



THE BA
65th
Anniversary
BEAM



THE BRITISH ASSOCIATION
OF SINGAPORE



BA Team Vacancies! Can you help?

The British Association is a not for profit organisation, run by volunteer members for the members. Since the departure of active key members, we are urgently seeking new volunteers in the following areas:

Event Team members -

- Booking events
- Advertising the events on the website (office support for this)
- Coordinating the numbers
- Helping members to book when necessary
- Provide a monthly report to Council

Social Activities Coordinator -

- To maintain a Social Activity Co-ordinator's Contact list, providing one for the Chair and office and inform of any changes in personnel
- To check the relevant pages in The BEAM in respect of Social/Sports activities and alert the Editor to any amendments
- To provide a monthly report to Council

Council members -

- To attend a monthly meeting, currently through Teams on-line
- To help form policy and set realistic targets to an agreed time-frame and budget
- To plan for the future of the Association and its members

Beam Editor - URGENT – after the January/February issue of The BEAM we do not have an editor to carry it forward. Have you got any magazine experience or know anyone who would be interested? The responsibilities include:

- Generating innovative ideas for content
- Compiling regular contributions
- Liaising with the design and printing team
- Leading a team of sub-editors

For more information on any of the above, please contact Michael Davidson at
bachair@britishassociation.org.sg



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

15 Scotts, 15 Scotts Road, #04-08 Centennial Business Suites
Singapore 228218
info@britishassociation.org.sg
6716 9773 www.britishassociation.org.sg

THE BEAM

Editorial Team

Publisher
Dr. Rosalind Lui

Editor-in-Chief
Michael Davidson

Editor
Edith Blyth

Sub-Editors
Polly Norris, Rosalind Arwas,
Dr. Rosalind Lui and Anne Kiew

Contributors
Michael Davidson, Polly Norris, Lucy Brooks, Edith Blyth, Rosalind Lui, Rosalind Arwas, Kirk Westaway, Cecilia Leong Falkner, Ishra Giblett, Katherine Hemming, Edna Glennie and Sian Brook Gillies

The BEAM Permit Number
MCI (P) 061/07/2020



The British Association of Singapore
15 Scotts Road
#04-08
Singapore 228218

For more information about the available roles, pls contact Michael Davidson at
bachair@britishassociation.org.sg

Website
www.britishassociation.org.sg

Printer
Win & Win Printer Pte Ltd
629 Aljunied Road #05-19/21
Citech Industrial Building
Singapore 389838
www.winwinprinter.com.sg
Licence No. L012/05/2021

DISCLAIMER CLAUSE: The British Association of Singapore does not endorse or promote any product, service or view offered through any advertisement or activities that may appear in the magazine. We do not hold any responsibilities, opinions or claims by the advertisers, writers or contributors. The views and opinions expressed are entirely the owners'.

We reserve the right to change copy for reasons of space, style or accuracy.
All copyright reserved.



BEAM Team

Memo

Welcome to 2022 and an edition of The BEAM which looks towards the future and back in time to celebrate 65 years of The British Association of Singapore. "A New Year is often a challenge and every challenge has to be met – there is no room for escapism. Changes are always, whenever they come, unpalatable to most of us, indeed anything that alters, 'what one has been used to'; but we are living in stirring times and indeed in almost every aspect of the makeup of life we are going through a revolution – social, economic and political." So said the Chairman of the British European Association in January 1958. I wonder what he would make of life in Singapore today amid a pandemic.

The Lunar New Year is the most important period in the Chinese calendar and, starting from February 1st 2022 and ending on January 31st 2023, it is the year of the Water Tiger. Read about what this will bring and where the Tiger ranks within the animals of the Chinese Zodiac.

The sci-fi stories we read long ago are virtual realities in video games, but if you are not of that persuasion try a different experience here in Singapore with a visit to the Art Science Museum on pages 12 and 13 and travel into the future. Whilst on the subject of the future, 'Wind: a renewable energy' takes us from windmills of the past to the wind turbines of today.

The BEAM meets three very interesting people this month. First is Kirk Westaway, a British Chef with two Michelin Stars. The pictures alone are enough to make your mouth water. We also meet Cecilia Leong-Faulkner the Managing Director of the British Theatre in Singapore who reflects on past shows and how she has diversified during the pandemic and Haseeb Ahmed, an osteopath.

In February, Singapore is opening its doors to a new wine club, 67 Pall Mall. You can read all about it on page 20. It looks stunning!

For those who attended the Christmas lunch in hosted homes, can you spot yourselves? The reindeer were amazing.

Let us not broach the touchy subject of New Year's Resolutions but do take a look at the 'New Year Fitness' article to help set some healthy priorities.

Thank you to all the contributors for this special edition of The BEAM to mark our 65th Anniversary and to Anne at Win & Win printers who guided us through this issue with infinite patience and support.

To all our readers we wish you a very Happy 2022.

May your troubles be less and your blessings be more and nothing but happiness come through your door.

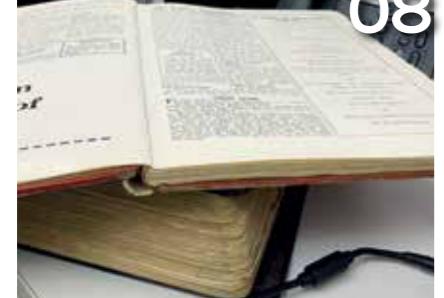
BEAM Editorial Team
beam@britishassociation.org.sg

CONTENTS // Jan - Feb 2022



06

- 01 Cover
- 02 BA Team Vacancies
- 05 View from the Chair
- 06 Year of the Tiger
- 08 65 years of the BA
- 12 BA Diary Activities
- 13 Welcoming New Members
- 14 Into the Future
- 16 The BEAM Meets... Kirk Westaway
- 18 Wind: a renewable energy since ancient times
- 20 Club Opening
- 22 Christmas Lunch
- 24 Sentosa
- 25 British High Commission
- 26 The BEAM Meets... Haseeb Ahmed, Osteopath
- 28 British Theatre Singapore
- 30 Pilates Studio
- 31 Eastern Carpets
- 32 New Year Fitnesse
- 34 Out and About
- 35 BA Benefits
- 36 Sports and Activities
- 38 BA Council HNY and British Club access
- 39 Chartwell
- 40 Back Cover



08



18



22

Your BA TEAM

COUNCIL MEMBERS

Chair	Michael Davidson
Hon Secretary	Edith Blyth
Hon Treasurer	Derry Blyth
Editor	Vacancy
Events Coordinator	Nancy Peirson
Social Activities Coordinator	Vacancy
Membership Secretary	Charlotte Sutcliffe

SUPPORT TEAMS

Marketing	Dr. Rosalind Lui info@britishassociation.org.sg
Events	Nancy Peirson, Michelle Dawson, Kay Morley and Claire Ormston events@britishassociation.org.sg

SOCIAL ACTIVITIES LEADERS

Beach Clean-Up	Derry Blyth	May I?	Anne Roberts
Book Groups	Jo Harding	Monthly Meanders	Miranda Thomas
Bunco	Marion Lang	Newcomers	Charlotte Sutcliffe
Cinema Club	Anne Roberts	Photography	Vacancy
Drop-In Coffee	Vacancy	Sketchers	Vacancy
Golf	Edith Blyth	Tennis	Davina Burton-Sutherland Martin Wiglesworth
Handicrafts	Edith Blyth (18-Hole) Nancy Peirson (Beginners)	Walkie Talkies	Miranda Thomas (Botanics) Jo Harding (East Coast) Tara Codling (Bay)
Mahjong	Jane McDermott		

View from the Chair



A warm welcome again from my fifth "View from the Chair". In my previous "view", I again looked forward to normality resuming and I'm pleased to note that this happened, to some extent, towards the end of November, albeit with the new Omicron variant making an unwelcome appearance and putting something of a dampener on things. Despite this new variant being named after what is arguably the scariest sounding letter in the Greek alphabet, it appears from medical reports in South Africa (where it first emerged) that symptoms are significantly milder than those of previous variants. Hence, I hope, by the time that you are reading this, that we will be referring to this soon-to-be-dominant variant, as being roughly equivalent to the Coronavirus with which we were previously so familiar, the common cold. As always, time will tell.

It was my great honour early on the morning of November 14th to attend the Remembrance Sunday service at Kranji War Cemetery, and to lay a wreath at the memorial on behalf of the British Association. I do hope that some of you were able to attend this virtually, at least via the video of the event which was posted shortly afterwards. It was an appropriately sombre and respectful occasion, and I was personally touched to note so many names from my grandfather's old regiment, the Gordon Highlanders, on the memorial wall. We have so much to be grateful for to those who fought and died for the freedoms we enjoy today and I'm happy to report that over S\$600 was raised and donated by the British Association this year to the British Legion's Poppy Appeal. Thank you to all who contributed to that great fund-raising effort, in spite of the ongoing restrictions to group sizes at the time, and for wearing your poppy with pride.

As restrictions eased towards the end of November, I believe that many of you managed to make use of the BA membership discount offered by the Raffles Hotel. My wife and I certainly enjoyed our 2-day "staycation" there; a very strange concept to me which has taken some getting used to. The pandemic has certainly changed the way we look at many aspects of life and work, and the "vacation without travel" is one such example. I'm also delighted to report that the BA Xmas Lunch event went ahead as planned on December 7th, with hosts welcoming up to 5 guests into their homes as per prevailing restrictions, festive food delivered by our caterers, and fun and games enjoyed, with the groups linked up over Zoom. Many thanks to Pippa Jackson again who, along with Edith Blyth, managed the organisation of this excellent event, even in the week that she was heading back to the UK, and to the very generous organisations and friends of the BA who provided so many valuable gifts for the raffle.

This is very special edition of The BEAM, with celebration of our 65th anniversary as its central theme. It was truly fascinating, and fun, to look through old editions of The BEAM with Edith recently, and I'm sure that some of the highlights of these historical archives will be making an appearance in her article. I do hope that my mother's white Morphy Richards hairdryer is one such highlight, as seeing an advertisement for that brought back many memories, not least the burning smell of the heating element if one was adventurous enough to turn on the red (heating) slider in isolation from the black (blowing) slider! I do marvel at that bygone era in which products were designed and built to last, literally, for decades.

As we welcome 2022, I would like to suggest that a new year always provides a reason for hope, for new possibilities, new adventures, new friends and memories. Personally, this will be a very special year for me and my wife as we look forward to the birth of our first child, a little girl. I can't wait to introduce her to the wonders of the world that we live in today, the cultural miracle that is her Singaporean birthplace, and the proud and diverse heritage of her parents and grandparents.

Along with greeting new arrivals, we also need to acknowledge departures, so I would like to extend sincere thanks and gratitude to Siân Brook Gillies for her tireless efforts on the Council as Activities Coordinator. Siân and Brian are leaving Singapore and embarking on new adventures elsewhere in Asia and the UK, so I would like, on behalf of our members, to wish you both all the best for your exciting next chapter.

We are always grateful to members who volunteer to lead or host activities, or to serve on the Council. If you do find yourself with a little spare time and the energy and interest to contribute, please do let me know.

Finally, I hope you enjoy reading another packed edition of The BEAM and would like to thank all of the contributors and The BEAM team for the hard work that goes into making this happen.

With that, I will again sign off. I wish you all a great start to 2022, and hope to meet many of you, ideally in person, very soon.

Michael Davidson

bachair@britishassociation.org.sg

The Black Water Tiger ROARS INTO 2022

by Dr. Rosalind Lui

What do Marilyn Monroe, Tom Cruise, Leonardo DiCaprio, Jim Carrey, Karl Marx, Beethoven, Jodie Foster, Emily Bronte, Whoopi Goldberg and Marco Polo all have in common?

They are all born in the year of the TIGER.

Year 2022 is the year of the Black Water Tiger. The Water Tiger will rule the universe for one lunar year starting from 1st February 2022. The colour black is associated with the water according to the five elements.

Contrastingly, the White Tiger, known in Chinese as Baihu, is one of the four symbols of the Chinese constellations. It is sometimes called the White Tiger of the West. It represents the west in terms of direction and the autumn season. It is known as Byakko in Japanese.

Chinese legend has said that the white tiger would only appear when the emperor ruled with absolute virtue or if there was peace throughout the world. The colour white of the Chinese five elements also represents the west, the white tiger thus became a mythological guardian of the west.

Who is the White Tiger in Chinese mythology?

The White Tiger is believed to be a terrifying but honorable beast. It eats humans, but is also believed to protect people from evil and negative energies. In Singapore, we have White Tiger temples where distressed believers will pray with slabs of pork and ask for protection if they believe they have been victims of black magic.

Our Chinese zodiac is not the same as the western horoscopes which links people to one of twelve constellations according to their birth date, with each constellation lasting for one month and together forming a cycle of one year. Instead, the Chinese zodiac includes twelve animal signs which are used to number the years rather than months, and each year corresponds to an animal sign. Every cycle of Chinese zodiac takes twelve years. First comes the rat, followed by the ox, tiger, rabbit, dragon, snake, horse, goat, monkey, rooster, dog,



and pig in that orderly sequence.

Reasons for Zodiac Rankings, what was the benchmark?

According to the Chinese zodiac research, initially, there was no Chinese zodiac at all.

It was recorded that the Jade Emperor of Heaven wanted to select twelve animals to be his guards. He sent an immortal being into man's world to spread the message that the earlier one went through the Heavenly Gate, the better would be his ranking. The next day, all the animals set off towards the Heavenly gate. The Rat got up very early. On his way to the Heavenly gate, he encountered a river. He had to stop there, owing to the swift current. After waiting for a long time at the riverbank, the Rat noticed the Ox was also about to cross



The seven-colored tiger painting, well preserved in the Mogao Grottoes in Dunhuang, Gansu Province, is a masterpiece of Chinese art.

Tiger Zodiac Eminent Personalities

Marilyn Monroe, Tom Cruise, Leonardo DiCaprio, Jim Carrey, Karl Marx, Beethoven, Jodie Foster, Emily Bronte, Whoopi Goldberg and Marco Polo are all born in the Tiger year.

Zodiac Tiger's Personality

People born in a year of the Tiger are brave, competitive, unpredictable and confident. They are very charming and well-liked by others. But sometimes they are likely to be impetuous, irritable and over-indulgent. With stubborn personalities and tough judgment, Tigers work actively and express themselves boldly, doing things in a high-handed manner. They are authoritative and never go back on what they have said.

Water Tiger Personality Recent years: 1962, 2022

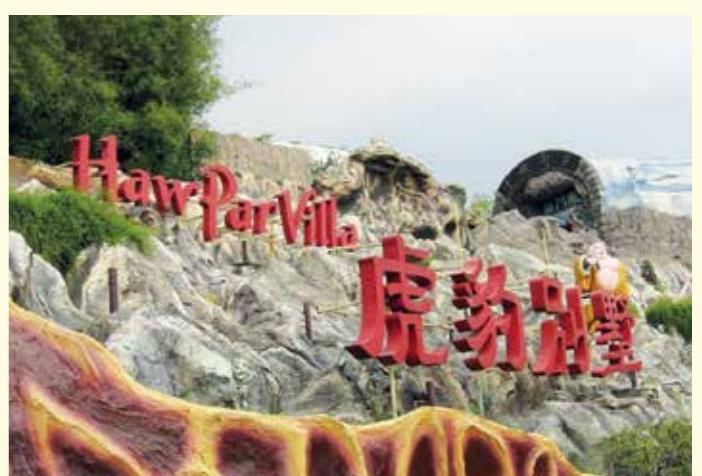
Water Tigers tend to have very good interpersonal relationships. They are family-oriented and like to lead a quiet and peaceful family life. They may appear brash on the outside, while on the inside they may be prone to indecision and restraint. Metal Tigers keep family and work clearly divided and try to never take work home. Although they are relatively taciturn, they are considerate and sympathetic to their loved ones.

Tigers desire power and Water Tigers are no exception. If they can work hard and keep making progress, they will surely realise their wishes. Water Tigers must learn to practice patience and love, especially with their family. Otherwise, turbulence in the private sphere will interfere with their success in the professional sphere. Water Tigers will make great progress in their career, but success will not come without hard work. They can find others' advice off-putting, a hang-up they will have to get over to succeed.

Tigers are popularly used as trademarks, products and branding. Tiger beer and Tiger Balm made Singapore known worldwide. We even have a whole park dedicated to Tigers and the other Chinese mythologies in Singapore called The Haw Par Villa where BA members enjoyed many morning walks and picnics before the pandemic.

As a returning Chinese Singaporean who has lived a good part of my life in western countries, I am honoured to be asked by the editor to contribute to the cover story about my culture.

Wishing all our members and readers a very prosperous Chinese Tiger year.



The Tiger and Chinese Art

The Tiger has a close relationship with traditional Chinese art. We can understand the evolution of the Chinese character "虎" from the ancient inscriptions on oracle bones. We can appreciate the charm of the Tiger artistically from the bronze wares of the Shang (16th century-11th century BC) and the Zhou dynasties (1100 - 221 BC).

We can feel the power of the Tiger from the tiger-head-shaped belt hooks and tiger-shaped tallies (the ancient emperors issued these to generals as imperial authorisation for dispatching troops in ancient China) of the Spring and Autumn Period (770 - 476 BC) and the Warring States Period (475 - 221 BC). We can also admire the tiger patterns on the bricks and stones of the Han Dynasty (206 BC - 220 AD).

65 years of the BA

by Edith Blyth

The British expats had various organisations and associations in Singapore until 1956 when a group of 31 businessmen agreed to form an association called the British European Association. Life membership (capped at 5 years) for men was set at \$150.00 and for a lady member being wife or daughter of a life member, \$25.00. Any other lady would be \$75.00. To launch the Association, prominent leaders from other organisations in Singapore, representing different cultures, were invited to a cocktail party. All minutes of the meetings between 1956 and 1997 were recorded in five tomes and those from 1997 to 2010 in red leather bound books.

In April 1957, The BEAM magazine was born, the official magazine of the British European Association. The first issue opened with a message from Sir Robert Scott, the Commissioner-General: "I am glad to have the opportunity provided by the first issue of the magazine to wish the British Association every success in the tasks which it has set itself. Modern Singapore has been built by men and women of many races, indigenous and immigrant, but the architect was Britain. This happy partnership has resulted in the creation of a colourful and beautiful city, one of the world's greatest seaports and trading centres, the home of a polyglot community of many races and cultures."

The first editor was Patrick Butler and the message he sent to members hasn't changed much for subsequent incumbents.

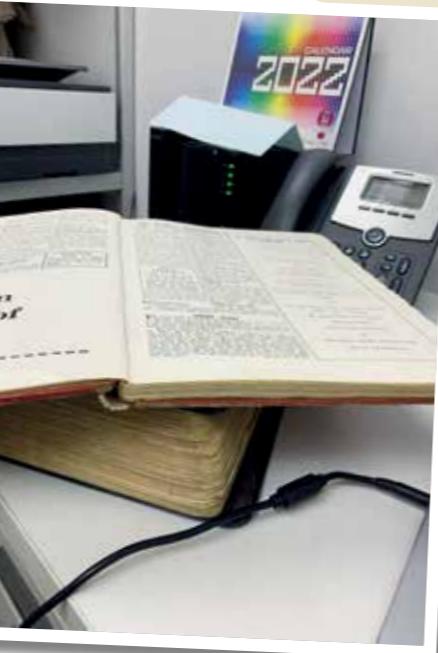
CONTRIBUTIONS
(eagerly awaited)

WE RELY LARGELY ON CONTRIBUTIONS FROM MEMBERS, ARTICLES, LETTERS TO THE EDITOR, ITEMS OF SOCIAL NEWS, ALL ARE WELCOME. SEND THEM TO P.O. BOX 2474 SINGAPORE TO ARRIVE BEFORE THE FIRST DAY OF THE MONTH.

The first advert appeared on page three.

It was followed by adverts from The Chartered Bank, Dunlopillo and "You can be sure of Shell".

the
well-spent
dollar
is spent
at
**Singapore
Cold Storage**



Car ads featured heavily. Do you remember the Humber Hawk, the Hillman Minx, the Morris Minor 1000 and the Triumph T.R.3? What about these items from Morphy-Richards? I know I once owned the hairdryer, an item made to last.

Originally it was intended that The BEAM should only contain eight pages but the rush of news made it worthwhile to add an extra four. They make a fascinating read as reports from various sub-committees are included such as the Hospital working committee.

This committee worked on construction of a well-equipped modern hospital; the idea for Gleneagles Hospital was born. There was a committee to consider the Association operating a school. My favourite is a sub-committee examining the possibility of chartering aircraft to take the children of families based in Singapore to and from their schools in England. In 1957, in a letter to parents of the Tanglin School, the BEA

announced that, in order to ensure the preservation of existing facilities for the education of European children, it had arranged to assume ownership of Tanglin School in May 1958.

In Volume One, No. 8, there is the first of a number of true stories from the Singapore Police Files by Peter Clague entitled, 'A Murderer Still Walks'. The story itself is fascinating, but so is the description of the area where the incident takes place and the type of living conditions at the time,

"Quite a houseful you may think, but there is more to come. The master of the house sub-let three of the rooms to other people. In one of these rooms lived a Chinese family consisting of a man, his wife and six children and in another room lived another Chinese couple with one child. In the third room lived a bachelor. A small wooden house containing seventeen people."

The next story from the Police file was entitled 'Two TiddleyTamil' and recounted the story of Rangasamy who was sixty three and Adimulam, sixty four, who had an altercation outside the toddy shop. It is beautifully recounted and these tales would make an interesting read today.

Rather a lot of correspondence followed after a letter was received by the editor regarding the criticism levelled at members who bought foreign cars in Singapore on the grounds that it damaged a vital British Industry. It prompted one witty member to write,

Dear Sir,
Britons driving foreign cars!
Close the ports and raise the bars!
Impose a quota and stiff duties
To force good sense into such beauties
If they have no decent feelings
Persisting in their traitorous dealings! ...

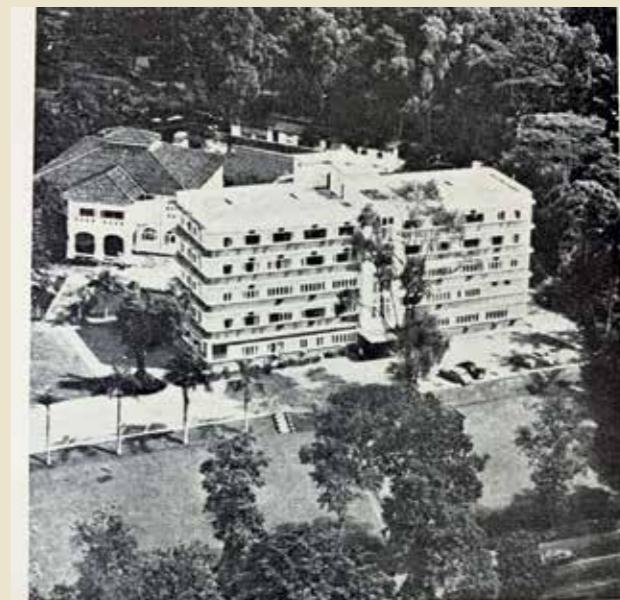
There is more, but I wonder if it would be politically correct to publish in this day and age. The poem is signed off with 'Yours with gentle irrisian, A.A.'

Perhaps the most fascinating aspect of the early edition of The BEAM is the photographic evidence of Singapore or as Andrew Gilmour calls it the Entrepôt of Singapore. Can you recognise the areas? Are they the same today?



THE ENTREPÔT OF SINGAPORE

The Gleneagles Hotel was transformed into the Gleneagles Hospital in June 1959. It was described as a 'triumph of planning and voluntary effort.' The Tanglin Junior and Kindergarten School buildings were completed.



visitors — anything rather than the absolutely first patient and her nervous husband torn hurriedly from his morning newspaper. Having made our entrance with all the British dignity and reserve which we could muster for the occasion we were only too happy to succumb to the ensuing orderly and subdued scramble, me for a bed and the Nursing Staff for all the equipment they certainly had not expected to use that day.

During the 1960s, editions of The BEAM tended to expand on holidays abroad, discussion on the question of whether or not Britain should join the European economic bloc, and adverts for cigarettes. The First Singapore Grand Prix was held in October 1961 with both racing cars and motorcycles.



There was a rather tongue-in-cheek article entitled 'The Trouble with Women' by Strictly Anonymous, which began:

"The trouble with women is their logical and timely approach to life in general.

"And that is where you are wrong my dear fellow. I would say it is the illogical and untimely approach they have developed through the ages that is

the trouble. Their kidney punch from the back, their second sight and their uncanny knack of detection." In the next issue there appeared, by 'Old China Hand', 'How to hoodwink your wife in five easy lessons'. I wish I had the space to print it all but here is a snippet of advice.

'A lazy husband is asking for trouble one way or the other. Distract your wife's mind from dresses by calculated flattery, encouragements to preserve her natural good looks and by (well) a little more attention.But – and this is an important but – never underestimate the intelligence of your little woman and be careful to avoid the following predicament: -

Our Little Nest,

Singapore 10

My darling Hubby,

Due to the recent appreciation of my good dress sense and your loving encouragements to make the best of myself I have decided to give you a surprise.

I left this morning for a quick flight to Paris (fly-now-pay-later) where I hope to buy a line of model dresses that will make your brother husbands green with envy. Will be back before the Church Bazaar where I intend to get rid of all my old stuff.

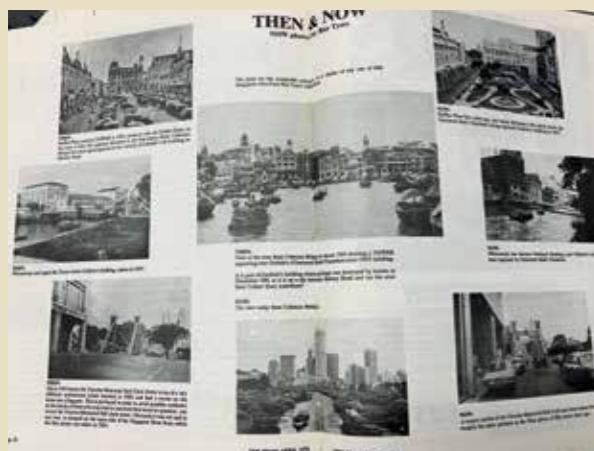
Your loving wife,

P.S. Don't forget to put out the cat and take your morning and evening baths.'

The following months article was: 'How to encourage your wife to play Mahjong'.

The Council minutes record all the charity works the British Association members were involved in and the substantial sums of money they raised for worthy causes in Singapore. They documented the progress made with the Tanglin School, Gleneagles hospital and the ballet school, which was thriving.

In the minutes of the general meeting held after the AGM on Friday 10th October 1975 we find the vote to change from The British European Association to

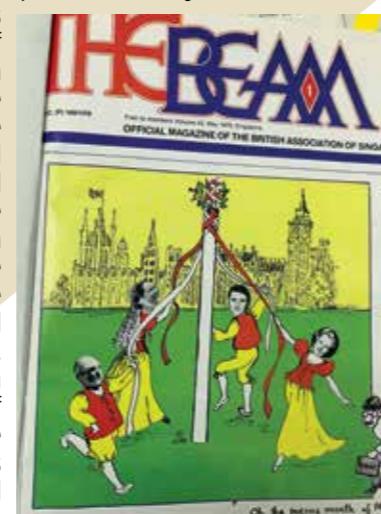


the British Association of Singapore, a discussion on the level of subscriptions and revision and amendments of the Rules of Governance. Mr. J.P. Tripp, British High Commissioner addressed the AGM and praised the Association for their continued and expanded activities, especially the Ladies group with their dynamism and imagination. This was the new badge of the Association.



Talks began on a British Club facility. "A British Club? What do they want a British Club for? They've got the Tanglin. The problem with the Tanglin Club was the long waiting list as the Club was full. Long having been a European Club, in 1962 at a special EGM, the members voted to open the Tanglin Club to all races. The Americans have got a club, so have the Dutch, Swiss, Japanese, Germans and Chinese, so we should have one too! The British Association fathers got together and on the 27th April 1979 a special General Meeting of the British Association was held with the Council and 110 members present to discuss the resolution that if there were sufficient Members of the Association for establishing a social and recreational club as part of the activities of the Association, and that adequate funds for the purchase and establishment of such a club would be available, it should go ahead. It was stated that approximately \$1.2 million would be required, but it was important to have a club for members as a focal point for all the Association's activities and the ladies, the most active group in the club, could have a base for their activities. The land at the Swiss Club was felt to be the best proposition.

It was in 1979 that the Association was given a permit to publish The BEAM and have editorial and advertising in the ratio of 60/40 and be distributed outside the membership. Thus, they were allowed to print 32 pages with 10-12 pages of advertising which would cover the printing costs of the magazine. The BEAM became the official magazine of the British Association in 1976 and a change from black and white to a more colourful magazine was noted. There was also a wonderful spread of pictures of Singapore documenting changes entitled 'Then and Now'.



The Front cover of The BEAM May 1979 is fun and reflects the editorial of 'How Britain Will Elect Her members to the European Parliament', striving to keep members abreast of events at home.

Prince Charles visited Singapore and Margaret Thatcher became Prime Minister. Did you know there was a Royal Society of St George in Singapore?



The BEAM Magazine faced a few difficulties in 1988 when The BEAM accounts showed a deficit of \$5,700 due to poor advertising, which I'm pleased to say, picked up in the following months. On 16th May 1989 The British Association held their first Council Meeting at the British Club, 73 Bukit Tinggi Road. However, it is here we see the difference between the British Club and the British Association. Those that did not want to join the Club at higher fees stayed as the British Association with rights to some aspects of the Club.

The resolution stated in part that in consideration of a single payment of \$150,000 to the British Club on such terms and conditions as the Council shall approve, facilities at the Club would be available for British Association members in perpetuity as would two full memberships for the Council. The Chairman said that the links between the two organisations were historic in that it was the British Association which founded the British Club. In years to come it would benefit future generations of British expatriates. In 1997 there was a grand total of 954 lady members and 1249 gentlemen. We are the beneficiaries of that historic pact today.



Chair's of the Association have come and gone over time leaving a legacy of commitment, as have The BEAM editors, but none I believe, had to come through a pandemic like Covid. Due to economic reasons, The BEAM went from a monthly to a bi-monthly edition. Will the next leap into the future be a digital magazine? Although there is nothing quite like sitting down with a cup of coffee and turning the pages. The strength of the Association today is the networking, the keeping in touch and the amazing volunteers. In each year of The BEAMs I have researched, there is an ad for more volunteers to keep the wheels turning efficiently and the activities we offer are up-to-the-minute and remain exciting. The office has moved several times in its history and is presently in the Centennial Suites, 15 Scotts, formerly the Thong Tech building.

Thank you to all those who give up their time and their homes in this current situation. Hostesses with the mostest. Thanks to Jules for teaching us the card game May I? To BEAM pioneers, the past BEAM editors who strive for interesting content, to all the events coordinators who found fascinating workshops for us to participate in and the balls/60s-70s disco night. Thanks to the coffee morning hosts and the collection of coins for the Change for Change charity fund. Thanks to the leaders who keep us fit on the walks and find fascinating places to visit, for the tennis club organiser, for the those who organise lunches and afternoon teas for our delight and those who stimulate the brain with book clubs and Cinema Club, and yes, the ladies do play Mahjong thanks to our coordinator and teacher. Thanks to our advertisers and sponsors throughout the years for their marvellous support. We always need more to strengthen our team. As we leap into the Year of the Tiger, I leave you with a BEAM cover from 1962.



Let's hope the Year of the Tiger brings good health and happiness to all our members, supporters, friends of the Association and readers in our wider circulation.

Happy New 2022

BA Diary

JANUARY – FEBRUARY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Regular Events • Walkie Talkies • BA Joggers	Regular Events • Walkie Talkies	Regular Events • Walkie Talkies • Mahjong • 18-Hole Golf	Regular Events • Drop-In Coffee • May I? • Handicrafts	Regular Events • Walkie Talkies • Tennis
Special Events • TBA: Splat House Painting Workshop • TBA: Cheese Board Making Workshop • TBA: Lunch Around the World - Chinese	Special Events • TBA: Credit Card Wallet Workshop	Special Events • TBA: BA Meet up - Night Out	Special Events • TBA: Trial Potters Wheel Workshop	Special Events • TBA: Lunch Around the World - Greek

Activities:

All activities adhere to the Government measures in place to prevent the spread of Covid. Updates will be advised in the weekly EDM and on the website. Activities and Events are only open to fully vaccinated members and their guests.



Mahjong :

While the restrictions are in place only Wednesday morning Mahjong hosted at various locations will operate.

Wednesday Morning sessions 10.30am – 1pm

Please contact Jane McDermott djmcd33@gmail.com or Anne Roberts 9011 0631

May I?

Hosted in various locations in Singapore. Organisation is through WhatsApp. For more information contact Anne Roberts 9011 0631

First Event for 2022

Once dates confirmed, please book on the website where you will find full information.



Lunch Around the World: Bakalaki Greek Taverna

Date: Friday 14th January

Time: 1pm

Venue Bakalaki Greek Taverna, 3 Seng Poh Road, Singapore

Bakalaki embodies the merging of Greek traditions and culture: the 'Bakaliko' is a traditional neighbourhood store full of flavours, scents and colours while Meraki represents the love, spirit and soul in everything we do. View the Menu at www.bakalaki.com Please book via the BA website. Settle the bill on the day . All bookings subject to the MOH guidelines at the time.

Depending on the MOH safety measures we hope to offer the following:

January 19th Ladies Night at Smoke and Mirrors 7-9pm

1 St Andrew's Road, #06-01 National Gallery, SG 178957

Perched on the rooftop of the National Gallery, Smoke and Mirrors is known for its spectacular panoramic views and creative cocktails. They also have a wonderful selection of light bites.

Do check the website and the EDM for other exciting events that are being booked for you, including:

Splat painting, silversmith, leather woodcraft and pottery workshops. Afternoon teas and Around the World lunches and antique shopping.

Your new events team would like to hear from you. We already have one excellent suggestion for a visit to the Gin School, are there more?

Please contact Nancy on events@britishassociation.org.sg

Recent Events that have been Popular with the Members



Afternoon Tea



Candle Making Workshop



Glass Jewellery Making



Taoist Culture Tour

Welcoming New Members

The British Association of Singapore warmly welcomes new members:

Philip and Margaret Ashman

Timothy Purdy and Joanna Thumiger

Lena Adamson

Henry and Alison Stanton

Toby and Pamela Sunderland

Jan-Peter and Carol Hemcke-Onstwedder

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.



Into the Future

Polly Norris reports with granddaughter Melia (Mae) on their experiences as they were transported to a new dimension at the Virtual Realms exhibition at the ArtScience Museum.

Providing a completely new take on video games and curated by celebrity games designer Tetsuya Mizuguchi in collaboration with the London Barbican, Virtual Realms: Videogames Transformed is a co-production with ArtScience Museum and Melbourne Museum. "The moment you stepped into this exciting exhibition you felt as if you were actually in the heart of the experiences. Instead of playing a video game you were part of a video game," says Mae. "It was a totally different to other events."

Making its international debut in Singapore last year, with all the challenges of the pandemic, the exhibition showcased video game creativity in six installations that "reshape how games can be experienced in virtual and physical realms." The artworks were conceived by some of the world's leading videogame developers, Kojima Productions (maker of Death Standing), Enhance (Tetsuya Mizuguchi and team behind Rez Infinite), that game company (authors of the game, Sky: Children of the Light), Tequila Works (the studio that made RiME), Media Molecule (creators of Dreams) and David O'Reilly (creator of the game, Everything). They each developed a newly commissioned installation inspired by these games, working in collaboration with the media artists and design studios, Rhizomatiks, FIELD.IO, The Mill, Marshmallow Laser Feast, onedotzero and The Workers.

The immersive exhibition had six key themes – Synesthesia, Unity, Connection, Play, Narrative and Everything..

"By far the most intriguing experience was Synesthesia," reports Polly. "Having both strapped a haptic globe around a wrist and standing on a black glass-like floor, we moved and interacted with each other to transform the universe. As we swayed and danced these 'seeds of life' up and down and round and about, getting closer to each other or wider apart, we began to bring that universe to light. We caught the single cells and they emerged as what appeared to be early amoeba-like life, then tadpoles, fish and birds. It was powerful and all consuming."

Adds Mae: "I liked it a lot because you interact with life and how it works. You are part of it." On the technical side she was intrigued by the technology, having recently begun coding at her school. The sounds, the changing volume and the lights and images and how this was all achieved fascinated her.

Developed by Enhance (game developer) and Rhizomatiks (media designer) this first realm looked at synesthesia – a



neurological phenomenon in which the senses are blurred and where sounds can be 'seen', and visuals 'felt', explained the museum. Using light, sound and technology developed specifically for this exhibition, Enhance and Rhizomatiks created an unexpected synesthetic encounter. Enhance, a Tokyo-based studio, was founded by Mizuguchi in 2014. His career in game designing began at Sega and ascended with the success of the Segar Rally Championship (1995), and his establishment of the United Game Artists division. Media designer Rhizomatiks is a Japanese artistic research collective dedicated to the creation of projects at the crossroads of art and technology. Collaborating with creatives such as Björk and Elevenplay, Rhizomatiks produce immersive multimedia commissions, often involving motion capture.

PLAY was also a favourite zone with eleven year old Mae. Dream Shaping by Media Molecule (game developer) and Marshmallow Laser Feast (media designer) allowed you to be part of a series of three games in a room featuring a screen covering a whole wall. "Our performance expressed all the fun you can experience with a conventional video game, but it encompassed far more," reports Polly. "As you were 'inside' the game, you partially controlled the outcome. "The experience involved wearing a tracking helmet and carrying a large 3D shape, in our case a ball or a triangle. These over sized (and one has to say quite heavy after a while) soft play shapes allowed us to move around in an oversized ball pit and then take part in a competitive game where you had to be the first to capture pieces of cotton candy (candy floss).

"We raced backwards and forwards and across an oversized play space connecting with our corresponding shape on the wall and moving towards the candy pieces as they appeared, all the while being watched by the audience of people waiting to play. Needless to say Mae was thrilled to win the game with ten pieces of cotton candy, but I came a respectable second with a score of seven!" said Polly. "It was quite a workout." Added Mae. "The only downside was having to wear hairnets under the helmet, but it was understandable and necessary for Covid protection!"

Dream Shaping has been created in Dreams (2020), Media Molecule's vast digital toolset that empowers makers to build and share their creations, whether games, music, art or animation.

"Sharing shapes and experimenting with movements around the space creates a spectacle within both the physical and virtual worlds. As visitors are caught between physical and virtual worlds, their imagination and movements turn into an improvised performance. A moment for them to explore, and for onlookers to enjoy."



The company was founded in Guildford, UK in 2006 by Mark Healey, Alex Evans, David Smith, Kareem Ettouney and Siobhan Reddy. Media designer Marshmallow Laser Feast is a London-based creative studio that explores multi-sensory experiences.

Connection Wall is by Kojima Productions (game developer) and The Mill (media designer).

The wall was described as the only channel between two opposing worlds – one alive with biological cells and the other flowing with galactic energy particles. As you approached the wall, the cells and cosmic particles responded to your presence, dividing and clustering to create mesmerising patterns that offered hints of communication between different spaces and time. Amongst your interactions and imprints, traces of other silhouettes emerged and snapshots of past interactions replayed. These signs of life within or beyond the wall hint at the structure as a channel of communication between different spaces and time.

As visitors moved beneath the circular light sculpture In the UNITY realm, the dreamlike world of thatgamecompany, music and audio fragments from the game, Sky, triggered and a choreography of light sequences unfolded. 'Together: the distance between (us)' invited everyone to become a player in the all-encompassing generative instrument. Exploring the relationship between movement, light and sound visitors used their presence to influence the composition of the space.

By collaborating with others, visitors witnessed the build-up of fragments of light and melody culminating in a collective crescendo.

The Narrative realm By Tequila Works (game developer) and The Workers (media designer) showcases the power of videogames to tell stories and construct new forms of fiction. Inspired by Jorge Luis Borges's novella, Book of Sand explores the notion of an infinite story with neither 'any beginning or end'. Changes were enacted by visitors and depending on the choices made and collaboration with others, each rendition of the narrative was different.

Last, but not least, the Everything realm celebrated the capacity of video games "to generate expansive universes and give shape to the infinite potential of our imagination." Game developer was Los Angeles based Irish artist David O'Reilly and media designer was London based design consultancy onedotzero (media designer).

"We rotated three oversized controllers the size of ships wheels," to play with what was described as the 'flow', 'scale' and 'warp' of the shifting kaleidoscopic formations, or mandalas, on the screen". Patterns of living and non-living forms were continuously generated and no mandala

created was ever seen again. Eye took participants on a visual journey through time, from the Big Bang through to the end of the universe. A synchronised soundtrack from the London Symphony Orchestra, completed the experience.

Honor Harper, Executive Director of ArtScience Museum commented: "To present the global premiere of this extraordinary exhibition, we had to work together with our colleagues at the Barbican, and all the game designers and artists in the exhibition, on overcoming a myriad of challenges presented by the Covid-19 pandemic. Whilst the pandemic is a global event, it has the curious effect of making us feel less connected to the rest of the world, due to border closures and restrictions on travel. So, international endeavours like Virtual Realms feel more important than ever, especially as this exhibition showcases artworks that are fundamentally about forging deep connections between people. We are immensely grateful to our partners for working so hard to allow our visitors in Singapore to step inside these six stunning installations. We hope to share that contemporary videogames transcend entertainment, and can be powerful mediums of exchange, creativity, collaboration and connectedness," said Honor Harper.

"Collaboration is at the heart of this exhibition, with our co-producers ArtScience Museum and Melbourne Museum working together with the Barbican on the exhibition's production across time zones and locations, as well as six new collaborative partnerships being formed between leading game designers and cutting-edge media artists. What's also key is the collaboration between the creators of these experiences and their audience – for it is only through interaction and play that these artworks truly take form and become transformative," said Patrick Moran, Co-curator and Acting Co-Head of Barbican International Enterprises.

"It has truly been an honour to serve as guest curator for Virtual Realms, work alongside the Barbican team, Chiara Stephenson, (exhibition designer) and build the exhibition together with the game developers and media artists," said co-curator Tetsuya Mizuguchi. "When the Barbican first approached me about Virtual Realms, I took immediate interest and knew I wanted to be involved. From my own experience, I've seen and continue to learn how the pairing of game developers and media designers open up so much potential for new ways to play, connect, experience, and more. This exhibition is only the beginning of something much bigger – it paves the way for a future where the world of games spills out beyond the screen."

The exhibition designer Chiara Stephenson is to be congratulated. A celebrated stage designer she has worked with performers such as Bjork, The xx and Lorde, as well as theatres such as Donmar Warehouse, Bristol Old Vic and Leipzig Opera House.

The BEAM Meets

Kirk Westaway

The British chef with flair and two Michelin Stars

Most countries have a signature dish and Britain is no exception. Depending on the region you originate from, you might suggest the roast dinner, fish and chips or cottage pie, but with chefs training in other countries and Michelin star chefs giving master classes, the world of food has changed dramatically.

One such British chef, who, I am pleased to report resides here in Singapore, is Kirk Westaway of Jaan on the 70th floor of the Swissôtel, an intimate 40 seater restaurant. Kirk is known for reinventing British cuisine and has a flair for tasty and decorative dishes, only using the freshest ingredients to bring out their natural flavours. He has certainly earned his two Michelin stars, but where did it all begin?

BEAM: When did you decide to make cooking your career?

KW: My interest began at a young age. I often harvested home-grown, organic fruits and vegetables with my parents where I grew up in Devon in the southwest of the UK. This developed into a natural love for quality fresh produce and subsequently, a keen interest in how they can be transformed in the kitchen and blended for different taste sensations.

BEAM: Where did you train and who inspired you?

KW: I had a summer job in a restaurant near home and with the encouragement of the Head Chef enrolled in a college in the city of Exeter and completed a three year culinary course. A three month work experience in a one Michelin starred restaurant in Brittany really piqued my interest in the culinary scene. I was eighteen and had finished my second year of college. Not only did I learn international culinary techniques, but my French also improved. I completed my final year and worked in some of the top restaurants in Exeter before heading off to Australia at the age of twenty. I spent a year mostly around the East Coast and Melbourne and at the age of 21 headed back to work in Devon. London beckoned and I gained experience in some of the Michelin-starred restaurants one of which was The Greenhouse in Mayfair. Starting out as a young chef you always aspire to work in the top restaurants with amazing creative chefs. In London I found every day to be a new learning experience able to hone my culinary skills and be part of a team.

BEAM: Where in the world did you travel for experience?

KW: My next adventure was South America. I visited nearly every country, ending up in Columbia and then Sao Paolo, Brazil. It was here that I met and worked with the owner of the famous D.O.M. restaurant (acronym of Latin Dominus Optimus Maximus) Alex Atala. Atala lists the team's work targets as 'surprise, fear and discovery' and adheres to the maxim that people have an emotional side working with taste. I count him as a good friend and great chef.



Kirk Westaway

BEAM: What was your favourite food and where did you experience it?

KW: Having travelled extensively in South America I enjoyed a dish called, 'menu del dia', menu of the day, which is easy to order in Spanish and very tasty. It probably equates to Chicken Rice here in Singapore. Much of the South American food is delicious and changes from country to country, so plenty of variety. Wherever you go in the world there are amazing dishes to try.

BEAM: Michelin stars are now considered a hallmark of fine dining by many of the world's top chefs and their patrons. What was it like getting your first Michelin Star?

KW: It was 2016 in the Jaan by Kirk Westaway restaurant, Swissôtel the Stamford, the first Michelin star awarded in Singapore and to achieve one in the first round was very special. It was a reward for all the hard work put in by everyone. Michelin inspectors are incognito and give no warning of their impending visit, so no special dishes are prepared, it is purely on the menu served on the day. Once you have one star you are inspired to strive for a second.

BEAM: You have been in Singapore for 10 years now. What made you choose Singapore?

KW: Singapore chose me. On my way back from South America I was offered the position at the Swissôtel Singapore. I jumped at the chance, so it was a swift visit to Devon to kiss my mother farewell, again, and head to Singapore to Jaan's which was a French restaurant at that time. From that beginning I was able to create a new restaurant featuring British food and thus educating diners to a new way of thinking about British dishes.

BEAM: Has the food culture here influenced your dishes?

KW: The Singapore food scene has progressed tremendously in the time I have been in Singapore. It is a truly international



hub for both residents and visitors. The range of food options here is incredible, there is something for everybody. I have enjoyed sampling the delights of Newton Hawker Centre through a culinary lens where innovative Asian delicacies are on offer in a convivial atmosphere. I love the lightness of the Asian dishes.

BEAM: When did you get your second Michelin star?

KW: In 2021 Jaan by Kirk Westaway received a second Michelin star for its modern interpretation of British gastronomy. The inspectors praised the restaurant for embodying the quintessence of fine dining and its good use of amazing British produce to create a romantic restaurant that has it all – food, service, ambiance and spectacular views.

BEAM: What are your favourite ingredients to cook with?

KW: Obviously, the freshest organic fruits and vegetables, which I source from the UK and the fresh leaves and herbs I source here in Singapore are my favourite ingredients to cook with. Fresh ingredients are essential for an interplay in taste and texture in the dishes whilst ensuring the unique character of the ingredient also shines on its own. We work closely with our suppliers to ensure premium produce. I probably have the best selection of artisanal British cheeses, which I import from the UK, plus lobster and langoustine from Scotland, oysters from Ireland, seabass from Cornwall and lamb from Wales.

BEAM: BEAM: I notice you use edible flowers in your dishes, what are their distinctive flavours?

KW: On the western side of Singapore there is an excellent organic farm where we can go and test the produce being grown such as herbs, vegetables and flowers. On one occasion I took a party of twenty chefs to the farm to sample the delights growing there. The flowers I use are intoxicating to the eye and have a mild subtle taste with a hint of sweetness to complement the other ingredients of the dish. It has been most enjoyable and rewarding to work with local Singaporeans to source the ingredients I want to use.

BEAM: There is much talk about climate change and the need to cut down on eating meat. What substitutes would you recommend?

KW: I have tried the meat substitute foods on offer, and many are excellent, but I would rather not use meat substitutes at this time. I foresee a rising trend towards the use of organic quality fresh products sourced locally. We are all becoming more health conscious, so I offer two menus, one serves meat and fish, the other serves vegetarian. I only put on the plate what I love eating. It is an important note for any young chefs: "Cook from your heart and only serve what you would like to eat yourself."

BEAM: BEAM: What is your current signature dish?

KW: I try to avoid signature dishes, instead, I am always inventing. Every item on the plate is recognisable but often with an interesting flavour. Currently I am serving a white beetroot which has been encased in a pastry shell made from flour, egg whites, salt, rosemary and thyme. It is baked for one hour and then the pastry shell is cracked open. The skin of the beetroot is removed. The beetroot has absorbed the flavours without losing any moisture and then it is rolled in soft cheese and served with caviar.

BEAM: What plans do you have for the future?

KW: My focus was working towards a second star and now that has been achieved, I continue onwards and upwards as I'm always keen to create new dishes and keep working on the concept of modern British food. There is still a need to educate people on the change from the old perception to the new. We have resumes from chefs across the world wanting to come for internships and we liaise with colleges to help train young chefs. It has been an exciting journey so far, especially as the hotel was rather sceptical about the change from French to British. Fortunately, they took the risk, which is much appreciated. I will want to upgrade the restaurant and kitchen in the future and continue to inspire the next generation of chefs.

This BEAM interview was conducted by Edith Blyth

Wind: a renewable energy since ancient times

by Lucy Brooks

Climate change and the COP26 conference have certainly focused the mind on environmental friendly energy sources. Wind power is currently gaining recognition all over the globe, but man has appreciated its importance for over 2000 years.

Wind was used to power sea vessels almost as soon as man invented ships. Since 200BC harnessing the wind remained the domain of shipping for many centuries. Evidence from a similar date has also been found for simple wind-powered water pumps in China, and of windmills grinding grain in Persia and the Middle East.

In 11th century Europe windmills and wind pumps were used extensively to pump water, drain land, grind grain, and even to saw wood. Wind continued to be the main source of powering such activities until the late 1800s and early 1900s, when electricity and steam took over the work. Most mills crumbled into the dust to be seen no more, with only the name of the lane leading to it as a memorial to the industrious scenes they witnessed.

One windmill in Sussex, UK still stands proud on a hill on the South Downs. It is my privilege to be associated with the group of volunteers that maintains it and opens it to the public.

High Salvington

The windmill at High Salvington, just north of Worthing, West Sussex was built in 1756. It replaced an earlier windmill, which had been destroyed by fire in 1755.



Bags of souvenir flour milled at High Salvington

This windmill is a post mill, which is fairly early windmill technology. Windmills must be turned to face the wind to operate correctly, and a post mill needs to be turned - pivoted on the oak post - in its entirety. It weighs several tons, so this is no mean feat and involves a long tail pole to act as a lever. Later models involved turning only the top of the mill, and even later ones incorporated a tail sail to make the job automatic. But at High Salvington mill-turning has become a highlight of the visitors' tour.

The post in question is the original oak trunk from 1756. It would have been around 200 years old when felled, so could well have been a sapling in Elizabethan times. And it still holds the mill in position today.

18th century smuggling

It is said that millers had a secret signalling system by setting the sails in a certain way to alert locals to the presence, or otherwise, of the customs and revenue officers intent on preventing the smuggling that was rife along the south coast in the 18th century. At that time there were nine



Lower stone (bedstone) with the top stone lifted, showing unmilled grain at the centre, gradually turning to flour as it reaches the edge.



The tail wheel (the second wheel inside the windmill). It is believed to be the original, with only minor repairs since it was installed.



The brake wheel (at the front of the mill) was fully restored in the 1980s. It has 132 teeth and these engage into the gear (quant) to make the stones turn.

funds and the expertise to do more than make the building safe, and it was not until the 1970s that today's Trust, with which I am involved, was formed to fully restore the windmill. They had a lot to do. A new brake wheel (the main wheel attached to the sails) needed to be reconstructed, and new sails, or sweeps, made.

One of the engineers involved, Peter Casebow, published a book in 2021, called "Saving Worthing's last windmill". In it, he catalogues and illustrates every single task that the team undertook. His purpose in writing it was to ensure that the knowledge he gained from the restoration would not die.

The result of the restoration work is a beautifully maintained post windmill, of which the town can be proud. Visitors never fail to be amazed at the workings and the work involved.

Today, the team at the windmill hosts many group visits, including local schoolchildren. Children visiting the windmill are urged to think about the contrast between the old windmill and the modern wind turbines that they can see out to sea.

Windmills of today

In the 21st century we have become increasingly aware that the coal and oil that the world has been using for 200 years has harmed the planet almost beyond repair. So, it is not surprising that attention has turned to wind power yet again.

Out to sea, opposite the hill on which the beautiful High Salvington mill stands, is a field of modern wind power turbines in the offshore Rampion wind farm. 116 turbines cover a 79 square kilometre site between 13 and 20 kilometres off the Sussex coast. They are clear to view from the hill, and especially from the top of the windmill.

The farm generates 1,400 GWh of electricity per annum and, according to the Rampion website, is estimated to save the emission of almost 600,000 tonnes of CO₂ per year. And it supplies approximately 350,000 UK homes.

The future of wind farms

Wind farms have the potential to produce more electricity than the world needs. As we have seen from the recent COP26 held by the United Nations in Glasgow, countries must pursue carbon neutrality, and investment in renewable energy is reaching new heights. At its maximum potential, offshore wind production could reach many times the projected global electricity demand in 2040. [facts from article in Global Citizen <https://www.globalcitizen.org/en/content/offshore-wind-rise-and-future/>]

The wind offshore is stronger and more consistent than onshore, and the turbines are less intrusive to the local population than those set on hilltops. In fact, the offshore turbines in Sussex have become something of a tourist attraction. Rampion has a popular visitor centre and arranges boat trips out to the turbines (on calm days).

Wind research in Singapore

According to Asia Wind Energy Association commercial wind turbines operate at wind speeds of around above 4.5m/sec, but the average wind speed in Singapore is only around 2m/sec. In addition much of the sea space is used for ports, anchorage and shipping lanes.

So wind power does not appear to be an option for Singapore, although a 42.5 high wind turbine was installed on the island

of Pulau Semakau by French energy company ENGIE at the end of 2020. According to a report in the Straits Times at the time, the three bladed turbine could produce 20kW of energy per hour.

Getting about in the future

To date, nobody has suggested that our road vehicles should be powered by the wind – except indirectly through the electricity generated by wind power. The problem with electric vehicles is the need for heavy and expensive batteries which use scarce resources and are difficult to dispose of.

A wind-powered car on the lines of ancient ships is possibly a crackpot idea, but in 2008 a group of German students built a wind-powered car called the Ventomobile. Later, Lotus invented a hybrid using electric power and a turbine. Meanwhile researchers continue to work on solar powered vehicles.

Engineers throughout the world are finding innovative ways of producing power and reducing the need for mineral-based fuels. All that is needed is to consign lithium-ion batteries to history and find new ways of storing power. And such alternatives are on the horizon! From hydrogen fuel cells to powered roads, the technology is developing into feasible solutions.

Heritage v the future

At High Salvington, the volunteers who maintain the windmill are proud that the old technologies are returning, and that the history of natural energy is coming full circle in the form of the wind farm just off the coast.

Keeping the windmill in immaculate condition and showing people young and old just how food was produced in the past is a very satisfying occupation, and over 100 volunteers turn their hands and their heads to the upkeep and the education facilities. A fascinating archive of documents, paintings, photographs, and plans is maintained by a dedicated team, a team of knowledgeable guides show visitors the inside of the windmill, and visitors are treated to home-made cakes, and, once a year, a traditional English fete, complete with morris dancers.

The old faces the new with pride and understanding.

Lucy Brooks spends much of the UK winter with her son and family in Singapore.



Cheese biscuits made with flour from the mill (I baked them!)



Film crew from Channel 4 used the windmill for one of their home or away programmes

Club Opening

by Kathryn Hemming



As the world opens up and we become excited about vacations and visitors in 2022, it is great to see that there are also many new ventures coming to Singapore next year.

One of the most highly anticipated openings is 67 Pall Mall; a wine-lover's paradise which opens in February 2022. Located in the luxurious penthouse of the historic Shaw Centre, the impressive, double-storey windows will allow members and their guests to enjoy sweeping views of Orchard Road while enjoying high-quality wine.

The wine list is one of 67 Pall Mall's most significant and standout features. Boasting 5,000 wines from 42 countries and an incredible 1,000 by the glass, the London branch holds the largest and arguably most impressive list in the city - and this will be repeated in Singapore. It is no wonder that Jancis Robinson, writing for the Financial Times magazine said that "The Club really is Heaven for Wine Lovers."

The Club is the brainchild of Grant Ashton. Following a successful career in finance, Grant opened the original 67 Pall Mall in 2015 with the intention of creating an elegant and comfortable club where members could cellar their wine, attend events, and enjoy excellent cuisine, all while accessing an unrivalled selection of wine. Following on from London's success, the doors of 67 Pall Mall Verbier opened this month, and plans are afoot for another venue in Beaune, opening in 2023.

Many of the signature features of the original



"67 London have capitalised on their environment, creating beautiful rooms with breathtaking views." This will be replicated at 67 Singapore, with sweeping cityscapes in place of 16th-century palaces.

Kori described the aesthetic as "antique vintage with a modern twist" and is excited about recreating this look in Singapore, with many of the same design elements. She also told me about seeing an 18-litre bottle of 1975 Madeira being opened in the Club London, "carried and presented like a baby" to the members and their guests.

There are also some unique features in Singapore. According to Kori, "the hero of the room" is a 30-tonne wine tower, designed by Grant, for displaying thousands of the wines on offer. Another key feature is the patented Champagne

branch will be evident in these new settings, such as the Montgolfier crockery, Zalto glassware and de Gournay hand-painted silk wallpapers, all of which is intended to make the members feel at home, wherever they are around the globe.

Kori Millar is General Manager of the Singapore branch, and I spoke to her while she was recently visiting the original club in London. She told me that she was instantly impressed by the venue's regal feel, situated in a historic building with beautifully curtained windows framing St James's Palace next door. Reflecting on the atmosphere, she said that



Kori Millar



Bucket which keeps Champagne at the ideal temperatures using metal beads instead of ice - keeping the bottle dry and the label pristine.

Certainly the core vision of 67 Pall Mall is to offer the highest-quality wine in the optimum setting, using the latest technologies - combining quality with innovation, and history with modernity. Kori is energised about working with the team to "create a space and place for people to come which feels like an extension of their home and somewhere they feel part of."

To cultivate this relationship, the 67 team are already engaging with the membership by surveying them on menu options. The dishes, designed by Head Chef Alex Zhu, look to reflect the tastes of the members while retaining the quality and style of what is served at the London Club.

Kori's experience and expertise in the Food and Beverage industry seem well placed to ensure an impressive experience for members and their guests. Kori's consultancy, Hatch and Co, was created five years ago to streamline and improve the effectiveness of Food and Beverage outlets. Her reputation for success is founded on work with Sentosa Golf Club, The Fullerton Hotel and the La Datcha Yacht among others. She was immediately enthused about her role with 67 Pall Mall for the opportunity to make an impact from the very start.



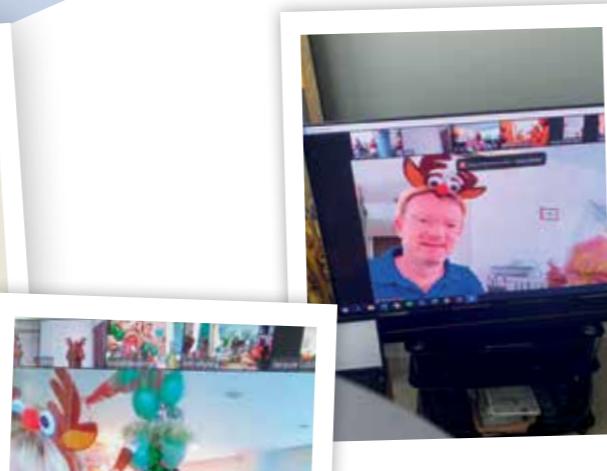
The Club is already set to make an impressive entrance in 2022 with guest speakers and exciting events. Perhaps VTL flights are not the only things to be excited about in the months ahead!

For further information on tastings, events and membership please visit 67PallMall.sg

The British Association *Christmas* Lunch

by British Association Members

Christmas lunch 2021. A big thank you to all the hosts of our small groups in your homes, the magic of Zoom and the delivery of a traditional Christmas lunch from Hoe Brothers.



Sentosa, Come and explore my hood

by Edna Glennie

I have a secret to let you all into.

There's a wee hidden gem on the island of Sentosa called Quayside Isle. Before we came to live on Sentosa we didn't even know Quayside Isle existed. It's located inside Sentosa Cove and has lots to offer, not just to the residents of Sentosa Cove, but to non-residents too, which might surprise some of you.

Situated right on the Marina its views are superb; the prestigious yachts berthed at the Marina will take your breathe away. They are a sight to behold.

Quayside has a very relaxed vibe to it where you can go and meet friends, have coffee, lunch or dinner and just drink in the atmosphere.

It consists of thirteen food and beverage outlets ranging from fine-dining restaurants to casual cafes. Quayside isle has something to offer everyone and will be sure to become a firm favourite amongst all those chilled out foodies out there. There's even a cafe where they offer a co-working space along with selling furniture and homewares.

Not to be left out, our furry friends are welcome to come along too and can enjoy a nice cool refreshing bowl of water whilst relaxing and taking in the view. It really is a dog's world on Quayside Isle!

The whole of Sentosa Cove is very disabled friendly with plenty of ramps making each of the restaurants easily accessible. This enables us disabled folks some much enjoyed independence. In addition, there are disabled toilets for those of us who are not as able bodied as others.

There's tons of space for all the younger members of your family. They can cycle or skateboard along well kept and even surfaces; there are grassed areas where they can play and a lovely well kept playground area.

The staff are all exceptionally nice people and very helpful indeed.



If you run out of anything there's a handy Cold Storage and 7-eleven where you can pick up items before you head off home.

The charges for entering Sentosa Cove are not in operation and haven't been during Covid19. You can drive across to the island and park - there are plenty of parking spaces in the basement car park. Or just grab a Grab if you fancy a wine or a pint or two!



Alternatively, there is a great bus service that takes you from Harbourfront and costs \$2 for non residents. It takes you to the bus interchange in Sentosa Cove which is within walking distance of Quayside Isle.

Step through the doors of the exclusive W Hotel , which is a two minute walk from Quayside Isle and it has three dining experiences to cater for your taste buds. Why not go one better and book yourself in for a lovely staycation and experience everything Sentosa Cove has to offer first-hand. Parking for the W Hotel adjoins the Quayside Isle basement car park.

There is also the One 15 Marina Club where you can stay in one of 26 club rooms with scenic views across the Marina and dine in one of their six exclusive restaurants. If you are a member of the British Club you can enjoy the privileges that the One 15 Marina has to offer too.

Sentosa Cove is a haven on our little red dot and it's definitely worth making an effort to visit. If you do go and try the culinary delights and the spectacular views over the Marina with the glamorous yachts bobbing up and down in the calm waters, I wish you a relaxing and enjoyable visit.



British
High Commission
Singapore



CONSULAR SUPPORT AND ADVICE FOR THE BRITISH COMMUNITY IN SINGAPORE

- Help is available 24/7 for British citizens who need it:
6424 4200
- Things to keep in mind about life in Singapore:
www.gov.uk/living-in-singapore
- For travel advice per country, visit www.gov.uk/foreign-travel-advice



Foreign, Commonwealth
& Development Office

The BEAM Meets Haseeb Ahmed, Osteopath

by Rosalind Arwas



Leaving the UK for the first time to embark on an expat life in Singapore is tough. Doing this after months of riding a pandemic induced rollercoaster (EP granted - EP revoked - borders open - borders closed) is even tougher. After fourteen days of enforced hotel quarantine followed almost immediately by a state of Heightened Alert, which limited social interactions for the next eight weeks to that oxymoron, the group of two, it was no surprise that Haseeb Ahmed began to wonder if he had made the right decision to come here. The BEAM caught up with him to learn more about the career which brought him to the Little Red Dot and his impressions of Singapore thus far.

BEAM: Where are you from?

HA: I grew up in South Manchester and went to school in Didsbury. At A-Level, I studied PE, Drama and Biology. I've always loved sports - I played handball at county level - and theatre - you've probably seen me lurking in the background of a few soap operas - and it turned out to be a good combination for what I do now. As an osteopath, I need a thorough knowledge of human physiology, an understanding of sporting injuries and I always have to present a professional, smiling bedside manner for the patient, regardless of what sort of day I'm personally having.

BEAM: Did you always dream of being an osteopath?

HA: Not at all. I'd never heard of it. I had a place at Leeds to study Sport Science and I thought that's where I was headed. Then I sprained the ligaments of my knee on a snowboarding holiday. For months I visited doctors, took painkillers, applied ice and nothing helped. I was frustrated and in pain, unable to walk properly let alone play any of the sports I loved. I had just about resigned myself to a lifetime of hobbling when someone suggested I see an osteopath. I was sceptical but had nothing to lose. The osteopath didn't seem to do very much and yet, after only one session, I felt an immediate improvement.

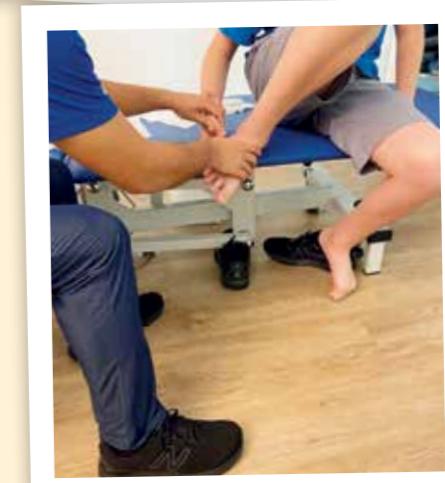
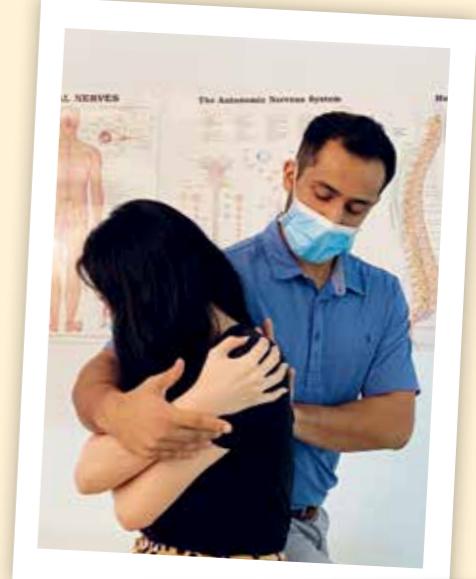
Today I know it was a form of deep tissue manipulation but back then it felt like magic. I immediately switched courses and a couple of weeks later had embarked on a four year Masters of Osteopathy at the University of Swansea. I loved it. I still do. There's nothing better than seeing a person come to you in agony and leave happy after receiving the right treatment.

BEAM: What was your career path like after University?

HA: In my third year, I was the President of the University's Osteopathy Society. It taught me a lot about professional etiquette, how to write emails to, and hold conversations with, others in the industry. As part of my studies, I also had the opportunity to gain work experience in both private practice and from an NHS GP referral scheme. After graduating with a first class Master's degree in Osteopathy I was offered a position at a clinic in Sale. Given the demographics in that part of Cheshire, a fair number of my patients were horsey ladies with riding injuries! Then I was headhunted to a clinic in a rougher part of town, where it was more common to see broken ex-rugby players coming through the door. I loved the variety of being able to treat such diverse groups of people. I also had an opportunity to work with world record ultramarathon runners, and I gained insight into the world of elite sport by shadowing physiotherapists at the premier league Manchester City Football Club.

BEAM: What exactly does an osteopath do?

HA: My friends ask me that too! I convince doubters by treating them. Osteopathy is about optimising health and alleviating pain. It's a holistic treatment, each patient must be seen and treated as an individual and I need to consider their whole body in order to identify and address the factors that may be contributing to bodily dysfunction. Most people understand the importance of dental checkups to keep their teeth and gums healthy. Everyone really should schedule regular osteopathic assessments too, to pick up potential issues before they develop into something serious. For example, if you get a new car, or start a new sport, you unconsciously



put a different emphasis on your muscles and joints and this can lead to tension, which if untreated, might develop into pain and loss of mobility. I also focus on post surgical rehabilitation and recovery from injury, such as the ligament tears that I experienced. I have a particular interest in treating osteoarthritis of the knee and helping patients to manage this condition without recourse to surgery or drugs, through tailored hands-on treatment and exercises.

BEAM: So what brought you from Cheshire to Singapore?

HA: COVID gets the blame for many things nowadays. For me, lockdown in the UK felt like being a teenager again - I was buying £5 worth of junk food from the local petrol station and spending all night playing PlayStation. I put on 8kg in 3 months. I dreamt of getting out and working abroad and sometimes I'd browse through potential opportunities on a UK Osteo Facebook group and save them as screenshots to my phone. But as lockdown eased and I was back at work and back in shape, I stopped seriously thinking about it. Then I came down with COVID myself. I suffered a couple of bad nights but it was the boredom of the subsequent isolation which threatened to overwhelm me. I was scrolling through my phone, deleting old photos when I came across a screenshot for a job with City Osteopathy and Physiotherapy in Singapore. With nothing else to do I applied. To my shock, I was summoned for an interview (online, of course) within three days. That was the only speedy part though. Getting an EP took months and almost as soon as it came through, in May 2021, Singapore closed its borders again. By the time the backlog of long term pass holders stuck overseas had cleared it was the end of August and then I still had to quarantine before I could finally experience life in the Tropics.

BEAM: And how are you finding it?

HA: The first thing which struck me was that every single person on the MRT, from schoolboys to grannies, was hunched over their mobile phones! I found that quite surprising. COVID restrictions have obviously made the whole transition more challenging and, in the early days, I did ask myself if I'd done the right thing. But I love the weather, I love the heat and I love the food. I'm a sociable person, I enjoy team sports and I like talking to patients so I've quite quickly been able to build up a good social and professional life. I've started Triathlon training with Metasport, got to know a few people and I'm building up my clinical list at City Osteopathy and Physiotherapy. I think I'll stay!

The BEAM was represented by Rosalind Arwas

To book a consultation with Haseeb, please call +65 6314 4440.

Present your BA Membership card before February 28th 2022 to receive a 10% discount.

Discount applicable to first appointment for new patients to City Osteopathy ad Physiotherapy only.

The BEAM Meets Cecilia Leong -Faulkner



Q. We understand you founded the British Theatre in 2004. What inspired you to do this?

A: I have always had a passion for British theatre and music since I was a young girl and I wanted to bring this to Asia. It was a germ of an idea while I was running a marketing and PR consultancy after leaving the Banyan Tree Hotels and Resorts. In 2003 we presented Alan Ayckbourn's 'How the Other Half Loves' in the Shangri La Ballroom. Together with my Co-Founder John Faulkner, we founded the theatre company to specialise in bringing West End stage productions from London to Singapore, Malaysia and other countries in the region. In 2004 we produced a show at Raffles Hotel and had a Gala night in aid of charity. The play was the 'The Importance of Being Earnest.'

Q. Can you tell us what being the Managing Director involves and how the company has progressed?

A: There's a lot of logistics involved. The difficulties of putting on a West End play halfway around the world from London should not be underestimated. Securing the rights and recruiting the cast; costly, complex and time-consuming. Bookings, liaising with outside agencies, costumes, props, building stage sets, getting the whole company and staging to other countries and forming partnerships. Then there is finding sponsors, accommodating the actors and planning the runs. Publicity and ticket sales are important. The British Theatre Playhouse has produced and presented a series of highly successful British productions in Singapore, Malaysia, Thailand, Sri Lanka, Indonesia and UAE. We take pride in delivering the production equivalent to the high standards of London's West End. I believe that art is culture, an expression of one's dreams. I have had the opportunity to work with top-class stage actors from the West End, including Robin Kermode who starred alongside Meryl Streep in 'The Iron Lady' and British Hollywood actress Jane Seymour. To make the venture viable, we aimed to bring two or three shows a year, ones that would give the audience the feel-good factor when they left. The most important attribute must be a passion for the project. When we put on Agatha Christie's The Mousetrap, we were sold out before the opening night, and the show attracted a lot of younger audiences.

Q. The pandemic must have brought many challenges. How have you cushioned the blow?

A: The first problem was the lockdown in both Britain and Singapore, and we realised we would not be able to have any touring plays and live performances, so we had to widen our parameters. We have moved on to build an Academy and promote courses.

Q. You have developed a partnership with Robin Kermode and using video conferencing to present master classes, can you tell us more about this initiative and the Academy?

A: I met Robin, a British actor, author and communications coach, when we produced the play 'Out of Order' by Ray Cooney. I sit on the Leadership, Talent & Professional Development Committee at the British Chamber of Commerce here in Singapore, so when the idea was mooted of improving the use of video conferencing, I suggested Robin, who agreed to assist. Over 100 signed up for the masterclass, which led to more. The British Theatre Playhouse Academy was started last year and caters for Corporations that want workshops on leadership, business communication, video conferencing, presentation skills and public speaking.

Q. You have been proactive in Singapore charities

A: In 2004, we produced a show at Raffles Hotel including a Gala night in aid of the Community Chest with the help of some sponsorship. The play was the 'Importance of Being Earnest.' We were graced with the presence of Mr & Mrs Lee Kwan Yew, the Prime Minister and his wife and the President of Singapore. Sir Alan Collins, the British High Commissioner, was an enormous help at that time. We were then asked by Datuk Nancy Yeoh, a successful event organiser, to take the play to Kuala Lumpur. I have worked for organisations such as American Express that believe in corporate social responsibility. Hence, we decided to do the same for our company. We would dedicate one evening of each show to raise money for charity. Another play we brought to Singapore was 'Out of Order' by Ray Cooney, and here we were supported by Anthony Phillipson, the British High Commissioner at that time. Once again, we were graced with the presence of the President of Singapore and his family. They attended our gala for charity to raise some money for The Business Times Budding Artists Fund.

Q. Are you making a plan for when we come out of the pandemic?

A: Currently, we are very busy – we must be sure that the business is sustainable. How can we lessen our carbon footprint? How can we accelerate digital transformation and add more digital products? We have been approached by highly acclaimed British actor Clive Francis (who brought his one-man production of 'A Christmas Carol' to our company) to create and produce a classic Christmas story into a magical movie. Hopefully, we will have a premier just before Christmas next year. Although I can't reveal the details – it's top secret at the moment - we are also looking at the possibility of a video game with a West End connection!

Q. What is your vision for the British Theatre playhouse?

A: We have to see how the pandemic plays out. We want to continue producing high-quality British entertainment and present our shows to enthral audiences in Singapore and worldwide. We have to be innovative and stay motivated despite the challenges. In this line of work and life, you really need to be a calm person, not easily overwhelmed. When life throws curveballs, you just have to use back-hand strokes and serve them back gently.

STARS OF THE WEST END featured (not one) FOUR DREAM STARS FROM LONDON'S WEST END, ON THE SAME STAGE! "STARS OF THE WEST END" is a musical production produced by the British Theatre Playhouse and Worldwide Entertainment (UK).



PHOTO, Left to right:

Alongside the many West End theatre performances...

Ricardo Alfonso starred in the leading role (Galileo) in "We Will Rock You" in London West End, directed by Ben Elton. He most recently appeared in the role of Judas in Jesus Christ Superstar at Regents Park Open Air Theatre.

Carole Stennett starred in the leading role (Rachel Marron) "The Body Guard" (London, UK tour, China, Toronto).

Shona Lindsay - Andrew Lloyd Webber cast her in the leading role (Christine) in The Phantom of The Opera. Shona was in the leading role (Sandy) in Grease in London's West End (Dominion and Cambridge Theatres).

Mike Sterling played The Phantom in The Phantom of the Opera, which he performed over 1,000 times at Her Majesty's Theatre, London and Jean Valjean in Les Misérables. He took part in the 10th and 25th Les Misérables Anniversary Concerts at London's Royal Albert Hall.

ISE & FALL OF LITTLE VOICE - starring John McArdle as "Ray Say" and Sandra Duncan as "Mari Hoff".



John McArdle is a winner of the Royal Television Society Awards - Best Actor for his performance in the hit TV series "Merseybeat" John is one of Britain's best-known television actors. Fans of the long-running series "Brookside" will instantly recognise John as Billy Cockhill - a role he played for five years.

PILATES LESSONS IN A TRANQUIL SETTING

PRIVATE PILATES SESSIONS:

- MAT PILATES
- REFORMER PILATES
- PILATES FUSION - A COMBINATION OF PILATES AND FITNESS TRAINING
- PRE- AND POST-NATAL PILATES
- YIN PILATES
- RECTUS DIASTASIS RECOVERY
- MYOFASCIAL RELEASE
- DUET SESSIONS ALSO AVAILABLE
- SEMI-PRIVATE GROUP SESSIONS



Inside Out
Pilates and Fitness

INSIDE OUT PILATES AND FITNESS
NR HOLLAND VILLAGE
TEL: 9735 1340
WEBSITE: www.insideoutpilates.org



THE EXTRAORDINARY *Unravelled*®



COMPARTMENTAL PERSIAN AFSAR SOUMAK/PILE



WHEN WAS THE LAST TIME AN EXPERT CLEANED & RESTORED YOUR RUGS?

REGULAR PROFESSIONAL CLEANING ANNUALLY OR AT LEAST ONCE IN 18 MTHS ENSURES YOUR CARPETS LONGEVITY, REVITALIZES ITS RICH COLORS AND PROTECTS ITS FIBERS.

CALL US, FOR A FREE PICK-UP!

Caring For Your Carpets



I Syed Alwi Road #03-02 Song Lin Building, Singapore 207628
Tel: 65 63388135 / 65 6338468
<easterncarpets@pacific.net.sg> www.easterncarpets.com.sg

THE OFFICIAL CARPET CONSULTANT TO THE BRITISH ASSOCIATION OF SINGAPORE



New Year Fitness

by Ishra Giblett

What Does Health Mean to you?

When anyone brings up the topic of health, for the majority, this will immediately bring to mind one of two things - physical health in terms of keeping fit, and nutrition in terms of what we eat.

However, did you know that there are many definitions of health?

The world is becoming more and more aware of how important our mental health is, and slowly the attitudes and stigma around this subject are changing.

There are, nevertheless, more aspects to health than even these three - who knew!

Different authors and authorities allude to 5 main different aspects of health that need to be managed. Others add to these basic five, saying that there are 6, and even 7. Some even refer to 10.

The 5 basic areas of health being referred to are:

*Mental
Physical
Social
Emotional
Spiritual*

The additional ones are numerous, but here are a few:

*Relationship
Sexual
Financial
Intellectual*

You might be thinking that it's hard enough to keep your physical health under control, adding more into the mix is just too overwhelming. Luckily many aspects of our health are interrelated - for example, without financial means you may not be able to buy healthy food, which could lead to unhealthy eating, leading to physical, and possibly mental and emotional problems, which could affect your social health. So fixing one area of this health wheel, can impact one or more of the other areas.

I have mostly talked about physical and mental health in my features. Today we will look at how you can zoom in on the 5 basic, but very important areas of your health, and figure out what area of your life needs most attention.

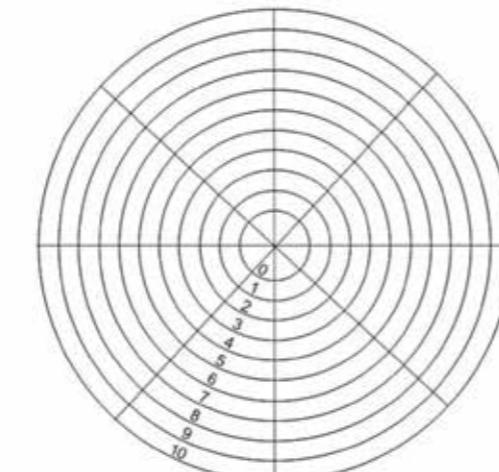
The health wheel, or wellness wheel, is a wonderful yet simple tool which allows you to quickly take stock of your overall well-being and see what areas of your health may need a little TLC.

You can draw your own (if you have a compass and pencil handy) or search the internet for a printable version.

This is what the Wellness Wheel looks like. Draw as many sections as you feel you need, although it may be useful to begin with only a five or six section wheel.

Make sure to draw in ever decreasing circles, so each 'wedge' is divided up into 10 sections. Here's what it should look like:

Here is an example template that you can copy and use:

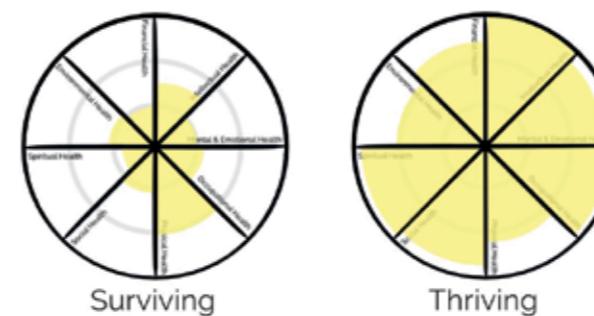


Then get out your coloured pencil, crayons, felt tips, or whatever you have to hand, and get colouring.

For each wedge, i.e., each area of your health, give yourself a score out of 10. Then colour in that

portion of sections in the relevant wedge.

It will quite quickly become clear which area, or areas, of your life need attention. And you can also see if your overall level of well-being is looking a little deflated. Once coloured your wheels will look something like this:



These circles show extreme versions, particularly the 'Surviving' circle. Hopefully you fall somewhere in between the two.

Or, if you're one of the lucky, or more self-aware individuals, you will fall into the second category - 'Thriving'.

Then it's time to make a decision - What do you feel is your priority?

This does not have to be set in stone, as we grow, as life moves on, so we as humans evolve, and so do our needs and wants. Along with that our health changes and evolves, all aspects of our health.

So at this moment in time, you might feel you are lacking social support (not surprising in the current covid times) and you want to find a way to deal with this.

At some point in the future when you and the world are more connected again, you may feel you have your social health in check, but that your physical health has been neglected, and so your focus turns to dealing with that.

At any one time more than one type of health could be out of whack, in fact it is likely to be so, and will need some attention.

However, finding the solution to each health problem can take time and effort, so it may be better to deal with one issue at a time, even if more than one needs attention. Also bearing in mind that

dealing with one aspect can ultimately affect many of the other areas. So don't worry too much about trying to fix everything at once.

Although for years we have been led to believe that multi-tasking is what you 'should' be doing, actually studies have shown that single tasking produces better results, and can feel more satisfying, and above all, keeps you in a healthy mind space.

Take that advice and tackle your needs one at a time.

Furthermore, take time to do this, don't rush and expect to solve the situation in one week, or one month. It may take a week, months, or even a year or more, to sort something out, but every step taken towards improving the health of an area of your life is a step towards living your best life to your fullest potential. And chances are that by improving the health in one aspect of your life, this will have a knock-on effect on other areas of your life.

One thing that has time and again been shown to improve overall quality of life, including many of the aspects of health, is journaling.

If you are at a loss as to where to start in your 'improve my health' journey, why not try journaling. People often use this to unload at the end of a day, or to write down their thoughts and feelings.

A gratitude journal can be a great tool too. Writing down three things each day that you are grateful for. It can make quite a profound difference to how you feel in general. As you shift your focus from the negative aspects of your life to the positive aspects, so a shift in what you notice each day takes place. You become more attuned to the positive, you radiate more positivity and attract more positivity. Thinking positive thoughts has actually been shown to change the neural pathways in your brain - literally rewiring the brain, to make you a more positive person.

Whether you believe this to be so or not, isn't it worth a try? I don't know about you, but that's my New Year's challenge (I won't say New Year's Resolution because we all know those last a week, if you're lucky!). I'm going to start a combined journal - writing down every day three things I'm grateful for, followed by a few thoughts and feelings from the day. I'm not saying I'll stick to doing this every day religiously, but I'll try my best. Maybe I'll report back in a few months to let you know how it's going.

Out and About

Compiled by Polly Norris

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

► EXHIBITIONS



Natural History Museum

Opened in 2015 this gem of a modern museum is a haven for the young and young at heart. Think massive dinosaur skeletons, a dodo, sperm whale, snakes and creatures from every part of the animal kingdom. Part of the National University of Singapore at 2 Conservation Drive, 117377, it boasts a massive collection of specimens and fossils. Opening hours: Tuesday – Sunday 10am to 6pm.

Body Snatchers: Nature's Zombies and Vampires Exhibition runs until 31st October 2022

The horrifying yet wonderful world of parasites ranging from roundworms and leeches to bedbugs and lice. Included in cost of admission to the museum.

Admission tickets (range from \$21 - \$9) in advance online from Natural History Museum website.

Art Science Museum at Marina Bay Sand

The iconic lotus-inspired museum features 21 gallery spaces of over 50,000 square feet.

Spacewalkers: the Virtual Reality gallery until 27th February 2022

Blurring lines between fairy tale and fiction, Spacewalkers is a soaring exploration of life beyond earth in stunning Virtual Reality. Put on your VR headset and see, hear and feel the experience of a whole new world.

Suitable for 13 year olds and above only.

For times of opening and booking please go to Art Science Museum website or Sistic.



Art Galleries at Gillman Barracks

The former military encampment for the British Army today forms the heart of Singapore's art enclave, with 13 galleries spread across five buildings.

Getting around Gillman Barracks on foot is the best way to soak in the sights and sounds, so be sure to put on your best walking shoes before you admire contemporary pieces at Mizuma Gallery, ShanghART, Sullivan + Strumpf and FOST Gallery.

Gillman Barracks, 9 Lock Road, Singapore 108937. For a full list of opening hours please go to the website.

Chingay50: celebrating five decades of the 'people's parade'

Residents can look forward to a mix of online and in-person community engagement programmes @ Chingay50.

Returning to delight audiences after its inaugural digital version in 2021, the 2022 annual Chingay showcase continues to harness the power of technology and community involvement to push the envelope with its 50th edition. Themed 'Ignite Our Dreams', the multi-dimensional experience airs live online and on social media channels on Saturday, 12 February 2022. Bringing the best of Singapore's multiculturalism to local audiences and beyond, Chingay50 seeks to engage and invigorate audiences with fresh, innovative presentations of arts, culture and heritage, as well as through a wider range of opportunities for community participation and involvement.

Photo: big head doll performers at the very first Chingay in 1973.

More information available on www.chingay.gov.sg



National Gallery

Nam June Paik: The Future is now Singtel Special Exhibition Gallery (City Hall Wing, Level 3) and Basement Concourse until 27th March

This large-scale exhibition of visionary artist Nam June Paik surveys five decades of his pioneering work in the use of television and video in art. It features installations, projections, modified televisions, video sculptures, robots and other inventive contraptions. Born in present-day South Korea in 1932, Paik lived and worked in Germany, Japan and the United States.



BA Benefits

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

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



BRITISH AIRWAYS

There has never been a better time to fly for British Association Members! 10% discount for BA Members. Applies to flights that originate in Singapore with a destination of London, Sydney or the USA. The discount will be applied to the base fare excluding airport taxes and carrier charges. Please email info@britishassociation.org.sg to receive the code.

10%*



THE MEAT CLUB SINGAPORE

\$50 off first order for new members subscribing to our Auto Pilot delivery service. \$100 minimum spend on club prices applies. Our products are proudly Australian and carefully curated to meet the quality and freshness our members have come to enjoy. Enter SNS50 on checkout to redeem. www.themeatclub.org.sg

\$50*



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%*



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%*



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 children's 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%*



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%*



MCGETTIGAN'S BAR, CLARKE QUAY

10% discount on food and drink all day, every day! www.mcgettigans.com

10%*



SANDBANK

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

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 SILVER SPOON CLUB

The Silver Spoon Club of Great Britain offers all new members 50% discount for anyone taking out a new subscription. Further information and a free sample copy of their magazine The Finial contact Daniel Bexfield: silverspoonclub@bexfield.co.uk

50%*

*Terms and conditions apply.

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 Derry Blyth on 91378272 (WhatsApp) 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



DROP-IN COFFEE

Our drop-in coffees are a casual affair and a great way to meet up with your friends or make new ones. No need to book, just come along. Contact Edith on 9097 6377 to join the WhatsApp group. Commences January 6th 2022 at Café de Muse 350 Orchard Road, in the Isetan store. 10.30 am Meet up.



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 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.

Currently seeking a new leader.



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 djmc33@gmail.com for more information or to be added to the WhatsApp group



MAHJONG

While the restrictions are in place we have amalgamated Tuesday afternoon with Wednesday morning Mahjong hosted at various locations.

Wednesday Morning sessions 10.30 am – 1pm

Please contact Jane McDermott djmc33@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 Anne Roberts 90110631



PHOTOGRAPHY

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

Leader Vacancy



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!



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 iamwiggy@gmail.com



WALKIE TALKIES

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

Contact Tara Codling at taracodling@hotmail.com

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

Contact Jo Harding on 9750 9342 or jo@sunbirdtree.com



BOTANICS WALKIE TALKIES: We meet every Monday and Friday at 8.00am and Wednesdays at 7:30am 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



The British Association of Singapore sends thanks and appreciation for the donations to the charity raffle held at the Christmas Lunch on December 7th 2021.

We wish our members, supporters and friends a very

Happy New Year

The management & staff of Chartwell Associates would like to wish the British Association of Singapore

a very Happy

th

ANNIVERSARY

We are proud to be a
FRIEND of BA.



Chartwell Associates Pte Ltd
A 48A Circular Road, Singapore 049403
T +65 6225 5707
E Beam@Chartwell-associates.com

Welcome to THE BRITISH ASSOCIATION OF SINGAPORE



Become a member now -
we can't wait to meet you!

All Nationalities Welcome to Join

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



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



info@britishassociation.org.sg



6716 9773



www.britishassociation.org.sg