other products
May eat processed and 'junk' food such as crisps, sweets, processed meat substitutes and sodas	Whole-food plant-based advocates avoid all processed or packaged foods, oils and refined sugars



### What can I do in Singapore for Veganuary?

Veganuary in Singapore is organised in conjunction with the Centre for a Responsible Future and Green Monday. There'll be plenty to get your teeth into, in both senses of the word. Many restaurants and hawkers will be taking part: Privé Group, SaladStop!, Jamie's Italian, Daily Green, Gu Ma Jia and The Landing Point are just some of the participants. There will also be a special screening of Allison Argo's film *The Last Pig* at the Projector Singapore, cooking demonstrations, giveaways, events, tours and discounts.

For more information, follow the VeganuarySG social media channels or go the website [crf.org.sg/veganuary](http://crf.org.sg/veganuary). By signing up to the pledge you will receive a daily email throughout January with all the information, menu plans, recipes and helpful tips necessary to keep to the programme.



### Where to eat vegan in Singapore?

#### Privé

12 outlets island-wide; lots of vegan options on the menu, plus others than can be made vegan on request. Check out [theprivégroupp.com.sg](http://theprivégroupp.com.sg) for an establishment near you.

#### Hans im Glück

German burger bar with four locations in Singapore; several vegan burger options. [hansimglueck-burgergrill.sg](http://hansimglueck-burgergrill.sg)

#### The Living Café

Mostly raw, plant-based food.  
779 Bukit Timah Road, Singapore, 269758  
[www.thelivingcafe.com](http://www.thelivingcafe.com)

#### VeganBurg

100% plant-based burger franchise  
44 Jalan Eunus, Singapore, 419502  
[www.veganburg.com](http://www.veganburg.com)

#### Loving Hut

Cosy vegan café with vegan beer and desserts.  
229 Joo Chiat Road, #01-01, Singapore, 427489  
[Lovinghut.com.sg](http://Lovinghut.com.sg)

#### Afterglow by Anglow

'Pure food solutions that are fully plant-based'  
24 Keong Saik Road, Singapore, 089131  
[www.afterglow.sg](http://www.afterglow.sg)

#### Joie Restaurant

Upscale restaurant on the rooftop of Orchard Central.  
181 Orchard Road, #12-01 Orchard Central, Singapore 238896  
[Joierestaurant.com.sg](http://Joierestaurant.com.sg)

#### Sauté-san

'Earth-based' meat-free dishes including a range of non-dairy ice-cream  
City Square Mall, #03-23/24  
180 Kitchener Road, Singapore, 208539  
[www.saute.com.sg](http://www.saute.com.sg)

# Welcoming New Members

The British Association of Singapore warmly welcomes new members:

**Greg Barnes and Rachael Pollard**

If you are not a member yet, you can register online via our website [www.britishassociation.org.sg](http://www.britishassociation.org.sg). The annual membership fee is \$150.

For any queries about new memberships or renewals, please contact Carole Jenkins, Membership Secretary, at [membership@britishassociation.org.sg](mailto:membership@britishassociation.org.sg).

All nationalities welcome to join.



## BA Member Snapshot Jo Cockerill

**1. How long have you lived in Singapore?**

We moved out in August 2017.

**2. Who is with you here?**

My husband Ian.

**3. In which other countries have you lived?**

None, this is our first expat experience.

**4. What is your favourite view or spot?**

Having spent a long time looking out of the window from the Ritz Carlton during my quarantine, I think that for me it is one of the best views – overlooking the marina and Marina Bay Sands.

**5. How did you find your way to the BA?**

A friend from the UK, who had previously lived in Singapore, told me to join. I signed up in my first few weeks, went along to Walkie Talkies and that was it, the lifeline I needed.

**6. What are your hobbies and/or BA activities?**

I play a lot of tennis but I also do walking, running, HIIT, book group, beginners' golf, Mahjong, May I?, silk painting, pilates, cycling and, before lockdown, had just started playing Bunco.

**7. What's your favourite thing to do in Singapore (under normal circumstances)?**

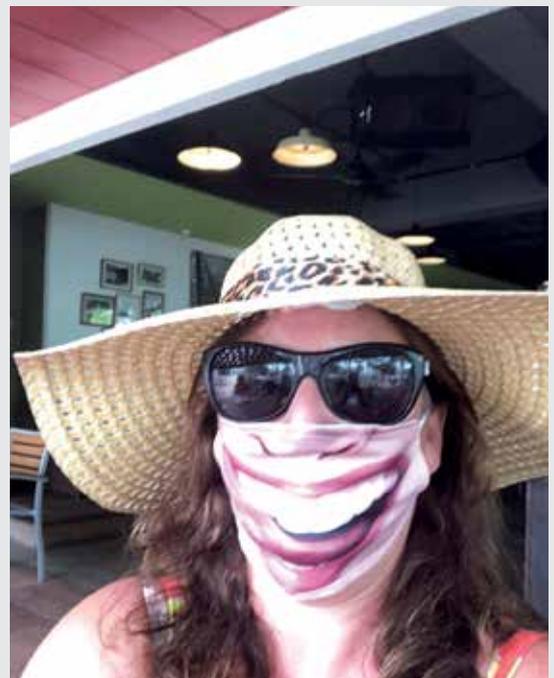
I love exploring the country, walking (The Book of Walks is great) or more recently on my bike. I love meeting new people and hearing their stories and experiences.

**8. Do you have any handy hints or words of wisdom for anyone undergoing hotel quarantine?**

To be honest, I was dreading quarantine. I have never spent 14 days in a room by myself with no human contact but actually it was fine. I think it is all about your mindset and getting into a routine. I used to wake up, sit in bed answering texts and emails, exercise...(I ended up running in my room), shower, eat, talk to friends, read, watch a bit of TV, Zoom calls, eat and then bed.....repeat! Friends dropped off lovely care packages and that did make a difference, just to know people were thinking of you and were on the end of the phone if you needed anything. I packed my own plate, knife and fork, antiseptic wipes, hair mask, face mask, books, exercise kit, cards, painting by numbers and a few treats. I didn't need it all but I had taken note of what others suggested and just packed the lot! I think the important thing to remember is to throw out any rules you may have - watching Netflix all afternoon is OK, you have to while away the time somehow. The COVID test was a bit of a shock but next time I would open my mouth and try to relax. I am most probably back in quarantine as you read this as I was in the UK for Christmas to be with my children so it couldn't have been that bad, otherwise I wouldn't be doing it again.

**9. Any other information about life in Singapore?**

We have loved our time in Singapore: meeting new people, travelling (pre-COVID) and having friends and family to stay. Sadly, that has all changed now but fingers crossed 2021 will bring opportunities to travel again.



# Council Matters



Edith Blyth

The Council positions are open to all British Association members and are elected by the general membership at the Annual General Meeting. They are responsible that the Association complies with its Constitution and that all Singapore government regulations are met.

The role of the Chair of the Council is to direct the general affairs of the Association and to represent the BA in the wider Singaporean community. The current Chair is Edith Blyth. Edith has been in Singapore for seven years, six in the BA, two as Membership Secretary and Chair for three years. The normal term is for one, but the COVID-19 pandemic dictated unusual circumstances. She will stand down in March 2021.

Carole Jenkins is Vice Chair and also Membership Secretary. Carole has recently become a grandmother and yearns to return to the UK to be with her family, although she has enjoyed her time here in Singapore and played an important part in the secure transfer of membership data to our new platform provider.

Our Treasurer is Derry Blyth who took over at short notice on the sudden departure of Miles Murphy. Derry works full time and has spent a few hours during evenings and weekends to provide the financial conscience of the BA. He provides monthly figures to the Council to facilitate informed decision making and organises the end of the financial year audit with an external agency.

The Honorary Secretary position is vacant. It was held by Diane Price who left earlier this year. The Secretary is responsible for preparing the agenda, accurate record keeping of the Council meetings and communicating minutes to the Council members. The role also includes liaising with the Registry of Societies to ensure the officers are correctly recorded.

Siân Brook Gillies is the Social Activities Coordinator. Siân represents all the social activities on the Council and therefore has to keep communication channels open with the activity leaders and encourage them to send information to The BEAM and EDM coordinators to advise members about upcoming activities. This role has been crucial in the pandemic situation.

Claire Abbasi convenes the Events sub-committee and took over from Jules Murphy earlier this year. Claire has brought us Zoom cookery lessons and organised the Christmas lunch hosted in members' homes in accordance with the government guidelines.

Michael Davidson is our IT coordinator and has helped to streamline the storage of our documents, upgrade some critical office equipment and applications, and provide technical support for the AGM and other online events. The role also includes social media eg. the setting up of a new LinkedIn account for the Association. Electronic communication has been key to keeping in touch with members throughout the pandemic.

Carolyn Perkins is our BEAM Coordinator. As well as writing and sub-editing features, Carolyn liaises between the various contributors, the editorial team and the design & printing team so that The BEAM, the official magazine of the BA, is delivered to your door every other month. The BEAM Team is always happy to hear from members who would like to be part of its continuation and development.

The 2021 AGM will be on 31st March, pending final agreement by Council at its meeting in January. Further information and application forms for Council membership are available from [bachair@britishassociation.org.sg](mailto:bachair@britishassociation.org.sg).

Please do consider your participation in this team; we need you to make sure the British Association continues into the 'new norm'.



Carole Jenkins



Derry Blyth



Siân Brook Gillies



Claire Abbasi



Michael Davidson



Carolyn Perkins

# Time For Tea

by Helen Woodhall

**W**hether it's a sociable event for a hen party, an opportunity to treat your Valentine to a sweet treat or just a way to while away a few hours with friends, afternoon tea is more popular than ever. And as you sit idly nibbling your sandwiches and scones, it may cross your mind to wonder how this quaint custom came about.



Credit for the introduction of the ritual of the afternoon tea is usually given to Anna, Duchess of Bedford (1783–1857), friend and Lady of the Bedchamber to Queen Victoria and the sister-in-law of Prime Minister John Russell. With the introduction of kerosene lamps in the 1850s, meals gradually became further apart. Dinner started to be served at 7 or even 8pm, rather than the usual earlier time. A light

luncheon in the middle of the day became customary but, as this was an unsubstantial meal, there was still a long hungry gap between luncheon and dinner.

The story goes that the Duchess of Bedford decided that a small refreshment in the middle of the afternoon would be just right to stave off hunger until the evening meal, and started serving tea, bread and butter and sweet treats to her guests. The custom became popular and eventually gave rise to the tradition that we are still familiar with today.

There are no hard and fast rules when it comes to afternoon tea but to follow tradition, one would use a three-tier serving plate. One tier contains sandwiches (cucumber being the most iconic choice), one tier contains scones or teacakes and the third will be taken up with cakes or petits fours.

Nowadays, of course, the choice is yours. And in Singapore you can expect delicious and inventive additions to the afternoon tea repertoire. Listed here are just a few of the many places that you can sample. Reservations are advised for most of them; it's also a good idea to check each website for frequent special offers such as Two for One deals and promotional codes. In addition, many places will deliver or provide takeaway service. If your budget stretches to it, you can usually add a glass of champagne or two to enhance your afternoon experience!



## Regent Singapore

**Tea Lounge, 1 Cuscaden Road, 249715**  
**2.00pm to 5.00pm (weekdays)**  
**12.00pm to 2.30pm and 3.00pm to 5.30pm (weekends)**  
**\$94+ for two people**  
**Tel: 6725 3246**

Previously, buffets were available at the Tea Lounge but now three tiers of pastries and sandwiches are served to your table. Their classic scones are always popular and themed teas, such as the Festive Afternoon Tea during the Christmas period, are often on the menu. If you don't want to dine in, you can go for their delivery and takeaway menus for two or four, although remember to order 48 hours in advance.

## ARTEASTIQ

**Mandarin Gallery, #04-14, 333a Orchard Road, 238897**  
**Plaza Singapura, #03-70, 68 Orchard Road, 238839**  
**Jewel, #05-201, 78 Airport Boulevard, 819666**  
**1.00pm to 5.00pm daily**  
**\$48+ for two people**

Arteastiq is a combination of Art and Tea so it's no surprise that the afternoon tea here is a feast for the eyes as well as the tastebuds. The brand combines social painting activities with tea drinking. Three outlets offer afternoon tea sets and a whole menu of different teas from classic Chinese or Japanese flavours through floral and ginger teas and even detox or alcoholic teas. On the food side, opt for the Signature High Tea for vol-au-vents and macarons, or if you're feeling adventurous, go for the National Treasure High Tea Set which includes such delights as satay chicken, otah fries, rainbow kueh lapis cake and banana pancake in pandan leaf.



## Sofitel Singapore Sentosa Resort & Spa

**LeBar**  
**2 Bukit Manis Road Sentosa, Singapore 099891**  
**1.00pm to 5.00pm daily**  
**\$98+ for two people**

Try the French Classic High Tea in the island breezes of the lounge of Sentosa's Sofitel. Add mimosas or champagne for a touch of luxury. If you're lucky, you'll spot the roaming peacocks.

## The Marmalade Pantry

**Oasia Hotel**  
**Downtown, #01-01**  
**100 Peck Seah**  
**Street, 079333**  
**Tel: 6385 0741**

**Oasia Hotel Novena,**  
**#01-02/04,**  
**8 Sinaran Drive,**  
**307470**  
**Tel: 6664 0348**

**#04-11A,**  
**ION Orchard**  
**2 Orchard Turn,**  
**238801**  
**Tel: 6734 2700**

**3.00pm to 6.00pm**  
**on Friday, Saturday**  
**and Sunday**

**\$48+ for two people**

The Marmalade Pantry has three outlets so you'll hopefully find one of them convenient for a leisurely visit. Delivery is also available if you prefer not to venture out. Sandwiches, scones with clotted cream and preserves and cakes can all be washed down with tea - or champagne if you feel like splashing out.



## Fennel Café

**Gardens by the Bay**  
**Fennel Café, Flower Dome**  
**18 Marina Gardens Drive, #01-09, 018953**

**3.00pm to 5.00pm daily except Tuesday**

**\$90+ for two people**

**Tel: 6604 9988**

Maybe you'd like to work up an appetite with a walk around the Gardens by the Bay or perhaps you'd prefer to take advantage of the privileges that a reservation afford and hop on board the complimentary buggy service from the arrival plaza to reach your destination in the Flower Dome. Whichever you choose, you can then tuck into scones, sandwiches, cakes and pastries in the cool air (but don't forget your cardi!).

## Foster

**277 Holland Ave, 278994**

**3.00pm to 5.30pm on weekdays**

**3.00pm to 5.00pm on weekends**

**\$23+ for two people**

Foster's is more well known as a steakhouse, but that shouldn't stop you dropping by in the afternoon to enjoy their Devonshire Cream Set featuring freshly baked scones, cakes and sandwiches.

## National Kitchen by Violet Oon

**National Gallery #02-01 (City Hall Wing), 1 St. Andrew's Road, 178957**  
**3.00pm to 5.00pm on Friday, Saturday and Sunday**  
**\$58+ for two people**

## Violet Oon Singapore

**ION Orchard #03-28/29, 2 Orchard Turn, 238801**  
**3.00pm to 5.30pm daily**  
**\$58+ for two people**

Try Violet Oon's Singapore High Tea Set the next time you go to the National Gallery or ION for a uniquely Peranakan twist on afternoon tea: Coronation chicken, yes, but nestled on a crispy wonton skin; scones flavoured with palm sugar; egg salad with pineapple accents; and traditional layered cake scented with pandan.

## L'Eclair Pâtisserie Café

**190 Clemenceau Avenue,**  
**Singapore Shopping Centre, #01-28, 239924**  
**11.00am to 6.00pm daily**  
**\$58+ for two people**  
**Tel: 6635 7909**

French-trained pastry chefs will wow your tastebuds by adding a touch of French flair to your afternoon tea. Madeleines, chouquettes, gougères, and vol-au-vents may all make an appearance on their Degustation (tasting) menu, with, of course, a variety of uniquely flavoured eclairs to crown the experience. Delivery and takeaway are also available.

## Wildseed @ The Summerhouse

**3 Park Lane**  
**Seletar Aerospace Drive, 798387**  
**2.00pm to 5.00pm daily**  
**\$40 for two people**  
**Tel: 9643 9116**

If you fancy a trip away from the hustle and bustle of downtown Singapore, why not head up to Seletar and try out Wildseed's homely afternoon tea? Savouries, sweets and a nice pot of tea in country surroundings, and you can even bring your four-legged friend.



Check out the upcoming afternoon teas with the BA on pages 8 and 9.

Date : Tuesday 19th January

Venue : Fullerton Bay Hotel, 80 Collyer Quay, 049326

Time : 3.00pm

Cost : \$51 per person

Date : Tuesday 23rd February

Venue : Colony, Ritz Carlton, 7 Raffles Avenue, 039799

Time : 3.30pm

Cost : \$52 per person including a flute of champagne

# Another Year Younger

by Rosalind Arwas

I can't adult today!  
Please don't make me adult!

Variations of these memes pop up regularly on social media because, after the 2020 we've just lived through, it's not surprising that we feel a collective need to step off the daily treadmill. Toys'R'Us taps into the same vein, plastering the malls where its stores are to be found with advertisements like 'I don't want to grow up'.



So let's do it! Let's make our 2021 New Year's resolutions all about fun. Why force ourselves to eat less or exercise more in 2021 when the real boost to our wellbeing could be achieved just by kicking back at our adult responsibilities and taking our inner child for a jolly?

Will it work? 'Play isn't just about goofing off; it can also be an important means of reducing stress and contributing to overall wellbeing' asserts The Washington Post in 'Why It's Good for Grown Ups to Play'. Other sources point to improved brain function, higher creativity and better relationships, all good things allegedly enjoyed by the more playful members of our species. In addition, play generates laughter and, according to Psychology Today, the old adage 'laughter is the best medicine' really is backed up by the science. Laughter reduces pain, boosts blood flow and releases happy hormones.

Follow the BEAM's tips below to indulge in some vigorous, physical, creative, immersive, childlike play. Lose your inhibitions. Laugh. Lose your dignity. Laugh again. Snap some silly photos and send them to us to include in a future edition of BEAM so others can also share in the psychological benefits of a good giggle.

## Singapore's first ever sub-zero shooting arena at Snow City

In a country of year-round sunshine, what could be sillier than donning your ski gear and blasting at your friends as you slip and skid across an indoor snow field? The challenge is to shoot down your opponent's markers whilst defending your own. If you get hit, you're out. And as you have to be aged 14 or over to participate, there's no danger that an actual kid might spoil your inner child moment. If you want to practise your wild side before entering the battle zone, there is a separate target shooting arena, also in sub-zero conditions. Other Snow City attractions include bumper cars on ice and a 60 metre-long Arctic snow slide. Prices include snow jacket, boots and protective equipment, which are all sanitised before and after use.

[www.snowcity.com.sg](http://www.snowcity.com.sg)

## Hydrodash, Singapore's first floating aqua park

If Airzone didn't provide enough in the way of walking on water or slipping and sliding about in an extremely un-adult way (unless under the influence of alcoholic beverages), try the inflatable water playground floating off Palawan Beach on Sentosa. It will take you back to that one magical day at the end of each school year when the dragon swimming teacher licensed a free-for-all with all the mats and floats in the cupboard. Described as another good workout (see, you can even lose weight and have fun at the same time!), there is no way you will be able to tackle obstacles such as the Cliff, the Action Tower or the High Roller Bridge if you persist in proceeding with an adult level of caution. Instead swing, slide, clamber, leap and inevitably slip into the water whilst eight-year-olds shimmy past with apparent ease.

[www.hydrodash.com.sg](http://www.hydrodash.com.sg)



## Adventure HQ indoor playground

Nothing puts the energy into a child quite like a playground. How many times have you heard kids complain that they are too tired to put one foot in front of the other, only to have them rush off like frantic shoppers in pursuit of a Black Friday deal at the distant sighting of a slide? Adventure HQ is unlike any normal playground. For a start, like most of the other attractions mentioned above, it costs a fair amount just to get in. Unfortunately, being an actual adult and not a kid, you'll have to fork out for this yourself. Once inside, however, you'll understand why. The fun stretches over 2,800 square metres and there are ten different zones including interactive climbing, rope courses, obstacle courses, a fossil labyrinth tunnel, an aerial glider and Singapore's longest slide.

[www.hometeamns.sg/khatib/adventurehq/](http://www.hometeamns.sg/khatib/adventurehq/)

## Airzone, an aerial playground suspended high above the mall

Have you ever raised your eyes from your shopping lists and wondered what it would be like to float five storeys above the mall? If so, Airzone, a multi-level play space filled with slides and ball pits, suspended about City Square Mall is your answer. It's a vertigo-inducing, surprisingly intense workout, a combination of walking on the moon and walking on water. You are guaranteed to fall over repeatedly but you cannot hurt yourself. Struggling to get up again, especially after sinking hip deep into the ball pit on the second level is both inelegant and hilarious. (Top tip for emerging from the ball pit: get yourself onto your knees before trying to stand up.) A similarly styled bouncy net park can also be found at the Jewel at Changi Airport.

[www.airzone.sg](http://www.airzone.sg)

[www.jewelchangiairport.com/en/attractions/bouncing-net.html](http://www.jewelchangiairport.com/en/attractions/bouncing-net.html)



## The Black Lake Facility and Laser Battlefield at Singapore Discovery Centre

The Armoury, the Medical Centre, the Research Lab and the Basement are four Escape Room challenges spread over thirteen rooms and two storeys which make up the Black Lake facility at the recently revamped Singapore Discovery Centre. Other attractions which will oblige you to leave your adult acquired dignity at the door include laser tag at the Black Laser Battlefield, Crossfire Paintball and the 4D Adventure Ride. As an added benefit, SDC's permanent exhibition, Through the Lens of Time, is an interactive look at Singapore's history which will enable you to sound erudite about the Singaporean story without the need to visit the more traditional National Museum.

[www.sdc.com.sg/things-to-do](http://www.sdc.com.sg/things-to-do)

## VR Head Rock

Successful play is all about make believe but if you've mislaid the ability to pretend that your laundry basket is a speeding Ferrari, a Virtual Reality headset can do the job for you. Although in 'real reality', you are merely sitting in an inflatable dinghy mounted on a pivot, being intermittently sprayed by a student waving a plant spritzer, behind the headphones and the eyewear you are careering through canyons and over waterfalls in hot pursuit of prehistoric reptiles. Other attractions have you swinging high above the jungle canopy, leaping from tree to tree or suspended (in a harness) above a fiery pit or killing zombies.

[www.headrockvr.com](http://www.headrockvr.com)



# Coffee Break Quiz

## Singapore Street Art

Compiled by Carolyn Perkins

Random daubs on public walls are considered an act of vandalism in Singapore, as one might expect. It is a different matter, however, when works are commissioned by property owners and community groups or are exhibits in festivals and initiatives such as the Arts in Your Neighbourhood scheme promoted by the National Arts Council. As a result, Singapore has a thriving street art scene with new, legitimate creations appearing all the time. Murals here are painted more in peace than protest, giving them a particular whimsical, affirmative, nostalgic or upbeat vibe. Where are these examples and what do they convey? Answers at the foot of page 21.



1

It lifts the spirits to come across this cheery Peranakan pig on Ann Siang Hill but there is a problem. Although it was fine for the pig to fill the wall space for a while, it should have been much smaller long before now to make way for a different animal. The mural started in 2017 with a giant rooster in pole position. Which animal should have replaced the pig in pride of place by now but didn't materialise at any point in its own lunar year?



2

You will find the works of Lithuanian artist Ernest Zacharevic in Joo Chiat or, as is the case with this girl and boy in three-dimensional trolleys, on Victoria Street near the Malabar Mosque. Zach gained international recognition after he created six pieces for the George Town Festival in Penang and his style of blending art with the urban landscape caused the BBC to dub him Malaysia's answer to which British artist?



3

Despite being three storeys high, this elegant peacock in lace collar and pearls can be a little difficult to find and many people only spot the nearby child-friendly goat portraits at eye level. If you see a giant single peacock feather with an eye, you are getting much warmer. The food market in which iconic district commissioned Mike Makatron's peacock to brighten this central staircase?



4

Sago Lane was nicknamed 'Street of the Dead' and his family lived above a funeral parlour yet Yip Yew Chong has very fond memories of his childhood home, as shown in this affectionate portrait of the artist as a young man (far left) playing with his siblings while his grandmother sews. His home was destroyed in the clean-up of Chinatown and its site by the Buddha Tooth Relic Temple and Museum will instead be the home of which new MRT station due to open this year?



5

Another proponent of street art Singapore-style is the frequent use of gentler colours, as seen in this floral display by the Ripple Root duo. The baby pink, teal and duck-egg blue typify their carefree approach to brightening up 'boring' white walls with interpretations of classic architectural styles such as the flowers on Peranakan tiles on Keong Saik Road shophouses. In 2020, this wall is part of The Working Capitol but what kind of business was behind it in the 1920s?

This painting by Samantha Lo is on the rear wall of a branch of an extremely popular burger joint on Neil Road. The queue outside occasionally snakes around to the back, in which case the more observant fan might notice the logo discreetly incorporated into its design. We are perhaps a little too far away but there is a clue in the larger logo proud of the wall to the left of the picture. Which burger joint chain is being artfully advertised here?



Singapore owes a great debt of gratitude to the Samsui women for their part in its development and modernisation, and they are immortalised in artworks around Chinatown. This mural in Banda Street shows a Samsui woman tending to the orchids Aranda Lee Kwan Yew and Vanda Kwa Geok Choo in remembrance of Singapore's first prime minister and his wife respectively. You might not have been able to guess those but what is the name of the national orchid of Singapore, known, much like Samsui women, for its resilience?



Singaporean artist Slacsatu added this splash to the already colourful neighbourhood of Kampong Glam. Completed in 2019 as one of the exhibits at the Urban Arts Festival, it is on a back wall of the arts centre that curated the festival, leaving the front much as it must have looked in 1938. Called AlphaBatik, it is a reinterpretation of Indonesian batik prints with their vivid hues and eye-catching designs. But which arts centre is this? (Clue: the name begins with the first letter of the alphabet, or should that be AlphaBat?)



Better known in his native Thailand, Patcharapol Tangruen AKA Alex Face seems to have spent some time in Singapore. His works, such as Planting the Seeds on Spottiswoode Park Road, are immediately recognisable by the characters in cute bunny hats but this pair have an added Singaporean dimension in that their hats are worn with traditional costume. We can tell that Alex Face was here in 2017 as the mode of transport used by the character on the left was all the rage in Singapore at the time. What is it?

Photo credit: Jo Harding



As well as the pig in Question 1, Didier Jaba Matthieu is the man behind this mural at Piedra Negra on Haji Lane. Originally from Colombia, Jaba has been a concept artist at Lucasfilm and a lecturer at Nanyang Polytechnic, and we can see the diversity in his styles and inspirations from just two pieces. That said, we have now worked up an appetite on this art trail and are ready for a bite to eat as we appreciate this final artwork influenced by Aztec designs. Which cuisine of the Americas is therefore on the menu?



**How did you do?**

7 - 10 points: **Off the Wall**  
The word on the street is that you know your urban landscape and its myriad murals. Respect!

4 - 6 points: **Wallflower**  
A reasonable result but it might be time for you to get up on your feet and see the treats on more streets. Don't be shy!

0 - 3 points: **Wall-E**  
You may be spending too much time toiling, thus missing out on the quirky beauty of Singapore's street art. Now is a good moment to step away from the drudgery and take time to smell, if not the roses, then at least the fresh paint.

**Answers**

1. Rat
2. Banksy
3. Tiong Bahru
4. Maxwell
5. Biscuit factory
6. Shake Shack
7. Vanda/Papillon/the Miss Joaquim
8. Alwal Arts Centre
9. Hoverboard
10. Mexican

# Sailing Home

## Part 1: Circumnavigating Borneo

by Susie Harris

Leaving Singapore is always difficult, as Kevin and I well know after several stints in the Little Red Dot. Our latest departure, though, was a little more complex than usual. With our furniture and personal effects packed up and shipped off to Northern Ireland, we were all ready to sail our boat, *Tempress of Down*, home. The season, however, was not in our favour. In April 2019 the Northeast Monsoon had already passed and so spending the next few months exploring Borneo seemed a good option.



The annual Sail Malaysia Passage to the East Rally (PTE) had just reached the Tioman Islands on the east coast of peninsular Malaysia so we decided to join. We moved onboard *Tempress*, stowed clothing, food and more and then checked out of Singapore and into Malaysia. We did not immediately rush north to Tioman but simply motored the few miles across the Johor River to Sebana Cove for a few days to allow ourselves time to settle into life on our 47-foot sailing boat again.

Once at anchor in Tioman, with customs formalities completed, we began to meet the other crew. There were a couple of dozen boats in the rally, others would join as we progressed through the coming months as the rally format was casual, with boats able to opt in or out of various legs. Many were Australians heading home and wanting the security of an armed escort through the terrorist infested waters between the Philippines and north Borneo. We slipped easily into a relaxed life of food shopping, laundry, swimming and socialising with a little boat fixing to keep us occupied. Tasks which on land take an hour or so, can fill half a day on a boat. The only organised event in Tioman was a sports day which started mid-afternoon with 'high tea' (the influence of colonial Britain on Malaysian life is very obvious away from the big cities, we discovered). This particular sports day lived up to its billing as a highlight of the rally with team games of the children's birthday party format mixed in with egg and spoon races, tugs of war (including



a ladies' version) and skittles! Rally participants were pitched against teams of locals; we were mostly retirees, they mostly under twenty, however Team PTE managed to bag a few prizes and we all had a lot of fun.

The fleet spent the next month or so in the beautiful Anambas Islands and Natuna, both remote Indonesian outposts. The villagers deep in the jungle of southwest Natuna had not seen a foreign face since the Australians ousted the Japanese at the end of WWII. We were welcomed, fed and entertained in each of the places we were taken to. Local traditional music and dancing remain an important part of life and are very much family activities. The children performed a complex maypole-like dance weaving ribbons round a very tall pole whilst elderly men played their gongs and drums. Mums and Dads performed various story-telling dances, the costumes colourful and intricate.

In June we made the tedious, windless trip to Kuching, Sarawak on the west coast of Borneo where we were joined by a friend from Singapore. Claire was not the first to fly out meet us somewhere, nor with many of the places we visited only a short flight from Singapore, was she the last. It is lovely to have company of friends and an extra pair of hands for the longer passages.

Kuching, in particular, and Sarawak, in general, were a joy. The people we met were friendly and delightful, the state is steeped in history and the architecture a quirky mix of old and new. The orangutans are a must see and



the local tourist board arranged a trip to the Semenggoh Nature Reserve for the rally participants. A dozen of us also flew inland to the Mulu National Park for a few days of caves and wildlife including a fascinating night walk spotting stick insects and more by torchlight.

Eventually it was time to sail over the top of Borneo via rather rundown Labuan, where the Japanese surrender was signed, and KK where we enjoyed a luxury marina and topped up the ships' stores with foodstuffs only available in a first world city. The most dangerous part of the journey, from here to Tawau, was about to start. The Malaysian government has a force, ESSCOM, which protects not just fisherman and marine traffic but also works on land preventing attacks and robberies by various outlaw groups who hide in the myriad islands of the southern Philippines and northern Malaysia.

In Kudat the rally fleet finally all came together. We were thoroughly briefed, making rotas for night watches. Nights were to be spent at anchor, not at sea which was considered too dangerous. The Malaysian coastguard provided armed patrol boats including a couple of fast ribs. The highlight of this part of the rally was our trip 60 miles up the muddy waters of the Kinabatangan River where ospreys, monkeys, crocodiles and even a pygmy elephant made it an anchorage to remember.

In Lahad Datu, the police college hosted a magnificent banquet as well as a blue light escort through the town for our clutch of minibuses, as the local

Minister for Tourism accompanied us to a local beauty spot. The latter proved a real karaoke nut so afternoon tea up on the mountain was one to remember. We also anchored off Sandakan and visited Agnes Keith's lovely house. I highly recommend reading her books about her life in pre- and post-war Borneo.

Finally we reached Tawau and the rally concluded but not before a stormy night nearly spelt disaster for several boats, including ours. Temptress dragged her anchor, then the chain jumped out of its roller jamming with much of it still out. Twenty minutes of near panic followed as we avoided nearby boats also dragging whilst Kevin struggled to free the chain and retrieve it all. Then followed a couple of hours of motoring back and forth across the bay until the weather improved. Malaysia was ensuring we would remember our last days there.

From Tawau, Temptress crossed into



Indonesia at the town of Nunukan just 20 miles away and then, in September, sailed almost 2,000 miles via the rarely visited east coast of Sulawesi. We checked out of Indonesia at Belitung Island to the south of the Riau Islands and a few days later, having re-entered Malaysia at Port Dixon, we headed up the Malacca Strait to Pangkor, north of Penang. Once we had fixed a few things in the boatyard there, met up with old friends last seen in the Caribbean and feasted on the largest dosas ever, it was northwards to Langkawi. From there we sailed further north to Phuket with another visitor from Singapore aboard, for a few weeks cruising amongst the islands. After returning to Langkawi to pick up spare parts and enjoy Christmas celebrations, during which we hosted more friends, it was time to get down to the serious task of preparing Temptress for the long ocean passages that lay ahead.



Susie will tell us about her and Kevin's adventures in Malaysia, India and the Red Sea in Part 2 of Sailing Home in the next edition of The BEAM. We can't wait!

# Chats, Coffee and Exploding Croissants

An interview with singer/songwriter Jassy Husk

by Sally Clarke

Jassy Husk is nursing a cup of coffee at Merci Marcel, a delightful French breakfast and brunch café, when I arrive. Thoughtfully she has ordered an extra cup for me and a homemade croissant. Jassy has a stunning turquoise silk scarf covering her throat. I ask her if she is cold but she laughs, explaining that she will be in the recording studio later today to work on her 2021 album and needs to protect her throat in air-conditioned environments.

Jassy is a singer/songwriter who has performed on the world's stages. In 2020, she was scheduled to headline with Stephen Layton and the Singapore Symphony Orchestra, and her solo show at The Substation in Singapore and the annual Sark Opera Festival in the UK were amongst other famous venues. But the pandemic struck. So Jassy has been in the studio recording new songs and creating visually stunning ink drawings in support of Reef Chorus, a UK not-for-profit organisation she co-founded with Victoria Silberbauer and me in March 2020.



Jassy with one of the commissioned artworks

Jassy's bel canto voice is described by Welsh Tenor Dennis O'Neill CBE as being 'outstanding in quality with high levels of musicianship and dramatic insight.' She has worked with opera world luminaries such as Dame Kiri Te Kanawa, Richard Bonyngé Order of Australia CBE, Gerald Martin Moore and Richard Miller. Her most notable classical performances span *Don Giovanni*, *Fidelio*, *The Marriage of Figaro*, *The Magic Flute* and more. She sang the title role in *Tosca* with Paul Potts and has toured extensively. Jassy has had top ten hits in the UK charts and is releasing her new single *Siren* on 8th January.



Jassy on the red carpet at the Downton Abbey film premiere in 2019

The first thing that strikes you about Jassy Husk is how humble, positive and warm she is. Her face lights up as she talks about Reef Chorus and making music with impact. Jassy explains that she is a keen free diver and has been an avid supporter of environmental causes since she was a child. Moreover, on her travels around Southeast Asia, she has taken time out to support the work of marine conservation efforts at the Misool Foundation in Raja Ampat, Indonesia. Jassy also used her considerable artistic skills to create a collection of artworks for people to purchase. Proceeds from the sales go to raise awareness of the beauty and plight of the world's coral reefs. The Reef Chorus' first single *Neon City* was played to over 1.5 million listeners on national radio stations across Asia and can be downloaded from Jassy's Spotify page.



A detail from a Reef Chorus artwork donated to the BA Christmas Raffle

I ask Jassy about her plans for 2021, eyeing up the delicious looking buttery croissant and recalling my mother's expression of 'from the lips to the hips.' With an excited grin, she says that she is in conversations to perform in Singapore and the UK next year as well as Australia. She has also been accepting requests to perform solo carol concerts this year at private homes and planning an exhibition of her artworks next year at which she will sing a repertoire of popular tunes by music greats such as Beyoncé as well as her own original compositions.

As I tuck into my croissant, I try not to scatter pastry over the whole table and surreptitiously flick away the brown buttery flakes. Bring on the leftover mince pies, I say. After all, New Year diets? Who needs them?

To listen to Jassy Husk, visit [www.jassyhusk.net/media](http://www.jassyhusk.net/media).

To discover more about Reef Chorus and see the artworks, visit [www.reefchorus.com](http://www.reefchorus.com).



# BEAM Voice Special The New Noël

The BA Christmas Lunch 2020 was certainly one to remember! The Year of the Rat quickly became the Year of the Zoom and this party was no different. We met online for chat, creating snow(wo)men, a superb raffle and, towards the end of proceedings, a rather raucous rendition of *The Twelve Days of Christmas*. The traditional turkey and trimmings as well as fizz and a trio of desserts were delivered to the different hosts' households and so we paused Zoom and merrily tucked in. Of course, we would have loved to have been all together but the afternoon was a resounding success and, if we have to do it again this way in 2021, we will happily do so. Huge thanks to Claire Abbasi, as well as all organisers and hosts, for a fabulous Christmas lunch.

The BA Events team would like to extend sincere thanks for their donations and support to DeRocks Trading from Isik Davidov (for the top prize of a diamond necklace), Skin Fitness, Laura Lee, White Ginger, Reef Chorus, CRSG Art Studio, Raffles Hotel, Shangri-La Hotel, Eastern Carpets, all our BA social activity groups, Hoe Brothers Catering and Wine Guru.



# The Year of the OX

by Rosalind Arwas



According to legend, the Ox became the second animal in the Chinese Zodiac cycle because the more cunning Rat tricked him in order to be the first to arrive at the Jade Emperor's party. The Ox is a hardworking and methodical animal thus 2021 should be a year in which endeavour will be rewarded with monetary gain. However, the effort required to accomplish our aims will be considerable and responsibilities will weigh heavily on us all. Fortunately for those still reeling from the blows of 2020, the Year of the Ox is not expected to herald any explosive or catastrophic events. It is thus a favourable year for economic recovery and long-term investment.

## What exactly is an ox?

An ox is a cow or, more commonly, a castrated bull, which has been trained to respond to certain simple commands related to ploughing, threshing or the pulling of heavy loads. Oxen are thought to have been domesticated around 4000 BCE. Buffaloes, whilst very similar, can be distinguished by their larger and hairier frame. Whilst buffaloes are also male bovine animals, they are not castrated.

The Ox is a symbol of diligence and so people born under the sign of the Ox are usually hard working, honest, cautious and patient, in other words, a steady and trustworthy pair of hands. They may, however, also be stubborn, narrow-minded, slow and not very good at communication.

## Why isn't the plural 'oxes'?

This oddity points to the Germanic roots of the English language. Prior to the 14th century many nouns were made plural by adding -en, especially in southern England. Even as late as the 16th century the plural of eye was eyen, whilst a collection of hoses were hosen. Today however, with the exceptions of oxen and children, en plurals are a rarity when compared to the ubiquitous s.

([www.vocabulary.com/articles/wc/why-do-we-say-oxen-and-not-oxes/](http://www.vocabulary.com/articles/wc/why-do-we-say-oxen-and-not-oxes/))

Before the Year of the Ox fades into the Year of the Tiger on 31st January 2022, can you follow the BEAM's ox-trail by visiting the following locations where traces of oxen can be found?

## Haw Par Villa

Guarding the entrance to the Ten Courts of Hell at Haw Par Villa, this imposing statue of Ox-head frowns and brandishes a trident. Together with Horse Face, an equally ferocious figure grasping a spike-studded weapon, he stands in front of the cavernous opening and is responsible, according to Chinese folklore, for chasing the spirits of the dead towards the punishments which will be meted out for as penance for their earthly sins.

Please note, Haw Par Villa will be closed until the end of March 2021.



## Singapore Philatelic Museum

The Ox has twice been featured on Singapore zodiac series stamps. First in 1997, depicted by Nicodemus Loh Fook Chee and subsequently in 2009 by artist Leo Teck Chong. The Philatelic Museum was the first of its kind in Southeast Asia when opened in 1995. Although it curates and houses stamps and philatelic material from the 1830s until the present day, it may be hard to catch a glimpse of an actual ox as these are not on permanent display. The museum has been closed for refurbishment since early 2019 and when it reopens, tentatively during the end of the Year of the Ox, it will be repositioned as a museum for children, with interactive and immersive exhibits designed to showcase the heritage and culture of Singapore and the region.



## Fatty Ox Hong Kong Kitchen, New Bridge Road

Hidden away in a quiet corner of Chinatown Complex is Fatty Ox Kitchen, a hawker stall specialising in Hong Kong Cantonese food. Hong Kong born chef Cheung Sun Kwai moved to Singapore in the 1980s and is especially famed for his authentic Beef Brisket Noodles (Ngou Lam Mien). Other offerings include Soy Sauce Chicken Noodles, Roast Duck Noodles, Roast Chicken Noodles, Hei Zou Noodles and Braised Chicken Feet Noodles, all priced between \$3 and \$5.

## The People of the River Sculpture Series: The River Merchants

Commissioned in the early 2000s by the Singapore Tourism Board, the River Merchants is one of four life-sized statues situated along the Singapore River, close to the Fullerton Hotel. Created by Aw Tee Hong, a local sculptor, it immortalises an intense negotiation between a Chinese merchant, a Malay elder and a British businessman, Alexander Laurie Johnston, whose trading company once operated on the site where the sculpture now stands. Beside them, an ox yoked to a bullock cart waits patiently whilst dock workers haul in sacks.



## Banteng, Night Safari

A native of Cambodia, Java, Borneo and Thailand, the wild banteng is an endangered southeast Asian forest ox. Although its population has been decimated by poaching, habitat loss and disease, it is protected by law in all the countries in which it is found. Domesticated members of the species are more often used for meat than for labour. A herd can be spotted from the tram ride through the Burmese River area of the Singapore Night Safari.

## 38 OXley Road

This house, originally known as Castor, was built in 1898 in an area named after Thomas Oxley, owner of the nutmeg plantation which graced the site in the 1840s. Lee Kwan Yew held PAP meetings here during the 1950s and it was the current Prime Minister, Lee Hsien Loong's childhood home. It is the subject of an ongoing legal battle to determine if it should be demolished, in alleged accordance with Lee Kwan Yew's wishes, or preserved for the nation.

## Edible OX

For \$6.50 Huber's Bistro offers a clear oxtail soup with tortellini (both homemade) followed by a main course of braised oxtail 'printanière', prepared the old-fashioned way and served with vegetables and mashed potatoes (\$20). In the butchery itself, Australian Ox Tail retails for \$4/100g. Alternatively, a local Singaporean enterprise known as Ox Box can offer a private dining experiences for connoisseurs of dry aged beef.

[www.facebook.com/photos/anoxboxsg/a.689523337873368/933517183473981/](https://www.facebook.com/photos/anoxboxsg/a.689523337873368/933517183473981/)



## OX Street

A Singapore-based online resale platform which caters to the purchasers of rare, luxury and limited edition sneakers from expensive brands like Off-White, Dior and Yeezy.

[www.oxstreet.com](http://www.oxstreet.com)

## And finally ... a Singaporean OXymoron!

Hawker centres. An oxymoron is a figure of speech in which apparently contradictory terms appear in conjunction. Given that the very definition of a hawker is 'a person who travels about selling goods', whilst Singaporean hawkers have been confined to purpose-built enclosures since the 1970s, hawker centres would appear to be a classic illustration of the term. Air-conditioned mall-based food courts, especially those with faux street-vendor-style decor, stretch the irony even further.

### *Famous people born in the Year of the Ox*

Margaret Thatcher  
Barack Obama  
Princess Diana  
Walt Disney  
George Clooney

#### Sources:

[www.chinesenewyear.net/zodiac/ox/](http://www.chinesenewyear.net/zodiac/ox/)  
[www.yourchineseastrology.com/zodiac/ox.htm](http://www.yourchineseastrology.com/zodiac/ox.htm)

#### Photo credits:

Ox head image: Haw Par Villa, Alan Mushin

Stamp images are reproduced with permission from Singapore Philatelic Museum

# Tingkat Painting

by Jane McDermott



The tiffin tin or mangkuk tingkat (Malay for levelled or stacked bowls) has an interesting history. The word 'tiffin' originally referred to any culinary indulgence that could be consumed between breakfast and dinner but has since evolved to mean a packed meal, afternoon tea or savoury snack.

The idea of layered food carriers spread from India (where they are known as dabbahs), throughout South East Asia. The 'tiffin' culture was adopted by the British from India and brought to Malaya in the mid-1800s, after which they became a common sight in the Straits Settlements. In India the delivery of the dabbahs by the dabbahwallah has developed into such a complex system that delivery and logistics companies study it to try to understand how so many diverse items can be collected, transported and delivered over so short a time.



The tiffin tin is known as a Rantong in Indonesia, Pin To in Thailand and Chan Srak in Cambodia. These containers are a convenient way for fresh food to travel unspoilt from home or a restaurant to school or work. To maintain the quality of the food until eaten each level contains a separate dish - rice, meat, soup, vegetables or breads - and the pre-heated layers can stay warm for 3 to 4 hours. Even in Singapore there are food companies that still specialise in 'tingkat' food deliveries.

There is no limit to the number of layers a tingkat can have, although two, three, four and less commonly five layers are the norm. In the past tingkat were richly decorated and made from brass, ceramic, lacquered bamboo or precious metals, such as silver and gold. These antique versions are now sought after by collectors, as today's tingkat are usually made from plastics, metal (steel or aluminium) or enamelware.



Local Peranakans quickly adopted the colonial habit of using the tiffin tins to transport food between home and work. The Peranakans loved colourful and ornately decorated items that reflected their art and culture. The image of the traditional Peranakan style tingkat is one with which you may be familiar, as they can be seen in our museums here in Singapore.

A group of ladies recently tried their hand at painting these designs onto a mini version of a tingkat at a workshop run by Amy Choong at True Blue, 51 Armenian Street. The workshop, which lasts for three hours, is inexpensive and includes all materials, instruction and lunch (a delicious laksa).



If you are interested in attending a similar workshop please contact Amy on 8666 2493. She accepts groups of four, in order to enable appropriate social distancing whilst painting, and is very happy to assist with the choosing and initial painting of designs onto the tingkat.

The tingkat or tiffin tin is coming into its own once more, as a way to reduce wasteful food packaging and thus shrink our carbon footprint. What a great way to upgrade your old lunchbox or carry a picnic!





# Easel Does It

by Joanne Bull



**A**fter the pandemic forced us into a long break from Sketchers and scattered many of our members to the four winds, we have enjoyed being reunited. And when a Sketchers member recommended attending fine art classes taught by Clayton Hudnall, we jumped at the chance to improve our skills.

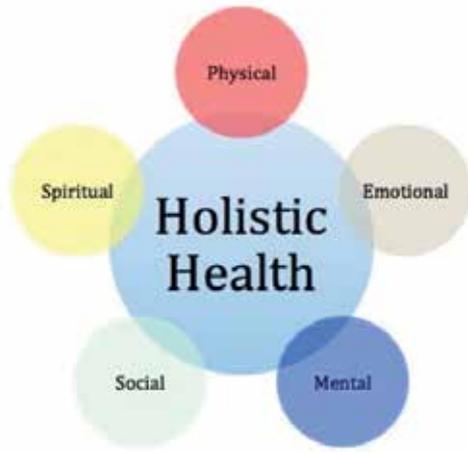
Clayton is an American painter and commissioned artist who has lived and worked in Singapore for the past eight years. He earned his Master's degree in painting from the New York Academy of Art in New York City. From a large shophouse just off Orchard Road he teaches traditional methods of drawing to a wide variety of students ranging from school age to those applying to art college through to mature retirees. His business is fully compliant with all COVID-19 regulations.

To date, we have completed six drawing classes and are now in the midst of a four-week oil painting class. Clayton is an inspiring and knowledgeable teacher, allowing us to grow at our own pace. His classes remain a calm and relaxing experience. Simply being in the studio is uplifting because we are immersed in a technology-free environment, with great light and the gentle background sound of classical music, surrounded by paint, easels and inspirational work.

Through Clayton we have built a strong basis and the results from some of our less confident members have been truly amazing. We have now begun to set more ambitious artistic goals for ourselves.

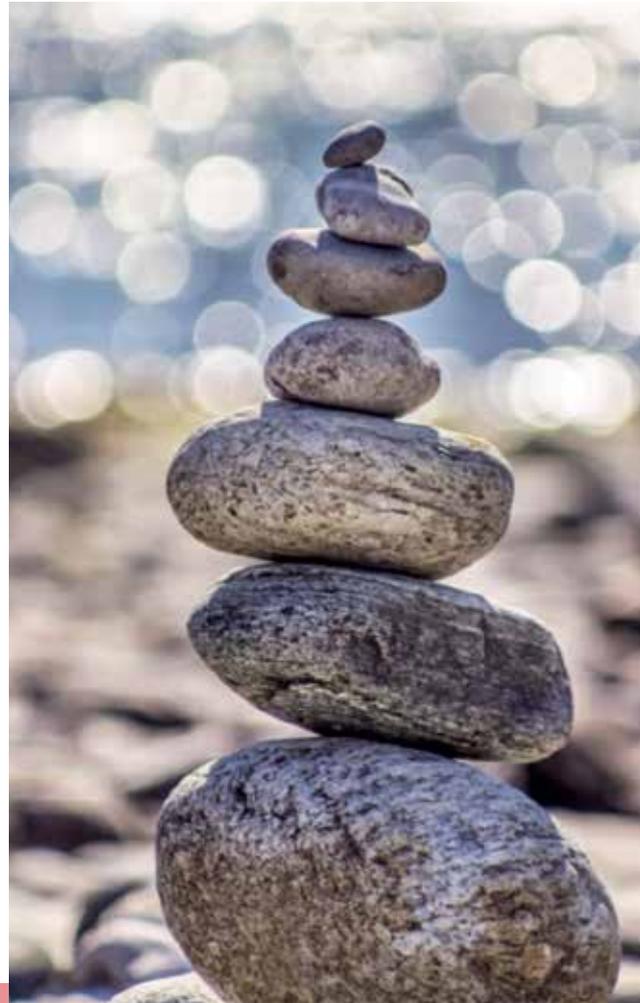
I think I can say for everyone that we have embraced this time to enjoy our art again, in the company of good friends. We are looking forward to the day when we will be able to meet up in larger groups, to roam the art galleries again appreciating the masters and to supporting one another in our ongoing art ventures.





# New Year, New You A Holistic Approach

by Ishra Giblett



This month we are going to look at the various branches of what makes up a healthy being.

Health is often just thought of as a good cardio workout, or a sweat session at the gym. However, in recent years, this narrow view has started to be replaced with the understanding that we need more than just those things to keep us healthy. We are made up of more than just our physical beings. And so we have to look at a number of areas of ourselves to maintain holistic health and to stay truly healthy.

Apart from our physical health, we need to pay attention to our emotional health, our mental health and our spiritual wellbeing (this can take any form and doesn't have to mean that you follow a particular religion).

2020 was a year that definitely tested our mental health – what a relief to see the back of it – the year we'll never forget! And whilst we are still not out of the woods, it's good to make it a point to look forwards with a positive attitude. And to do that we need to take a brief moment to reflect on the year gone by. It may well have been a low point in many of our lives, but is it possible to think of one good thing, no matter how small, that came out of the year? Then bring that one point of light forwards with you into the new year and work to make it expand, take root and become something strong and uplifting. By doing this we are helping our mental and emotional wellbeing to develop and stay strong.

When it comes to spiritual health, if you do follow a particular religion, your spiritual needs may already be fulfilled. If you do not, I find that taking time for yourself, in a quiet space, to turn your thoughts inwards and reflect on your day or week and your personal needs is a good way to calm our being. It helps us slow our literal selves and the space in our minds that can run rampant on any normal busy day.

To improve our physical strength, the traditional gym, tennis, swim, run or whatever else you chose to do to be active is wonderful. But as we are in a new year, why not change your activity up a bit, to stop boredom setting in and to stop those repetitive strains?

Here's a tip for an activity that amazingly covers most of the above. Science and sports medicine have been making noises about how important stretching is for some time now. It has still to trickle down to us general lay people, but for those it has reached, they are reaping the benefits.

However, it seems that there is still the misguided attitude that stretching is something that you spend five minutes doing at the beginning or end of your 'actual' workout. But to really get the most out of it, stretching should be a whole 'exercise' session in itself.

It has been shown to benefit not only the physical body but to improve mental and emotional wellbeing. And to help us reach that deep space within that is often neglected in a world where, more and more, practicality and functionality are taking over.

Maybe this is in part due to taking the time to breath slowly and calmly, whilst allowing the muscles to relax. The release of any tension that we may be holding can leave us feeling at ease and de-stressed, and it can help melt aches and pains away. Which in turn leaves you feeling refreshed and mentally and emotionally renewed.

So it's not surprising that stretching is touted as having all-round health benefits.

Why not add this all-rounder to your exercise regime and take



a huge step forwards for your health, particularly if you are very active, and also if you are relatively sedentary?

Lastly, don't forget nutrition. This also has a significant effect on us as a whole. And no, it's not just about putting on weight, or losing it. Nutrition is about so much more than that.

Food can affect our bodies in amazing ways. Centuries ago herbs, spices and other plants were used for their medicinal and healing properties. Even though we may not directly use them for this purpose in the modern world, including them in our diets will go a long way towards keeping us healthy.

Food is literally the building block of our physical bodies but has also been shown to have beneficial effects on mental and emotional health. Particularly in first world countries where foods have undergone so much processing as to leave them unrecognisable in their original forms. With added chemicals, food colouring and flavourings, it's no wonder there are so many widespread health problems. But reverting back to a more natural diet and including plenty of fresh fruits, vegetables, lean meats, fish, grains and pulses, as well as lots of herbs and spices, can help maintain or improve your health significantly.



So take the time to evaluate your health, as a whole, and see which area you need to pay more attention to. Then try to incorporate small amounts of time to that, or those, needy areas - daily if possible. And watch the changes take place over the rest of the year.

Don't expect a quick fix, true health is never going to be that - but you'll get there eventually. And it'll be well worth the wait!

# 2020 Tennis

by Davina Borton-Sutherland

The mantra of the long-term expat and often heard phrase (after 'mine's a large white wine, thanks') has always been 'the more the merrier' and this phrase still rings true at BA Tennis within the current COVID-19 restrictions, therefore a warm welcome is extended to all.

We had to adjourn for several months due to the Circuit Breaker and whilst some of us were trying to keep up our fitness by having long walks outside in place of going to the gym (unfortunately followed by delicious takeaway cappuccinos and croissants), others were diligently going for long runs in the Botanic Gardens and getting super fit! But when 19th June and Phase Two arrived, we were all very happy to be back at the beautiful British Club, maybe playing a little rustier than previously, but knowing that it really didn't matter. We would have a few games, have a few laughs and just enjoy our morning, finishing with a very enjoyable coffee or lunch and perhaps a glass of wine or beer at the lovely Scores Bar at the Club, which overlooks the courts.



As the months went on and more and more people continued to work from home, we had the unexpected bonus of people's partners coming along to tennis, especially those whose working hours had altered. People who hadn't played for a while dug out their racquets, came along to join us and rediscovered their enjoyment of the game plus the friendly banter. Vanessa's husband, Kevin, insists he hasn't lifted a tennis racquet for ten years, but after several weeks of playing with us, he's trying out a few dangerous shots and aching those serves too.



Martin has been busy planning a little competition and at least one of the courts will participate in this. Perhaps it's because he's been unofficially scoring the games mentally, has discovered that he's been part of the winning duo for the last three weeks and has enjoyed the attention of being able to do the 'Champion's Walk

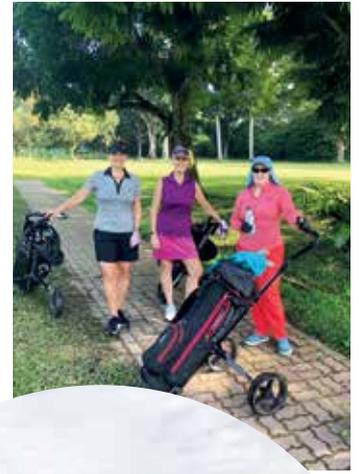


of Fame' under the archway formed with the raised tennis racquets of the opponents. Don't tell him if you see him but, since he's mentioned the need for a trophy, there may or may not have been rumours of proposed match fixing, meaning each time someone partners him, they will endeavour to 'throw the match' so that Sarah's husband, Phil, wins! I might just add that Phil and Martin are mates and everything is taken in good humour!



Tuya has brought along her husband, Gordon, and he too has very much become a most welcome addition to our group. As a bonus, we all enjoy the colour that these two stylish fashionistas bring - check out their fabulous matching outfits in the photographs!

So, if you feel that you would like to dust off your racquet, hit a few balls and enjoy the relaxing and fun atmosphere with us at the gorgeous British Club on a Friday morning, please contact me at [davinaborton@hotmail.com](mailto:davinaborton@hotmail.com) or Martin at [iamwigg@gmail.com](mailto:iamwigg@gmail.com).



# Straight down the Middle

by Nancy Peirson

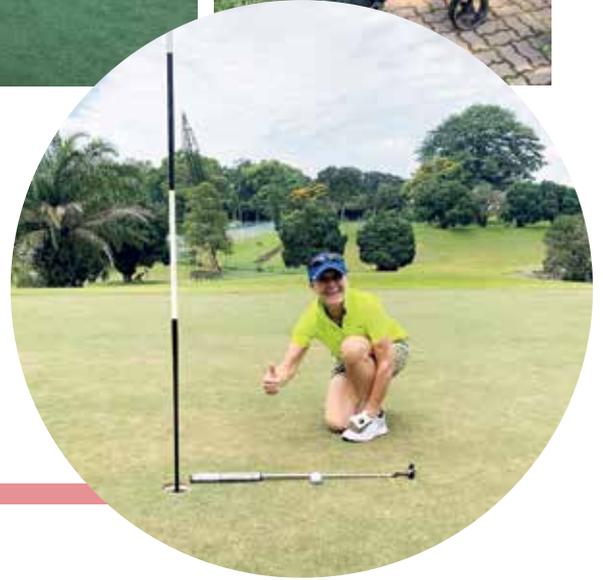
**I**t was thanks to the BA that I started playing golf when I saw a message in The BEAM inviting people to join a course of golf lessons. It wasn't something that had previously appealed but I was looking to try new things and so I apprehensively signed up and that's where it all began.

The beginners' six-week courses are held at Champions Golf with Lee Carrington as our instructor. Lee certainly makes the lessons entertaining with a relaxed atmosphere. The lessons are aimed at getting the beginner comfortable with the basics, such as chipping, putting and hitting the ball with a 7-iron. The courses are currently proving popular and we have three groups learning with Lee at the moment, with a number of people expressing their interest to start playing soon.

Once lessons with Lee have finished, it is time to get our new players out on the golf course! BA Beginners' Golf meets on Friday mornings at Mandai Executive Golf Course for a fun round of nine holes. Mandai is perfect for beginners as it is a small, forgiving course and nobody takes things too seriously there. It is a great introduction to playing on a golf course (which is very different to practising at the driving range) with the regular BA Beginners who are happy to help familiarise the new players with golfing etiquette and assist in showing them the ropes and building their confidence. There is always a lot of laughter on these mornings as we make our way around the course with varying degrees of success but guaranteed enjoyment.

If you are tempted to take up playing golf with the Beginners' Group, either by signing up for a course of lessons or joining us at Mandai, here are some other reasons why it may be the game for you:

- Golf is great exercise. What better way to get your steps in than walking around a beautiful golf course?
- The Beginners' Group is a great way to meet other BA members and have a lot of fun along the way.
- Golf courses have an abundance of wildlife with regular sightings of kingfishers, monkeys and monitor lizards.



- When we can travel again, it will be the perfect reason to take trips, with easy day excursions or weekends away to Bintan, Batam and Johor Bahru.
- Finally, what better excuse is there to hum Bing Crosby's Straight down the Middle to yourself when you hit that perfect shot?

I hope that I've inspired some BEAM readers to join our Beginners' Golf Group but, in the interests of full disclosure, I need to be completely honest. In spite of all I've said, it is also THE most frustrating game in the world. There are days when nothing goes right, the ball has a mind of its own and gravitates into trees, lakes and bunkers, and you may feel like throwing your golf bag into the nearest river and never ever playing this ridiculous game again. But then, you hit an amazing shot, it goes exactly where you wanted and your fellow players cheer. Suddenly you feel on top of the world, memories of disastrous shots disappear and you fall back in love with golf all over again!

If you are interested in taking up golf, please contact Nancy Peirson at [npeirson@hotmail.com](mailto:npeirson@hotmail.com) or 8468 1448.



# A Circumnavigation of Singapore

by Martin Wigglesworth



A strong fashion decision was made here

Having previously walked the perimeter of Singapore in 2019 in a series of nine walks, I decided that 2020 should bring the challenge of cycling around the whole island in a single day. To that end, a group of four intrepid British Association members set out in the early morning of 24th October to brave the elements and, of course, Singapore drivers.

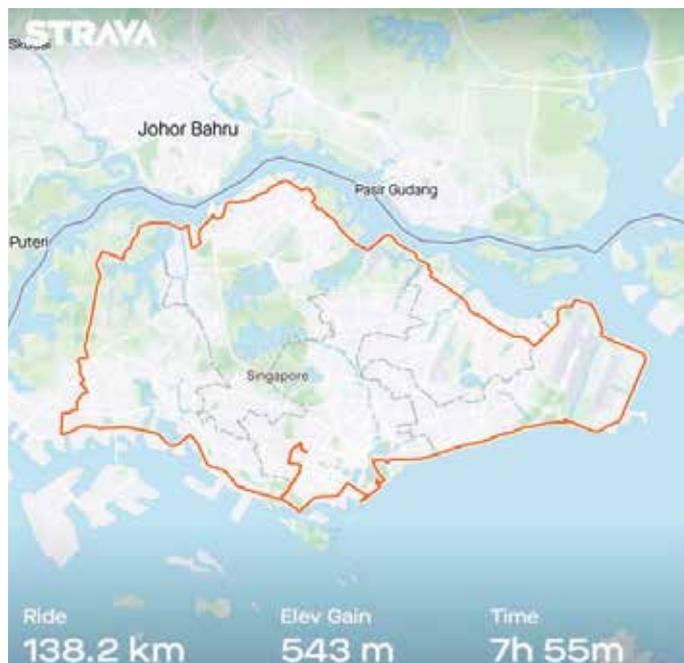
Careful planning had highlighted a route of roughly 140 km that would see us hug the coast as closely as possible and so we set off from Tanglin Mall at around 7.00am and cycled due south to hit the West Coast Highway.

We had a target of getting to the northwest corner of the island for breakfast at Bollywood Veggies. With a table booked for 9.30am, we were making good progress until our goal of keeping the rubber side of the bike downwards came to an abrupt end. Those of you that have cycled in Singapore will be familiar with the interesting design of the drainage grates at the side of the road: the channels run parallel with the direction of travel and are perfectly spaced to allow the wheel of a road bike to get stuck between them. A quick trip over the top of the handlebars, so that hands, knees and bumps-

a-daisies could collide with the pavement, followed.

After a brief rubdown with a wet rag and a rapid mending of the ensuing puncture, we were on our way again and now slightly behind schedule for breakfast. Paul, our route and food planner, had promised us a sumptuous feast named 'The Warrior's Breakfast' so, understandably, as we rounded Pandan Reservoir and headed up Lim Chu Kang Road passing the Muslim and Chinese cemeteries, we were eagerly anticipating the bacon and eggs that awaited. Mushrooms. Surely there would be mushrooms?

The west coast of Singapore is pretty much the only place on the round-island trip where you never see the sea since almost all the land is given over to Singapore's military. As we got closer and closer to Malaysia, it was noticeable that we were now entering fish farming and chicken territory, which all seems to be based in the North West. At the end of Lim Chu Kang Road, we took a sharp right, negotiated a small hill and some bends and arrived at Bollywood Veggies, which was well set up for the many cyclists that congregate there. Having checked in and gone through a complicated bike parking process, we happily sat down at our table with five minutes to spare.



The route



The team: Martin, Mark, Phil and Paul



Man down

The Warrior's Breakfast turned out to be a couple of slightly undercooked eggs, a scattering of salad and two tiny pieces of toast. Oh, and a spoonful (still in the spoon) of jam that looked like marmalade but tasted of strawberries. I wonder if this was the warrior's breakfast that was being served to the British troops when the Japanese waltzed into Singapore in 1942. Nonetheless we washed it down with coffee and an orange juice and, somewhat fortified, we decided to press on. The next leg was planned to bring us to Changi Village for lunch, after all.

Getting back on the saddle, we could feel every one of the previous 45 km but the pain eased and we began our journey across the top of the island over Kranji Dam, immediately noticing the difference from farming to construction and engineering. We passed the Singapore Turf Club and headed left up towards Woodlands Checkpoint. We found the signs warning us that our tanks should be three-quarters full, particularly galling after the Warrior's Breakfast. (Did I mention there was no bacon?) Nearing the checkpoint, it wasn't really obvious where to go but we managed to avoid a trip to Malaysia and continued along Admiralty Road enjoying the array of black-and-white houses on either side.

We negotiated our way through the industrial and housing estates of Sembawang and Yishun before crossing the Yishun Dam (eyes left but no crocs in sight), then turning left and heading onto the twin Punggol islands of Barat and Timor where it seems to be all construction and storage of sand and other aggregates. Leaving the 'islands', we crossed the Seletar North Link Bridge and had a good view of the Punggol worker dorms (masks on!) and the plethora of HDBs being built. On crossing the Punggol waterways, we spotted a lorry carrying a pre-formed concrete apartment (made in Malaysia) and destined to be added to the top of an ever growing HDB block. Cycling down Punggol Central gave us a taste of local living and led us all the way down to Loyang Avenue and a short ride on to Changi Village for lunch.

We had decided that, as we traversed the local heartlands at the top of the island, we should give a hat-tip to Singaporean traditions by deploying a Bluetooth speaker at the highest possible volume on the lead bicycle with a chaotic playlist of mainly 80s & 90s tracks interspersed with Mancunian alternative rock. On approaching Changi the magic of Spotify shuffle gave us Rawhide, which seemed mightily appropriate. We arrived at The Little Island Brewing Co. accompanied by a light drizzle but we found covered outdoor seating where we were able to rehydrate with two pints of onsite brewed pilsner and replenish our strength with pizza and, for me, a burger and chips complete with the bacon that had been missing at breakfast.



The Warrior's Breakfast



Textbook rehydration technique



Who turned the lights out?

After a good lunch and much self-congratulation on the 90 km achieved so far, we headed off over the little white bridge to Changi Beach Park and cycled along the coast until we picked up the Tanah Merah Coast Road. The Tanah Merah Coast Road is as straight and long as it is uninteresting but, as we rounded the corner and picked up the start of the East Coast Park, it began to dawn on us that we were now entering a run that held many beer buying opportunities.

The standard of cycling on a busy Saturday afternoon in the East Coast Park is something to behold; we managed to weave our way around many people who seemed unfamiliar with the purpose of handlebars and eyes but, luckily, they could hear us coming as the 80s playlist was still in full swing.

We managed to arrive safely at the East Coast Lagoon Food Village where we only managed a pint and a half each before continuing on to cross the barrage and meander our way to Satay by the Bay to check on their beer supplies.

The navigating became harder for some reason after Satay by the Bay and we ended up on a bit of a detour around the Marina Bay Cruise Centre. Turning back we got on track and got ourselves to HarbourFront in time for our evening meal. We were not quite sure what had happened to the afternoon but fish and chips and real ale all round allowed us the time to reflect on what has been a long day out.

When we left this final hostelry, it had become dark (lights on!) and we set off up what seemed to be quite a steep hill on Henderson Road passing beneath Henderson Waves and eventually finishing our ride.

For those interested in facts and figures, we covered 140 km and the total time we were out was 14 hours, of which between seven and eight was cycling and the rest was accidents or refreshment breaks. It's interesting to note that between water, beer, orange juice and coffee, we all consumed about 11 litres of liquid and, for most of us, the first toilet stop was with our evening meal! There was a lot (and by 'a lot' I mean copious amounts) of sweat: so much so that, when the wife of one of our number returned to their flat, she claimed she could smell her husband before she saw him.

If you have considered a circumnavigation of Singapore and not yet had the chance to do it, either by foot or wheel, I would recommend it to you. Do it all at once or in stages; it will give you a great insight into the diversity of our Little Red Dot.



# Out and About

Compiled by Helen Woodhall

All details correct at time of going to press. Please be sure to check with the venue before heading out the door.

## CONCERT

### Classical Concerts by Candlelight

Date: from Wednesday 3rd February

Time: 6.30pm and 8.30pm nightly

Tickets: \$28–\$69

Feverup.com

Having found success in European cities such as Paris and Barcelona, classical music by candlelight is coming to Singapore. The concerts will be held in an emblematic Singapore building (not yet announced at the time of going to press). Atmosphere is guaranteed by the flickering candlelight. Featured composers are Beethoven, Chopin and Vivaldi.



## FESTIVAL

### M1 Singapore Fringe Festival

Venues: Theatres on the Bay and Nanyang Academy of Fine Arts

Date: Wednesday 20th to Sunday 31st January

Tickets: \$19–\$27 per performance

Livestream package: \$95

The seventeenth annual edition of the M1 Singapore Fringe Festival presents a line-up of nine events created and presented by Singaporean and international artists in two venues. This year's theme is Quiet Riot.



## EXHIBITIONS

### Digimuse at ACM

Asian Civilisations Museum

Date: until Saturday 16th January

Time: 10.00am–7.00pm

Project Insight and An Excavation Through Time allow the visitor to experience art conservation and archaeology respectively using mixed reality smart glasses and virtual reality headsets to complete the immersive experience.



### Moo Moo PARK

Singapore Chinese Cultural Centre, Level 6 Car Park

Date: Friday 22nd January to Sunday 28th March

Time: 12.00pm–10.00pm

Asia's first drive-through exhibition will see the car park of the SCCC transformed into a space where you can enjoy artworks on display by foot or in an electric car. Inspired by the Year of the Ox, each artwork will focus on the UN Sustainable Development Goals, such as Goal 13: Climate Action and Goal 15: Life on Land.



### Connecting People and Plants: A Century and More of Gardening Contributions

Singapore Botanic Gardens

CDL Green Gallery (Level 2 of the Botany Centre)

Date: until Sunday 14th March

Time: 9.00am–6.00pm

Go on a journey into Singapore's gardening history and discover how people and plants, past and present, have come together through a love of gardening.



### Afterwords

Singapore Chinese Cultural Centre

Date: until Wednesday 31st March

Time: 9.00am–10.00pm

In ancient times, Chinese calligraphers were taught never to tear or misuse any piece of writing even after it had served its purpose. Instead, old pieces of writing were burnt in a little pagoda made for the purpose. The poet and calligrapher behind this exhibition imagine what happens if those words are instead repurposed, turning wastepaper into new canvases embellished with haiku and calligraphy to create a commentary on the past, sustainability and growth.

### Georgette Chen: At Home in the World

National Gallery Singapore

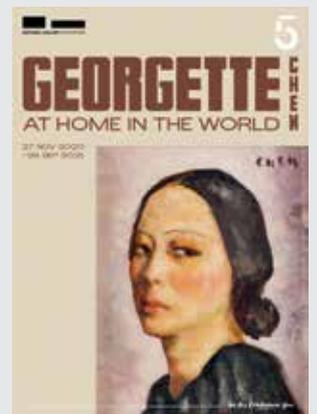
City Hall Wing, Level 4 Gallery and

Wu Guanzhong Gallery

Date: until Sunday 26th September

Uncover the fascinating story of Georgette Chen (1906–1993), whose exceptional life experiences as a professional female artist living and working around the world shaped her practice and left a lasting legacy in the development of visual arts in Singapore.

The first major museum retrospective of the artist in more than 20 years, this exhibition will feature her most significant works alongside a wealth of newly discovered archival materials.



# BA Benefits

BA Benefits are offered to BA members upon presentation of a valid BA membership card.

All discounts listed below were correct at the time of publication.

Vendors and outlets will have the final say on discounts and any discrepancy will be resolved without any involvement from the BA.



## BRITISH AIRWAYS

There has never been a better time to fly for British Association Members!

10% discount for BA Members. Applies to flights that originate in Singapore with a destination of London, Sydney or the USA. The discount will be applied to the base fare excluding airport taxes and carrier charges.

Please email [info@britishassociation.org.sg](mailto:info@britishassociation.org.sg) to receive the code.

10%\*



## THE MEAT CLUB SINGAPORE

\$50 off first order for new members subscribing to our Auto Pilot delivery service.

\$100 minimum spend on club prices applies.

Our products are proudly Australian and carefully curated to meet the quality and freshness our members have come to enjoy.

Enter **SNS50** on checkout to redeem.

[www.themeatclub.org.sg](http://www.themeatclub.org.sg)

\$50\*



## SMITHS FISH & CHIPS

BA members enjoy a fantastic 10% off food when ordered in this delicious and traditional fish and chip shop.

A valid BA Membership card must be shown.

10%\*



## THE GLASS ONION BISTRO AND BAR

Serving a union of Japanese and Western dishes, using fresh, quality produce to stimulate your senses!

Receive 15% discount off à la carte items and all day Happy Hour pricing on alcoholic beverages. [www.theglassonion.com.sg](http://www.theglassonion.com.sg)

15%\*



## BRUNETTI SINGAPORE

Enjoy a 10% discount on all dishes, pastries, cakes, ice cream and drinks at Brunetti in Tanglin Mall. Valid every day except eve of public holidays and public holidays.

Find us at: [www.facebook.com/BrunettiSingapore](https://www.facebook.com/BrunettiSingapore), 163 Tanglin Road, #01-35 Tanglin Mall, Singapore (247933)

10%\*



## MCGETTIGAN'S BAR, CLARKE QUAY

10% discount on food and drink all day, every day!

[www.mcgettigans.com](http://www.mcgettigans.com)

10%\*



## RAFFLES MEDICAL GROUP

Programmes for BA members include Enhanced Health Screening from \$506, GP consultation from \$18 in Raffles Medical Clinics, 15% savings on regular-priced Raffles and Kidds supplements in Raffles Health.

Terms and conditions apply.

Visit [www.raffleshospital.com](http://www.raffleshospital.com) for more packages and further information or email: [kim\\_kiwon@rafflesmedical.com](mailto:kim_kiwon@rafflesmedical.com).

15%\*



## QUEEN AND MANGOSTEEN

10% off all à la carte items, excluding bottles of wine from the wine menu.

Vivocity Shopping Centre Tel: 6376 9380  
[www.queenandmangosteen.com](http://www.queenandmangosteen.com)

10%\*



## The First Pour

The First Pour represents a number of quintessential British and Irish spirits and drinks brands in Singapore. It is offering a 10% discount to all BA members whenever they purchase from its website.

Go to <https://thefirstpour.com> to place an order, enter discount code **BEAM10** at checkout and The First Pour will deliver to your door.

For enquiries, please contact [orders@thefirstpour.com](mailto:orders@thefirstpour.com) or call 6733 7663.

10%\*



## THE EXCISEMAN WHISKY BAR

BA members are entitled to 10% off all drams, wines by the glass and food. Bottle sales not included.

A BA card must be shown on each visit.

Location: 8 Raffles Place, 02-27 Esplanade Mall, Singapore 039802.

Call 6963 1192 or e-mail [enquiries@theexciseman.com](mailto:enquiries@theexciseman.com).  
[www.theexciseman.com](http://www.theexciseman.com)

10%\*

**SANDBANK**

10% off total bill except on Happy Hour beverages, promotional items and cannot be used in conjunction with other privileges.

[www.sandbank.com.sg](http://www.sandbank.com.sg)

10%\*

**EYE LOOK GOOD**

10% off (First time customer)  
Branded contact lenses at lowest prices delivered to your doorsteps.  
Acuvue, Bausch & Lomb, Biomedics & more.  
Use promo code upon checkout: **BA2017**  
[www.EyeLookGood.com](http://www.EyeLookGood.com)

10%\*

**DENTAL ESSENCE**

1st Appointment consultation, polishing, fluoride treatment, X-ray and Air Prophylax for \$175.

See Website for further details.

\$175  
1st appointment\***SQUE ROTISSERIE AND ALEHOUSE**

10% off all items of food and drink, excluding draught beers.

The Central, Clarke Quay Tel: 6222 1887  
[www.sque.com.sg](http://www.sque.com.sg)

10%\*

**ITAI SPORTS**

ITAI SPORTS is the leading one-stop provider for all sports and healthcare products to help you achieve your sports and health goals. The company strongly believes in providing you the best, thus extensive research and testing are done before the continually expanding range of products is brought to you at reasonable prices.  
BA Members will receive 10% off all purchases from [itaisports.com](http://itaisports.com) with the promo code **BA10**. Promo code must be used during checkout.

10%\*

**MASTERS' YOGA SADHAN**

BA members are entitled to four yoga sessions for \$30 and 20% off of any package. A valid BA membership card must be shown on each visit.

Contact: [mastersyoga@gmail.com](mailto:mastersyoga@gmail.com)  
[mastersyogasadhan.com](http://mastersyogasadhan.com)

10%\*

**#1 SALON**

BA members are entitled to 15% off all hair services except wash and blow dry at Bishan and Ang Mo Kio Salons.

A valid BA membership card must be shown on each visit. Contact: Bishan 6258 3218 / Ang Mo Kio 6483 2528.

15%\*

**TOTAL HEALTH CHIROPRACTIC**

50% off first visit at only \$80 (UP \$160) includes consultation, posture analysis, chiropractic adjustment and recommendations.  
Clinics in CBD, Tampines, Toa Payoh, Clementi and Tanjong Pagar. Call 6224 6326 for an appointment.

[www.totalhealthchiropractic.com.sg](http://www.totalhealthchiropractic.com.sg)

50%\*

**Pink Fish™**

Pink Fish™ is a casual fast food chain from Norway serving up the freshest salmon in healthy and delicious burgers, wraps and raw bowls.

BA members get 20% off the total bill on production of their membership card, quoting The BEAM. Promotion runs until 31st March 2021 and is not valid with any other discounts or promotions. Not applicable to kids items or kids combos. Management reserves the right to amend T&Cs.

We look forward to seeing you at #B1-261/262 Jewel Changi Airport

20%\*

**EC Proof**

EC Proof makes quality products accessible to consumers looking for that special gift or who wish to entertain at home or at the office. It carries hundreds of bottles and provides customers with an end-to-end offering from bar tools, cordials, bitters and cocktail books to cocktail-making classes by a respected craft bartender.

Cocktail aficionados and spirits fans can purchase the range with a few clicks at [ecproof.com](http://ecproof.com). Free delivery within 48 hours for orders above \$50.

EC Proof would like to offer a 15% discount off all its products to BA members. Please enter discount code **BEAM15** when booking.

15%\*

**Wildlife Reserves Singapore**

We are in a situation where outings and exploring become a challenge but you can still meet our Ambassadors while being indoors with our light-hearted virtual Edu-tainment experience!

This program is suitable for all ages and we are pleased to share the experience with BA members with a 30% discount off the regular price. To enjoy the rates, please quote **VEVW02020**.

See [www.wrs.com.sg/en/hello-from-the-wild-side-backup.html](http://www.wrs.com.sg/en/hello-from-the-wild-side-backup.html) for more details.

30%\*

# Sports and Activities



## BEACH CLEAN-UP

Are you interested in helping to clear the beaches of marine trash, keeping the environment safe for ocean wildlife? Then please join our beach clean-ups on the first Sunday of the month at 10.30am.

Venues may change so check the latest EDM or contact Siân Brook Gillies on 9002 6544 for more information.

## BOOK GROUP

We have several groups across the island who meet once a month on different days both in the daytime and evenings. If you love literature and enjoy meeting up with a bunch of friendly people for a chat and a coffee, then there is bound to be a group to suit you!

East Coast: Jo Harding at Jo@sunbirdtree.com

Supper Club: Anne Roberts at anneroberts2312@hotmail.com

Tuesday mornings: Jane Walker at jane.mary.walker@btinternet.com

Tuesday evenings: Marion Lang at marionlangx@gmail.com

Thursday mornings: Julia Chapman at juliachapmansingapore@gmail.com



## BRITISH CLUB ACTIVITIES

1. Bingo Nights - 1st and 3rd Tuesday, 8.00pm at Windsor Arms

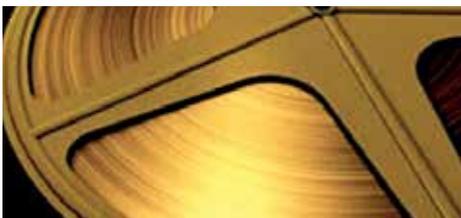
2. Pub Quiz Nights - 2nd and 4th Wednesday, 8.00pm at Windsor Arms

You must show your BA membership card to gain entry to the club for both the Bingo Night and the Quiz Night. Visitors are not permitted. F&B spending is payable by credit card only.

## BUNCO

Join us for a game of Bunco at the Boomerang Bar, Robertson Quay. Bunco is a very simple but fun dice game and a great way to get together one evening a month to mingle with friends old and new. Please book via the BA website. A WhatsApp Bunco group has been set up for all of those who are interested.

Contact Jo 9069 5748 or Anne 9011 0631 requesting to be added to the group.



## CINEMA CLUB

Come join us at the movies. We meet a few times a month to see newly released films. RomComs, SciFi, thrillers, drama, adventure, action, comedy – we cover all genres! We have a WhatsApp group chat to keep you posted on when and where.

Contact Siân Brook Gillies 9002 6544

## BA GOLF

Join us for a friendly round of golf on regulation 18-hole golf courses in Singapore, with the occasional trip to Indonesia and Malaysia. The BA golfers meet weekly on Wednesdays and players will need to have a handicap or proficiency card. Tee off times will be from 7.30am. We can advise you on joining 'My Golf Kaki' to get a handicap.

Contact Edith Blyth at bachair@britishassociation.org.sg



## BEGINNERS' GOLF

If you are interested in taking up golf, join the Swingers beginners' golf group.

Contact Nancy Peirson at npeirson@hotmail.com or 8468 1448

## GOLF – THE LADYBIRD GOLF GROUP

Meet monthly at Palm Resort in Malaysia usually on the last Thursday of the month, leaving Singapore around 7.30am – transport can be arranged and cost of the round is around RM99 inclusive of buggy and lunch. PRs can enjoy a special rate at Marina Bay Golf Course of \$85 on weekdays (18 holes). You need handicap card and ID to play!

Contact Jean Murdoch at [jeanmurdoch99@gmail.com](mailto:jeanmurdoch99@gmail.com)



## HANDICRAFTS

Knitting/crochet/cross-stitch/quilting/card making – bring along any kind of handcraft work-in-progress! Whether you are a beginner or more experienced, our social group meets on Thursday afternoons 2.00pm - 4.30pm, usually at one of the group members' houses. We have occasional trips out to fabric & crafting shops, relevant exhibitions etc.

Contact Jane McDermott at [djmcd33@gmail.com](mailto:djmcd33@gmail.com) for more information or to be added to the Whatsapp group

## MAHJONG

All abilities welcome – instructions given. Meetings are on Tuesday afternoons and Wednesday mornings at Boomerang Bar, Robertson Quay.

Morning sessions run from 10.00am – 12.30pm and afternoon sessions run from 2.00pm – 4.30pm.

Tuesday afternoons: Sam Blundell on 8189 4672

Wednesday mornings: Jane McDermott at [djmcd33@gmail.com](mailto:djmcd33@gmail.com)



## MAY I?

'MAY I?' is a card game similar to rummy but you start with 12 cards each. The aim of the game is to lay down all your cards in runs of the same suit or sets, e.g. three 3s, five 7s or both depending on the round. There are 12 rounds throughout an entire game and each round is different. The score can change drastically throughout the games, which makes it all the more exciting!

We meet every Thursday at 2.00pm at the Boomerang Bar, Boat Quay. Contact Sally Harris 8113 4160 or Anne Roberts 9011 0631

## PHOTOGRAPHY

We are a group of enthusiastic photographers from beginners upwards. Join us for walks and exhibitions to compare notes and receive tips.

Contact Carolyn Perkins 9054 1073



## SKETCHERS

Are you inspired to sketch when you experience some of the amazing and unusual sights here in Singapore? Come along to Sketchers – no experience needed!

Contact Joanne Bull 9422 0832

## TENNIS

Anyone for tennis? Join us every Friday morning from 9.00am – 11.00am at the British Club for a few games, lots of chat and a coffee.

Contact Davina Borton-Sutherland at [davinaborton@hotmail.com](mailto:davinaborton@hotmail.com) or Martin Wigglesworth at [iamwiggy@gmail.com](mailto:iamwiggy@gmail.com)



## WALKIE TALKIES

**BAY WALKIE TALKIES:** We meet every Tuesday at 8.00am at Gardens by the Bay at Supertree Grove beside Hill Street Coffee Shop.

Contact Tara Codling at [taracodling@hotmail.com](mailto:taracodling@hotmail.com)

**EAST COAST:** We meet on Wednesday and Friday mornings at 8.00am

Contact Julie Avery at [walkietalkieeastcoast@gmail.com](mailto:walkietalkieeastcoast@gmail.com)

**BOTANICS WALKIE TALKIES:** We meet every Monday and Friday at 8.00am at the Visitor Centre at the Nassim Road entrance to the Botanic Gardens. We also sometimes meet for evening walks and other longer walks around Singapore. The group caters for all paces whether you like to walk fast or slow. On Mondays, the BA Joggers group meet at the same venue. All welcome to join us in any of the groups and afterwards when we meet up for coffee and chat.

Contact Miranda Thomas on 8685 9912 or [nandmthomas@gmail.com](mailto:nandmthomas@gmail.com)

BA Joggers: Anne Brangan on 8464 8440 or [anne\\_brangan@hotmail.co.uk](mailto:anne_brangan@hotmail.co.uk)

# A Christmas Celebration

by Carolyn Perkins

**A**lthough renovations at Eden Hall prevented our traditional Christmas carol service there in 2019, we remained optimistic it would be spruced up in time for the following year. While this was indeed the case, restrictions on group sizes were still in effect and so, rather than have a second year with no carol service, there was instead an online Christmas celebration on 4th December 2020 to start the festive season.



Handbell ensemble Ministry of Bellz had made a recording especially for the evening and we started the order of service with their rendition of *Hark the Herald Angels Sing* segueing into *Frosty the Snowman*. BA Chair Edith Blyth then welcomed us from the office and, with a little Christmas magic, from Eden Hall. In the recorded message, Edith commented that COVID-19 had 'decimated our freedom of movement around the globe but not our spirit' and thanked the British High Commissioner to Singapore, Kara Owen CMG, for permission to film messages and readings at Eden Hall so that a service could go ahead.



The High Commissioner responded with this message to the BA: 'Welcome to all of you to Eden Hall. I am so sorry that we are not going to be together this year. Throughout this extraordinary year, and it has been extraordinary, I have clung on to the idea that we could still get together for the British Association carols. Unfortunately, we're not going to be able to do that, which is such a shame because I have heard such lovely things about it as an event. But it's typical of the British Association that they have thought of a way to bring us together virtually and to still offer support and connection to all of the members. I've seen the programme for today, it's a really lovely programme, which I hope you'll enjoy. Until next year, when I hope we can meet in person here at Eden Hall, I wish you a merry Christmas and a happy New Year.'



The British High Commissioner to Singapore, Kara Owen CMG, addresses the BA

Louis Cazeneuve, Derry Blyth and Edith Blyth each read a section from the Book of Luke to remind us of the true meaning of the Christmas story. Louis was pleased to get out of school early as his reading was recorded from Eden Hall.



Louis Cazeneuve reading from the Gospel according to St Luke

Louis' reading was followed by a Christmas medley recorded for us by the girls at the Home of Peace Kuala Lumpur. The girls did a lot of the work themselves, choosing the songs, working out the harmonies and directing the video but Bernadette Nagy was on standby to help them polish up their performance. Thank you, Bernadette, for arranging this link-up with the Home of Peace, which founder Justine Morais set up to help girls get a decent education in the hope they can achieve their goals and aspirations.

Soon, it was the turn of the online congregation as the words appeared on the screen for us to join in. As I sing like a goose, while honking lustily along, I kept one beady eye on the little red muted microphone to be sure no one could hear me. It was good to sing, though, even 'on my own' and even though I possibly murdered *Silent Night* and *The First Noël* like a Cluedo culprit: Mrs Perkins in the study with the microphone.

With thanks to everyone involved in the service, not forgetting Michael 'Santa's Little Helper' Davidson, Edith wished us all a happy Christmas and ended the service with one of her favourites, *O Holy Night* performed by Il Divo. The festive season had begun in style.



## BRITISH ASSOCIATION MEMBERS' USE OF THE BRITISH CLUB

TIMING DAY	ALL FOOD & BEVERAGE OUTLETS	SPORTING FACILITIES	CHINOIS SPA
MONDAY	Within F&B Outlets' Operating Hours (Mountbatten Restaurant closed)	Squash Courts 8am - 2pm Tennis Courts 12pm - 4pm Swimming Pool 8am - 9.30pm	10am - 6pm
TUESDAY	Within F&B Outlets' Operating Hours	Squash Courts 9am - 12pm	10am - 6pm
WEDNESDAY	Within F&B Outlets' Operating Hours	Not permitted	10am - 6pm
THURSDAY	Within F&B Outlets' Operating Hours	Not permitted	10am - 9.45pm
FRIDAY	Until 3pm	Group Tennis 10am - 1pm (group bookings only)	10am - 9.45pm
SATURDAY & SUNDAY	Not permitted	Not permitted	Not permitted
PUBLIC HOLIDAYS	Not permitted	Not permitted	Not permitted

Windsor Shop operating hours –  
Monday to Thursday: 11.00am to 10.00pm  
Friday to Sunday, Public Holidays: 10.00am to 10.00pm

### Terms & Conditions

- BA Members must show their valid Membership cards when entering the Club.
- BA Members must sign in at the Main Clubhouse. An entry fee of \$5 per person per entry applies, with the exception of attending ticketed events or BA Coffee Mornings held at The British Club.
- Extension of invites to BA Members for Best of British events at the Club.
- BA Members may not bring guests to the Club.
- BA Members must abide by the Rules and By-Laws of the Club at all times.
- BA Members may not use the Club facilities on Saturdays, Sundays or Public Holidays.
- All children of BA Members below 21 years must be accompanied by a parent.
- Squash and Tennis courts may only be booked three days in advance quoting your BA Membership number. Please contact 6410 1173.
- Payment for use of facilities or F&B outlets is by Credit Card only.
- BA Members who are British Club Members are entitled a \$20 credit for use in all F&B outlets on a monthly basis.

For further information on Membership at the British Club, please contact 6410 1100.  
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