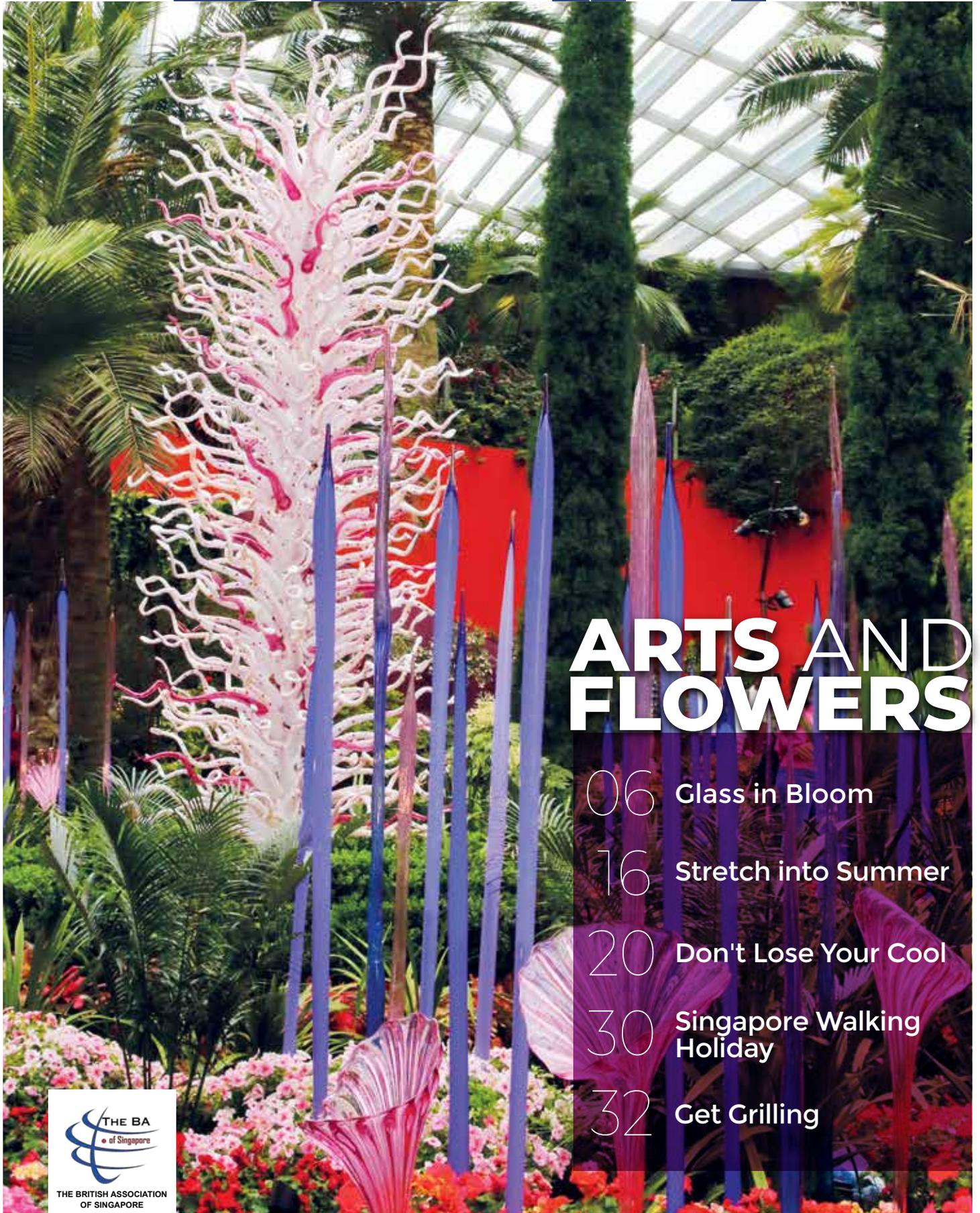


THE BEAM

Official Magazine of the
British Association
of Singapore

Jul/Aug
2021



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Helen Woodhall



Rosalind Arwas



Nigel Griffiths

BEAM Team *Memo*

It has been an honour and a privilege to be appointed Editor of The BEAM, which has a long tradition of serving and keeping the British community in Singapore connected. I have worked in publishing previously with an international medical journal and as a reporter with several expat magazines in Hong Kong. Those were carefree years in journalism. Putting the final work together, the editorial work is the absolute challenge. I have been living in Singapore for twenty plus years so that at least provides me with a good background to this beautiful place I now call home.

As an art enthusiast, I was absolutely delighted to view, on several occasions I might add, the exhibition by Dale Chihuly. How the works have spruced up Gardens by the Bay. Remember if you visit to go by day, and in the evening after dark. I have not seen such large scale, outdoor talent expressed since the sculptures of Ju Ming at the Botanical Gardens several years ago. On the subject of art, the exhibition at National Gallery, Singapore of the works of Georgette Chen is spectacular. She is an artist who boldly inspires and whose works I have admired since I first came to live here. Finally we have works by our own artist Chloë Manasseh. Striking and admirable as you will see from the full feature in this edition of The BEAM.

The unfortunate increase in incidence of Covid-19 has left us with new restrictions which are just about to be lifted. As a lover of nature who favours a sit down and drink at varied intervals it was a challenging time. I am one who enjoys a coffee stop to regain my stamina for the remainder of my journey. On reflection, at the end of the day it must be remembered how well the Government of Singapore are providing for us by way of immunisation and the controls which we may hate, but which keep our incidence and death rates so low, as to be the envy of many a larger nation. Hats off to Lee Hsien Loong!

We are fortunate to have Osler Healthcare provide us with instruction on how to prepare to travel. As I contemplate a business trip to Europe the demands and restrictions feel like a millstone around my neck. Now I even need a visa to travel to the Philippines. Oh, simple life that I remember so well. How beautiful was the world and the ability to travel freely before Covid.

If we can't travel easily overseas, Singapore's very own nature island, Pulau Ubin, is worth a trip. This unspoilt and pleasant land, with brilliant vistas and abundant flora and fauna, never fails to inspire me. Once you visit you will understand a burning desire to return, not just once but often.

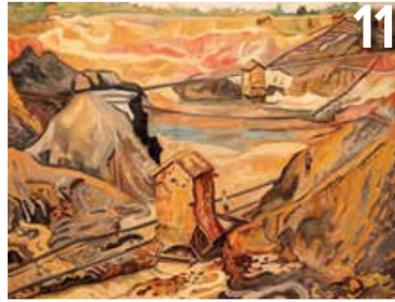
We are always on the lookout for new contributors, and we welcome all those who would like to write in the pages of The BEAM. Interesting photos, anecdotal accounts and all things relevant to the British community are always appreciated.

I would like to pay tribute here to my predecessor Carolyn Perkins, now settled back in Germany. She was extremely dedicated and did a wonderful job. Her passion and zest will be sorely missed. I wish you well Carolyn.

BEAM Editorial Team
beam@britishassociation.org.sg



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View from the Chair



A warm welcome again from my second 'view from the Chair'. In my first 'view', I looked forward to normality continuing to resume in 2021, and that certainly hit a setback in early May as Singapore reimposed restrictions. Planned in-person meetings and events had to be cancelled or diverted to the virtual, Zoom-based world we've all become so used to inhabiting, and the pleasure of dining out was again withdrawn in favour of takeaways, deliveries or (the horror!) home-cooked meals. I've always thought that one notable human quality that can be both admirable and unfortunate is our ability to become used to anything; whether good or bad. So, yet again, we all adjusted to the circumstances.

This last period has, of course, been particularly hard on the F&B industry which is such a key attraction for tourists and residents alike, during normal times. I hope therefore, that many of you supported the joint initiative from the British High Commission and Singapore Restaurant Rescue which we recently promoted in the weekly EDM and treated yourselves to afternoon tea.

I mentioned in my previous 'view' what I consider to be the common experience that many of us have as expats in Singapore; the transitory nature of friends and relationships built here. Another side of the same coin is, for those of us more permanently resident, the difficulty of sustaining relationships with friends and family in our home countries or elsewhere. It's something I've certainly struggled with during this period. One initiative I've taken has been to actively reach out to valued old friends and ex-colleagues for a 'virtual coffee' video call, and this has been a real source of positivity for me (and, hopefully, the recipients!). I'd highly recommend it as something to lift the spirits.

After finally completing the P.G. Wodehouse 'Jeeves Collection' audiobook (all 40 hours of it!), I've reverted to several podcasts over the last month to keep me mentally occupied on my occasional brisk walks. One favourite which I'd highly recommend (particularly if you have an interest in finance, but also if you have an interest in philosophy, history, art, science, and intelligent non-dogmatic discourse informed by all of the above) is titled 'Infinite Loops'. Episode (#49) struck me as particularly relevant to the times we find ourselves in, resulting in my listening to it daily over a week-long period and, if there was one theme to highlight from that episode, as a way to reframe our present circumstances, it would be the Serenity Prayer:

'Grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.'

Meanwhile, I'm happy to report my 'fully vaccinated' status (although being presented with a brochure on 'Active Ageing' was a little galling, as a mere 52-year-old; presumably an administrative error). I'm happy to report too that, at the time of writing, it seems that we may be nearing the end of the present restrictions.

I hope you enjoy reading another packed, high quality edition of the The BEAM and would like to thank all of the contributors and the BEAM team for all of the hard work that goes into it. Congratulations to Nigel Griffiths on his first edition as editor, having taken on the mantle from Carolyn Perkins (who has now successfully relocated to Germany).

With that, I will sign off for now, and again hope to meet many of you, ideally in person, over the coming month.

Michael Davidson

bachair@britishassociation.org.sg

GLASS IN BLOOM

by Nigel Griffiths



Gardens by the Bay is the venue for Dale Chihuly's first major garden exhibition in Asia, and is an opportunity for people in Singapore to experience the stunning works for themselves. It is the first time we have seen such a major exhibition spanning acres in the botanical setting – the last being by Ju Ming in 2016 at the Botanical Gardens. Both exhibitions should be seen as masterpieces in their own rights.

Dale Chihuly is an American artist from Tacoma, Washington whose unique journey with glass dates back to the early 1960s, when he was a student at the University of Washington State, Seattle. Over the years Dale has developed a unique style. Colourful works are, in his words, 'all that grey is not'. For Dale, team effort is very much a part of making the glass. Installations are first put together in his studio in Seattle, photographed and then reassembled at the respective venues by his team. We are told that glass can be manipulated in many ways. As Dale tells us: 'Sand and fire put together; you have glass. Heat is applied to a pipe and gathered up like honey, then blown to create the pieces that we see on display.'

Mille fiori, a thousand flowers, is a combination pieced together to form an installation. Hundreds and thousands of pieces of glass go into forming the work and several can be seen on display in the current exhibition.

Dale developed the idea of placing pieces of glass in a wooden boat, which in turn sits on a body of water and can be seen in the present installations on the Dragonfly Lake and Victoria Lily Pond. Whilst the lakes may represent serenity, the explosion of colour adds sharp contrast, like fireworks in the night sky. On Victoria Lily Pond, the blue enhances the tranquillity and the emphasis shifts to the inner beauty of the exquisitely shaped pieces of glass. On the lake itself sit domes of blown glass known as walla wallas, which Chihuly developed in 1996 for his exhibition



'Chihuly Over Venice'. Walla wallas are large spherical blown-glass floats with long glass tips, resembling and named after Eastern Washington's famous walla walla onions. This is a technique Dale traces back to a visit to Finland in 1995, to the glass manufacturers Nuutajärvi. Dale admits that his glass installations perhaps look best in the setting of botanical gardens against a background of greenery. He has a long history of garden exhibitions including: The Royal Botanical Gardens, Kew, New York, Atlanta and Denver Botanic Gardens to name but a few.

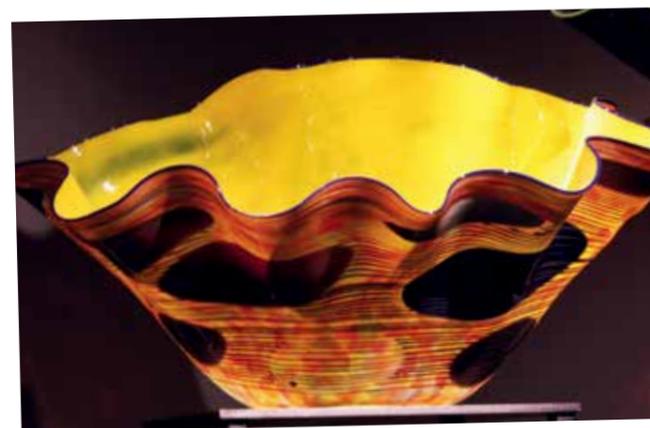
At Glass in Bloom there are indoor installations in both of the Domes; two in the Flower Dome and three in Cloud Forest. Outdoor installations are spread throughout the gardens, including the Meadow and the Serene Garden. Two of the more prominent installations outside are: Setting Sun, which was created for its debut at this exhibition and is a giant 14 x 14 foot fireball of red and yellow flame-like tentacles, burning brightly in an extensive Meadow. Nearby at the Serene Garden is the Moon. Created in 1999 for Chihuly's landmark exhibition, Chihuly in the Light of Jerusalem 2000, at the Tower of David Museum.

The Gallery is an indoor exhibition just behind the Floral

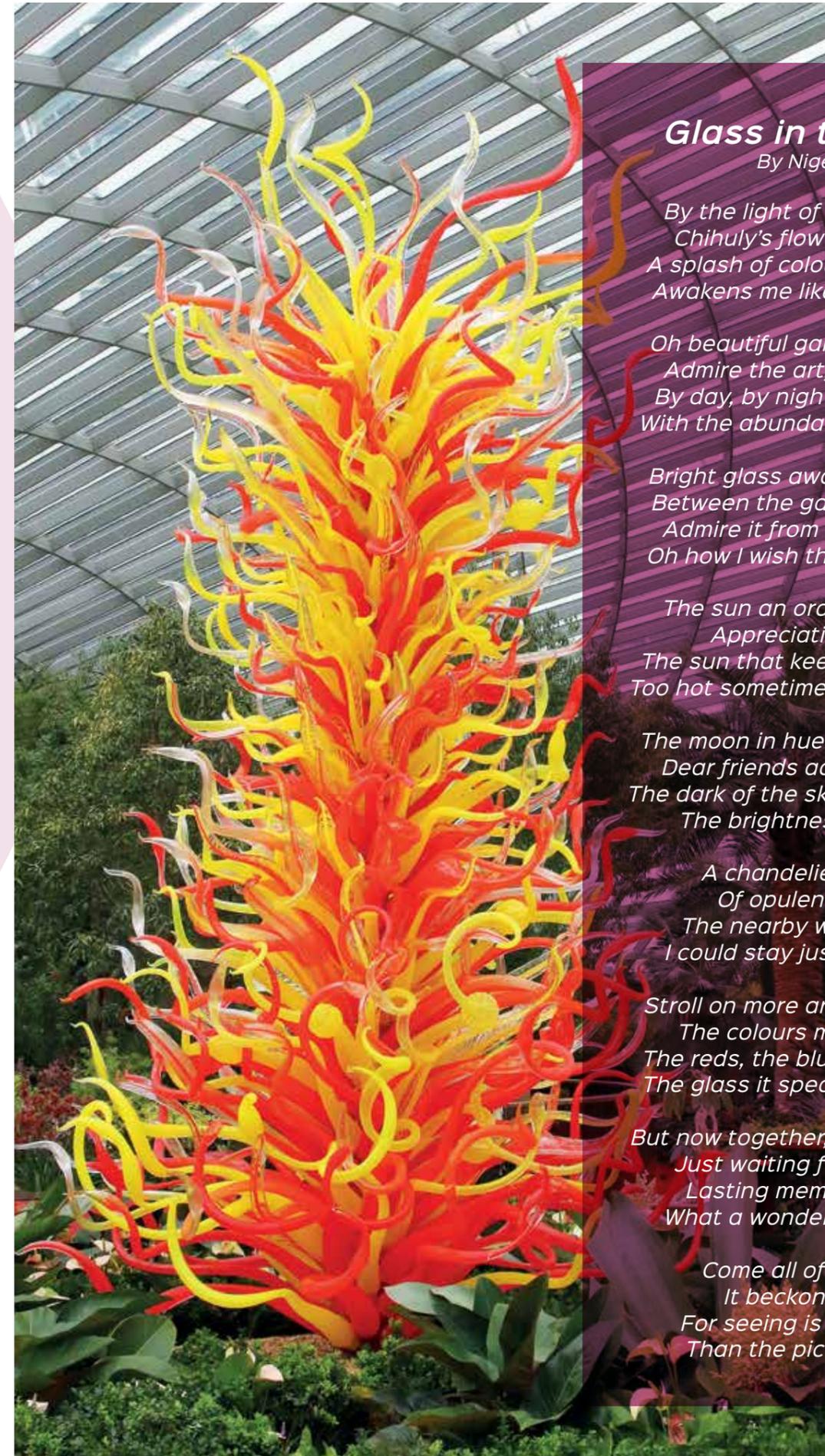
Fantasy area in the Bayfront Pavilion. It is here that you can see artworks on paper and on glass as well as bowls and other items. It does not take long to go around but it's well worth the visit. It seems you are allowed to use flash also if you're wanting good photos of the entire display. Here you can see paintings by Dale. He tells us he is not one to dwell too long on the conception to brush on paper, where his work is fast and compelling. Brush strokes are defining and bold.

Signage is not the best and you are advised to take an image of the map that you can refer to on your way around. There is an exhibition guide that you can purchase, or which is free (on request) if you buy the season ticket. You can buy a combined ticket which is better value, or a season ticket for weekday use. Returning to see the exhibition in both daylight and at night is a must for the enthusiast. The exhibition is all cordoned off and entry is via your QR code on your ticket on the phone. The exhibition is open daily and requires an advance purchase ticket.

Dale Chihuly is without question the master of glass, and an artist in a class of his own. How lucky Singapore is to be able to share the joy and inspiration of seeing this magnificent collection.



GLASS IN BLOOM



Glass in the Garden

By Nigel Griffiths

*By the light of a crescent moon,
Chihuly's flowers are in bloom.
A splash of colour in a garden dark
Awakens me like the morning lark.*

*Oh beautiful garden, I rest a while,
Admire the art, it brings a smile,
By day, by night it's beauty sings,
With the abundant majesty of kings.*

*Bright glass awake, it smiles at me
Between the garden and the tree,
Admire it from all angles please,
Oh how I wish there were a breeze.*

*The sun an orange mass to see,
Appreciation is the key,
The sun that keeps us warm by day,
Too hot sometimes and then we sway.*

*The moon in hues of blue and white,
Dear friends admire it as a right,
The dark of the sky, the moon awakes,
The brightness of it radiates.*

*A chandelier in a garden,
Of opulence it speaks,
The nearby water meanders,
I could stay just here for weeks.*

*Stroll on more artwork there to see,
The colours make a vivid sea,
The reds, the blues and white itself,
The glass it speaks once on a shelf.*

*But now together, all assembled here,
Just waiting for the sightseer,
Lasting memories to impart,
What a wonderful display of art.*

*Come all of you and visit,
It beckons all to look,
For seeing is so much better,
Than the pictures in a book.*

BA Diary

JULY – AUGUST 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Regular Events <ul style="list-style-type: none"> • Walkie Talkies • BA Joggers 	Regular Events <ul style="list-style-type: none"> • Walkie Talkies • Sketchers • Mahjong 	Regular Events <ul style="list-style-type: none"> • Walkie Talkies • Mahjong • 18-Hole Golf 	Regular Events <ul style="list-style-type: none"> • Drop-In Coffee • May I? • Handicrafts 	Regular Events <ul style="list-style-type: none"> • Walkie Talkies • Tennis
Special Events <ul style="list-style-type: none"> • 19th July: Cushion Cover Workshop 	Special Events <ul style="list-style-type: none"> • 6th July: Glass Making Workshop 	Special Events <ul style="list-style-type: none"> • 14th July: Afternoon Tea • 4th August: Monthly Meander (see p15) 	Special Events	Special Events <ul style="list-style-type: none"> • 2nd July: Monthly Meander (see p15) • 23rd July: Around the World Lunch

Please check EDM and BA website for further information relating to the below events, as it becomes available:

JULY 2021

Rescheduling of the BARBARA trip as advertised last month BEAM

Rescheduling the Ladies Night Out. Venue to be confirmed.

Additional Silk painting classes for beginners, due to popular demand. Please contact Pippa at events@britishassociation.org.sg if you would like to register your interest.

AUGUST 2021

Afternoon tea at the Rose Veranda Shangri-La Hotel Orange Grove.

Lunch at The Beirut Grill at Bussorah Street

Candle Making workshop

Ten Pin bowling night out. If restrictions continue, we may run this as a competition when small groups can submit their scores as a team.

Welcoming New Members

The British Association of Singapore warmly welcomes new members:

- Philip and Mina Madeley
- Michael and Joyce Jenkins
- Adrian and Charlotte Sutcliffe
- Ross and Beverly Knight
- Mrs Edna Glennie
- Ms Sophie Leung

If you are not a member yet, you can register online via our website www.britishassociation.org.sg. The annual membership fee is \$150.

For any queries about new memberships or renewals, please contact us at info@britishassociation.org.sg. All nationalities welcome.



Georgette Chen

At Home in the World

by Nigel Griffiths



The National Gallery Singapore - until 26th September 2021.

One of the most exciting exhibitions to be held at the National Gallery Singapore, which demonstrates the vibrant artistic talents of the well-travelled Georgette Chen. She is arguably, Singapore's most famous female artist.

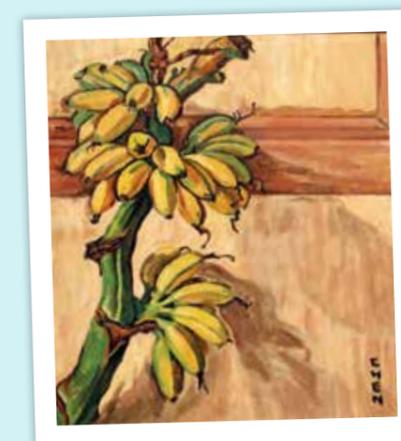
Georgette Chen (1906–1993) is a key figure in the development of modern art in Singapore, widely recognised for her achievements as an artist and contributions as an educator. The first museum retrospective of the artist in more than 20 years, this exhibition features her most significant works alongside a wealth of newly discovered archival materials. Born in Zhejiang, China, Chen studied at art academies in Paris and New York, and exhibited her work in annual salon exhibitions as well as solo presentations in Paris, Shanghai, New York, Singapore and Kuala Lumpur. She was well travelled and painted many of the places she found herself in.

In her husband, Eugene Chen, a revolutionary and a diplomat she found much love. An older man who inspired Chen, he was at her side through thick and thin, often posing as her subject. He died in Shanghai in 1944, whereupon her true love was gone for ever. Much of Chen's life was

marked by local and global conflicts including the Chinese Revolutions of 1911 and 1949, and World War I and II. Throughout these upheavals she strove to remain dedicated to her profession as an artist. In the post-war period, Chen relocated to Malaya, and settled in Singapore in 1953, where she made her name and living as a painter and teacher. Working for almost three decades at the Nanyang Academy of Fine Arts, she was an active influence in the art community, serving as a mentor to and supporter of other artists.

In letters addressed to Chen's friends in Paris dated 1951, detailing her move to Penang later that year, she explained that Penang's tropical climate, lush greenery, and its immense variety of brightly coloured fruits, provided new sources of inspiration for her art. Chen filled her canvases with the people, landscapes and motives of her latest surroundings, filtered through the Post-Impressionist style that she had been steadily developing since her training in the academies in New York and Paris. Chen would later frequently and fondly describe the region as "the land of the perpetual summer" that enabled her to thrive.

Chen moved to Singapore in 1953, and built a home and studio at Siglap



Plain, where she would stay for the rest of her life. The success of her 1953 exhibition and the income from her part-time teaching work assured her that she could make a living from her art in Singapore.

This exhibition spans two galleries, and starts with Chen's time in Malaya and Singapore, where she painted her most emblematic works. Declaring Malaya "a paradise for the artist," Chen revelled in the beauty and variety of the region. The second part of the exhibition explores Chen's early years, her academic training, and the increasing recognition she gained as

a professional artist exhibiting her work around the world. A rare opportunity to encounter the range of Chen's practice over five decades and three continents, this exhibition critically re-examines her unique contributions to the artistic landscape of her time.



The BEAM Meets

Chloë Manasseh

Diligent readers of the *The BEAM* may recall a photograph from our Nov / Dec 2020 edition which showed the wrought iron spindles flanking the staircase at Eden Hall. In each, a stylised letter M can be seen, a reference to Ezekiel Manasseh, original owner of the building which is now the residence of the British High Commissioner. The BEAM met British-Israeli artist and art psychotherapist Chloë Manasseh, great great niece of Ezekiel Manasseh, to learn how her life and work have serendipitously brought her back to her Singaporean roots.



Chloë Manasseh
Photo credit: Racy Lim

BEAM: You're British and Israeli but also somehow Singaporean? Where do you call home?

CM: Despite the fact that my parents have lived and worked in Asia for the past ten years, I never anticipated living in Singapore. My family are from everywhere: the Manasseh family were originally from Iraq, and were traders based between Calcutta and Singapore - my mother's relatives emigrated from Morocco to Israel. But I'd always thought of myself as a Londoner, through and through. Yet one of the themes of my most recent exhibition, Casa, reflects on how the concepts of home and identity shift over time. For now I'm very happy in Singapore, but who knows where I'll end up in the future? I'm open to all possibilities.

BEAM: How long have you been in Singapore and what brought you here, if it wasn't the family connection?

CM: Four years ago, I was invited to do an Artist Residency at the Winstedt School, an international school in Singapore which caters for children with learning differences. Originally planned for three months, the role was extended to almost a year. When it ended I had established a network here, both professionally - I had started to exhibit my work in Asia - and privately - I met my future husband here, so naturally I didn't want to leave! I had intended to return to London to pursue a Masters in Art Psychotherapy at Goldsmiths and, by happy coincidence, I discovered that LASALLE College of the Arts in Singapore is an educational partner institution with Goldsmiths so I was able to stay here and complete the exact same course.

BEAM: What is Art Psychotherapy and what inspired you to venture into the field?

CM: It's a form of psychotherapy that uses the creative process to address emotional issues and includes elements of psychoanalysis, attachment-based psychotherapy, psycho-education and mindfulness. I've always been interested in the connection between art and psychotherapy and for many years I did volunteer work with children with special needs.

Then at the Winstedt, I was lucky enough to work alongside an inspirational Art Therapist. I'm also fortunate that the LASALLE course has boosted awareness of Art Therapy in Singapore.

BEAM: How do you balance your art therapy work with your own creative endeavours?

CM: I'm very disciplined when it comes to time management. I try to plan in at least one full day in my art studio whilst running my Art Therapy practice and I'm often in my studio in the early mornings and on weekends. Things change a bit when I have a show coming up. Basically, when not working, every waking moment is devoted to the exhibition. The concept of weekends and holidays ceases to exist.

BEAM: Can you tell us more about your own work?

CM: In Singapore, one of the more memorable projects was "The Fruitfulness of Forgetting", my exhibition at Eden Hall. I wanted to explore the relationship between imagination and memory and the way in which both intrude upon physical space. My grandfather was born at Eden Hall and his stories had taken root in my imagination - I made more than 40 canvases transforming Eden Hall into a Garden of Eden surrounded by exotic animals and lush, tropical jungle. More recently, with my exhibition, Casa, at Art Porters, I continued to explore my family heritage. This time I was influenced by the Moroccan ancestry of my mother and the connection to my Moroccan Sephardic heritage. Other notable projects in Singapore have included a projection of my artwork onto the canopy of the National Gallery of Singapore for Singapore's 55th birthday celebrations, 'Palma Viva', a 14m public sculpture installation at Changi City Point; and a 25m mural I painted in situ in oil at Facebook's Singapore HQ.

BEAM: Both CASA and The Fruitfulness of Forgetting featured painted folding screens. Was that a deliberate decision?

CM: Screens are commonly used in homes to create a division between the private and public areas, especially in Asia.



Screens and pots from CASA
Photo credit: Art Porters and the Artist

I've always loved using screens as they're a very versatile canvas. In my exhibitions I use them to create depth - what you see from one side of a screen is very different to what is on the reverse. In addition, the screens in my exhibitions are different lengths and heights so, depending on where you stand, they mask or reveal different elements of the other hung works, and exhibition as a whole. This allows people to change their perspective and engage with the works in new ways. The screens also create a corridor which forces viewers to navigate the exhibition space in the way which I intended.

BEAM: Do you work with other media besides paint?

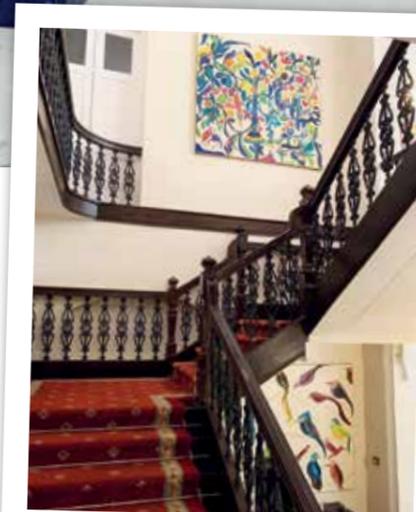
CM: I work a lot with film, or I used to, in the days when travel was a possibility - I like to capture new landscapes and new visual experiences in this way. I also use Super 8 film, painting directly on to it overlaying digital footage in the edit suite. I have an ongoing worldwide project called 100 Sounds, which I have done in several countries. I invite local musicians to respond to a video work through improvised, unrehearsed sound in a live environment with an audience. I then overlay the improvised sound-track onto the video. Each work is totally unique and provides both a live performance and a finished work.

BEAM: How does the art scene in Singapore differ from other places where you have lived and worked?

CM: Singapore is a small country and naturally the art community is relatively small. Nevertheless it is dynamic and inspiring and full of remarkable artists who have a lot to say through their work - the community has been very welcoming to me. In London the art scene is both vibrant and very competitive. I loved working and living in London, but it's been a great experience working here and I have been afforded some wonderful opportunities.

BEAM: How do you like to work?

CM: I'm a very messy painter. I get paint everywhere - in my hair and especially on my feet because I like to paint barefoot.



Eden Hall Staircase with artworks from
The Fruitfulness of Forgetting
Photo credit: Art Porters Gallery and The
British High Commission



PALMA VIVA
Photo courtesy of The Artist



The Artist Painting
Photo credit: Martin Latif courtesy
of Facebook AIR Singapore

I wear my Grandpa's old painting overalls because it was he who inspired me to paint – it's a huge smock-like garment which is now "crispy" with dried paint. I'm quite decisive so when I say a work is finished, it's finished. That said, I usually turn a finished canvas to the wall and don't look at it for about a month and then I might make some small adjustments, to ensure it achieves the right balance. Once I start a work, I try to see it through to completion.

BEAM: Has the pandemic affected your work?

CM: It's made me wish that I had my own studio! I share a space with four other artists so during the Circuit Breaker I couldn't go to my studio at all. I brought home as much work as I could but in the end, when I started to run out of canvases and paint, I started to paint my parent's furniture. During the Phase 2 Heightened Alert period the other artists and I took it in turns to visit the studio to comply with the restrictions on numbers but that undermined the community feel and it was frustrating not to be able to work when I wanted to. Of course, like everybody else, the restrictions on travel are hard. I miss my friends and family overseas. But let's not forget everyone is in the same boat - and I am lucky that I have a creative outlet!

BEAM: Do you miss the UK?

CM: I miss the seasons! I love that feeling of anticipation at the approach of spring and summer and autumn. Although, maybe winter not so much. I can do without winter!

BEAM: What do you do in your free time?

CM: What's free time? I'm always working! If I'm not actually in the studio, I'm ruminating on new ideas, and thinking about which direction to take my work in next. I have to remind myself to take a holiday, especially during this era of restricted travel. That said, I really enjoy hiking. In 2015, during my time at the Joshua Tree Highlands Artist Residency, I was assigned a house in the middle of nowhere in the Mojave desert. In the early mornings, I'd hike and then I'd spend the rest of the day creating art, anything I wanted, no strings attached. That was an amazing time.



Strange Bird Series
Photo Credit: Art Porters Gallery

BEAM: What's your next project?

CM: I've been invited to be Artist-In-Residence for Art Encounters, a collaboration between Art Outreach and the Singapore Tourism Board which aims to bring visual art outside of the usual settings - galleries, museums - so that more people can experience it. I've been assigned a couple of shipping containers and I'm creating unique artworks inside them. My residency starts in August. There are four artist's involved in this year's residency, and the containers move to different sites for each iteration, functioning as mobile studio, gallery and public engagement space. You can read more about the project here: <https://www.artoutreachsingapore.org/art-encounters-archives>. Please come down and visit me in my shipping container and I'll be happy to answer more questions about my work.



Projection on Canopy
Photo credit: The Artist

Changi Chapel and Museum

by Rosalind Arwas



Given the efficacy of our public transport infrastructure, few places in modern Singapore feel either distant or isolated. The Changi Chapel and Museum however, tucked away in a corner between Changi Prison and the backside of the airport, far from any MRT station, ticks the box. How much more remote must it have felt to the approximately 50,000 soldiers and civilians forced to march to it as prisoners of war, without water, under the burning tropical sun? Many remained for the three and a half years of the Japanese Occupation whilst some were transferred to other prison camps or sent north to work on the infamous Siam-Burma Death Railway. David Marshall, the first elected Chief Minister of Singapore, was one of the more well known inmates, after he was captured for insurgency in February 1942, before later being sent to a forced labour camp in Hokkaido, Japan.

Reopened in May 2021 after a three year refurbishment, the Changi Chapel and Museum tells the stories of those interned in the prison camp through letters, pictures, historical relics and personal possessions. Visitors move through eight galleries, beginning with the swamp and mangrove Changi of the 19th century and progressing through the invasion, occupation and eventual liberation of Singapore. Whilst the depictions of hardship, overcrowding and poor sanitation are powerful and moving, the resourcefulness, resilience and creativity of those in captivity is also striking. Soap and vitamins were in short supply and so inmates produced their own, theatre companies were set up and plays performed using little more than mosquito nets as costumes, there were newspapers, orchestras and sports and an extensive library which helped those enrolled in "Changi University"

to progress with their studies. Replicas of Stanley Warren's biblical murals, whose bright blue sections used paint fashioned from billiard chalk, are also on display.

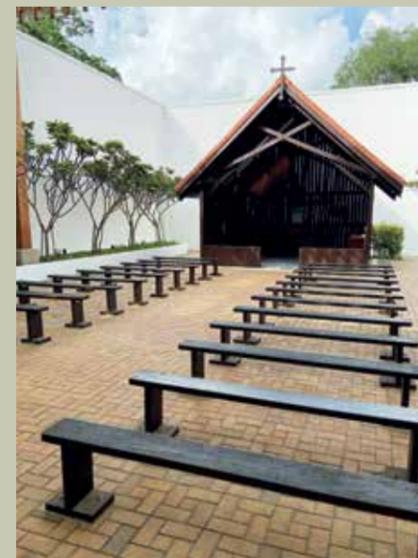
At the heart of the museum is a reconstruction of Changi Chapel, one of several churches and other religious institutions built by prisoners of war. It is a place for reflection, to remember those who lost their lives, and also a place of wonder, that those who had so little could carve sacred spaces and objects of beauty from driftwood and old shell casings and, by doing so, create a sliver of spiritual comfort and normality in a world where there was otherwise none.

Museum Details:

Opening Hours
9.30am - 5.30pm (Tuesday to Sunday)
Closed every Monday except Public Holidays
Visitors are encouraged to pre-book a time slot:
<https://nhb.vouch.sg/ccm>
Free for Singaporeans / PR, \$8 for other adults

Reflections at Bukit Chandu:

Another important and little known memorial to Singapore's wartime history, this is a multi media exhibit housed in a restored black and white colonial bungalow close to the site of the Battle of Pasir Panjang. At the time of writing, it was due to reopen in the second half of 2021, after almost three years of refurbishment. See website for more recent updates: <https://www.nhb.gov.sg/what-we-do/our-work/preserve-our-stories-treasures-and-places/museums-and-institutions/reflections-at-bukit-chandu>



Stretch into Summer

by Ishra Giblett



These days most of us are running around living overcrowded hectic lives, with not a moment to spare, and no time to give any thought to what we are really doing to our bodies and minds.

We might hit the gym to "feel the burn" and convince ourselves that this is what our bodies need to stay fit and healthy.

Why then is stress at an all time high, there are more people suffering from depression than ever before, our mental health is suffering, and as a result, no matter how much or how hard you workout, nothing seems to give you the release your body and mind is desperately looking for?

I hear many people saying 'I'm tired of being tired, I'm tired of suffering from chronic aches and pains, and from carrying so much tension in my neck and shoulders.'

In my search for a solution I came across the most magnificent Yin Pilates which is based on stretch and release exercises. It has been truly life changing (without wanting to sound too cliché). I felt a release that had previously eluded me. My chronic back ache all but disappeared and left me able to move with ease once more.

Research shows that when we allow our muscles to relax, the resulting decrease in tension that we feel, has far reaching effects on our mental as well as our physical wellbeing.

And this doesn't even begin to take into account the improvements in quality of life - which ultimately, is what it's all about.

I'm so excited to share this body of work with anyone who wants to feel really fabulous, and live life to the fullest.

You don't have to sweat and "hurt" to do something really healthy for yourself - for your mind and body.

So give these few exercises a try, three or four times a week would be fabulous, everyday would be amazing!

The important thing to remember is to relax and breath through them, try to release any tension in other parts of the body.

Hold each stretch for at least a minute, or, if you are able to, hold each stretch for two minutes, and you'll benefit even more.

It takes time for a muscle to completely relax and start to release tension. None of this 'stretch for 20-30 seconds' - muscles don't even begin to let go until after that, so your short stretch at the beginning or end of your exercise session I'm afraid to tell you, hasn't been doing a world of good!

If you have the time (and even if you don't - make time) you should treat stretching like you would any workout session, that is, devote a full hour, or at least 45 minutes, to each session.

Keep doing these exercises, three times a week, and see how you feel in a couple of months. I can only say with genuine sincerity I think you'll feel amazing!

Feel free to contact me to talk more about this.

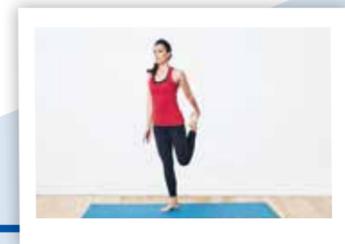
Hamstring Stretch



Can help to reduce tension and release aches and pains in the back.

- Keep legs straight and make sure the lower back is not resting or pressing down in the mat.

Quadriceps Stretch



Helps release tight hip flexors.

- Ensure the bent knee is at least next to the standing knee, or even better if it is further back.
- Ensure the lower back is not arched. In fact, squeeze the glutes (butt), and push it forwards.

Glute Stretch



Can help to reduce lower back stiffness and aches.

- Ensure that the back is straight and not collapsing backwards.

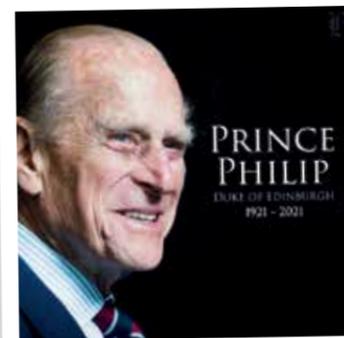
Calf Stretch



Helps release tight calves and can reduce aches and pains in the feet.

- Ensure both feet remain flat on the ground and the back knee is straight.

Icelandic Pancakes



In 1990 Queen Elizabeth II and Prince Philip came to Iceland for a State Visit, where they were welcomed by President Vigdís Finnbogadóttir. This was the Queen's first visit to Iceland. The Queen and Prince Philip were there between 25th to 27th June, and stayed onboard Britannia in Reykjavík.

At a State Banquet held in honour of the Queens visit, The Duke of Edinburgh was so impressed with the dessert that he asked the Presidential Chef for the recipe. The recipe survives to this day and was given to the Royal Chefs on his return, so the pancakes could be cooked at the Royal Palaces at home too.

ICELANDIC PANCAKES

- | | | |
|----|--|--|
| 1) | 1 cup
1/4 teaspoon
1/4 teaspoon
1/2 teaspoon
1 teaspoon
3 eggs
4 tablespoons
2-3 cups | all purpose flour
baking powder
salt
baking soda
liquid vanilla (optional)
melted margarine
milk |
|----|--|--|
- Put all dry ingredients in a bowl
- Add eggs, milk and vanilla and mix together with a hand (manual) beater
- Pour melted margarine and stir thoroughly
- Smear pan sparingly with margarine, (using e.g paper towel) before baking first pancake
- Medium heat
- Stack pancakes
 - When reasonably cold:
 - Spread sugar and roll pancakes, or
 - spread jam thinly and cover with whipped cream, fold over twice.

Monthly Meanders

▶ July Jaunt: 3 Bukits and a Bridge

- Date** : Friday 2nd July
- Time** : 9.00am - 11.30am approximately
- Length** : 7-8km, approx 2 hours
- Meet point** : 08.50 Bukit Gombak MRT exit D
- End point** : King Albert Park MRT
- Cost** : \$5 (goes to BA charities)

This walk (from the Book of Walks) will take us through Bukit Batok Town Park passing its quarry, known locally as Little Guilin due to its similarity with the Guilin region in China. Then on to explore the trails in Bukit Batok Nature Park. Developed on an abandoned quarry site there are pretty views from several lookout points, peaceful nature walks and a Second World War memorial.

We finish by walking along stretches of the recently reopened Green Corridor, over the old Bukit Timah railway bridge and end at King Albert Park MRT.

NB: There are several steep slopes and some steps on this walk, a good level of fitness is required.

Things to bring: comfy walking shoes, umbrella (protection from sun & rain), mozzie repellent, sunscreen and water.

Max: 10 pax. This may be subject to change depending on Government restrictions at the time. We will walk in appropriate group size, keeping a safe distance from any other group. Maximum 2 groups.



▶ August Meander: West Coast Life

- Date** : Wednesday 4th August
- Time** : 9.00am - 11.00am approximately
- Length** : 8 km approx, 2 - 2 & half hours
- Meet point** : Haw Par Villa MRT
- End point** : Haw Par Villa MRT
(or West Coast Park if anyone needs to finish early)
- Cost** : \$5

This walk (from The Book of Walks) will take us through Bukit Batok Town Park passing its quarry, known locally as Little Guilin due to its similarity with the Guilin region in China. Then we go on to explore the trails in Bukit Batok Nature Park. Developed on an abandoned quarry site, there are pretty views from several lookout points, peaceful nature walks and a Second World War memorial. We finish by walking along stretches of the recently reopened Green Corridor, over the old Bukit Timah railway bridge and ending at King Albert Park MRT.

NB: The first half of the walk is surprisingly hilly! There are some escalators we might be able to use if they are working, if not be prepared for several flights of stairs and lots of ups and downs. A good level of fitness is required.

Things to bring: comfy walking shoes or trainers, umbrella (protection from sun & rain), mozzie repellent, sunscreen and water.

Max: 10 pax. This may be subject to change depending on Government restrictions at the time. We will walk in appropriate group size, keeping a safe distance from any other group. Maximum 2 groups.



North South

by Rosalind Arwas

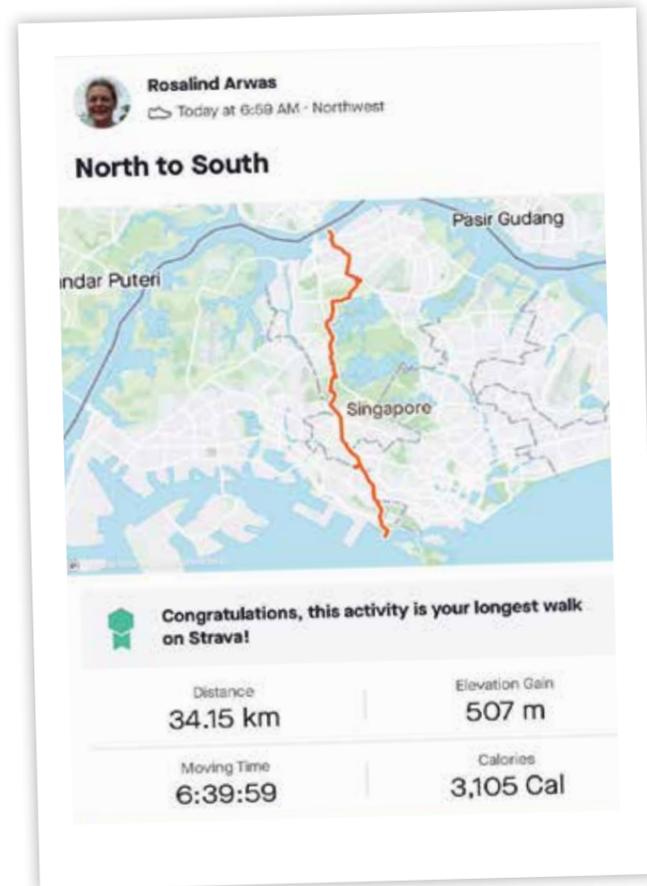
“ The first people to travel from north to south of Singapore via Bukit Timah Road were J T Thomson and Dr Robert Little in 1855 who took a total of four days on horseback! ”
National Heritage Board

I'd never stopped to consider what the words "cross country hike" actually mean (dictionary definition: proceeding over countryside and not by roads) until I did one. That is to say, although I did not travel entirely through countryside (our Little Red Dot being in short supply of this commodity), I did cross an entire country on my own two feet and, thanks to the Park Connector Network, I was mostly able to avoid roads whilst doing it.

It must be acknowledged that I would never have achieved this 34km feat alone. I am immensely grateful for the enthusiastic encouragement of my Botanic Gardens Walkie Talkie teammates and, in particular the inexhaustible planning and motivational force that is Miranda Thomas, for convincing me that a twice weekly 5km trot around the well shaded tarmac paths of the Botanic Gardens was sufficient preparation for an eight-hour cross island trek.

On Wednesday 21st April, eight eager hikers (the maximum permitted during Phase 3) gathered on the Woodlands jetty just as the sky turned pink over the skyscrapers of Johor Bahru across the water. The first few kilometres were easy going as we headed south through Admiralty Park and on towards the SLE along pavements designated as Park Connectors, almost the only road walking of our entire route. At the SLE we picked up a path running parallel to the motorway yet set far enough from the traffic to maintain the illusion of a country stroll. The track led us under the SLE and onto the Ulu Sembawang Park Connector where, thanks to Miranda's sharp eyes and extensive natural knowledge, we were lucky enough to spot a colugo hugging his tree. Colugos are small, furry, tree-dwelling creatures native to South East Asia, they are also known as flying lemurs although they do not actually fly and are not lemurs, all of whom hail from Madagascar. Other wildlife encounters later in the day included a number of lizards and monkeys and a rather unhappy looking twin barred tree snake sunbathing just outside Bukit Timah Nature Reserve.

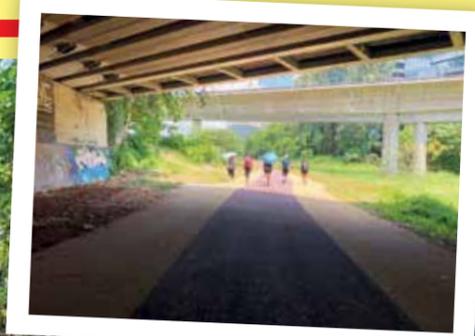
From Ulu Sembawang we followed Mandai Road, pausing for a photo stop at the turn off to the Singapore Zoo and shortly afterwards turning onto the Central Catchment Park Connector, a



rocky unpaved trail which threads a path between the Upper Seletar Reservoir and the BKE. Neither can be seen from the track, and without any landmarks or high rises to break up the view, we really could have been in the middle of anywhere - or nowhere - occasional signs promising instant death to trespassers who stray from the route notwithstanding.

Emerging from the jungle to the allotments of Bukit Panjang, I suddenly realised where the route was heading. "We're not going over Bukit Timah summit, are we?", I asked. "Can't we just go round?" Actually, I didn't ask that nicely. I stamped my feet and pouted and expressed disbelief to anyone who would listen (that is, nobody) about the craziness of climbing 100m into the sky on uneven, almost vertical flights of stairs, halfway into a 34km hike. Having eventually been convinced only by the incontrovertible evidence that this was the shortest way to my goal, I stomped grumpily ahead, refusing to stop for either my fellow hikers, or my groaning legs. Fortunately the rest of the group were more team spirited; those with more energy reserves and water helping those who were straggling. By virtue of my unfriendliness, I had a good 15 minutes at the top to rest and reflect on how glad I was that the others had pushed me to this Singaporean extreme.

After power snacks and blister packs and a celebratory



group photo to mark our achievement we picked up a stretch of recently reopened Green Corridor and continued, over rail bridges and past old sleepers, for the next 8 or 9km, with a slight detour to fuel up with tacos and burgers at the Star Vista. Although the old railway line cuts through forest and offers verdant vistas, there is almost no shade along the paved sections, where coarse stones covered with a reddish top surface soak up and then regurgitate the heat of the sun. We pulled out sunscreen, umbrellas, water-soaked towels and "Denis" Decathlon hats (now wildly popular in BA Walkie Talkie circles) to battle the burn and were relieved when it was finally time to scramble up the sloping bank to the side of the track, bringing us out onto Alexandra Road.

Tired and a little dehydrated now, we trudged past Gillman Barracks towards West Coast Highway, noses tilted to the breeze in the hope of a hint of the sea. Then came a most welcome signpost, reading "Berlayer Creek Boardwalk 0.6km". This boardwalk, we all knew, leads straight from Labrador Park Station to the water's edge. As the sea at last came into view, most of us sank to the ground, allowing our chafed and sunburnt legs to wallow in the cool grass of Labrador Park. Miranda, still full of her customary energy, regarded us with puzzlement. "But we're not there yet", she said. "Who wants to continue to Sentosa? That's the real south of Singapore!" All credit to her and Denis, because that's exactly what they did, earning themselves well deserved sundowners at Coastes with their toes in the sand. The rest of us, awed by the evidence of our walking apps (approximately 34km and more than 42,000 steps!) decided to leave this treat for another day.



Since the inaugural North to South adventure, BA walkers have made several other successful island crossings. Following a slightly different route, some Gardens by the Bay Walkie Talkie members found themselves challenged by deluges and swampy puddles. During Phase 2 (Heightened Alert) pairs of walkers reversed the route and included Sentosa, gathering before dawn at Beach Station for a South to North trek and treating themselves to delicious waffles and ice cream upon arrival at Rasa Istimewa, the little restaurant perched on the jetty overlooking Johor.

Don't Lose

Your Cool

by Rosalind Arwas

In August, a Museum of Ice Cream is set to open in Singapore. Although "museum" implies an experience both cultural and erudite, photographs from the MOIC in New York suggest otherwise.

Your entrance ticket, starting at SG\$38 a head, will instead catapult you bodily into a candy-coloured Insta universe. The attraction, billed as 14 multi-sensory installations, promises not only to assail your taste buds with ice cream treats but also to immerse you in a giant pool of antimicrobial, biodegradable sprinkles. In anticipation of this unusual experience, The BEAM has scoped the scoop. Digging in deep (with a spoon) we asked:

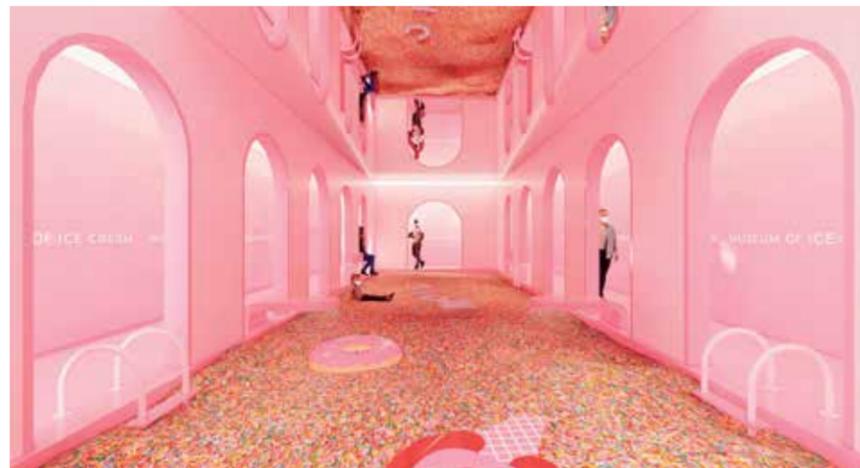
What exactly is ice cream?

Traditional ice cream is a mixture of milk, cream and sugar, warmed together and then semi frozen before being churned to a soft fluff.

How and where did it originate?

No one can say for certain when the delicacy was born. As far back as Roman times, Emperor Nero was said to have sent teams of runners to the mountains to bring back snow which he then ate, flavoured with fruits or juice. In the thirteenth century Marco Polo was credited with bringing a recipe for iced dessert from China to Italy but due to the exorbitant costs of obtaining and storing ice, the concept did not enjoy mass popularity until an enterprising Sicilian opened an ice cream cafe in Paris in 1660. It was only in 1926, when electric freezers permitted continuous refrigeration, that ice cream became a commercial reality.

By 2022 the global ice cream market is expected to be worth US\$89billion, as manufacturers continue to experiment with new flavours and concepts (including increased nutritional benefits) and emerging markets like China and India start to slurp it up along with the West. New Zealand currently tops the league table for ice cream consumption with each person spooning up almost two full kitchen sinks of it a year. More surprising is the appearance



Artist rendering of the Sprinkle Pool at the upcoming Museum of Ice Cream Singapore



Museum of Ice Cream's ice cream cart at Design Orchard



Decadent ice cream sundae New York style



of cold climate countries in the Top Ten. Assuming that ice cream is most palatable when the sun shines, Finns must be shovelling in tubs of the stuff between mid June and the end of August, the only time when the average temperature creeps above 15 degrees Celsius. In comparison, Singaporeans who can indulge all year round are only managing to lick out the equivalent of a 2 litre tub.

What does ice cream mean to Singapore?

"Summer would not be summer without ice-cream", opined Puck magazine in June 1881.

One of the great things about living in Singapore is that it's always summer. Does that mean it's always time for ice cream?

The first ice cream to be manufactured in Singapore was produced by Cold Storage in 1923. It was named Paradise until 1937 when it was rebranded as Magnolia. During the 1930s, Cold Storage's Magnolia Milk Bars, which served milkshakes as well as ice cream, were popular hangouts (NLB Infopedia), with the last one closing only in 1988.

The Paradise name lives on, however, in another locally grown brand: Birds of Paradise. In 2015, civil engineer Edwin Lim gave up the day job to pursue his passion for ice cream. His botanical inspired flavours, in particular lychee raspberry and white chrysanthemum, earned Birds of Paradise a mention in the 2019 Michelin guide.

Today Singapore's air-conditioned malls are bursting with ice cream outlets both local, such as Birds of Paradise, Creamier and Udders, and global, like Ben & Jerry's. For older Singaporeans however, ice cream will always be synonymous with the bell of the ice cream uncle, hawking the famous Singaporean Ice Cream Sandwich – a frozen brick stuffed inside a folded slice of white bread – from his cart. Sadly, such uncles are a dying breed. In 2019, CNA reported that only seven ice cream uncles remain on Orchard Road. Most are elderly and their licences, being non-transferable, will expire when they do.

What luxury is ice cream in Singapore, a country with no natural ice and no dairy cows. No wonder it's so expensive!

Fun Frozen Facts

1. The world's most expensive ice creams retail at over US\$1000. The Golden Opulence, served at Serendipity 3 in New York, and the Black Diamond, created by Scoopi Cafe in Dubai, are amongst the most famous, incorporating ingredients such as Italian truffles, ambrosial Iranian saffron and edible 23-karat gold flakes.
2. Ice cream prices are a good indicator of how expensive or cheap a city is. As a backpacker in 1996, swapping hard earned travellers' cheques for a Magnum, I thought I was the only one to have discovered this correlation but there are any number of websites and bloggers (travelmoneyoz.com, visual.ly, statistic.com) offering a rigorous analysis. In 2018, Berlin apparently offered one of the most economical scoops in Europe.
3. July 8th is National Ice Cream Sundae Day. Much like the ice cream itself, there are many competing theories as to the origins of the ice cream sundae. One of the most popular is attributed to a law which made it illegal, in parts of the US, to sell soda on Sundays, as it was perceived as frivolous and therefore sinful. To get round the problem some traders replaced the soda with syrup and called the dessert an "Ice Cream Sunday." They may have changed the final letter to an e to avoid upsetting religious leaders or because the dessert became so popular they wanted to sell it every day of the week.

What's the alternative?

Singapore has its own taste in frozen desserts: cendol and ice kacang. Both consist of a mountain of shaved ice chips dripping in sweet syrups. Ice kacang, which literally means "bean ice" is accessorised with palm seed, red beans, sweet corn, grass jelly, roasted peanuts and cubes of agar agar whilst Cendol is served with coconut milk, gula melaka and the green jelly noodles, made from a pandan-flavoured tapioca jelly, to which it owes its name. In 2019, CNN named Cendol one of the world's top 50 best desserts.

Kind Kones, a vegan outlet based in the Forum Shopping Mall, proves that not all ice cream has to involve dairy. It offers plant-based variations on the standard dessert, including such novel flavours as smoked pineapple, pink peppercorn and keto avocado coconut. According to their website, everything is free not only from dairy but also from soy, refined sugar, egg, preservative, and artificial additives.

Another option to satisfy the frozen fix without the guilt associated with cow methane and lengthy refrigerated shipping is to make your own, using locally sourced milk. Hay Dairies, a goat farm near Kranji, sells goat milk which you can purchase from Cold Storage, RedMart or direct from the farm, and then transform into ice cream according to this recipe, from epicurious.com:

INGREDIENTS

4 cups goat's milk
1 cup sugar
¾ teaspoon vanilla essence
zest of 1 lemon
pinch of salt
4 egg yolks

PREPARATION

Warm the milk, sugar, vanilla and salt in a saucepan until the sugar dissolves. Beat and temper the egg yolks, add to milk. Add lemon zest. Cook for approximately 2 minutes, stirring constantly. Remove from heat and strain. Refrigerate until completely chilled. Churn and freeze.

Planning to Fly

by Neil Forrest



How long before I fly do I need to get the tests done?

Most European countries have stipulated that the COVID-19 test be taken within 72 hours from the scheduled departure time. Due to the evolving status of the pandemic in different countries, governments are changing their requirements regularly.

How do I share my COVID-19 test results with authorities?

All departing travellers having their Pre-Departure Testing (PDT) in Singapore will receive a digital health certificate if their test is negative. PCR digital certificates will need to be authenticated and endorsed via <https://www.notarise.gov.sg> before travel. This ensures that the result and certificate are issued and authenticated by a Ministry of Health approved clinic / test laboratory and has not been tampered with. At Osler Health, the notarisation process has been incorporated in all digital PCR Fit-to-Fly health certificates that we issue.

What is the difference between a PCR test and an ART?

The PCR test is the gold standard test for COVID-19 and is recognised internationally. It is done by Ministry of Health approved laboratories. It is used to diagnose a COVID-19 infection and for Pre-Departure Testing (PTD). Osler Health will provide a digital Fit-to-Fly certificate for all PDTs. The turnaround time is 24 hours and there is also a faster option for same day results.



We all want to travel and see our loved ones who live in other countries again. With more people vaccinated and the low numbers of COVID-19 cases in the Singapore community, many expatriate families are considering flying home to family and friends. Nevertheless, there are still a lot of queries and uncertainties around how we can step onto a plane again and how 'safe' will travelling be? The BEAM asked Dr. Neil Forrest from Osler Health International to guide us through some common questions.

What is the current Pre-Departure Testing (PDT) process?

Travellers from Singapore entering European countries are required to provide evidence of a negative COVID-19 test result to the airline at the time of check-in and at immigration upon arrival at most destinations. You will need to undergo Pre-Departure Testing (PDT), usually in the form of a swab test, within a specific time frame from the departure to or arrival into your destination country. The result of your negative COVID-19 test will be available to you within a short period of time in the form of a digitalised health certificate. Some countries like Germany will now allow arrivals to skip the test if they are fully vaccinated.

How is the COVID-19 test undertaken?

Both the COVID-19 Polymerase Chain Reaction (PCR) test and Antigen Rapid Test (ART) are nasal swabs. A trained healthcare professional like a nurse or a doctor will take a swab sample from the nose and/or throat of the traveller.

	Switzerland	France	Germany	UK	Italy	Spain
PDT requirements	PCR or ART	PCR or ART	PCR or ART	PCR or ART	PCR or ART	PCR or ART
timing	PCR 72 hours before departure OR ART 24 hours before departure (plus PCR/ART on arrival) No test required if fully vaccinated within last 6 months	Within 72 hours before departure No test required if fully vaccinated	48 hours to arrival No test required if fully vaccinated	Within 72 hours before departure PCR test on day 2 in the UK if arriving from Singapore	Within 48 hours before arrival	Within 72 hours before departure No test required if travelling from Singapore
quarantine at arrival	No quarantine needed from Singapore	7 days to self-isolate, PCR on day 7	No quarantine needed from Singapore	No quarantine needed from Singapore	10 days to self-isolate. Swab on day 10	No quarantine needed from Singapore
Minimum age for PDT	From 12 years of age	From 11 years of age	From 6 years of age	From 11 years of age	From 2 years of age	From 6 years of age
other requirements	Self-declaration form if unable to get test at departure country - subject to COVID-19 test upon arrival	Sworn declaration of no COVID-19 symptoms	must register at www.einreiseanmeldung.de	Public Health Passenger Locator Form https://www.gov.uk/provide-journey-contact-details-before-travel-uk	Completed self-declaration form	Complete a FCS health control form

The Antigen Rapid Test (ART) is a nasal swab with a 30 minutes turnaround time. You will receive your result during your visit. It can also be used for pre-event testing and back-to-work clearance. An increasing amount of countries are approving its use for Pre-Departure Testing (including many European countries). It is not suitable if you had a recent COVID-19 infection.

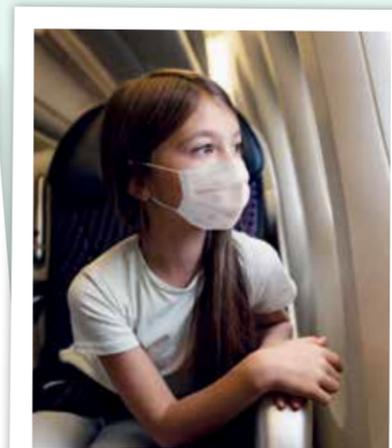
More and more countries are now accepting the ART for pre-departure testing, especially those that have stipulated testing to be done 24 hours before departure.

Do I still need to undertake a PDT if I am vaccinated?

It depends on the destination country. For example, Germany, Switzerland and France already have exemptions, and other countries are likely to follow their lead.

What safety measures would you recommend for the airport and plane?

Masks should be worn at all times at airports, on all international flights and any domestic connections. Safe distancing should be observed as much as possible especially when boarding aircraft, within the plane, at immigration points and baggage claims. Avoid unnecessary movements during the flight and congregating at toilet points. Wash or sanitise your hands regularly. Try to avoid touching your eyes, nose or mouth particularly after contact with commonly shared surfaces.



Please note that the global travel ecosystem is fluid. Call us and we can explain what test you need, when and for which destination!

Dr Neil Forrest is a British GP based at Osler Health at Star Vista.
Tel: 6339 2727
www.osler-health.com

The data in this article is correct as at 18th June 2021. Please check with the authorities for the latest updates.

BEAM *Voice*

5000 KM IN 5 WEEKS

Walkie Talkies is naturally all about walking and talking (and perhaps a little sociable rehydration) Whilst the restrictions imposed by the various phases of the Heightened Alert did not prevent walking per se, they did take most of the fun away, with groups reduced to two and talking through a sweaty mask frowned upon by Social Distancing Ambassadors (if you have enough breath to talk, you're not exercising briskly enough!) So the Botanic Gardens Walkie Talkie group, undaunted, decided to take it virtual, pooling kilometres from individual walking, cycling, swimming or even sailing and switching the chatting to WhatsApp.



And so began an epic hybrid journey, marrying the data from fitness tracking apps with Google maps to plot a route across Asia. After only one day of joint effort with BA walkers as far away as Boston submitting their mileage, we were already across the causeway, through Johor Bahru and on our way to Malacca. By Thursday of that week we were passing under the Petronas Towers of KL and by Saturday we were enjoying a virtual pitstop on the beach at Songkhla in Thailand. Guided by Miranda, Bee, Alan, Anne, Denis and Jo our trip became ever more detailed and realistic. "Yesterday we woke to bad news – the town we wanted to walk through, Kaing, had a COVID outbreak", wrote Jo, on 13th June, to our collective, virtual consternation. "We therefore had to retrace our steps and head back the way we came. We stopped to do a cookery lesson in Tabayin and ate it for lunch, walked along the retaining wall in Budalin, finally arriving in Myobaw in the late evening." Photos of the sunsets, temples, villages, national parks and incredible food from the regions we were marching through evoked both pride in our sporting achievements and much frustrated travel lust.

By the time restrictions eased again on 21st June we were enjoying the beautiful, peaceful and carbon-negative Bhutan and were able to look back on an amazing trek across Asia. The shortest distance covered in one day was 67 km on 27th May in Thailand (we must have been enjoying the lovely Thai beaches too much). The furthest distance covered in one day was 292 km on 19th June in India. In total we covered a massive 5,380 km. What a fantastic team effort, thanks everyone in Walkie Talkie Botanics for being such good sports and taking part.

CHRISTMAS RAFFLE



I've never won so much as a round of bingo before so I was super excited to hear my name announced over Zoom as the third prize winner in the fantastic BA Christmas Raffle. Appropriately for a raffle my reward was Raffles: An Afternoon Tea for Two to be used before June 30th. My delight turned to dismay as my windfall produced an outbreak of bickering in my house. Who did I love enough to take as my honoured guest? Husband? Older son? Daughter? Younger son, fortunately, didn't care all that much. After many months of careful negotiation, my daughter emerged as the winner. "When shall we go?", I asked her. "How about now?", she replied, which turned out to be an excellent suggestion as, barely a week later, cases spiked and restaurants closed. My daughter's normal reluctance to try new foods does not, apparently, extend to exotic looking mini cakes and we had a delicious time tasting our way through chocolate hazelnut roulades, melt-in-the-mouth apple jellies, cream-filled puffs topped with raspberries and, of course, a range of sandwiches and scones. Thank you BA for a decadent and delightful afternoon.

AUF WIEDERSEHEN PET

The BEAM team was so sad to say goodbye to Carolyn Perkins this summer. As feature writers, Rosalind Arwas and I (Helen Woodhall) could not have hoped for a steadier hand at the tiller than Carolyn's. We had fun planning, researching, writing, and yes, even proofreading together! We would have loved to have given her a bigger sendoff on her leaving Singapore, but we made the most of it and, instead of our planned tea at Violet Oon, we enjoyed an afternoon of tea and treats at Ros's house instead. Bon voyage Carolyn and happy returns to the world of work in Germany.



PRIVATE SHOPPING TRIP TO DESIGN ORCHARD



A group of BA ladies spent a very pleasant afternoon at Design Orchard with a personal stylist advising us on the designers and products that they have to offer. Design Orchard is supported by the Singapore Textile industry and is an integrated retail and incubation space for up and coming Singapore designers to showcase their creative pieces. We had a lovely tour of the building including the work areas upstairs and the facilities available to new designers to work on their pieces and access resources. Every six months designers can apply to have retail space to show their creations to the public. With a diverse selection from jewellery to homeware, it is well worth several visits throughout the year!

BA *Charities*



BA Giving is the charity arm of the British Association. It is not just about giving but volunteering too and that is why it is a great pleasure to introduce our new Charity Coordinator, Annabel Pan.

Annabel joins our wonderful volunteers who are the backbone of the Association and part of her role is to provide opportunities for us to raise funds, see where volunteers are needed and pass on that information to the members. We already have volunteers in a number of organisations and you may remember past articles in The BEAM on StarPals and Riding for the Disabled. We would love to hear from any members involved in other volunteering work.

The British Association is a member of the National Council for Social Services in Singapore (NCSS) and the Council of Women's Organisations (SCWO).



The National Council of Social Service is a statutory board governed by the Ministry of Social and Family Development of the Singapore government. It was established as a statutory body in May 1992. The organisation is the national coordinating body for Voluntary Welfare Organisations in Singapore.

The Community Chest was established in 1983 and is their fund raising and engagement arm with the simple yet vital mission to raise funds for the nation's charities, supporting over eighty. It is about raising funds from the community to help those in need in the community.

In 2020 the British Association supported Star Shelter which was set up by the SCWO in March 1999.

It aims to provide a temporary refuge for women and their children who are survivors of domestic violence.

Star PALS (Paediatric Advanced Life Support) endeavours to be a beacon in paediatric palliative care and is dedicated to improving the quality of life for children and minors up to the age with life threatening conditions. This may range from neurological or congenital conditions to childhood cancers.



The Haven is a residential home to care for children and young people who are unable to be cared for by their own families. The staff provide a comprehensive residential care programme, specially designed and directed towards preparing their reintegration into the community and reunion with their families. Volunteers are needed for reading, craft and cooking with the delightful, grateful children in the afternoons after school.

Another charity we supported in 2020 was The Breadline Group, which is a community service comprising of volunteers who are concerned for the welfare of the old and needy in Singapore. They have adopted more than 200 families, most of whom are recommended by medical social workers because they are elderly, physically handicapped and often have dependents to support. We have a long history of support for this compassionate charity headed by Richard Lim.



Our fourth Charity is Dayspring. This centre is dedicated to help treat and bring hope to teen girls who have suffered the trauma of repeated abuse. It is the first of its kind in Singapore and is unique for its small group home concept where each residential intake is limited to 12 girls.

Annabel will be making contact with these organisations and updating the information on our website, particularly where there are volunteering opportunities. If you are keen to find out more or help, please contact Annabel on annabel_annabel@hotmail.com

Thank you to our members for helping us to give back to our host country and especially to the special events organisers of the Christmas lunch, the May 1? bags and the Singlish books. Keep those innovative ideas coming.

Sayonara Sakura,

Moin Kirschblüten*

by Carolyn Perkins

I love Japan. Having worked for a Japanese company for 18 years and counting, I have been fortunate to travel there for business and return on other occasions for pleasure. During my time in Singapore, apart from one overnight hop to Johor Bahru, my only Asian trip was to Tokyo for the Rugby World Cup in October 2019. My wanderlust, as yours may be, is fit to burst so I was glad to see at least a little bit of Japan coming here in the guise of Sakura, the cherry blossom display in the Flower Dome at Gardens by the Bay.

Other Japanese icons included majestic red torii gates and cranes, symbols of peace and longevity. The cranes reminded me of my abysmal attempt to fold an origami crane in Hiroshima so that it could be added to many thousands of others for a peace initiative. My guide was so mystified and appalled by how wonky my poor crane was, that she 'allowed' me to take it with me as a souvenir instead.

Sakura also featured Hello Kitty, of whom I have always been suspicious. Who would trust a cat that doesn't even have a mouth in which butter wouldn't melt? Nevertheless, Kitty proved a very popular attraction with visitors being restricted to two photos at each Kitty so that queueing could be kept to a minimum at peak times. Thus, Gold Kitty, Green Kitty, Tea Ceremony Kitty, Rickshaw Kitty and Kimono Kitty all posed for and with fans of all ages.

Perhaps one day, I might yet see the real sakura (or the autumn colours or Mount Fuji on a clear day – all strong reasons to return to Japan). Meanwhile, when I am picking cherries in the orchards south of Hamburg this weekend, I will think of the blossom that I saw in Singapore. Sayonara.

*Farewell (Japanese) cherry blossom, hello (German) cherry blossom



No Regrets

by Carolyn Perkins



It was Mr Daikin who started it. My French teacher somewhat naively thought he could encourage recalcitrant Fife schoolchildren to roll their Rs in the proper French way if they would only listen to Édith Piaf (1915–1963) singing 'Non, je ne regrette rien' (No, I have no regrets) and emulate her style. With three Rs in the title alone, we were duly horrified at the prospect of an entire song.

Nevertheless, French was one of my better subjects at school and I was curious to learn more about and hear more from Édith Piaf. I came across the book of the show *A Star is Torn*, which charts the ultimately tragic trajectories of twentieth-century female performers including Judy Garland, Marilyn Monroe, Billy Holiday, Janis Joplin and, of course, Édith Piaf. My cassettes were of Piaf singing in both French and English and so Sing'theatre's bilingual show *No Regrets* at the Alliance Française not only transported me to the streets of mid-20th century Paris but also to my bedroom in 'fin de (20.) siècle' Fife where

I sang along with Édith on my cassette recorder. I just about managed to stay silent during the show but, being so familiar with the songs, it was a close call.

Just as he had been in another Sing'theatre production *A Spoonful of Sherman*, 'Singapore Boy' Hossan Leong was once again a most charming host in *No Regrets* as he guided us with compassion and sensitivity through the troubled waters of Édith's Piaf life. I was impressed that speaking French is yet another string to Hossan's multi-talented bow, all the better to understand the subtleties of what he is singing. Hossan was joined by (L-R below) Maya Raisha, Rebekah Sangeetha Durai and Mina Ellen Kaye whose renditions of such classics as 'La Vie en Rose', 'Milord', 'Mon Dieu', 'L'Accordéoniste' and 'Hymne à l'Amour' raised our spirits and broke our hearts in equal measure, much like the 'Little Sparrow' herself in her heyday. We were very fortunate that 'young Édith' was part of the ensemble for our performance as 11-year-old Sofia Poston took centre stage for an extraordinarily sassy solo, exuding such élan and panache (it is no coincidence these are French adjectives) that she blew our collective socks off. Sofia will no doubt be singing to sockless audiences for many years to come.

Although *No Regrets* was subtitled *A Tribute to Édith Piaf*, this was not a tribute act in the sense of Piaf impersonators. Instead the singers (and, let's not forget, the talented musicians) honoured her memory by harmoniously bringing her repertoire to life. They were only joined by (a recording and image of) Édith Piaf for the last, titular number. That finale, after such a sensational build, still gives me goosebumps just thinking about it.

Back at the theatre with live music in a show about one of my first musical heroines, would it live up to expectations? Would I regret going? Mr Daikin would be pleased to hear me say, 'Non, je ne regrette rien' – with full Piafesque pronunciation on the Rs.



Memorial plaque at Édith Piaf's birthplace: 'On the steps of this house on 19th December 1915 in the greatest of destitution, Édith Piaf, whose voice was later to move the world, was born.'

NO REGRETS
A TRIBUTE TO EDITH PIAF
14 - 25 APRIL 2021
ALLIANCE FRANÇAISE
PRESENTED BY
SING' THEATRE
15th Anniversary
BNP PARIBAS
The bank for a changing world

A Day

in the Life

Consular Section,
British High Commission
Singapore

We log in every morning at 8:30 not knowing what the day might bring. A 'to do' list can only go so far – we set our plans aside if a British person needs our full attention and support. It could be a phone call from someone whose family member has died. Or a message from someone whose money was stolen and is desperate to return home. Or it could be notification from the police, saying a British person has been arrested.

Welcome to a day in the life of a consular officer. No two days are ever the same, so this kind of work suits someone who can handle the challenge and can respond to rapidly-changing events. What we do covers three main areas:

Assistance.

When a British national in trouble calls in and asks for help, they are assigned a case officer. This officer provides ongoing advice and support until the case is resolved.

The kind of support we offer is tailored to individual circumstances. If we deem a client as vulnerable – meaning they can't protect themselves from significant harm – we'll do everything within our remit to help.

Some of the cases we've handled in the past include: helping a destitute 85-year old man return to the UK amidst border closures due to the pandemic; supporting a woman who was alone in hospital; visiting or phoning our clients in prison, supporting them until their release.

Crisis.

A crisis comes in different forms: a natural disaster such as an earthquake or a typhoon; political events such as a coup; or a terrorist attack. Our main role is to support British nationals, and crisis response takes a 'Whole of Mission' approach. This means it's 'all hands on deck' – everyone at the British High Commission sets aside their day jobs to focus on the crisis at hand.

We don't know when a crisis will strike, so it's important to be prepared. We have crisis exercises and training sessions throughout the year to brush up on our skills.



Prevention.

As the cliché goes, 'an ounce of prevention is a pound of cure.' A better approach to dealing with complex consular cases is preventing them from happening in the first place. It starts with raising awareness on how things work in Singapore and what support you can expect from us. Updating Singapore Travel Advice and the Living in Singapore pages on GOV.UK is an important aspect of this work.

Our consular publication 'Support for British Nationals Abroad' says: 'We expect British people to take responsibility for themselves and their safety while overseas.' Our job is to make sure you have all the information you need to do this. But if things go horribly wrong...remember that we're here to support you 24/7, 365.

Did you know?

Consular assistance is funded by a portion of UK passport fees, not UK taxes as most people believe.

The Consular Section at the British High Commission offers support and advice to British nationals in Singapore, focusing on those who need help the most. Our 24-hour consular number is 6424 4200 – choose the option for 'consular services'.



scan to read 'Support for
British Nationals Abroad'

The Global Threat of Dengue



Photo by Bennett Tan

by Dr Gem Patrick Hilario

“ Whilst public health is keenly focussed on COVID-19, we would do well to remember that other threats such as dengue still exist here in Singapore. ”

The dengue situation in Singapore, the National Environment Agency (NEA) tells us, seems to have eased this year compared with the record spate of cases early last year, but the authorities are urging people to keep their guard up to stamp out mosquito breeding grounds at home to avoid a spike in cases.

NEA said it expects cases to increase towards the middle of the year, with the weather getting warmer. The warmer months of June to October accelerate the development of the Aedes mosquito, and also cause the virus to replicate faster in the insects. A higher transmission of dengue is usually observed during these months.

To prevent dengue fever, we must therefore prevent the breeding of the Aedes mosquitoes. Aedes mosquitoes are identified by the black and white stripes on their bodies. You can get rid of the Aedes mosquito by frequently checking and removing stagnant water in your home.

Dengue is a viral disease with four subtypes that are transmitted from human to human through the bites of the Aedes mosquito. It has evolved dramatically as a worldwide life-threatening infectious disease

in recent years. The World Health Organization (WHO) has described an eight-fold increase in the number of reported dengue cases in the last two decades. In 2019, for example, the Philippines declared a national dengue epidemic emergency following an alarming report of increased dengue cases in the country.

The increase in dengue cases internationally is said to be attributed to a number of factors. Some of these include rising global temperature, early onset of rainfall, growing population densities, and greater international and local travel.

Dengue is now viewed as a significant burden not only to the health of individuals but on the local and global economy as well. Thus, there is an increasing call on communities, governments, and private sectors to work together to mitigate the worldwide threat of dengue. Since its declaration in 2010, the Association of Southeast Asian Nations (ASEAN) together with the WHO Western Pacific Region commemorates ASEAN Dengue Day annually on 15th June to advocate the committed efforts of all sectors to strengthen the fight

against dengue.

One important intervention programme that is being used to address the dengue problem in my native Philippines is the "4S Strategy." It was launched by the Department of Health in the Philippines to encourage all sectors to be prime movers in controlling mosquito population and thus lessening the burden caused by dengue in the communities. "4S" stands for (1) Search and destroy mosquito breeding sites, (2) Self-protection measures, such as wearing long pants and long sleeve shirts and use of mosquito repellent, (3) Seeking early consultation for signs and symptoms of dengue, and (4) Saying yes to fogging/spraying in hotspot areas where increase in cases is registered to prevent impending outbreak. Singapore's NEA operates a BLOCK programme – break, lift, overturn, change and keep, which is illustrated below.

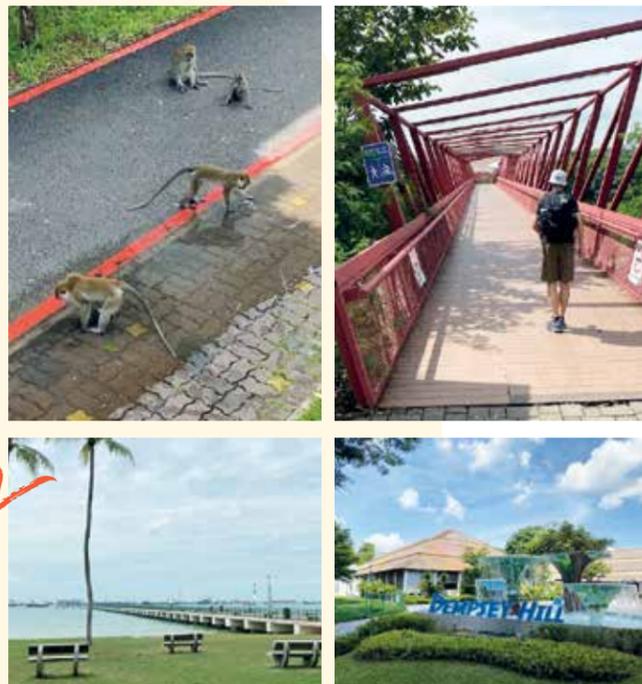
There is no specific medicine designed to treat the dengue infection. Thus, prevention, early diagnosis, and prompt supportive treatment remain as key strategies in addressing this dreadful global disease.



Singapore

Walking Holiday

by Jane McDermott



Like many other travel starved residents of the 'new normal', my husband and I felt in need of a fun active break to give us a change of scene for a few days. As we both love exploring Singapore, and regularly spend a couple of hours tramping through the parks and gardens that the island is so well provided with, we decided to combine a few favourite trails with some areas that we hadn't yet explored in depth in order to make a walking holiday. We also agreed that, as we hadn't travelled for a while, we could push the boat out and treat ourselves to a couple of pampering hotel stays en route.

In order to limit what we needed to carry, we planned for only a short break (three days walking, two nights hotel stay), although a quick dash home by taxi for anything we needed was always an option – one of the conveniences of living on a small island! Thus our backpacks were just day sacks, filled only with essentials (a pity, but there was no room for Kendal mint cake!)

Our route was also chosen to allow the majority of our days to be walked in green spaces.

Day 1

Our 17 km itinerary began at the Punggol Point village centre, with Pulau Ubin just across the water. Normally we walk from here to Coney Island but on this occasion we turned the other way to walk around the coast and then along the Punggol River to Punggol Waterway Park. Punggol is a Malay word referring to a place where fruits and produce are collected and marketed.

The mouth of the Punggol River has been dammed to form a reservoir (Singapore's 16th, which opened in 2011). The scenery here is industrial but pleasant, with the cranes and chimneys of Malaysia clearly visible across

the Straits of Johor. The movement of large container vessels, tugs and sailing boats in the Straits makes for a busy scene. Many modern HDBs overlook the water and I rather envy their residents this ever changing view. Moving past a boatyard, we then turned into the Punggol waterway (if we had continued the river walk we would have reached the Sengkang floating wetland).

Punggol waterway is a lovely meander, despite the urban backdrop. The waterway has been thoughtfully designed to provide a green heart to a new housing scheme, all of which connects back to the Coney Island and Serangoon Reservoir walks. It's also well provided with facilities and there is no shortage of animal encounters, from birds to the ubiquitous turtles and lizards. At the end of the waterway we passed a troop of macaques before crossing the Red Bridge over Sungei Serangoon to the Lorong Halus Wetland and continuing down Pasir Ris Farmway (hot, with little shade) through to Pasir Ris Park.

Pasir Ris is one of our favourite walks, both because of the nature to be found there and also because of the coastal views across the busy shipping lanes towards Pulau Ubin. We always manage to see kingfishers there and in the past have also come across a huge flock of hornbills by the riding school and a green whip snake. This time the unusual event was watching two wild dogs hunt down a jungle fowl for lunch.

After enjoying our own refreshments, we turned south along Sungei Tampines, where we spotted more kingfishers and some herons. We then followed the river path to Tampines Eco Park, a refreshingly natural and unruly space in Singapore's tidy urban landscape, and across the more traditional Sun Plaza park to Tampines, from where we took the MRT to reach our overnight stop, just west of Changi airport.



Day 2

Feeling refreshed, we took a taxi to our next starting point: Changi Terminal Four! Here began our second 17 km walk, first admiring the dinosaur statues along the Changi Jurassic Mile (some of them even roar!) then following the Park Connectors to the Changi Coast/East Coast Park routes. The East Coast route is a great walk, breezy and shaded, although the last stretch bringing us to Marina Bay proved to be hot walking.



Our plan was to walk down to the Marina Bay Barrage, and cross to Gardens by the Bay but the heat was too much. So we climbed to the East Coast Parkway road bridge, which gave us great elevated views of Gardens by the Bay, the Marina Barrage and the Singapore Flyer. After dropping back down to the F1 pit buildings, it was only a short walk to our next stop at Marina Bay. We had a perfect view across to Marina Bay Sands hotel that night.



Day 3

Our final day's 9km walk was along the Singapore River to Dempsey. This is a walk we do regularly as it tells a visual story of the colonial history and modern development of Singapore. It's a popular route at the southern end where it passes the 'Durian' buildings of the Esplanade theatre, the Fullerton Hotel (once the General Post Office), the Asian Civilisations Museum and the Padang, along quaysides lined with shophouses and warehouses, the Parliament building and the Supreme Court. We met several friends out walking as we meandered north. Unfortunately we didn't see the otters who are a regular feature of this stretch of waterway in the early morning.

Once past Great World shopping mall (named after one of the three amusement parks that provided Singaporeans with entertainment between the 1920s and 1970s) things quietened down until we reached the Alexandra Canal play park, a pretty area at the end of the river walk. We then turned right onto Tanglin Road, left into Ridley Park towards Dempsey, passing some of the most expensive houses (and cars!) in Singapore. Dempsey Hill, originally a nutmeg plantation, before becoming Tanglin Barracks for British troops, now offers a range of dining and shopping opportunities. Finally we headed home to the Farrer Road/Holland Road junction where, in 1963, Prime Minister Lee Kuan Yew planted a mempat tree, starting an island wide tree planting and city greening campaign which has continued for five decades.



The verdict after three hot, but pleasurable, days of walking: we enjoyed our get away, not only because we re-visited some of our favourite walks but also because we made new discoveries along the way. We've lived in Singapore for four years, and sometimes feel we've 'seen it all'. Not so. Our walkabout staycation showed that there's still plenty more to find.



Get Grilling

by Helen Woodhall

In the eternal sunshine of Singapore, barbecuing is an all-year round activity.



If your kitchen is small and not very well ventilated (like mine!) it can often make more sense to cook as much as possible outside. At the time of writing all barbecue pits are closed in accordance with the rules of Phase 2 (Heightened Alert). Maybe you are lucky enough to have your own barbecue in a landed home or on a balcony or roof terrace; either way I hope that by the time of publishing we will all once again be good to grill.

We are fortunate to have a sheltered basement area that is perfect for outside cooking. Our barbecue, imported from the US on the insistence of my husband, is a monster of a thing that runs on a gas bottle that has a tendency to run out just as I carefully place a whole fish on the grill. Luckily, unlike in Connecticut, we don't have to do a mid-meal dash to the gas station to grab a new bottle, we simply ring the gas man and within half an hour he

arrives with his precious cargo of gas bottles to swap out old for new.

Since moving to Singapore we have transitioned to cooking way more vegetables on the barbecue. Whereas previously we had seen it simply as a vehicle for cooking large chunks of meat, I now cook everything from flatbreads and pizzas through pancakes and fritters to peppers and watermelon. Here's a few recipes to beat the summer heat: enjoy!



Grilled watermelon

Faced with a mega watermelon that arrived in my weekly vegetable box, I needed to get creative if we weren't all to get watermelon burnout. This turned out to be a good way to use the last

wedge that was languishing in the bottom of the fridge. Mix a few tablespoons of olive oil with a spoonful of sugar and a pinch of salt. Marinate for 30 minutes or so, then place on the hottest part of the grill to give you lovely char marks. Garnish with spring onion and chopped chilli for a savoury twist on.



Bruschetta

I make bruschetta when I am trying to use up the end of an insanely expensive loaf of bread before it goes mouldy! Just brush with oil and grill. Resist the temptation to turn the bread too soon or you won't get the lovely stripes. We ate ours with fried mushrooms, but chopped tomatoes are good too.



Spicy okra

Okra grows like a weed on my rooftop terrace; this is a great way to use those ladyfingers that have grown a little large. Slice the okra lengthways and mix with a little olive oil and whatever spices you have handy. This time I used chermoula mix, but you can use cumin, paprika, garam masala, turmeric or chilli as you prefer. Cook on the griddle plate of the barbecue, or on a folded piece of foil, or banana leaf.



Mackerel with green curry and coconut milk

Spread the mackerel fillets with a spoonful of green curry paste, add a couple of spoonfuls of coconut milk, a stick of lemongrass, some shredded green spring onions and green pepper. Seal the coconut parcel by wrapping it up and skewering it with toothpicks and cook for 15 minutes over indirect heat.



Salmon on banana leaf

Baste the fish with teriyaki marinade and place on a banana leaf over indirect heat. Cook for 15 minutes until cooked through.

Barbecuing on a banana leaf

If you have a banana plant growing in your garden or on your balcony, you can snip a leaf every now and then with no harm to the plant. You can use the leaf to either make a parcel, or simply as a surface on which to place your ingredients. This cooking method is especially good for cooking fish, where too-high a temperature will damage the fragile flesh. In addition, you should cook the fish over indirect heat: our barbecue has three parallel burners so my technique is to light the two exterior burners, place the fish on or in the banana leaf over the middle, unlit burner, then close the lid and cook for about 15 minutes.

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.

► EXHIBITIONS

Modern Women of The Republic: Fashion and Progress in China and Singapore

Sun Yat Sen Nanyang Memorial Hall
12 Tai Gin Rd
12 June to 12 December 2021

This exhibition showcases over 90 artefacts and archival photographs from China and Singapore from the late 1800s to 1970s, a period when women's roles and lifestyles saw drastic changes. These changes and new freedoms such as educational and career opportunities were reflected in the "liberalization" of fashion where formerly bulky and shapeless garments were discarded in favour of form-fitting garments. The exhibition attempts, as well, to interpret the concept of "the Modern Woman" against the backdrop of historical milestones of each period.



Virtual Realms: Videogames Transformed

ArtScience Museum
6 Bayfront Avenue
12th June to 9th January 2022

Six of the world's most acclaimed videogame developers have been paired with six leading media design studios to create a series of large-scale, immersive installations that will take you on a journey through new sonic landscapes and exciting kaleidoscopic worlds. By moving videogames from the screen to the museum gallery this exhibition presents twenty-first century game design as a unique form of contemporary art.

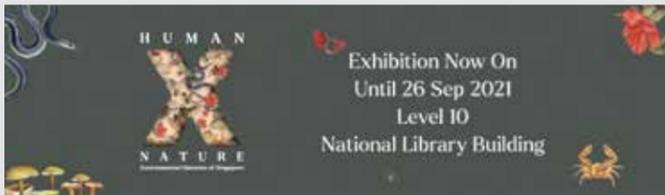


Human x Nature Environmental Histories of Singapore

National Library Building
100 Victoria Street
Level 10, Gallery
9th April to 26th September 2021
10:00am – 9:00pm

Singapore's natural environment, as we know and experience it today, is the result of a long history of knowledge gathering, plantation agriculture and attempts at rehabilitation. This exhibition explores our relationships with the natural world from cultural understandings and scientific study to commercial and urban land use, as well as conservation and restoration.

Modelled after our changing natural landscapes, the exhibition features a dazzling array of natural history books, botanical prints, plantation photographs and maps from the collections of the National Library and National Archives, together with herbarium and natural history specimens on loan from the Lee Kong Chian Natural History Museum, Singapore Botanic Gardens and Urban Redevelopment Authority. Visitors will learn about various understandings of the natural world, and how they shaped the different ways local, colonial, and migrant communities lived within and transformed the natural landscape.



► FAMILY ENTERTAINMENT

FRIENDS



Animal Friends

Tampines Regional Library, Level 4
1st June to 2nd August 2021

Woodlands Regional Library, Level 1
2nd August to 30th September 2021

Did you know that tigers once roamed the forests of Singapore? More than a hundred years ago, tigers habitually swam across the Johor Strait to Singapore island via Pulau Ubin and Pulau Tekong. They came to find food and raise their young. Animal Friends tells the story of Rimau, a tiger that travels to Singapore in search of new friends. Follow Rimau as she meets four animals and learn about their relationships with people and the natural world. Panel display touring regional libraries.

PLAYtime! 2021 The Noisy Forest

Esplanade Theatre Studio
1 Esplanade Drive
4th August to 22nd August 2021
S\$20

Everything can be made into music. In The Noisy Forest, noise and sound, movement and play are all blended into one. Bang, Clap, Snap! Dance around the noisy forest. There are so many sounds to be made, and vibrations to encounter, so many new noises to discover!



NERF Action Xperience

6 Raffles Blvd, #01-208 Marina Square
4th May to 31st July 2021
S\$23
For adults and children 7+

The world's first NERF Action Xperience Arena features themed activity zones inspired by NERF products, foam-based toys, and weaponry. Spanning over 18,000 square feet, it helps promote personal strength while encouraging teamwork. With your Kick Off pass, you may access the Conquer zone that lets you play through thrilling landscapes such as The Volcano, The Glacier, The Summit, and The Ice Cliff. You may also enter the Compete zone, which includes Zombie City and Camp Dune.

Singapore National Day

9th August 2021

On 9th August, Singapore celebrates its independence, gained on this day in 1965. Traditionally celebrated with the National Day Parade in the National Stadium as well as extravagant fireworks at Marina Bay, the celebration was much more discreet in 2020. Details are yet to be released for 2021.

Photo: Nicolas Lannuzel, CC BY-SA 2.0, via Wikimedia Commons



The Hungry Ghost Festival

22nd August 2021

The traditional Taoist and Buddhist festival that commemorates the day the ghosts of ancestors come out of their graves. Singaporeans visit the grave of their ancestors and lay out food for their return.

► FOOD

Dining In The Dark

Mimi Restaurant @ Riverhouse
3A River Valley Road,
#01-02, Clarke Quay
Tickets via feverup.com
Wednesdays in July
S\$90

If you've ever wondered what it is like to eat in the dark, now is your chance. Experience what eminent psychologists describe as the ultimate taste experience and realise that focusing on taste and smell alone can be a truly enlightening experience – provided you're not afraid of the dark!



► THEATRE EXPERIENCE

New World's End

85 Desker Road
S\$35
Tickets from www.ohstories.sg

New World's End is a 60-minute immersive audio-guided art experience that brings you through the streets of Jalan Besar and into fantastical theatrical sets. The entire tour takes place after dark, when the neighbourhood comes alive.

Moirá Loh plays Rosa, and Salif Hardie plays Kiran in New World's End, where you will experience Singapore through the eyes of two characters whose lives are changed forever by momentous events. More than just a love story, you will relive the sights and sounds of Jalan Besar through an immersive night walk experience.



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

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 to receive the code.

10%*



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, 163 Tanglin Road, #01-35 Tanglin Mall, Singapore (247933)

10%*

RafflesMedicalGroup

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 for more packages and further information or email: kim_kiwon@rafflesmedical.com.

15%*

McGETTIGAN'S

MCGETTIGAN'S BAR, CLARKE QUAY

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

www.mcgettigans.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 or call 6733 7663.

10%*

THE MEAT CLUB

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

\$50*



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

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

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.
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

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

10%*



DENTAL ESSENCE

1st Appointment consultation, polishing, fluoride treatment, X-ray and Air Prophyflex 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

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 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
mastersyogasadhan.com

10%*



EXPAT LIVING

Get a free six-month subscription to *Expats Living* magazine!

Expats Living is a lifestyle magazine and website that focuses on the latest happenings in and around Singapore, offering tips for making the most out of living in the city, from online events and neighbourhood guide to topics on property, interior design, health, family, food and more.

Sign up at expatliving.sg/british/association.

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

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 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. 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%*

origin — journeys ORIGIN JOURNEYS

Origin Journeys, a travel and experiential platform based in Singapore, specialises in creating memorable business meetings and conference events (physical, virtual or hybrid). We hope to bring novel, well-researched and incredibly exciting experiences that are not previously uncovered to the Singapore market.

Here's a 5% discount for all products on our website www.originjourneys.com you can share with your colleagues and family! Enter the code **FIVEOFF** at checkout.

5%*

Sports and Activities

Compiled by Siân Brook Gillies



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.

Times and 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 evenings: Marion Lang at marionlangx@gmail.com
 Thursday mornings: Julia Chapman at juliachapmansingapore@gmail.com



BRITISH CLUB ACTIVITIES

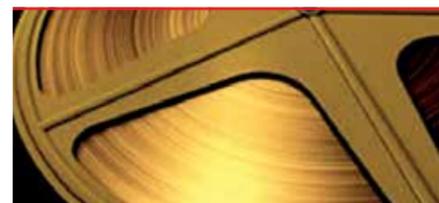
1. Bingo Nights - 1st and 3rd Tuesday, 8.00pm at Windsor Arms
2. Pub Quiz Nights - 2nd and 4th Wednesday, 8.00pm at Windsor Arms

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. NB. Currently suspended in line with MOH guidelines



CINEMA CLUB

Come join us at the movies. We meet twice a month on Zoom for a friendly chat after watching a selected film in our own homes. 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 info@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



HANDICRAFTS

Knitting/crochet/cross-stitch/quilting/card making – bring along any kind of handicraft 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 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 hosted at various locations.

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

Tuesday afternoons: Pippa Jackson 9672 2018 or Anne Roberts 9011 0631

Wednesday mornings: Jane McDermott at 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 various locations. If you are interested in taking part, please contact Sally Harris 8113 4160

PHOTOGRAPHY

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

Contact Helen Woodhall 9425 0927



SKETCHERS

This group needs a new leader. If anyone is interested in joining and/or organising art activities, please get in touch with Siân. Come along to Sketchers – no experience needed!

Contact Siân Brook Gillies 9002 6544

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 or Martin Wigglesworth at iamwiggly@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

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

Contact Julie Avery at walkietalkieeastcoast@gmail.com

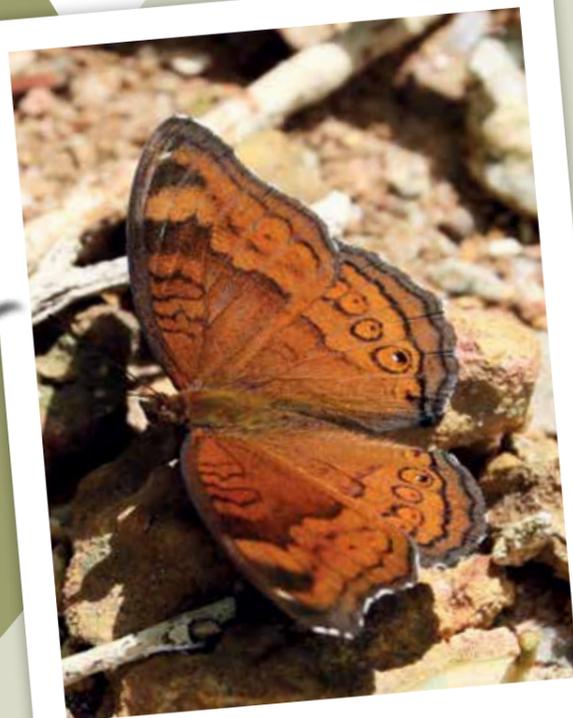


BOTANICS WALKIE TALKIES: We meet every Monday and Friday at 8.00am at the Visitor Centre at the Nassim Road entrance to the Botanic Gardens. We also sometimes meet for evening walks and other longer walks around Singapore. The group caters for all paces whether you like to walk fast or slow. All welcome 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

Butterfly Hill

by Nigel Griffiths



Pulau Ubin is one of Singapore's best kept secrets, and a place to see biodiversity close up. Pulau Ubin's area is just over 10 square kilometres, and Butterfly Hill is just a small area within the National Park. It is a knoll created especially to conserve and showcase butterflies. It attracts about 140 species of butterflies, and is about a football field in size.

Butterfly Hill is a great place to explore and offers great views of Pekan Lake, the site of the former Pekan Quarry. At the top of the knoll is a resting point where one can sit and enjoy the breeze, and from there much of Pulau Ubin can be seen. Of course, it is not all limited to butterflies, and there are many interesting dragonflies, birds, insects, etc. There is a heronry on the side of Pekan Lake and many types of herons can be seen there.

Over 50 butterfly-attracting plant species exist there. Plant selection is essential and some of these are 'nectaring' plants whose flowers provide energy-rich nectar for adult butterflies, while others are 'host' plants caterpillars feed on.

For aesthetic purposes, nectaring plants are generally placed near the edge of footpaths, shielding the host plants, the leaves of which are sometimes decimated by the voracious caterpillars. Many of these plants thrive in the sun and care has been taken to



ensure that they are not shaded over by other plants. Today, Butterfly Hill serves as a successful model for enhancing butterfly conservation and butterfly appreciation that can be applied elsewhere on Pulau Ubin, as well as other areas in Singapore.

Many butterfly species that can be spotted at Butterfly Hill, include the Blue Glassy Tiger, Black Veined Tiger, Common Bluebottle and Cycad Blue. Rarities include the Common Jay and Dwarf Crow. The latter species was previously presumed to be extinct from Singapore. This species was only rediscovered in 2002 from Pulau Ubin and is so far known only from this locality. Species previously not recorded from Pulau Ubin like the Common Birdwing and Common Rose, have also been attracted to the hill and are now a common sight.

Pulau Ubin is a haven for wildlife - within its myriad habitats it is reported that you can find 570 vascular plant species, 27 mammal species, 205 bird species, 39 reptile species, 7 amphibian species, 53 dragonfly species and over 150 butterfly species. It is not surprising then that the island is a magnet for nature lovers who seek out their specific 'targets' to watch or photograph.

To get to Pulau Ubin, take any bus to Changi Village and then by boat from Changi Point Ferry Terminal. Prices have varied over the Covid period but are less than \$5 per person each way. If you take a bicycle, you pay extra. Butterfly Hill can be reached by walking from the Jetty. There is a map at the end of the Pier for your orientation. Taxis exist and whilst there is no fixed tariff generally they operate \$12 per single journey to any destination and \$30 per hour if you want long term hire. There is some opportunism on the part of some of the taxi drivers and you need to confirm the price in advance. In the next edition of Beam we shall follow up with a general article on Pulau Ubin.

INVESTING WITH A CONSCIENCE.

ESG INVESTING



1

WHAT IS ESG?

Environmental, social, and governance (ESG) criteria are a set of standards for a company's operations that socially conscious investors use to screen potential investments. Environmental criteria consider how a company performs as a steward of nature. Social criteria examine how it manages relationships with employees, suppliers, customers, and the communities where it operates. Governance deals with a company's leadership, executive pay, audits, internal controls, and shareholder rights.

ESG investment



2

WHAT'S HAPPENING WITH ESG?

Responsible Investing and ESG is not a new concept; it has been a topical subject for many years. However, interest in ESG issues has no doubt been accelerated by the Covid-19 pandemic, and the changes in regulation will continue to drive demand for sustainable investments.

According to Morningstar, last year in Europe alone, flows into sustainable funds doubled compared to 2019 reaching over €230billion. Meanwhile, according to a recent MSCI survey, in the Asia-Pacific region, around 79% of investors indicated that they were looking to increase their exposure to ESG investments either 'significantly' or 'moderately'.

3

CAN I INVEST IN ESG FUNDS?

Yes. The number of ESG funds has exploded recently.

However, a large number of fund houses, keen not to miss out on the surge of interest in the whole ESG movement, have applied ESG "filters" to some of their more popular funds to make them "ESG" funds. This has given rise to accusations of "Greenwashing"

4

POTENTIAL PROBLEMS FOR INVESTORS

One major problem facing investors looking to invest in ESG funds, is that because this area is still relatively new, there is no common or agreed standard on what should make up a suitable "ESG" filter.

At the moment each Fund house makes up their own "ESG filter". This may or may not be agreeable to an individual investor. Regulators have identified this as a problem and are currently working on a common set of principles for ESG filters

5

THE ANSWER

If investing in environmentally sound, ethical and socially motivated funds is attractive to you but you want some help and advice, Chartwell Associates can recommend a range of funds, fund managers and investment opportunities covering ethical, socially responsible, impact investing and ESG.

Call Chris on 8282 1075 or email at chris.potter@chartwell-associates.com
www.chartwell-associates.com.

BRITISH ASSOCIATION MEMBERS' USE OF THE BRITISH CLUB

TIMING	ALL FOOD & BEVERAGE OUTLETS	SPORTING FACILITIES	CHINOIS SPA
DAY			
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.
 The above benefits can be varied at the sole discretion of The British Club.

INTERNATIONAL WILLS

IT HAS BEEN SAID THAT MAKING OUT A WILL IS ONE OF THE BEST GIFTS YOU CAN LEAVE YOUR LOVED ONES IN THE EVENT OF YOUR DEATH.

The death of a spouse, partner or parent can be a tremendously traumatic event for those left behind. The lack of a Will and clear instructions on what you want to happen in the event of your death can make this suffering much, much worse.

By making out a Will you can name the people you want to sort out your affairs should you die. You can name the people who you want to look after your children, and give them guidance on how you want them to be brought up and you can nominate who will benefit from your estate and give guidance on how you want this to be distributed.

Making a Will out can seem a daunting task, especially for Expats with assets in different parts of the world, and most people do not know where to start.

We can talk you through all the issues you need to consider and help you draft a Will that is simple and easy to up-date and that will give you peace of mind.

For more information or to book an appointment call:

6225 5707 or email beam@chartwell-associates.com



Chartwell Associates Pte Ltd
 48A Circular Road, Singapore 049403 Tel: 6225 5707

THE BRITISH ASSOCIATION OF SINGAPORE



Wishes

HAPPY BIRTHDAY SINGAPORE



Together A Stronger Singapore | Our Heart for Singapore

THE BRITISH ASSOCIATION OF SINGAPORE

Registry of Societies number UEN S61SS0152B

Book Groups, Bunco, Cinema Club, Golf, Handicrafts, Mahjong, Cards, Photography,
Sketchers, Tennis, Walkie Talkies



Centennial Business Suites,
15 Scotts Road,
#04-08 Thong Teck Building,
Singapore 228218



info@britishassociation.org.sg



6716 9773



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