

THE BEAM

Official Magazine of the
British Association
of Singapore

Mar/Apr
2021



EASTER IN THE EAST

- 06 Easter Eats
- 10 Celebrating Passover
- 18 Much Ado about Shakespeare
- 22 Floral Feasts
- 32 A Walk in my Hood



NOTICE TO ALL BA MEMBERS 65TH ANNUAL GENERAL MEETING

Wednesday 31st March 2021 at 7.00pm

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

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

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

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

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

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

I look forward to seeing you.

Edith Blyth
On behalf of the Council



BEAM COORDINATOR

The BEAM Team is looking for a new BEAM Coordinator for the continuation and development of The BEAM, the official magazine of the British Association of Singapore. The role of BEAM Coordinator involves:

- * Scheduling editorial team meetings
- * Maintaining the blueprint for each edition
- * Liaising as a focal point between:
 - Feature writers and regular contributors
 - Editorial team
 - Design and printing team
- * Feature writing
- * Proofreading and sub-editing

Can you bring your energy and enthusiasm to our friendly, dynamic and experienced team? If so, please join us so that The BEAM continues to be for, about and by BA members.

For more information about this vacancy, please speak to any member of the BEAM Team – Rosalind Arwas, Edith Blyth, Dr Rosalind Lui, Carolyn Perkins and Helen Woodhall – or contact us at beam@britishassociation.org.sg.

THE BEAM

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



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Win & Win Printer Pte Ltd
629 Aljunied Road #05-19/21
Cititech Industrial Building
Singapore 389838
www.winwinprinter.co.sg
Licence No. L001/05/2020

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Rosalind Arwas



Carolyn Perkins



Helen Woodhall

BEAM Team Memo

A very warm welcome to the March/April 2021 edition of The BEAM. This time last year, the spring edition unexpectedly almost became our last but, as the circuit breaker eased, we were delighted to relaunch with a fresh look in the autumn. We fervently hope that this year The BEAM will continue throughout the summer and beyond. This may well depend on YOU. As you will see from our internal advertisement, we are looking for a new BEAM Coordinator. If you would like to take up the reins and move The BEAM forward, please do let us know.

Meanwhile, this edition is packed with all your favourite regulars as well as an array of fascinating features. Sundown on Saturday 27th March signals the beginning of the Jewish festival of Passover which lasts for eight days, thus overlapping with Easter, starting on Good Friday, 2nd April. The BEAM takes a closer look at the customs associated with both of these spring festivals and, as we have come to realise that festivals always involve food, there is a traditional Easter simnel cake recipe for you. We also discover that chocolate is just as popular in Passover treats as it is in Easter ones.

Edible flowers in our shops and markets are another feast for the eyes and are, quite literally, good enough to eat. And, as we couldn't feature flora without fauna, the quiz in this edition fixes its gaze upon Singaporean beasts and where to find them.

It would be good to think we could work off all that cake and chocolate just by reading about other people's energetic pursuits. To test out this theory, navigate the ocean blue in Episode Two of Sailing Home, discover the sights and delights of walks in different neighbourhoods and take up martial arts, all without leaving our pages. After that, experience the benefits of a Reiki session and then curl up in a homemade patchwork quilt whilst brushing up on your Shakespeare or playing board games with family and friends. Read on for more on all of these interests.

As ever, we extend our heartfelt thanks to all contributors for showcasing the BA and for writing features that make The BEAM such a great read. Please tell us what you would like to see featured in future editions, write something about your own interests or even contemplate taking on that coordinator role. We would be delighted to hear from you at the address below.

Wishing all readers of The BEAM a happy Easter and *Chag Pesach Sameach* – a happy Passover!

BEAM Editorial Team

beam@britishassociation.org.sg



Contents // March - April 2021

AGM Notice	02
BEAM Coordinator	02
View from the Chair	05
Easter Eats	06
BA Diary	08
Monthly Meanders	09
Celebrating Passover	10
Welcoming New Members	13
BA Member Snapshot	13
Eco Season on BBC Earth	14
Beginner's Guide to Patchwork and Quilting	16
Much Ado about Shakespeare	18
BEAM Voice	20
Floral Feasts	22
Singaporean Beasts (and Where to Find Them)	24
Reiki for Rookies	26
Why be BORED when you can be BOARD?	28
The Full Monkey	31
A Walk in my Hood	32
Sailing Home: Part 2	33
Out and About	36
BA Benefits	38
Sports and Activities	40
Helping You Make Informed Choices on Travel	42
British Association Members' Use of the British Club	43
BA Sponsors	43



Your BA Team

COUNCIL MEMBERS

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

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Beach Clean-Up	Siân Brook Gillies	Mahjong	Jane McDermott
Book Groups	Jane Walker	May I?	Sam Blundell
	Julia Chapman		Sally Harris
	Jo Harding		Anne Roberts
	Marion Lang	Monthly Meanders	Miranda Thomas
	Anne Roberts	Newcomers	Jo Cockerill
Bunco	Anne Roberts	Photography	Carolyn Perkins
	Jo Cockerill	Sketchers	Siân Brook Gillies
Cinema Club	Siân Brook Gillies	Tennis	Davina Borton-Sutherland
Drop-In Coffee	Edith Blyth		Martin Wigglesworth
Golf	Edith Blyth (18-Hole)	Walkie Talks	Miranda Thomas (Botanics)
	Nancy Peirson (Beginners)		Julie Avery (East Coast)
Handicrafts	Jane McDermott		Tara Codling (Bay)
Ladies' Night	Claire Abbasi		

SUPPORT TEAMS

Marketing	Dr Rosalind Lui marketing@britishassociation.org.sg
Events	Claire Abbasi, Michelle Dawson, Kay Morley and Claire Ormston events@britishassociation.org.sg

View from the Chair



Did you Yu Sheng or Prosperity Toss during the Lunar Year Celebrations? I hope you had an enjoyable time over the Chinese New Year despite not being able to travel. I feel lucky to live in this part of the world with its rich culture and traditions.

While we enjoy springtime celebrations in March with leeks for Saint David's Day on the first of the month and shamrocks for Saint Patrick's Day on the 17th, spring does not officially begin until 20th March, heralding in celebrations for Saint George's Day on 23rd April. It is a special time for enjoying the beautiful displays of daffodils, tulips and crocuses blooming in the gardens and hedgerows. All being well, this year, spring will also bring hope for an end to the COVID-19 pandemic and for the supply of vaccines to be available to every country in the world.

I was saddened to learn of the death of Captain Sir Tom Moore who was a beacon of light in the darkest days of the COVID-19 outbreak. He was an inspirational character who raised millions of pounds in time for his hundredth birthday to help other people. Rest in peace, Captain Tom, you will be remembered for your gift to the nation.

It is always sad to say farewell to team members with whom we have worked and become friends. We thank those leaving us for their generosity and commitment to the Association and we wish them all the best wherever their destiny takes them.

A very warm welcome to our new members. We hope you enjoy being part of the BA family and will join in the activities generously hosted by our coordinators. Do look out for the EDM (weekly newsletter) sent to your inbox on Fridays and check out the website for new events.

The most important event in our year is the Annual General Meeting to be held on the evening of 31st March 2021. This will be a Zoom meeting for which you will need to register. The AGM is an important meeting for making small changes to the Constitution to keep us current and efficient and for voting in the Council. Nominations for Council membership will be sent out too.

I do hope you enjoy this packed edition of the BEAM. Thank you to all the contributors and the BEAM Team for their hard work.

I am signing off as Chair now after three years, having stayed on to manage the Association through the pandemic. It has been an amazing opportunity and I have had the pleasure of visits to Eden Hall, hosting events at the British Club for our members, meeting some of the Singaporean leaders, being a model and, best of all, meeting our amazing members. I wish the new Chair every success in taking the Association forward into the 'new norm' future.

Edith Blyth

bachair@britishassociation.org.sg



Easter Eats

by Helen Woodhall

The food associated with Easter is probably the most heavily symbolic of all the Christian festivals but, as is often the case, these symbolic meanings have often been overlaid onto far more ancient rituals and ceremonies.

The egg as a sign of fertility, birth and new beginnings, for example, goes back thousands of years (as seen in the Chinese tradition of presenting red eggs at a child's one-month or one-year birthday), long before it came to represent the rebirth of Jesus. Spiced sweet breads, such as hot cross buns, the kulich of Orthodox Russia and the colomba of Italy, are also a common theme in many countries' Easter gastronomies. The spices serve to remind us of those used to anoint the body of Jesus and the enriched egg dough, combined with luxurious fruits, is a celebration of the end of the Lenten fast and the rebirth of Christ. Again, however, this is not a uniquely Christian tradition: as far back as pagan times small wheat buns were baked to honour Eostre, the goddess of spring. Some were even found in the ruins of Herculaneum.

Simnel cake is a more recent addition to the Lenten tradition although as far back as the 1700s it was associated with Mothering Sunday. On this day, the fourth Sunday of Lent, special services were held for people to visit their 'mother church' (usually the church where they were baptised). Domestic servants (mostly girls), who were given permission to visit their mother church (and naturally, at the same time, their families) were often allowed to bake a cake to take with them. A fruit cake was an ideal choice since, if desired, it could be kept until the end of Lent without spoiling. The secular celebration of Mother's Day was a later addition to Mothering Sunday in the time-honoured way of grafting new traditions onto old.

The name simnel comes from the Latin 'simila', meaning finely ground wheat flour. The word semolina comes from the same root. A more fanciful explanation of the name can be found in an old story about a pair of home bakers, Simon and Nell, who could not decide on whether their new cake should be boiled or baked, and so decided to do both, and gave rise to the 'Sim-Nel' cake...

The original Simnel cake resembled a plum pudding which was then brushed with a mixture of eggs, sugar, milk and flour before being cooked again, thus creating a shiny crust, sometimes decorated with a pattern. Regional variations included the Shrewsbury Simnel Cake, which seems to be the forerunner of the familiar incarnation today; the Bury Simnel, which was flat and topped with flaked almonds; and the Devizes Simnel, made in the shape of a star, which was crustless. After languishing in obscurity for many years the Simnel Cake has recently undergone a revival in fortune due, no doubt, to the rise in popularity of baking shows on UK television. Many popular chefs (including Paul Hollywood, Mary Berry and Jamie Oliver) have released their own recipes to share with us and most agree that the cake should be topped with 11 balls of marzipan to represent the apostles minus Judas for his betrayal of Jesus.



Easter Simnel Cake

Makes one 20 cm/8 in cake
 225 g / 8 oz butter
 225 g / 8 oz soft brown sugar
 Grated rind of 1 lemon
 4 eggs, beaten
 225 g / 8 oz plain flour
 1 teaspoon baking powder
 ½ teaspoon grated nutmeg
 50 g / 2 oz cornflour
 100 g / 4 oz sultanas
 100 g / 4 oz raisins
 75 g / 3 oz currants
 100 g / 4 oz glacé cherries
 25 g / 1 oz ground almonds
 450 g / 1 lb almond paste (marzipan)
 2 tablespoons apricot jam
 1 egg white, beaten

Cream together the butter, sugar and lemon rind until pale and fluffy. Gradually beat in the eggs, then fold in the flour, baking powder, nutmeg and cornflour. Stir in the fruit and almonds. Spoon half the mixture into a greased and lined cake tin. Roll out half the almond paste to a circle the size of the cake and place on top of the mixture. Fill with the remaining mixture and bake in a pre-heated oven at 160°C/325°F for 2-2 ½ hours until golden brown. Leave to cool in the tin. When cool, turn out and wrap in greaseproof paper. Store in an airtight container for up to three weeks, if possible, to mature.

To finish the cake, brush the top with the jam. Roll out three-quarters of the remaining almond paste to a 20 cm/8 in circle, neaten the edges and place on top of the cake. Roll the remaining almond paste into 11 balls. Brush the top of the cake with beaten egg white and arrange the balls around the edge of the cake, then brush them with egg white. Place under a hot grill for a minute or so to brown it slightly.

Recipe taken from *The Classic 1000 Cake and Bake Recipes*, by Wendy Dobson, published by Foulsham © 2002 Strathearn Publishing Limited.



THE SIM-NELL; Or THE WILTSHIRE CAKE

To a mind ill-disposed to believe every story
 That is told us each day Tom Stiles and Jack Nory,
 The following relation will scarce be believed.
 Though here tis as true as the Gospel received.
 Man, aces ago, when the season Lent
 Was, by Christians, devoted to fast and repent.
 When the proud mitred Prelate, and laity sinner.
 Cleansed their conscience from sin by forsaking a dinner
 At least that foul part which consisted meaty,
 While fish, pudding, and cake, they might heartily eat
 Nor did any recoil the humble repast,
 Concluding that forty days only t'would last,
 And that sins of all kinds were discharged by the fast
 Then he was most lov'd who produced the best take,
 Of which they might all, without sinning, partake.
 And, tho' numerous the claimants, as I have heard tell,
 There were none who were equal to Simon and Nell.
 At this season was that the parties recited,
 Who soil bonds wedlock had long been united,
 Determined a cake of such taste to provide.
 That should be the town and the country the pride.
 But they could not agree on the best way to make it,
 It was Simon's opinion to mould it and bake it;
 While Nell, a true woman, protested t'would spoil it.
 And resolved to put on the pot and boil it
 What then could poor Simon, whose love to his wife
 Made him loth to engage in simple a strife.
 Yet could not consent to have the cake spoiled,
 And knew it must surely be so if twas boiled;
 Call'd Nell to a parley, and then in a trice,
 To prevent future broils subject so nice,
 Agreed to please both sides, -that first in the pot
 The cake should be boiled, till soaked and hot;
 Then Simon should afterwards from the pot take it,
 And place it within a hot oven and bake it.
 Thus ended the strife; and our grandfathers tell,
 That the cake from that instant was called SIM-NELL.
 Devizes, 1810

From www.foodsofengland.co.uk. Poem originally published in *Wiltshire Independent*, Thursday 8 March 1838.

BA Diary

March - April 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Regular Events • Walkie Talkies • BA Joggers	Regular Events • Walkie Talkies • Sketchers • Mahjong	Regular Events • Walkie Talkies • Mahjong • 18-Hole Golf	Regular Events • Drop-In Coffee • May I? • Handicrafts	Regular Events • Walkie Talkies • Tennis
Special Events • 8th March: Afternoon Tea	Special Events • 13th April: Afternoon Tea	Special Events • 10th March: Monthly Meander	Special Events	Special Events • 26th March: Around the World Lunch • 9th April: Monthly Meander • 30th April: Around the World Lunch



DROP-IN COFFEE

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

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

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

Contact Edith Blyth at bachair@britishassociation.org.sg or call the BA office on 6716 9773.

AFTERNOON TEA: GRAND HYATT

Date : Monday 8th March
Venue : 10 Scotts, Grand Hyatt Hotel, 10 Scotts Road, 228211
Time : 3.00pm
Cost : \$52++

Located on the lobby level, 10 Scotts features contemporary residential décor complemented by breathtaking views of the cascading waterfall that is perfect for cosy get-togethers at any time of day. Be enthralled by a spread of delectable cuisine, featuring afternoon tea and indulgent desserts, an extensive selection of gourmet teas and coffee beans sourced from Rainforest Alliance certified farms.

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



AROUND THE WORLD LUNCH: FRENCH

Date : Friday 26th March
Venue : Fullerton Bay Hotel, 80 Collyer Quay, 049326
Time : 12.30pm
Cost : \$42++ for a three-course lunch menu

'In Singapore's fast-paced dining scene, we spare no effort attending to the smallest of details: from artisan-quality baked goods supplied by Heritage Bread to sourcing for MSC and Friend of the Sea certified seafood. Together with my dedicated team and like-minded suppliers, we endeavour to deliver produce at their peak growing season straight from nature to your table.'

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



AFTERNOON TEA: ATLAS BAR

Date : Tuesday 13th April
Venue : Atlas Bar, Parkview Square, 600 North Bridge Road, 188778
Time : 3.00pm
Cost : \$56++ Atlas selection; \$60++ Prestige selection

Indulge in a leisurely afternoon in the grand Art Deco interior of Parkview Square, while enjoying a delectable European-style selection of sweet and savoury items by Executive Chef Lachlan 'Loki' Lynch.

Each set is complemented with a choice of Atlas Selection or Prestige Selection teas.

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



AROUND THE WORLD LUNCH: VIETNAMESE

Date : Friday 30th April
Venue : Moc Quan, 81 Clemenceau Ave, #01-23 UE Square Shopping Mall, 239917
Time : 12.30pm
Cost : Please settle your own bill on the day

'Moc' means simple and 'quan' means restaurant – and that's exactly what this no-frills joint is. 'Here at Moc Quan, we bring to you authentic Vietnamese food. For the past three years, we have been meeting the best Vietnamese street chefs and learning from them their secret recipes. Like them we also use the freshest ingredients. We even imported a traditional oven to re-create the famous Banh Mi!'

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

Please contact events@britishassociation.org.sg for further details of the above events.

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

Monthly Meanders

March:

Labrador Park to Sentosa



Date : Wednesday 10th March
Time : 9.00am – 11.30am
 (approximately depending on everyone's pace)
Length of walk : 9 – 10 km (including some steps)
Meet point : 8.50am Labrador Park MRT Exit A
End point : Coastes, Siloso Beach, Sentosa
Cost : \$5 (goes to BA charities)

We start by walking through pretty Labrador Nature Reserve and along the boardwalk past the award-winning buildings of Reflections at Keppel Bay. Then we continue on past VivoCity and over to Sentosa via the boardwalk. We find the hidden path that takes us from the tourist attractions of Universal Studios through the nature paths of Sentosa to historic Fort Siloso and finally head down to Siloso Beach where we can have refreshments at Coastes Café and relax by the sea.

Things to bring: comfy walking shoes (trainers are fine for this walk), water bottle, sunhat/umbrella, mosquito repellent, sunscreen and money for refreshments.

If restrictions on group sizes are still in place in March, we will walk in groups of up to eight keeping a safe distance from any other group. Maximum 16 people.

Please register through the BA website.

Closing date for registration: Friday 5th March.

April:

Nature all the Way

Date : Friday 9th April
Time : 9.00am - 11.30am
 (approximately depending on everyone's pace)
Length of walk : 10 km
Meet point : MacRitchie Reservoir Visitor Area, close to Mushroom Café
End point : Hillview MRT
Cost : \$5 (goes to BA charities)

This walk will take us alongside tranquil MacRitchie reservoir for a while and then through the jungle to link up with Bukit Timah Nature Reserve where we follow part of the route of Singapore's water pipeline from Johor, Malaysia. Then we will enter Dairy Farm Nature Park to finish at Hillview MRT.

Things to bring: water bottle, some snacks, sunhat/umbrella, sunscreen and mosquito repellent. The trail is uneven, hilly in parts and can be muddy so sturdy walking shoes with good grip are needed.

If restrictions on group sizes are still in place in April, we will walk in groups of up to eight keeping a safe distance from any other group. Maximum 16 people.

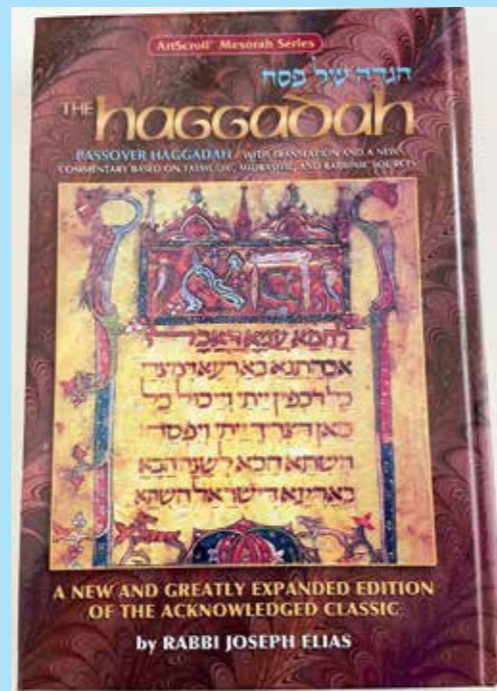
Please register through the BA website.

Closing date for registration: Monday 5th April.



Celebrating Passover

by Rosalind Arwas



Passover is a festival rich in history and symbolism, celebrating education, family, inclusivity and freedom. It is to the Jews as Thanksgiving is to Americans or the Lunar New Year to the Chinese, a holiday close to the heart, its familiar words and tunes evoking childhood memories. Last year the holiday fell right at the beginning of Singapore's Circuit Breaker and was the first time that most people had celebrated alone, or only with immediate family.

This year, Passover will start at sunset on 27th March and end at sunset on 4th April. Whilst Passover always falls on the 15th day of Nissan, the first Hebrew month of the year, the date moves around in the Gregorian calendar, influenced, like Easter, by the cycle of the moon. However, it always takes place during March or April and almost, although not always, coincides with Easter.

The Passover Story

Those familiar with Andrew Lloyd Webber's hit musical *Joseph and the Amazing Technicolor Dreamcoat* may remember that the connection between the Jewish people and the land of Egypt began when Joseph's brothers, jealous of his status as his father's favourite, sold him into slavery. Later, they were forced to seek refuge in Egypt themselves, and to beg for their brother's forgiveness after famine devastated their homeland. For many years after this episode, the Jews lived in harmony with the Egyptians, until the rise of a cruel Pharaoh who, threatened by the growing Israelite population, enslaved them and decreed that each Jewish first-born son must be drowned in the Nile. Famously, Moses was spared this fate when his mother placed him in a basket on the river from where he was rescued by a member of the Egyptian royal family. In adulthood Moses, together with his younger brother Aaron, were then called upon by God, with the aid of a burning bush, to free their people from Pharaoh's bondage. When Pharaoh refused their entreaty, God responded by visiting ten plagues upon the Egyptians, in quick succession: blood, frogs, lice, beasts, cattle disease, boils, hail, locusts, darkness and death of the first-born. This last proved too much for Pharaoh and after receiving his grudging permission to leave, the Jews fled, packing in such haste that the dough they had prepared for their bread had no time to rise. Almost instantly, Pharaoh changed his mind and pursued the Israelites to the Red Sea, where the waters miraculously parted to allow them to cross, closing

over again as the Egyptian army attempted to follow. According to the Bible, the Jews then commenced a period of forty years of wandering in the Sinai desert before eventually being allowed to claim refuge in Israel.

Glossary of Passover Words

Seder = order. Refers to the specific order in which the story, prayers, blessings, food, wine and songs are conducted.

Haggadah = telling. Refers to the book which guides us through the Seder.

Matzah = flat, crispy cracker-like substance, also known as unleavened bread. For the eight days of Passover, no food containing raising agents or which swells or rises upon cooking is eaten, in memory of the un-risen bread which the Israelites had to take with them on their departure from Egypt.

Chametz = any food made with leaven. Traditionally all traces are removed from the house on the day before the festival begins.

Charoset = a mixture of chopped nuts, apples, cinnamon, sugar and red wine which acts as a symbol of the bricks and mortar which the enslaved Israelites were forced to produce.

Afikomen = a piece of matzah broken off during the early stages of the ceremony. From the Greek word epikomion meaning 'that which comes after', it is traditionally the last thing eaten during the evening.

How is Passover celebrated today?

This Biblical story of the Exodus from Egypt and the plagues which proceeded it are recounted every year, on the first evening of the Passover festival (and often, also on the second, outside of Israel where only one night is celebrated) with heavy reliance on symbolism, a reminder to the Jewish people to value their freedom.

Many ritual foods are eaten. In addition to matzah (see box), a ceremonial Seder plate is placed on the dinner table, displaying the following:

Bitter herbs: often horseradish or Romaine lettuce, a reminder that life as a slave was bitter and unpleasant.

Charoset: a mixture of chopped nuts, apples, cinnamon, sugar and red wine, a symbol of the bricks and mortar with which the enslaved Israelites were forced to toil.

Shank bone: a reminder of the sacrifices which were made to the Temple in ancient times and possibly also a reference to the 'outstretched arm' with which, according to the Bible, God rescued the Jews from Egypt.

Green vegetable: parsley and cucumber are popular choices, representing springtime, renewal and hope.

Egg: a further reminder both of offerings in ancient times and of the continuity of life and the coming of spring.

Salt water: a symbol of the tears shed during the misery of enslavement.



In recent years it has become customary in some households to display an orange to the Seder Plate, representing fruitfulness for all Jews, including those marginalised from the mainstream such as members of LGBTQ community. Since 2015, some have also added a banana, in homage to the three-year old Syrian refugee whose body was washed up on a beach in Turkey. This is to remind us that the ancient exodus of the Jews from Egypt has modern and ongoing parallels and that refugees everywhere deserve recognition. As Passover is not just a time to remember refugees but also to reflect upon slavery, pineapples are also making their way onto the table. These represent welcome and hospitality, already appropriate to an



evening in which the first words read from the Haggadah are 'All who are hungry, come and eat!' but are also a reference to more recent forms of slavery, pineapples having been a crop harvested by slaves during the colonial era.

Other symbolic and traditional items placed on or around the table include cushions (because free people may lean at the dinner table whilst slaves cannot), a goblet of wine prepared for the prophet Elijah in anticipation of future redemption but left untouched, small plates on which to catch the ten drops of wine spilled in memory of the ten plagues and a covering in which to hide the Afikomen.

Friends and family take it in turns to read aloud or sing the various blessings and stories from the Haggadah, in either English or Hebrew. The youngest child present sings the Four Questions ('Why is this Night Different From All Other Nights?') and much of the rest of the evening is spent answering them, repeating the commentary and explanations of ancient sages and preparing ritual bites of food to illustrate the narrative. For example, vegetables are dipped in salt water and bitter herbs and charoset are sandwiched between pieces of matzah.

Children must also remain alert as, early on the proceedings, one half of a piece of matzah is removed and hidden by an adult. After the conclusion of the ceremonial meal, the children hunt for the hidden matzah, known as the Afikomen, sometimes bartering for a gift in exchange for its return as tradition has it that the meal cannot end until a piece of the Afikomen has been eaten. Four glasses of wine are blessed and drunk throughout the evening. There are many explanations for these, ranging from the four periods of exile for the Jewish people to the four patriarchs. Although the reason for the custom may be unknown, its results are clear. The final part of the evening is always given over to repetitive and faintly ridiculous songs, reminiscent of nursery rhymes, belted out with loud and drunken enthusiasm, sometimes to competing tunes.



What to cook for Passover?

Although eggs are more traditionally associated with Easter, Passover is also an extremely eggy festival because removing flour and leavening agents from baking leaves a void which is most commonly filled with eggs. In addition, British Jews often serve eggs in bowls of salt water at the start of the ceremonial meal. At Passover, people who never normally venture into the kitchen are overcome with a need to fill piles of Tupperware boxes with the homemade goodies from their childhood. These are some of my family's favourites:

Chocolate Florentines

100 g butter
100 g caster sugar
200 g chopped nuts (almond, hazelnut, walnut)
300 g semi-sweet chocolate

Preheat the oven to 180°C. Line a large baking tray with greaseproof paper. Melt sugar and butter together in a pan over a low heat. Do not allow to boil. Stir in the chopped nuts and leave the mixture to cool to room temperature.

Drop small spoonfuls of the mixture onto the baking paper. The mixture will spread during cooking so leave plenty of space between each spoonful. Bake for 10 minutes.

Use a knife to gently separate any biscuits which have run together during cooking then refrigerate the biscuits on the baking tray until they are hard.

Break the chocolate into pieces and place in a heatproof bowl. Melt the chocolate in the microwave or over a pan of boiling water and spread a layer of melted chocolate over each biscuit. Refrigerate again until chocolate is hard then gently slide the biscuits off the baking paper and store in a Tupperware in the fridge.



Almond Slices

For the dough:

100 g potato flour
100 g matzah meal
150 g soft butter or margarine
100 g caster sugar
50 g ground almonds
1 egg

For the filling

Apricot jam

For the topping

2 egg whites
100 g caster sugar
75 g ground almonds
25 g flaked almonds

Combine all the dough ingredients in a large bowl and mix with beaters or with a wooden spoon until combined. Refrigerate for at least 1 hour.

Preheat the oven to 180°C. Line a 7 x 11 in. (18 x 28 cm) Swiss roll tin with baking paper.

Press the dough into the Swiss roll tin and spread a thin layer of apricot jam over the surface.

For the topping, whisk the egg whites until they form stiff peaks. Continue to whisk whilst adding the sugar, one spoonful at a time. Fold in the ground almonds. Spread the mixture over the jam and scatter with flaked almonds.

Bake for 30 minutes until the meringue is crisp. Cut into fingers while still warm.

Flourless chocolate cake

200 g caster sugar
200 g semi-sweet chocolate
200 g ground nuts (almond or hazelnut)
6 or 7 eggs
1 teaspoon vanilla essence
1 tablespoon matzah meal (optional)

NB. Matzah meal is finely ground matzah. It can be purchased, along with matzah, from Elite Kosher on Waterloo Street. Matzah can also be found in Cold Storage.

Preheat the oven to 180°C. Grease or line a 9 in. (23 cm) circular cake tin

Break the chocolate into pieces and place in a heatproof bowl. Melt the chocolate in the microwave or over a pan of boiling water then allow to cool to room temperature.

Separate the eggs. Cream the egg yolks with the sugar until the mixture is light and fluffy then stir the melted chocolate into the egg and sugar mixture. Add the vanilla essence and the matzah meal (if using) and mix in the nuts.

Beat the egg whites until they form stiff peaks and then add them scoop by scoop to the chocolate and nut mixture, stirring gently after each addition. Pour into the prepared tin and bake for around 40 minutes. Allow the cake to cool then decorate as desired

Cinnamon Balls

2 egg whites
125 g caster sugar
225 g ground almonds
1 level teaspoon cinnamon
Icing sugar (for coating)

Preheat the oven to 160°C. Grease a baking tray.

Beat the egg whites until they form stiff peaks. Stir in all the remaining ingredients, mixing until even in colour. Form into balls with wetted hands and place on the baking tray.

Bake for 20 minutes or until just firm to the touch. Do not overbake, the centre of each ball should remain soft and moist. Roll in icing sugar while warm and then again when cold.



Welcoming New Members

The British Association of Singapore warmly welcomes new members:

Richard Austin and Sumati Kumar
Lucinda Brooks
David and Shona Brown
Graham Collier and Youlu Pan
Nigel Griffiths
Christopher Hagen and Myung Hwa Jung
Winston and Julia Oh
Sean Peterson and Stacy Zeller
Petri and Jane Tuomola

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 Carole Jenkins, Membership Secretary, at membership@britishassociation.org.sg.

All nationalities welcome.



BA Member Snapshot Nancy Peirson



1. How long have you lived in Singapore?

I moved here in May 2018.

2. Who is with you here?

I'm here with my husband, Jamie.

3. In which other countries have you lived?

This is the first time I've been a full-blown expat but I did get a bit of a taste for it when I lived short-term in Sydney and New York.

4. What is your favourite place to eat?

This is such a hard one as I have so many! Tippling Club, Labyrinth and Vue for something special; Bam! for great Japanese; Empress and Madame Fan for Chinese; Violet Oon for Peranakan. Din Tai Fung is my go-to for takeaway. I also really enjoy exploring local food at the hawker markets. One of the great things about Singapore is the food scene, there are always new places opening that I want to try.

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

I wanted to get involved in some new activities and I also thought it would be a good place to meet new friends. I wasn't wrong!

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

Golf, tennis, May I?, mahjong, walking, cycling, squash, sewing, yoga and photography. I also love trying new restaurants and so have really enjoyed the BA's Around the World Lunches as well as the afternoon teas.

7. What is your favourite view or spot?

I never get bored of the view around Marina Bay, especially in the evening when it's all lit up.

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

I like to explore local neighbourhoods, there are so many hidden gems to be discovered. Pre-COVID, I enjoyed travelling around Asia, in particular being able to pop over to Batam to play golf. Like most people in Singapore, I am really looking forward to being able to do that again... fingers crossed.

9. What else can you tell us about life in Singapore?

Living in Singapore has given me the opportunity to try new activities and do things that I either didn't have time to do or they were not available to me in London. I've been lucky to make such good friends and am thoroughly enjoying living here!



Eco Season on BBC Earth



Catch up every Sunday in March with BBC Earth's Eco Season inspired by Sir David Attenborough's call to 'make 2021 a year for positive change' and find inspiration and tips on caring for the planet and making a difference.



Blue Planet Revisited

Episodes: 2 x 50'

Episode 1: A scattering of some 700 islands in the Atlantic Ocean, the Bahamas are home to one of the largest and most diverse shark populations on the planet. Steve Backshall discovers why the Bahamas provide such sanctuary for sharks, looking at the protection offered to them, people's changing attitudes and the key role science plays in their conservation.

Episode 2: The Great Barrier Reef is the world's largest expanse of coral reefs. It is home to an astonishing diversity of life and vital to the health of our seas. But this extraordinary place and all the life it supports is under threat like never before. To find out what the future holds for one of Earth's greatest natural wonders, a team of scientists have based themselves on Heron Island, at the southern tip of the reef, to monitor green turtles, follow families of breeding birds and meet the reef's curious residents.



A Perfect Planet: Minisodes

Episodes: 5 x 5'

Relive the wonder of the series with exclusive A Perfect Planet minisodes, compiling the best cinematic moments and scientific learnings from each episode of the main series in bite-sized form.



Equator From the Air

Presenter Gordon Buchanan makes an epic 25,000-mile bird's-eye-view journey around the centre of the world, cutting through Africa, South America, the Pacific and Southeast Asia, where human activity – such as logging, deforestation, marine pollution and the growth of megacities – threaten the habitats of wildlife.



The Age of Nature

Episodes: 3 x 50'

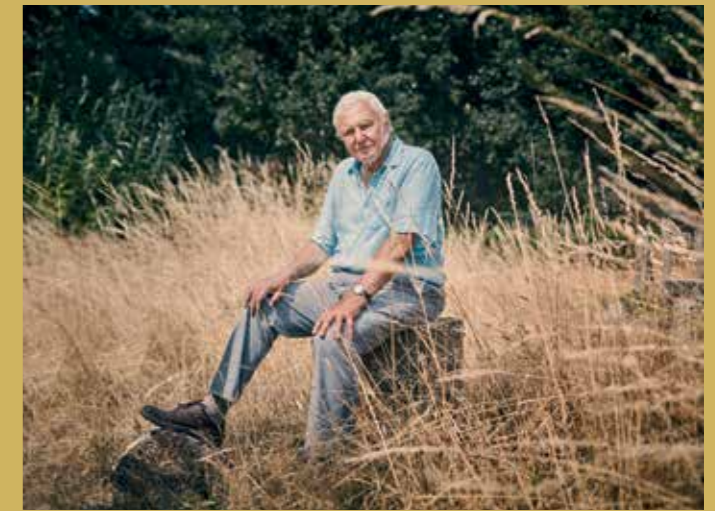
Narrated by actor Uma Thurman, explore humanity's relationship with nature and wildlife, as scientists and conservationists from all over the world examine ways we can restore our planet. This documentary series asks whether newfound awareness of nature could bring about a new chapter in the human story. Filmed on seven continents, The Age of Nature presents creative ideas from around the globe for dealing with such pressing issues as climate change, animal extinction and environmental degradation.



Feast to Save the Planet

Episodes: 1 x 60'

MasterChef judge Gregg Wallace and mathematician Dr Hannah Fry take over a restaurant and invite five special guests to enjoy a dinner party with a difference, where they will be scored on the carbon footprint of every dish they choose. Food accounts for a third of all greenhouse gas emissions, so making informed choices about what we eat is more important than ever. Diners Sara Pascoe, Amol Rajan, Nikki Fox, Desiree Burch and Matthew Fort choose from a menu of tantalising treats, each of which tells its own environmental story. But will they be able to sort the eco-goodies from the eco-nasties hidden in each course?



About Sir David

With over 70 years of experience on air, Sir David Attenborough has become the world's favourite natural historian. He first grew up collecting fossils, natural specimens and rocks, and developed a lifelong interest in conservation at an early age. His Life series of documentaries with BBC's Natural History Unit became the benchmark for wildlife filmmaking, and he has presented on every major terrestrial animal group on Earth (from reptiles to insects and everything in between). More recently, he has worked on The Hunt, Frozen Planet, Blue Planet I and II, Planet Earth, Dynasties, Seven Worlds One Planet and A Perfect Planet, both for the BBC and beyond. Sir David has also had at least 20 species of flora and fauna named in his honour.

Eco Season Schedule in March

Date	Time	Programme	Episode
Sunday 7th March	9.00pm	Blue Planet Revisited	1
	10.00pm	A Perfect Planet: Minisodes	5
	10.15pm	Blue Planet Revisited	2
Sunday 14th March	9.00pm	Equator from the Air	1
	10.00pm	A Perfect Planet: Minisodes	1
	10.15pm	The Age of Nature	1
Sunday 21st March	9.00pm	Earth from Space	4
	10.00pm	A Perfect Planet: Minisodes	2
	10.15pm	The Age of Nature	2
Sunday 28th March	9.00pm	Feast to Save Our Planet	1
	10.00pm	A Perfect Planet: Minisodes	3
	10.15pm	The Age of Nature	3

Channel Information

- StarHub channel 407
- BBC Player

Download the BBC Player app on App Store and Google Play Store or visit www.bbcplayer.com
 Thanks to Full Circle Public Relations for this information.



Beginner's Guide to Patchwork and Quilting

by Jane McDermott

Many cultures re-purpose scraps of fabric to create 'patchworks' to use for bags, cushions, table runners, clothing, bedding, wrappings and more. Patchwork quilting takes this a step further, using patchwork as the top layer in a fabric 'sandwich', with wadding or old blankets for the middle layer and then a backing layer creating a cosy coverlet for cots, chairs and beds, or warm winter clothing.

Patchworks are great projects for travel (or perhaps quarantine?) Made from patterned blocks of fabrics, they can be hand sewn and are lightweight and easy to pack. There are many tutorial videos online or explanations available in books so it's easy to print or photograph some instructions. Once you have your pattern, all you need are fabric, scissors, needle and thread.

Patterns need not be complicated. Beautiful patchworks can be made from simple squares or rectangles as they rely on the colours and patterns in the fabric for interest. Equally, simple patchworks that blend shades of one colour can be very effective. The only limit is your imagination but, with so many sources of inspiration online, even that can be overcome.

The best fabric to use for patchwork is a closely woven fabric like cotton, which is stable, cuts well, feels comfortable to stitch and doesn't fray too easily. It's also easy to wash and iron. I have often upcycled old cotton dresses and shirts for patchworks but fabric shops also sell 'fat quarters' - 50 x 55 cm pieces of fabric in complementary bundles of five or ten, which are perfect for beginner level patchwork projects, such as cushions, cot quilts or table runners. Patchwork patterns usually specify the quantities of fabric needed.

It is preferable to pre-wash and iron your fabric before starting to cut and piece the pattern. This washes out any excess dye and the fabric is less likely to shrink. I also like to lightly starch my fabric, to make it easier to cut, piece together and sew neatly.

When cutting your pattern, try to keep the pieces neat and straight, as this makes them easier to sew and helps to piece the corner joints properly. Much of a patchwork's success depends on the accuracy of cutting and sewing the seams. A pattern will give the 'seam allowance' (usually 7.5 mm), which is the distance between the stitching and the edge of the fabric.

If you choose to hand stitch your project, use small back stitches. This will ensure that the stitching is firm and less likely to come apart with wear. If machine sewing, aim for a size of stitch that gives five stitches to the centimetre or 12 stitches to the inch. Also consider how the seams will be pressed flat, avoiding bulky joints.

For a first project, choose squares or rectangles as these are easier



to make into blocks or strips of fabric, which are then sewn together to make larger blocks and strips. The choice of fabric is key to adding visual interest and contrast.

Quilting is the method of joining layers of fabric together. Usually the top and bottom layers are complimentary decorative fabrics, with a layer of wadding in between. The process of quilting can be done by hand or machine, but if that's too daunting, there are quilting companies which will do it for you (at a price!)

The bottom and the wadding should be about 5 cm larger than the top fabric and the top and bottom layers should be smooth. The layers need to be stitched together or pinned with large safety pins or special quilting pins. To hold the layers in place as I quilt, I often lay my bottom layer (wrong side up) on the floor and use masking tape at intervals to hold the fabric in position. I place the wadding on top of this and smooth it out, then add the top layer. I pin from the centre, smoothing the fabric out to the edges and baste stitch using long stitches in a diagonal pattern across the surface of the quilt.

Quilting thread is usually a heavier weight of thread than normal sewing thread although this is less important for smaller projects. Machine quilting will require a quilting foot (walking foot) and it is better to quilt using straight lines or 'stitch in the ditch', which is stitching immediately next to a seam line on the patchwork top. Hand stitched quilting is simple running stitch. When the quilting is complete, the edges of the quilt can be bound with a strip of fabric or ribbon.

Patchwork and quilting doesn't involve an extraordinary degree of creativity or crafting ability and there are plenty of places to find inspiration and advice. Handmade quilts and items are always unique to the maker and have the potential to become heirlooms! Happy stitching!!



Much Ado about Shakespeare

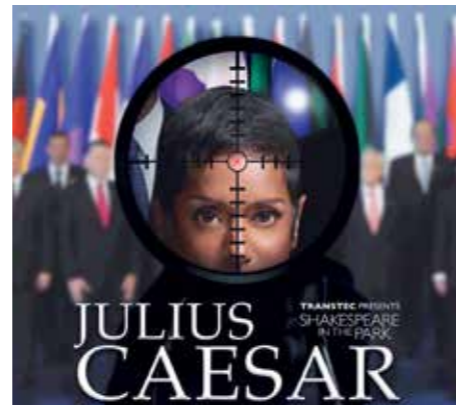
by Carolyn Perkins

As Singapore is host to the World Shakespeare Congress this year, we view the Bard through our present prism and discover parallels between the modern world and the Jacobean age as well as the universal and timeless appeal of Shakespeare's works as they continue to be debated, adapted, translated and (soon again, we hope) performed in Singapore and beyond.



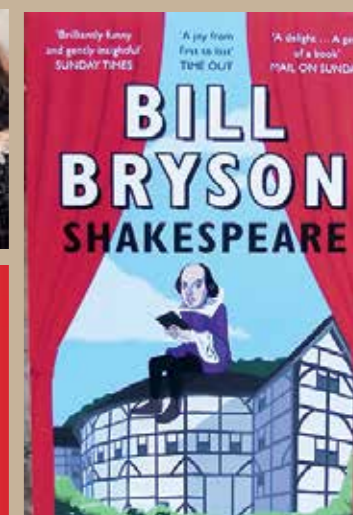
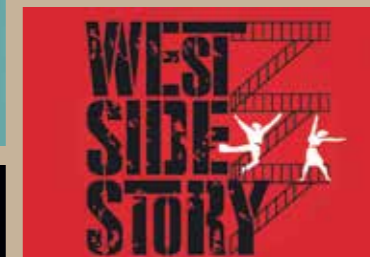
When it comes to William Shakespeare (1564-1616), we have 'a wealth of text but a poverty of context', as Bill Bryson elegantly puts it in his biography of the Bard. Shakespeare's complete works of 37 plays and 154 sonnets give us plenty by the man but very little survives about him. We are not even certain about the seemingly simple matter of his birthday. Many of us were taught in school that Shakespeare was born on Saint George's Day, 23rd April, and died on his 52nd birthday – but no record survives of his birth. Shakespeare was baptised on 26th April 1564 (this we do know) and it has simply been estimated that his date of birth would have been around three days earlier. Also, as England's most prominent playwright, there is a neat symmetry to his birth and death both occurring on the feast day of England's patron saint.

Rather than speculate and pepper our prose with caveats, suppositions and maybes, let's take a look at a BBC television programme that makes no apologies for its reimagining of Shakespeare's travails: *Upstart Crow*. Named after the damning epithet by Robert Greene, Shakespeare's snobbish rival, and first aired in 2016 to mark the 400th anniversary of Shakespeare's death (again, this we do know), *Upstart Crow* is written by Ben Elton and stars David Mitchell, wonderfully portraying the playwright as a rather peevish and exasperated show-off. In the most recent episode, it is 1603 and James VI has just come to the throne when plague sweeps through London and the surrounding countryside. Will is 'in a pickle' – a phrase he coined himself – and he rants (all too familiarly to modern ears) about 'Bubonidiots' who delay the re-opening of the London theatres by their behaviour as he tries to complete a Scottish play to be performed for the new monarch: 'I cannot believe how many people out there aren't wearing Bubonic plaguey beaks. So irresponsible!' He is equally vexed by 'virtue-prodding mealy-



smugs' and the panic-stripping of damp moss from gravestones and tree trunks so that it is a scarce commodity in his own privy.

Until the 'plague' last year, there was a range of options to see performances of Shakespeare on the Little Red Dot. Esplanade – Theatres by the Bay offered two versions of *Hamlet*: one, a live stream from the Barbican with Benedict Cumberbatch as the eponymous prince; the other, a new Chinese translation (with English surtitles) co-commissioned by the Royal Shakespeare Company, Esplanade and the Hong Kong Arts Festival. Outdoors, Shakespeare in the Park at Fort Canning ended on a high with the Singapore Repertory Theatre's *Julius Caesar* transposing the political intrigue to the modern day as dignitaries attend the ROME7 summit. Bring-your-own-picnic performances continued on a smaller scale with the Shakespeare in the Garden series in the grounds of heritage black-and-white houses. A year ago, we were looking forward to the welcome return of the Handlebards (yes, cycling Shakespearean actors) for an all-female, tongue-in-cheek *Tempest* in the garden and to a classic *Macbeth* at the Victoria Theatre.



This year, the 11th World Shakespeare Congress is being hosted by the National University of Singapore from 18th to 24th July. In other times, the NUS might have welcomed Dame Judi Dench, renowned actor and current President of the International Shakespeare Association, to the Lion City but the 2021 WSC (and Dame Judi's attendance) will be virtual. Its seminar programme is nevertheless wide-ranging: 'Does Shakespeare Matter in Today's World?', 'Hamlet's Wiring' and 'Shakespeare Cometh to Asia (1816 -1964)' are just a sample of the topics under discussion. See wsc2021.org for more details.

The fact that the WSC is an international convention reflects the global appeal of Shakespeare's works. Indeed, Shakespeare did not restrict himself to his homeland, apart from his histories, and chose to set plays in Italy, Greece and Denmark, amongst others. Other countries have adapted his plays to their own cultural heritage. Most famously, Yukio Ninagawa transposed Shakespeare to his native Japan and then took his adaptations around the world. Ninagawa's *Macbeth* is a power-hungry samurai warrior (with Great Birnam Wood transformed into a forest of cherry blossom) and his *Twelfth Night* is effective as kabuki theatre.

Elsewhere, *The Comedy of Errors* has had not one but two Bollywood makeovers, *Romeo and Juliet* has had countless reinterpretations, not least of which is Leonard Bernstein's *West Side Story* set in 1960s New York, and the more perceptive among you will already have twigged that Disney's *The Lion King* is *Hamlet* in the African savannah.

As well as adaptations, translations also bring the works to wider audiences. The Royal Shakespeare Company has set up the Shakespeare Folio Translation Project to produce a new folio of Shakespeare plays in Mandarin by 2023, the 400th anniversary of the publication of the First Folio edition. Curiously, the RSC is aiming to translate 36 of the 37 plays (although that number is also disputed and given only as general consensus) but we will need to wait until the book launch to see which one has been dropped as the RSC is keeping mum. We only know that *Hamlet* will be included as this is the version performed at Esplanade.

The arts are slowly coming back to life and I look forward to live performances restored to former glory, not only Shakespeare plays but all comedies, tragedies, histories, nights at the opera,

singalong musicals and more. Who doesn't miss the thrill of live music or drama? In the meantime, we have some armchair theatre as Britbox is making the complete *BBC Television Shakespeare Collection* available for streaming, featuring such luminaries as Helen Mirren, Alan Rickman, Diana Rigg and Derek Jacobi. Perhaps not to everyone's taste is Netflix's *The King* – very loosely inspired by, rather than adapted from, the Bard's *Henriad* – but as the *Washington Examiner* wryly observed, 'If you've ever wondered what would happen if Shakespeare was a screenwriter for *Game of Thrones*, you're in luck.' Personally, I'd rather curl up with a good book thus I would recommend Bill Bryson's *Shakespeare* written in his usual witty, fact-filled yet succinct style. A couple of BA Book Groups have also recently enjoyed *Hamnet*, a work of fiction about the short life of Shakespeare's young son, so that is on my ever-growing reading list. Perhaps it is just as well the list is long as we wait and see how 2021 pans out. As Shakespeare himself put it in *Henry IV*, 'O God! That one might read the book of fate and see the revolution of the times.' Until then, we wish Will a very happy 457th birthday, on whichever day in April it falls.

BEAM Voice

Compiled by Claire Abbasi

ALL GREEK IN A GOOD WAY

Vivian Hare beat the post-holiday blues on 6th January: 'Because I adore Greek food, I signed up for the Around the World Lunch at Blu Kouzina. We were a group of five and, as has been observed before, one positive side-effect of the group size restrictions is that we are able to get to know each other better and have more of a cohesive group dynamic. The restaurant itself is lovely, housed in a charming Dempsey Hill heritage building. Tall ceilings and stylish décor combine to create an inviting space. As none of us enjoys navigating the menu through our phone apps, we all agreed to share dishes and relied on the waiter's recommendations as well as Greek dishes we know and like. We ordered fish and, without the benefit of the menu, were amazed when we saw what we had ordered – what a fish platter it was! A huge sea bass, jumbo prawns and squid rings – so delicious! Everything we ate, in fact, was really tasty. The discussion on whether to go 'dry' or have a glass was settled in less than 10 seconds. We opted for a Greek white wine to 'keep it real' which turned out to have a most unusual and interesting flavour. I'd definitely have it again (and again, and again).'



FAST CARS AND FANCY HOUSES

We were supposed to have refreshments at the end of this Monthly Meander but, just as we arrived at the Dempsey Field of the Singapore Cricket Club, rain stopped play and we beat a retreat to the pavilion, otherwise known as Baker & Cook. After the rain had lessened (but not stopped), we continued our route around Tanglin and Dempsey Hill taking in more heritage architecture in art deco and black-and-white styles as well as some ultra-modern palaces that naturally included 2 Ridley Park, home to entrepreneur Tommie Goh and his collection of classic cars. We saw clusters of Ferraris and Rolls-Royces, and there are rumours to be many more motors in an underground garage (or should that be gallery?)

On the way, Miranda Thomas told us about 'jam boys', street urchins covered in jam who used to walk ahead of colonial ladies in their finery to deflect insects. That wouldn't happen nowadays of course but the term still applies to the poor unfortunate in any group whom the mozzies prefer – and we had an unlucky 'jam boy'! Finally, we stopped at St George's Church to ponder where the original stained glass windows may be hidden, as they have never been found since the Chaplain hid them during the Occupation in the 1940s and took details of their whereabouts to his grave. Perhaps we'll unearth them on another meander.

SOMETHING, SOMEWHERE, SOMEWHEN

The BEAM was very excited to be at the launch of Singapore artist Yip Yew Chong's first solo exhibition at Art Porters on 12th January, which also happens to be YC's birthday.

Entitled 'Something, Somewhere, Somewhen', the exhibition runs until 14th March and features details from his many nostalgic murals around Singapore painted on to canvas, chairs, dishes and cooking pots, allowing fans of his work to take home a piece of original Yip Yew Chong art – although these were already sold out by the time The BEAM arrived in the early evening!

YC very kindly signed his autograph on pages 12 and 13 of a November/December edition of The BEAM, which featured 10 of his murals in our regular quiz. He wrote:

'Thank you v much for the feature and for coming to my first show! I wish you the best for your new year, safe, peaceful and happy. Yip Yew Chong! PS. I can answer all the questions!'



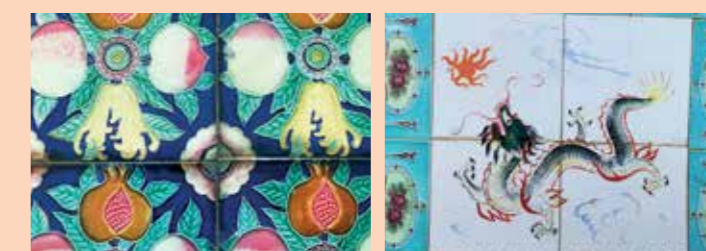
FULLERTON BAY FOR AFTERNOON TEA

BA members enjoyed an afternoon tea at the Fullerton Bay hotel on 19th January, writes Edith Blyth. Thank you to new member Lucinda for this photo of the mouth-watering fare. Just see what goodies you missed!

If this whets your appetite and you would like to join us for afternoon tea in the coming months, have a look at the BA Diary on pages 8 and 9 for more information.



SINGAPORE HERITAGE TILES FOR SAFE WATER



There are loads of great walks to enjoy around Singapore and these can be made even more enjoyable when led by a knowledgeable guide while raising money for charity

into the bargain. Such was the case on three Mondays in January when small groups signed up for a weekly walk around Bukit Brown Cemetery to learn more about Jennifer Lim's Singapore Heritage Tile Project, with part of the self-sponsoring money going to Safe Water for Every Child – Myanmar, a charity for which several BA members provide online English tuition. Jennifer has ancestors in the cemetery and started the project in 2019 to locate, clean and document 2,000 individual tiles with the help of volunteers and cemetery caretakers. Our caretaker guide took us off piste across some of the bumpier terrain to find some beautiful examples we almost certainly would not have found ourselves. The tile pictures here are all taken from Jennifer's 2021 calendar, which each walker received on completion of this fascinating visit, and it was great fun to match the photo with the genuine article. See jenniferlimart.com/singaporeheritagetiles for more details.

THE LONG WALK HOME

Also putting their daily exercise to good use are Noreen and Daniel Chan, who were among participants of The Long Walk Home organised by the St Patrick's Society Singapore. This virtual challenge was to walk or run or swim or cycle collectively from the Merlion Park in Singapore to Heuston Station in Dublin, Ireland – a total of 17,605.1 km. The Long Walk Home started on 4th January and participants added their daily kilometres to the 'pot' each day. They flew past the milestones up through Southeast Asia, across India, Iran and Iraq, crossing into Europe at the Bosphorus Strait and pausing at Oxford before the final push to Dublin. The target was set for 60 days later but everyone was so energetic that it was already 'mission accomplished' on 26th January. As the Irish saying goes, 'Ní neart go cur le chéile.' (We are stronger together.)

Like the Singapore Heritage Tiles walk, The Long Walk Home was also a self-sponsored walk for charity; this time, proceeds are going to Riding for the Disabled Singapore. Well done to Noreen and Daniel for completing the mission and getting funds to the RDA all the sooner!



Floral Feasts

by Helen Woodhall



Easter is traditionally the season of spring flowers. If you are inspired by the May blossoms, you may want to try your hand at using some edible blooms in your kitchen.

If you walk around Singapore, you will almost certainly see flowers while you are out and about that fall into the category of edible. Many simple roadside flowers, or weeds, both native and naturalised, are delicious and nutritious. You should always be 100% sure of your identification before you consume flowers that you pluck yourself and remember to follow some simple rules. First of all, you can check your identification on the National Parks database at www.nparks.gov.sg/florafaunaweb. Don't gather flowers that have been sprayed with pesticides, or are too close to a busy road. You should also remember that foraging is, strictly speaking, illegal in Singapore so be sure to get the permission of the landowner to pluck any edible flowers you might spot while you are out and about. Once you have your flowers, you can soak them briefly in water with a little salt or vinegar in it to flush out any ants or other bugs. Leave them to dry on a clean cloth before using. A safer alternative can be to grow some yourself on your balcony or windowsill. And if that's still too much trouble, you can simply buy them. You will have more of a choice of petals if you take this route – many flowers that we recognise as edible such as violets and marigolds are more easily grown in cooler climes.

How to use them

There are so many ways to use edible flowers. You can simply scatter them over a green salad for a beautiful plate, or press fresh petals into goat's cheese to make a colourful cheese plate. Top your avocado toast with coriander blooms, or snack on a cracker with cream cheese and basil flower. To preserve flowers for longer, you can brush them with egg white and sprinkle with sugar to make frosted petals for cake decoration or freeze them into ice cubes to add colour and flavour to your water or cocktail.

To use them on shortbread cookies, bake the cookies until they are nearly done, then remove from the oven and place the flowers carefully on top. Brush with egg white and replace in the oven to finish cooking.



Where to buy edible flowers

Culina at COMO Dempsey
Blk 15 Dempsey Road,
Singapore 249675

Tanglin Marketplace
Tanglin Shopping Mall
#B1-01, 163 Tanglin Rd,
Singapore 247933

Urban Tiller
www.urbantiller.sg

Opentaste
www.opentaste.sg

Red button ginger, scarlet spiral flag

Costus woodsonii Maas

Pick off the little flowers that pop out of the red structure and use raw in salads; they have a very sweet taste.



Torch ginger

Etlingera eliator

Torch ginger flower buds are used in the local dish rojak. Rojak means 'eclectic mix' in Malay, and the dish lives up to its name, being made of mixed vegetables, fruit and spicy sauce. The garnish of shredded ginger flowers adds a refreshing finishing touch.

Coral vine, Mexican creeper

Antigonon leptopus

Beautiful sprays of pink flowers you can use to decorate your plate or salad. It is easy to grow here and attracts bees to pollinate your garden.

Blue snakeweed

Stachytarpheta indica (L.) Vahl

Snakeweed is often planted as an ornamental shrub and is seen in many parks and green areas in Singapore. The pretty blue flowers can be plucked off the flower spike and used in cooking.



Moringa, drumstick tree

Moringa oleifera Lamk

Most parts of the moringa are edible – leaves, flowers, pods – and it is touted as the new superfood; the flowers should be cooked before consuming.

Banana

Musa species

There are many varieties of banana. The one we are most familiar with is the Cavendish variety but most you see in Singapore are different varieties of heritage banana. The flower can be used in cooking. If you are not lucky enough to have a banana plant, you can usually find banana blossoms at the wet market.

Common purslane

Portulaca oleracea

Purslane is a common weed but is also a very nutritious plant; as well as using the flowers, the leaves also have a lemony flavour when used raw in salads.



Herb flowers

If you try to grow Mediterranean-type herbs in Singapore, such as basil, rosemary, coriander, or thyme, you will probably be frustrated by their tendency to 'bolt'. Bolting is when an annual or biannual plant sends out flowers to produce the seeds necessary for next season's generation. In cooler temperature, this will usually happen when the plant is mature, but if a plant feels under stress – too much heat, too little water, too much light – it may decide to bolt prematurely. If you are principally growing a plant for the leaves, as is the case with most herbs, it can be frustrating to see your inch-high coriander already gone to flower, but the good news is that you can use the flowers in your salads. Delicious herb flowers include mint, basil, rosemary. Mexican tarragon and coriander. Just snip the flowers off and use to decorate your salads, or freeze into ice cubes.



Recipes

Summer Rolls

A really easy recipe that you can adapt to whatever ingredients and flowers you have to hand. Soak a rice paper wrapper in warm water for a couple of seconds, then lay out on the work surface and make a neat pile of vegetables and noodles near the closest edge. Put the flowers down first, underneath the pile, so they are visible when you then wrap the rice paper up like a parcel. The rice paper wrappers get sticky quickly, so make sure you have all your ingredients prepped and ready to use before you start!



Rice paper wrappers

Rice vermicelli noodles, cooked and cooled

Flowers of your choice

Herbs such as mint, parsley, coriander

Shredded raw vegetables – you can use carrot, radish, white radish, red cabbage, jicama etc

Gulai Jantung Pisang (Banana Heart Curry)

1 banana blossom
Juice of 2 lemons
1 cup coconut milk
2 stalks lemongrass
2 kaffir lime leaves
2 Indonesian bay leaves
5 small onions
3 cloves garlic
3 cm fresh turmeric
3 cm fresh galangal
1 small red chilli
6 candlenuts or macadamias
1 teaspoon salt
Oil for frying



Add the lemon juice to a large bowl of water. Prepare the banana blossom. Remove the tough outer bracts until you reach the tender central part. Slice thinly, and drop immediately into the lemon water to prevent browning, separating them into rings.

Chop the onions, garlic, turmeric, galangal, red chilli, and candlenuts. Heat some oil in a wok and sauté until soft and fragrant (about 10 minutes). Remove from the wok and pulse in a food processor to make a rough paste.

Without cleaning out the wok, add a little oil and sauté the drained banana blossom rings for a few minutes.

Add the curry paste back to the wok, along with the bay leaves, kaffir lime leaves, lemongrass stalks and coconut milk, and add a little water to almost cover the ingredients. Bring to the boil and simmer for 10–15 minutes until the banana blossoms are tender and the sauce is thickened and reduced.

Remove the stalks and leaves before serving.

(Recipe adapted from NParks information.)

Singaporean Beasts

(and Where to Find Them)

Compiled by Carolyn Perkins

To the best of my knowledge, there are no hippogriffs, no grindylows, no bowtruckles and, almost certainly, no nifflers in Singapore. That is not to say that the wizard and magizoologist, Newt Scamander, might not find the beasts here fantastic if he journeyed with us through our nature reserves and parks. As the (muggle) zoologist, John Muir, rightly pointed out, 'In every walk with Nature one receives far more than he seeks.' What can we learn from these chance encounters with Nature's beasts? Answers at the foot of page 25.



1 We were barely eight steps across the threshold of the Bukit Timah Gate at the Botanic Gardens when we encountered (and almost trod on) this colourful creature doing a rather risky meet-and-greet. Although, in this pose, our friend looks all set to dance the pasa doble with Anton du Beke, mantises are generally named after their pose when their forelegs (or 'arms') are together. What do they appear to be doing?

Found: Botanic Gardens



2 As they can grow up to five metres in length, you would hardly think crocodiles would be difficult to spot but they haven't survived this long without being masters of camouflage in wetlands and brackish waters. That said, this species is classified as endangered as its hide is turned into handbags and its hatchlings are sometimes sold as pets. Also known as the saltwater crocodile, what is the more common name, referring to its habitat at the wide part of a river where it meets the sea?

Found: Sungei Buloh



3 Bay Walkie Talkies were enjoying an after-walk juice while a photographer focussed on a nearby bittern. Suddenly, a stork-billed kingfisher perched on a tree right by us and it took all our powers of telepathic persuasion to catch the photographer's attention without frightening the kingfisher away. Eventually, he came over and added the SBK to his collection before introducing himself. Benny Ng's stunning photos are mainly of birds but I was impressed by this one as I had tried (and failed - too slow!) to snap a sibling. What's in a name that hints this snake can move at speed?

Found: Pasir Ris

Photo reproduced with the kind permission of Benny Ng, Penguin Pictures (Facebook)



4 It was looking like a long, dull, straight walk alongside an uninspiring canal up at Sembawang but we were never going to find that kampong mosque or the black-and-white houses if we didn't put our best foot forward. We were soon rewarded with flashes of blue over the water and, after putting the zoom lens to good use, confirmed that there was a couple of kingfishers swooping from low branches on the other bank. According to NParks, there are eight documented species of kingfisher in Singapore: which one is this?

Found: Sembawang

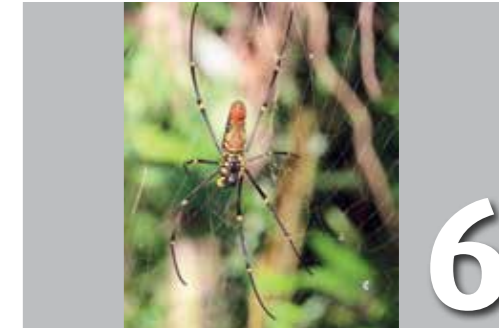


5 If you enjoy spotting dragonflies and damselflies, you may like to take part in NParks' Community in Nature Dragonfly Watch from 6th to 14th March 2021. Experts can spot several differences between these two insects from the shape of their eggs to the position of their eyes but let's start with a difference that we can all easily identify. The photo shows a scarlet dragonfly at rest: if this were a damselfly, how would its wings be positioned?

Found: Kent Ridge Park

6 Dragonflies should decline dinner invitations from our next creature or they may end up on the menu. A Singaporean known only as Lee told mothership.sg how he found a golden orb web spider on his rucksack and decided to adopt her as a pet (and catch dragonflies for her). Stacey was given the run of the house Lee shared with his 'apprehensive' wife. Fortunately, Mrs Lee grew fond of the palm-sized spider and was soon misting Stacey's massive web daily with water. If Stacey were to find a mate, who would be the (much) larger?

Found: Coney Island



7 You may be glad to hear that the sizeable Javanese bird grasshopper is not a gregarious creature and thus not given to forming swarms. Indeed, this grasshopper seemed quite happy on a solo hop around Faber Point. Not just located in Java, it is native to Singapore as well as other parts of Southeast Asia and has even been recorded in Australia but only in one remote area. Which external Australian territory where this grasshopper was spotted lies to the south of Java?

Found: Mount Faber Park



8 The oriental pied hornbill was a common sight in Singapore until the 19th century when it became locally extinct. Spotted now and then across the decades, it was not until the 1990s that hornbills were seen regularly on Pulau Ubin and a conservation project was established to reintroduce them to native territory. Now they are quite common in urban areas as well as parkland (although the photo is from our only find so far). Which official estate was also instrumental in the rehabilitation of hornbills in Singapore?

Found: West Coast Park



9 'Float like a butterfly, sting like a bee - his hands can't hit what his eyes can't see,' bragged Muhammad Ali before the 1974 Rumble in the Jungle. This butterfly gave a masterclass in floating as it was several rounds before Neil's hands could shoot what his eyes could see. Full credit for persistence that finally netted an open wingspan with blue stripes. From which sub-family that shares its name with a shiny black bird does this butterfly belong?

Found: Hort Park



10 We end up back where we started at the Botanic Gardens, proof if proof were needed that there is a wealth of fauna to be found here as much as in other 'wilder' nature reserves. Although I enjoy the swans, otters and monitors, I cannot persuade them to pose properly, unlike this little fellow giving his best side to the camera. He's not a hummingbird as they are not commonly found in Singapore; instead tiny crimson or olive-backed birds can be spotted here sipping nectar from heliconia. What are they?

Found: Botanic Gardens



How did you do?
 7 - 10 points: - Animal magic Outstanding. Fly to the top of the class on the back of a Chinese fireball dragon!
 4 - 6 points: - Crafty creature Commendable: You have passed your OWL (Ordinary Wizarding Level) without resorting to the dark arts.
 0 - 3 points: - Utterly beastly A niffler ate your homework, you say? Hmm, where did I put that truth potion?

- Answers**
1. Praying
 2. Estuarine crocodile
 3. Whip snake
 4. White-throated kingfisher
 5. Closed over the abdomen
 6. Stacey
 7. Christmas Island
 8. The Istana
 9. (Striped blue) crow
 10. Sunbirds

Reiki

for Rookies

by Ishra Giblett

I first heard of Reiki about 12 years ago when a friend mentioned that her colleague was a practitioner.

My friend said she had seen such a change in her colleague's demeanour, going from being quite stressed and on edge, 'having a sort of nervous energy', to becoming so relaxed and mellow. The colleague was convinced that it was Reiki sessions that had brought about this drastic change. So much so in fact, that she herself went on to become a practitioner. I was intrigued!



'What is Reiki?' you may be asking yourself. Let's start by taking a look at what it's NOT. Reiki is not hands-on healing; it is not based in religion; it is not just 'lying down for an hour with your eyes closed - no wonder it makes you so relaxed'! It is also not something you have to 'believe in' or 'feel' for it to work.

So what IS Reiki?

Reiki (ray-kee) is a Japanese word that translates roughly as 'universal life force energy'. This energy flows naturally through everything, from our bodies, to our environment, and everything in between.

Its origins go back about a hundred years - so it's a relatively recent practice - when Mikao Usui discovered Reiki whilst on a meditation retreat. He found a way to connect with the energy force, and after much study, research and practice, he found a way to pass this ability onto others by the ritual of 'attunement'. In this way, a Reiki Master enables someone to access this energy and raise their life force energy for the purpose of healing.

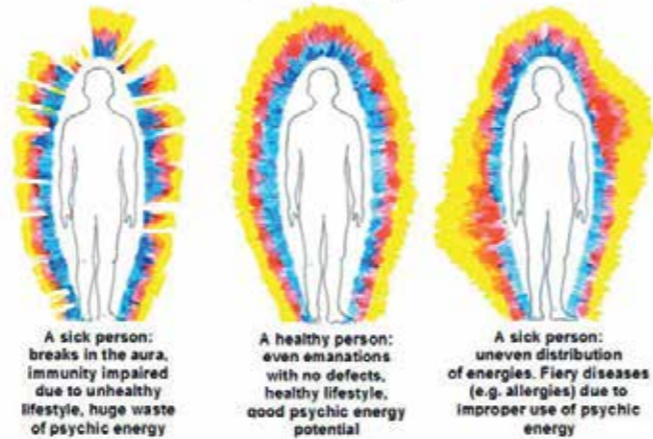
(I should clarify that it was Usui's connection to that energy force that happened around a hundred years ago, and not the 'discovery' of the energy force itself. The knowledge, or belief, that there is an energy in and around us has existed for thousands of years in many traditional practices such as yoga and meditation. It is known as 'ki' in Japan, 'chi' in China, and 'prana' in India.)

Reiki is a holistic healing method which promotes a relaxed state of mind, thereby allowing space for an individual's own energy to act more freely upon their body. Contrary to what you may envisage, the Reiki practitioner does not have 'healing hands', but is able to help you channel your own energy - which we all possess - to help us to heal ourselves.

Sometimes these energy fields and channels can become blocked or disrupted, particularly with our environment being inundated with technology, our lives being hectic, and a larger portion of society moving towards a more pragmatic approach to life.

HUMAN EMANATIONS

Gas Discharge Visualization (GDV) diagnostics
(Kirlian photography)



By aiding relaxation, Reiki helps to bring people back into balance physically, emotionally, mentally or spiritually. It also helps to relax and de-stress by calming the mind. Reiki boosts and balances our energy at all levels and assists the body's natural ability to heal itself.

It does this by raising vibrations which in turn helps to release stuck emotions and energy blocks. Once in balance, the body is able to use energy for strengthening the immune system, growth, repair and healing.

What can it help with?

When we live in states of toxic stress, worry, fear and a whole range of negative emotions, we influence our physiological and psycho-emotional state and cause our energetic field to shrink. On the other hand when we live in states of elevated emotions such as love, gratitude, compassion and a feeling of wholeness, we expand our energetic field. Reiki helps us to expand this energetic field.

Reiki is safe, gentle and complementary to any form of treatment, both natural and conventional. It is also used as a stand-alone therapy. It can often be used in circumstances where other therapies may be contraindicated. Please note though that it is NOT a substitute for medical treatments, but can be used to support and enhance healing on all levels.

Not convinced?

Admittedly it may all be sounding woo-woo to the ardent realist, but I believe there have been just too many stories of sickness vanishing, wounds healing, temperaments improving, and lives getting back on track, to ignore this as an avenue towards any type of healing or promotion of wellbeing. Furthermore, it is not something new, but has deep-rooted seeds in traditional practices that have existed for centuries. Energy medicine is a well-established form of healing.

Scientific studies have looked into some of the thousands of reports of healing through Reiki. Experiments have been carried out and research conducted to look at the validity of these claims. It is

extremely difficult to prove cause and effect however, particularly with something of this nature, and the nearest we can come is correlation.

Some studies have looked at the effect of Reiki on measures of stress hormones, blood pressure, heart rate, and immune responsivity, and on anxiety and depression. Data from some of the stronger studies support the ability of Reiki to reduce anxiety and pain, and suggest its usefulness to induce relaxation, improve fatigue and depressive symptoms, and strengthen overall wellbeing.

What to expect from a Reiki treatment

A Reiki treatment is given by the practitioner placing their hands on someone to activate the flow of energy. The body will take just the right amount of Reiki energy it needs to help it to release stress, revitalise and heal.

Some people feel a tingling sensation, or warmth or coolness, and a deep sense of peace and most people will feel relaxed and rejuvenated after a session. Some people, however, feel nothing, but this does not mean that the Reiki is not having an effect.

You will be fully clothed and the Reiki practitioner will non-intrusively either place hands on, or hover over, parts of your body.

There may be soft music in the background and candles - all of these may help you to unwind and relax.

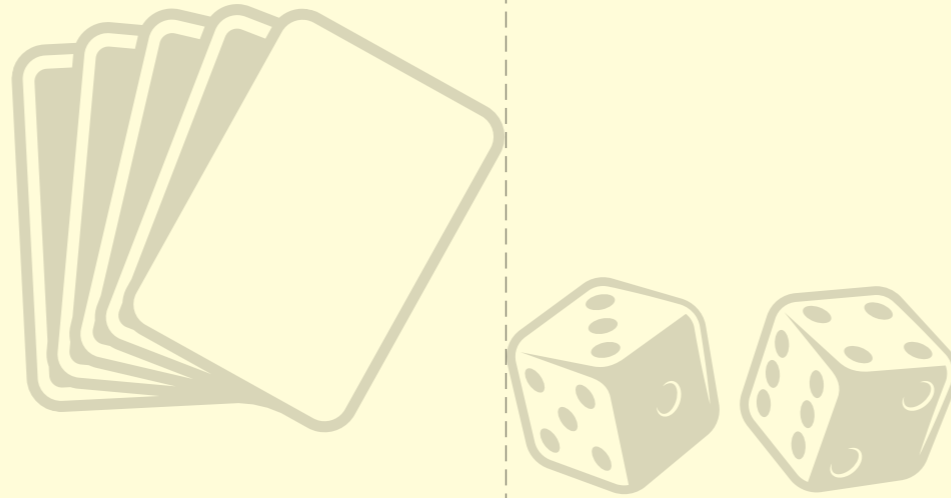
In my mind there is no doubt that the simple act of taking time out to lie down, with gentle music and candles can lead to improved feelings of calm and can help you feel rested and refreshed. However, the multitude of reports from around the world citing Reiki as the key to everything from improved health, and actual healing of conditions, to improved self-esteem and overall general wellbeing, make it difficult to disprove that it has benefits. Coupled with the fact that it has no side-effects (as nothing is ingested or enters the body), I would say there is a pretty strong argument to give it a try.

For further information: www.reikicouncil.org.uk



Why be BORED when you can be BOARD?!

by Rosalind Arwas



Easter is coming but the opportunities for travel remain as remote as they were a year ago. If the thought of yet another Zoom get together or Netflix binge has lost its shine, it's time to gather as many family members and friends as the prevailing Ministry of Health guidelines will allow and settle down with a selection of The BEAM's tried and tested board games. If no one wants to play with you don't worry, the May I? and Mahjong groups at the British Association might be a good alternative. Further details can be found on page 41.

Best for...Collaborative Play

Not all games need to end with a smug smirk from the winner and muttered accusations of cheating from everyone else. Since the arrival of Pandemic in 2008, games in which all players must work together have become increasingly popular. In Pandemic, for example, players team up to find a cure for four infectious diseases which are spreading rapidly across the world. Each person is accorded a specific role, with a unique skill set, but the group must plan their strategy together, particularly when Epidemic cards surface during play, accelerating the spread of the diseases to what we would now describe as an R rate greater than 1. If all four diseases are cured, the players win. If time runs out or the infection gets out of control, they lose. New editions and add-ons such as Pandemic: On the Brink, Pandemic: In the Lab or Pandemic: State of Emergency, throw in additional complicating factors like superbugs, vaccine doses, mutations and bio-terrorist cards.

If Pandemic hits too close to a nerve in the current climate, Forbidden Island, by the same game designer, offers a similar experience in which players must develop a common strategy to collect treasures from an island before it sinks into the rapidly rising waters around it.

For younger players, an excellent cooperative game is Whoowasit? in which players race against the clock to work out which of the twelve characters in the game is hiding a stolen ring. Animals provide clues through a talking treasure chest whilst a wandering ghost impedes progress. There are three levels of difficulty, no two games are alike and all players must work together, keeping track of the information provided by each animal.

All three games could easily accommodate additional participants by playing in teams.

Pandemic
Playing time: 45 minutes
Age: 8+
Players: 2 to 4

Forbidden Island
Playing time: 30 minutes
Age: 10+
Players: 2 to 4

Whoowasit?
Playing time: 30-45 minutes
Age: 6+
Players: 2 to 4



Best for...Strategy

Whilst cooperative games also require strategy, sometimes backstabbing is just more satisfying than teamwork. Competing for limited resources might feel uncomfortably similar to real life but the varied and imaginative game settings – the vast panorama of North America, the hinterland of rural France or the stamping grounds of medieval gem collectors – provide sufficient escapism. Most games oblige players to decide between short- and long-term gain and test their capacity for risk versus reward whilst the random selection of cards, dice rolls and the behaviour of opponents also introduce a substantial element of chance. Extension packs and add-ons mean play can always be kept fresh, by increasing the number of participants or changing the scenarios.

A good introduction to the world of board games is Carcassonne, by the makers of Pandemic, which was published way back in 2000. It is simple to learn, fast to play and has a sufficient ratio of luck to tactics to ensure that beginners can hold their own against seasoned players. Players take it in turns to lay tiles around the medieval city of Carcassonne, building and then claiming a network of cities, roads, fields and monasteries.

Another even more longstanding game in which players build roads and settlements is Catan. Bartering, trading and sometimes stealing of limited resources, developing armies and suffering turns of fortune based on the roll of the dice, players fight to be the first to gain 10 points, some of which may be held in secret and revealed only at the final moment thus crushing the hopes of everyone else.

Splendor is a relative newcomer to the scene, having made its debut in 2014. Players take on the role of merchants in the Renaissance era. On each turn, a person may choose to either collect gem tokens, buy a gem card (using previously acquired tokens and cards) or reserve a gem card. Cards represent accumulated treasure. Some are worth points and the right combination will grant you a visit from a nobleman, further increasing status. The first player to achieve 15 prestige points is the winner.

No board games shelf is complete without Ticket to Ride. The original version sees players claiming rail routes across North America but subsequent editions apply the same format to the United Kingdom (and Pennsylvania, with a double-sided board and some extra historical twists), Europe in 1912, India and more. The game can be learned in under fifteen minutes and, as expressed succinctly by boardgeek.com: 'The tension comes from being forced to balance greed – adding more cards to your hand, and fear – losing a critical route to a competitor.'

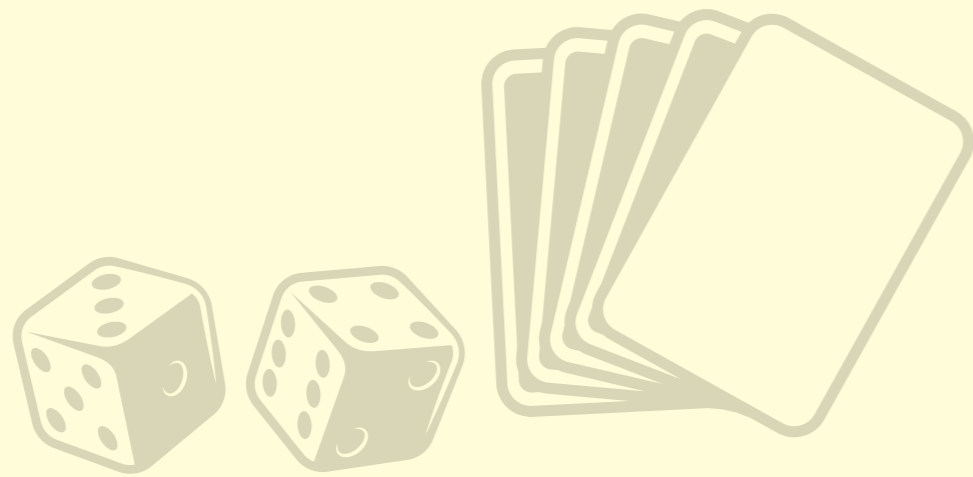
Carcassonne
Playing time: 30-45 minutes
Age: 7+
Players: 2 to 5

Catan
Playing time: 60-120 minutes
Age: 10+
Players: 3 to 4 (expansion pack allows up to 6)

Splendor
Playing time: 30 minutes
Age: 10+
Players: 2 to 4

Ticket to Ride
Playing time: 30-60 minutes
Age: 8+
Players: 2 to 5





Best for...Speed

Most of us don't have the stamina or patience for the multi-day marathon which is a game of Monopoly. Not to mention that, if you have been soundly beaten by a family member, all you want to do is wipe away their gloating smile by playing another round, hopefully with a different outcome. Shorter games are often more portable too, meaning you can take them along, should you be staycationing in Singapore, cruising to nowhere or trying to prevent your child gluing themselves to electronic devices in a restaurant.

Monopoly Deal has many of the same elements of the original board game – sets of property cards, unpayable rents, hotels and a massive chunk of luck – but can be tucked into a bag and played in as little as fifteen minutes.

Sushi Go tests players' memories and their appetite for risk. Is it better to potentially double your chances in future rounds by playing a wasabi or a chopsticks card? Is there enough sashimi in play to score high or will you be left with pointless pieces of tuna? And you should never discount the transformative effects of pudding!

Frustratingly, Pirate Capers, a Yahtzee-style dice game originally published in Hebrew, does not seem to be readily available in English. Versions in several other languages exist though, and as no language is actually required to play, it is well worth acquiring a set and using a combination of linguistically talented friends and the internet to figure out the rules. Players choose how many dice to roll as they pursue high value, high stakes combinations. Cards add an additional element of variety into every turn and players can lose, as well as gain, points on every turn. The first to get to 6,000 wins.

Monopoly Deal Card Game

Playing time: 15 minutes
Age: 8+
Players: 2 to 5

Sushi Go

Playing time: 15 minutes
Age: 8+
Players: 2 to 5

Pirate Capers

Playing time: 30 minutes
Age: 8+
Players: 2 to 5



Best for...many players

A silly, and socially distanced, game for everyone in the family plus those eight visitors allowed when The BEAM went to press is Apples to Apples. The game consists of two types of card: Things and Descriptions. Players take it in turns to draw a description card from the deck (for example, 'hairy', or 'smarmy'), and the remaining participants must choose the most appropriate Thing card from their hand and lay it face down on the table. The original player chooses the Thing card which he or she feels best matches the Description. Much argument, debate, dodgy justification and denial ensues. A similar game, with a more adult (that is to say, risqué, taboo and downright obscene) content is Cards Against Humanity.

Apples to Apples

Playing time: 30 minutes
Age: officially 12+ but can be played by anyone who can read
Players: 4 to 10

Cards Against Humanity

Playing time: 30 minutes
Age: 17+
Players: 4 to 30



Western warriors

The Full Monkey

by Martin Wigglesworth

I don't know how it happened but one Sunday morning I went to watch a friend in his new sport of 'monkey staff'. I have no doubt that you will never have heard of this performance martial art, neither will you have heard of its other names of Qi Mei Pole, Monkey God's Pole or Golden Hoop Cudgel! Originating in China at the Peking Opera it came to Singapore in the early 1960s under the tuition of Master Liu Fu Shan from Hubei province of Northern China.

All very well, I hear you say, but what actually is it? I suppose the easiest way to describe monkey pole to the man in the street is that it's like being issued with an old broomstick wrapped in tinsel after which they instruct you on the best way to spin it around in an aggressive and entertaining way – a kind of Chinese Morris dancing meets majorette baton twirling if you will.

Having watched for a while and had a go I decided that this might be a good thing to do on a Sunday morning; and this is how I joined the Chin Woo Athletic Association of Singapore. After a few lessons learning the basic moves including 'spinning dragon of the universe', 'double dragons emerge from the sea' and 'fat English man drops pole' I was elevated from the aforementioned man in the street and added to the 'elite monkey pole team' WhatsApp group.

BOOM! Elite.*



The next generation

The club meets every Sunday morning at 9.00am for about an hour, underneath the Pinnacle near Duxton Hill (Duxton Plain Park) and is associated with the Tanjong Pagar Community Centre. Spaced out along the park are individual groups all being part of the main club; you will find Tai Chi, kung fu, flag waving (there's probably a proper name for this! Not semaphore), acrobatics, lion dancing, drumming and more are on offer – many (some) people come to watch, others are invited to try, all are welcomed.



Eric, our Sifu (teacher)

An eclectic mixture, we are made up of experienced locals who delight in passing on their skills to locals, children and a smattering of expats.

My journey has been a short one so far but on the horizon is a planned show in December to celebrate the centenary of the club. The last time they performed a Peking Opera routine was 1996 and they have never before done a full monkey king routine, so we will be breaking new ground.

As our coach says, 'We may not be the best, but we can be the first.'

For a modest \$30 annual fee you can partake and receive some guidance in anything that takes your fancy. (There are also sessions during the week in the evenings but I haven't managed to get to those as yet.)

If you are short of something to do on a Sunday morning, come and have a look; give it a go or just watch for a bit before heading to one of the fine eating establishments of Duxton Hill. Bring a tissue, you will shed tears of laughter when you see my efforts.



Normal for a Sunday

* Elite must translate into something very different in Mandarin.

A Walk in my Hood

by Miranda Thomas



During Circuit Breaker, we were only permitted to exercise in our immediate neighbourhoods and only to exercise with a household member, which meant that meeting up with friends in Walkie Talkies was simply not possible. However, I'm very fortunate to live close to the beautiful Botanic Gardens and walk there regularly but I found that, walking there every day, I craved somewhere different so began walking around my local streets.

Throughout CB, Walkie Talkies members kept in touch virtually and sometimes mentioned the sights and routes that they had recently discovered whilst walking in their neighbourhoods. Several members offered to share their findings once we could meet up again. The concept of 'A Walk in My Hood' was born.

When Phase 2 started, it was wonderful to resume Walkie Talkies. We kept to the rules walking in a group of five or less and soon scheduled the first group Walk in My Hood. Belinda 'Bee' Fowler kindly led this and guided us along a really varied walk that took us down part of the Green Corridor, through grassy Holland Plain, where we found the Fong Yun Tai temple, and then on through the housing estates of Namly and Astrid Meadows where, to our surprise, one of the houses had a helicopter on the roof and another looked like a film set straight out of Jurassic Park complete with dinosaurs.



The next Walk in my Hood was led by Siân Brook Gillies. Siân showed us the Emerald Hill area with its exquisitely decorated shophouses and we continued down Orchard Road to Fort Canning where we explored the many trails, lush greenery and historical sites there.



It was my turn to be tour guide for our third walk around the lesser known parts of Tanglin and Dempsey Cluster. One of the very interesting sights along the way was a large home on Ridley Park with a very impressive eagle statue and several Ferraris parked in the driveway (also spotted on the Monthly Meander reviewed in BEAM Voice on pages 20 and 21). Further on, we saw some handsome black-and-white houses on a quiet tree-lined avenue off Tanglin Road and then carried on to Dempsey Hill where the barracks have been converted into shops and restaurants. Here we took some of the back alleys, passing a durian stall to reach the nearby streets named after some of the foremost colonial personalities in Singapore – Ridout (Major-General Sir Dudley Howard Ridout), Swettenham (Sir Frank Athelstone Swettenham) and Peirce (Robert Peirce) – now the location of many noteworthy homes.



Singapore is a fascinating place to live. A mix of old and new, urban and nature-filled, cultural and religious diversity means that, when walking its streets and parks, it's not long before you come across something of interest. Although the Circuit Breaker period was tough and boring, I think many of us found that one of its unexpected benefits was the pleasure in discovering little gems in our own neighbourhood.

Sailing Home

Part 2: Malaysia, India and the Red Sea

by Susie Harris

In April 2019, former BA member Susie Harris and her husband Kevin set sail from Singapore in their 47-foot boat, *Temptress of Down*, heading for their home in Northern Ireland. In Part 1 of their adventures, featured in the January/February edition of *The BEAM*, Susie took us around little known ports in Malaysia and Indonesia. Read on for Part 2 as the global pandemic starts to complicate an already perilous journey.



'The mood onboard is one of uncertainty amidst the gloom of the news. Behind us India and Sri Lanka have withdrawn all visas, except those of visitors already in the country. Yesterday the Maldives banned locals and tourists from interacting, leaving friends of ours stranded on their boat, unable to go ashore. Here we can only go ashore via the main port. Ahead Sudan has announced its first case and, on Friday, it closed its border with Egypt, which currently remains open albeit with restricted movement. Should we go or should we stay?'

Extract from the ship's blog, 14th March 2020, Djibouti



Early in February 2020, *Temptress* checked out of Malaysia bound for Cochin, India. It was an uneventful trip

aside from a couple issues with fuel blockages. Kevin and I soon settled into life at sea, each taking three-hour night watches, turn and turn about. During the day we read, baked bread and occasionally caught a fish for supper. The Gulf of Mannar separating Sri Lanka and India lived up to its reputation for bad weather but we sailed far into the Gulf thereby reducing the time spent beating across into wind and waves to about 24 hours. Once round the southern tip of India, in complete contrast, there was no wind at all and we motored the last few hundred miles.



The marina at the Bolgatty Palace Hotel, Cochin, is the only one in India and makes a safe spot for yachts to congregate prior to crossing the second

half of the Indian Ocean, sailing either westbound to South Africa and the Atlantic, or up to the Mediterranean, the route we intended to take. Here we met up with boat crews we knew from our time in Southeast Asia. Our onward route, taking in the Gulf of Aden, the Red Sea and Suez, is one of the most remote sailing routes, renowned for extreme weather; there are no boatyards and few opportunities to stock up on food, fuel or spare parts. It poses one of the biggest challenges a crew can face in sailing and unknown to us, it was to become even more challenging when we reached Africa.



First, though, we were able to enjoy southern India. In addition to the wonderful hospitality of the ever smiling Nazar, who has adopted the yachting community as his own and ensured that all our odd requests for welding work, tubes, fastenings and more were met, Kevin and I decided to go on a train trip. With a bit of help from Nazar in obtaining a sleeper ticket for the first leg to Mysore, we set off for a few days aiming for Ooty, high in the Nilgiri Mountains and then down through the hills to Mettupalayam on the narrow gauge steam railway, followed by a final train from Coimbatore back to Cochin. It was an incredible experience. We met lots of people, stayed in some crazy accommodation and ate amazing food; definitely a trip of a lifetime.



Back at the boat it was time to stock up and spend the day extracting ourselves from Indian officialdom. Somehow in all the piles of paper they hadn't lost our boat papers, taken as a deposit by customs on arrival, and after a long, hot day in dusty colonial offices, our passports were stamped and we had a port clearance document for the boat. It was time to leave for the 1,500-nm (nautical mile) sail across the Arabian Sea to the Gulf of Aden. We had intended to sail straight through the Bab Al Mandab to Massawa in Eritrea some 2,300 nm away. However with rumours of the impact of the COVID virus beginning to reach us and the Indian authorities already placing incoming yachts into quarantine, we thought we would be cautious and land, together with our buddy boat, Complexity, in the first safe port available: Djibouti, at the western end of the Gulf.

The passage to Djibouti was quiet, though fuel bug was becoming a real issue with Kevin having to clear the filters several times en route. The engine was only being used a couple of times a day to top up the batteries and run the water maker but a blockage could be serious as, with just the two of us, we rely on the autopilot and, of course, fresh water is vital. Every day we spoke on the satellite phone to Complexity's



crew although we rarely saw them after the first day as Temptress, being a bigger boat, sails faster. We checked in daily with UKMTO, the organisation that oversees the safety of commercial traffic through the Gulf and Red Sea. Occasionally we saw other shipping heading for Suez and once in the Gulf, the Japanese Navy overflew us a few times checking on our welfare via the VHF radio.



Ten days after our departure on 7th March, we were checking into Djibouti. Initially everything was fine, arriving boat crews were issued visas and were permitted ashore to stock up on food. The only fly in the ointment was a



local guy skimming everyone for every dollar and we rapidly joined the daily game of avoiding him and his extortionate charges. Fuel was expensive as were even basic foodstuffs but we needed fresh vegetables and diesel. With the help of Julian (Jules), skipper of Silver Tern, we attempted to sort out the fuel clogging problems that had plagued us since leaving Langkawi and to fix the water maker which, in spite of replacement parts fitted in Malaysia had developed new problems after we left India. The quantity of water produced was low and the quality not good but it was at least drinkable. We bought a few jerrycans and filled them with water just in case; sailing a few thousand miles with desert either side of you is not a place to have a drinking water crisis.



The virus was rapidly becoming an issue with reports of ports elsewhere in the world closing to foreign traffic. Unexpectedly visas and shore passes for all visiting boat crews were withdrawn as Djibouti closed its doors. It was time to leave, sadly without Complexity whose crew was waiting for a critical part to be delivered to them. Along with a handful of other boats, Temptress sailed northwards, carefully watching the weather to ensure we approached the

narrowest part of the Red Sea with southerly winds. At just 15 miles wide, the Bab Al Mandab, or the Gate of Sorrows, is well named. Contrary winds can kick up steep unforgiving seas that even commercial ships avoid.

We sailed onward past the maze of islands off the coast of Eritrea (already closed to incoming shipping) to Suakin in Sudan some 650 miles north of Djibouti. As we approached, two major problems had us reeling. First a message via satellite phone from another boat to say that Sudan had closed its borders due to the virus threat, then our engine stopped again and this time would not restart, despite all Kevin's efforts at cleaning the fuel filters. As we sailed in the gentle breeze off Suakin, we realised we could probably make it down the canal like entrance to this ancient port with some assistance and we knew of a couple of boats there. Calling up SY Magnolia on the radio raised another yacht and the two boats launched their dinghies to come out and rescue us.

Help was only needed to pilot us through the narrow dog-legged channel into the anchorage as we sailed along the channel then anchored under sail to their applause. That cheered us up and a couple of the crew from another boat volunteered to help clear the blockage. A few hours later the Racor filter had been stripped down, cleaned and rebuilt; we crossed our fingers and Temptress' engine rewarded our efforts by springing promptly back to life.



The following morning the tall, elegant, well-spoken Sudanese port agent came over. Despite us not being able to formally enter Sudan, he had received our email and done our shopping for us. However there was a shortage of fuel in Sudan due to USA-imposed sanctions. We stayed on another day on the off-chance but it wasn't to be. Suakin looks a fascinating place having been a medieval port for embarking from Africa for Mecca. The ruined town sits on an island in the middle of a circular marsa or inlet, surrounded by desert and backed by mountains. One day we will return to explore it. For the time being our challenge was to negotiate the remainder of the Red Sea, transit the Suez Canal and find a country in Europe that would grant us entry.

Are you gripped? Then be sure to read the May/June edition of The BEAM for the third and final part of Susie and Kevin's adventures sailing home!

Out and About

Compiled by Helen Woodhall

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

Theatre

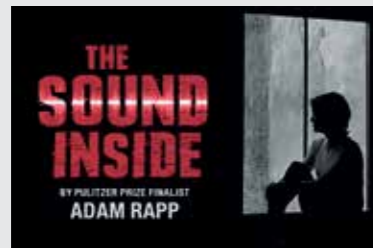
The Amazing Celestial Race

Wild Rice @ Funan

107 North Bridge Road
#04-08 Funan
Singapore 179105

19th February to 21st March 2021
Tickets from \$40 to \$80

The perfect way to celebrate Chinese New Year with your entire family, this hilarious musical comedy takes inspiration from the legendary competition at the heart of the Chinese Zodiac. It features a wickedly funny script by Dwayne Lau, heartwarming original songs by Julian Wong, fabulous costumes and ingenious puppetry.



The Sound Inside

Singapore Repertory Theatre
KC Arts Centre - Home of SRT
20 Merbau Road
Singapore 239035

13th March to 3rd April 2021
Tickets from \$45 to \$65

Hailed by The New York Times as 'an astonishing new play', this scintillating two-hander looks at how two brilliant but social misfits connect and bond with each other. Written by award-winning writer Adam Rapp, the beauty of this gripping drama is that it's never what you expect.



Model Citizens

The Necessary Stage
278 Marine Parade Road
Singapore 449282

24th March to 4th April 2021
Tickets from \$28 to \$39

First staged in 2010 to critical acclaim and subsequently restaged in Singapore and Kuala Lumpur the following year, Model Citizens is a thought-provoking work which follows three women: a maid, an employer and an MP's wife. Are they all model citizens? These three women may mean nothing to each other but they need one another to survive.

Exhibitions

Star Wars™ Identities

ArtScience Museum
Marina Bay Sands
6 Bayfront Avenue
Singapore 018974

30th January to 13th June 2021
Tickets from \$16.80 to \$25

Journey into the Star Wars™ universe in this interactive exhibition to learn about the creative process of movie-making from early concept drawings, storyboarding, model making, through to puppetry and costume design. Get up close and personal with original movie props, artworks, costumes and models of the famed star ships, the Millennium Falcon and the Star Destroyer from Star Wars™, and even create your own unique Star Wars™ character.



Something, Somewhere, Somewhen

Art Porters Gallery
64 Spottiswoode Park Road
Singapore 088652

12th January to 14th March 2021

You have doubtless seen Yip Yew Chong's murals depicting the daily life of Singaporeans on walls around Singapore; he has been beautifying the city's walls since 2015 and has to date completed over 50 street artworks. Now you can see the same themes translated onto canvas by catching the end of his first solo exhibition. There is even an opportunity to meet the artist himself, on 6th March from 12.30pm - 3.30pm, although advance registration is required.



A Voyage of Love and Longing

National Museum of Singapore
93 Stamford Rd
Singapore 017889

10th February to 31st December 2021

This new exhibition pairs illustrations from the William Farquhar Collection of Natural History with Malay literature - lyrics from love ballads, classical texts and pantuns (rhyme quatrains) - to provide a fresh angle on the natural history collection. Innovative use of interactive, digital activities and on-site displays activate the drawings from the storied collection.



Urang Banjar: Heritage and Culture of the Banjar in Singapore

Malay Heritage Centre
85 Sultan Gate
Singapore 198501

28th November 2020 to 25th July 2021

This is the fifth instalment in the 'Se-Nusantara' (from the same archipelago) series looking at the ethnic and cultural diversity of the Singaporean Malay population. It focuses on the Banjarese, or 'Urang Banjar', the smallest of the groups which make up the Malay community in Singapore. Their culture and identity are displayed through ethnographic objects, community stories and treasured family belongings, which showcase their strong sense of kinship, industry and history.



The News Gallery: Beyond Headlines

National Library Building
Level 11, Promenade
100 Victoria St
Singapore 188064

13th March to 31st December 2021

An exhibition featuring stories of Singapore's newspapers dating back to the 1820s which examines significant episodes from Singapore's history through the perspectives of different media. Fake news and interactive exhibits will keep you entertained.



Street Corner Heritage Galleries

National Heritage Board
Balestier, various locations

10th March 2020 to 1st January 2022

The National Heritage Board's Street Corner Heritage Galleries scheme aims to strengthen partnerships with communities and foster deeper appreciation for heritage in everyday spaces. Local shop owners with at least 30 years of history can co-create 'mini museums' that showcase the history and heritage of their respective businesses and trades. Located on site, these galleries will display historical documents, photographs and artefacts that tell the stories of these shops. The first Street Corner Heritage Galleries are in Balestier - Loong Fatt Tau Sar Piah, Loy Kee Best Chicken Rice, Lim Kay Khee Optical and Contact Lens Centre, Lam Yeo Coffee Powder Factory and Sweetlands Confectionery and Bakery. The scheme will be subsequently rolled out in four other precincts - Kampong Gelam, Little India, Kreta Ayer/Chinatown and Geylang Serai - by 2022.

Music



Showtime Productions with Esplanade

Chamber Jazz
Jeremy Monteiro & Braddell Heights Symphony String Ensemble

Esplanade Concert Hall
Esplanade - Theatres on the Bay
1 Esplanade Drive
Singapore 038981

Saturday 20th March at 7.00pm
Tickets from \$68 to \$88

The evening, complete with three Cultural Medallion recipients, promises to be an unforgettable concert with original music and standard jazz tunes arranged specifically for this ensemble.

Immersive Theatre and Dining

Around the World in Eighty Days by Jules Verne

Andsoforth
Location is secret, revealed 24 hours before the workshop.

October 2020 to April 2021
Tickets \$128

Experience outstanding sets, deliciously surprising cuisine and hilarious performances as you traverse through one of Jules Verne's most famous novels in this modestly and misleadingly titled Book Analysis Workshop. Sessions are limited to 10 participants with six to seven sessions running on each available date.



Pop-up Bar



The Wizard's Den

Secret location, revealed on booking
Dates TBC

This immersive 90-minute cocktail-making experience comes to Singapore from Australia. You'll don your robe and sip mead as you experiment in the ancient art of potion making. Concoct devilish brews for good (or evil), all under the watchful eye of our wise potions master. Complete challenges to unlock your ingredients at this hands-on magical experience!

BA Benefits

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

All discounts listed below were correct at the time of publication. Vendors and outlets will have the final say on discounts and any discrepancy will be resolved without any involvement from the BA.



BRITISH AIRWAYS
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*



SMITHS FISH & CHIPS
BA members enjoy a fantastic 10% off food when ordered in this delicious and traditional fish and chip shop.
A valid BA Membership card must be shown.

10%*



THE GLASS ONION BISTRO AND BAR
Serving a union of Japanese and Western dishes, using fresh, quality produce to stimulate your senses!
Receive 15% discount off à la carte items and all day Happy Hour pricing on alcoholic beverages. www.theglassonion.com.sg

15%*



BRUNETTI SINGAPORE
Enjoy a 10% discount on all dishes, pastries, cakes, ice cream and drinks at Brunetti in Tanglin Mall. Valid every day except eve of public holidays and public holidays.
Find us at: www.facebook.com/BrunettiSingapore, 163 Tanglin Road, #01-35 Tanglin Mall, Singapore (247933)

10%*



MCGETTIGAN'S BAR, CLARKE QUAY
10% discount on food and drink all day, every day!
www.mcgettigans.com

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 Kids 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%*



QUEEN AND MANGOSTEEN
10% off all à la carte items, excluding bottles of wine from the wine menu.
Vivocity Shopping Centre Tel: 6376 9380
www.queenandmangosteen.com

10%*



The 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 EXCISEMAN WHISKY BAR
BA members are entitled to 10% off all drams, wines by the glass and food. Bottle sales not included.
A BA card must be shown on each visit.
Location: 8 Raffles Place, 02-27 Esplanade Mall, Singapore 039802.
Call 6963 1192 or e-mail enquiries@theexciseman.com.
www.theexciseman.com

10%*



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

10%*



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

10%*



DENTAL ESSENCE
1st Appointment consultation, polishing, fluoride treatment, X-ray and Air Prophylflex for \$175.
See Website for further details.

\$175 / 1st appointment*



SQUE ROTISSERIE AND ALEHOUSE
10% off all items of food and drink, excluding draught beers.
The Central, Clarke Quay Tel: 6222 1887
www.sque.com.sg

10%*



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

10%*




MASTERS' YOGA SADHAN
BA members are entitled to four yoga sessions for \$30 and 20% off of any package. A valid BA membership card must be shown on each visit.
Contact: mastersyoga@gmail.com
mastersyogasadhan.com

10%*




#1 SALON
BA members are entitled to 15% off all hair services except wash and blow dry at Bishan and Ang Mo Kio Salons.
A valid BA membership card must be shown on each visit. Contact: Bishan 6258 3218 / Ang Mo Kio 6483 2528.

15%*



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

50%*



Pink Fish™
Pink Fish™ is a casual fast food chain from Norway serving up the freshest salmon in healthy and delicious burgers, wraps and raw bowls.
BA members get 20% off the total bill on production of their membership card, quoting The BEAM. Promotion is not valid with any other discounts or promotions. Not applicable to kids items or kids combos. Management reserves the right to amend T&Cs.
We look forward to seeing you at #B1-261/262 Jewel Changi Airport.

20%*



EC Proof
EC Proof makes quality products accessible to consumers looking for that special gift or who wish to entertain at home or at the office. It carries hundreds of bottles and provides customers with an end-to-end offering from bar tools, cordials, bitters and cocktail books to cocktail-making classes by a respected craft bartender.
Cocktail aficionados and spirits fans can purchase the range with a few clicks at ecproof.com. Free delivery within 48 hours for orders above \$50.
EC Proof would like to offer a 15% discount off all its products to BA members. Please enter discount code BEAM15 when booking.

15%*

origin—journeys Origin Journeys
Origin Journeys, a travel and experiential platform based in Singapore, specialises in creating memorable business meetings and conference events (physical, virtual or hybrid). We hope to bring novel, well-researched and incredibly exciting experiences that are not previously uncovered to the Singapore market.
Here's a 5% discount for all products on our website www.originjourneys.com you can share with your colleagues and family! Enter the code FIVEOFF at checkout.

5%*

*Terms and conditions apply.

*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 at 10.30am.

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

BOOK GROUP

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

East Coast: Jo Harding at Jo@sunbirdtree.com

Supper Club: Anne Roberts at anneroberts2312@hotmail.com

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

Tuesday evenings: Marion Lang at marionlangx@gmail.com

Thursday mornings: Julia Chapman at juliachapmansingapore@gmail.com



BRITISH CLUB ACTIVITIES

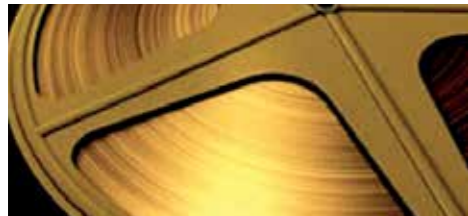
1. Bingo Nights - 1st and 3rd Tuesday, 8.00pm at Windsor Arms
2. Pub Quiz Nights - 2nd and 4th Wednesday, 8.00pm at Windsor Arms

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

BUNCO

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

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



CINEMA CLUB

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

Contact Siân Brook Gillies 9002 6544

BA GOLF

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

Contact Edith Blyth at bachair@britishassociation.org.sg



BEGINNERS' GOLF

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

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

GOLF – THE LADYBIRD GOLF GROUP

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

Contact Jean Murdoch at jeanmurdoch99@gmail.com



HANDICRAFTS

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

Contact Jane McDermott at djmcd33@gmail.com for more information or to be added to the Whatsapp group

MAHJONG

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

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

Tuesday afternoons: Sam Blundell on 8189 4672

Wednesday mornings: Jane McDermott at djmcd33@gmail.com



MAY I?

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

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

PHOTOGRAPHY

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

Contact Carolyn Perkins 9054 1073



SKETCHERS

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

Contact Siân Brook Gillies 9002 6544

TENNIS

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

Contact Davina Borton-Sutherland at davinaborton@hotmail.com or Martin Wigglesworth at 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 Julie Avery at walkietalkieeastcoast@gmail.com

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

Contact Miranda Thomas on 8685 9912 or nandmthomas@gmail.com

BA Joggers: Anne Brangan on 8464 8440 or anne_brangan@hotmail.co.uk

Helping You Make Informed Choices on Travel

by the Consular Section, British High Commission Singapore

In March 2020 – when COVID-19 cases were steadily rising in Singapore – a small group of British High Commission officers had a virtual meeting to discuss an urgent matter. The Ministry of Health had just announced that Singapore would be shutting its borders to all visitors. We needed to get the word out quickly. We worked on a draft to update the Foreign, Commonwealth & Development Office’s (FCDO) Travel Advice pages for Singapore on GOV.UK. Once signed off, we sent this to the 24-hour on-call team in London; within a few hours, the updated version of Travel Advice was up on the website. Email notifications went out instantly to Singapore Travel Advice subscribers.

This was one of the 63 changes that the FCDO made to Singapore Travel Advice in 2020. (Compare that with 3 updates in 2019!) In total, 8,310 updates to Travel Advice were made worldwide in 2020. It was a record-breaking number of updates, all done in the midst of rapidly-changing border restrictions resulting from the pandemic.

How does Travel Advice work? Each country page on GOV.UK has information that every tourist or resident needs to know about that country: what medical care is like; whether credit cards are widely accepted; what pandemic lockdown rules are in place. By reading these pages, you’re getting access to reliable advice to help you make informed decisions about where, when, and how you travel. Think of it as a factual and must-have travel guide online.

Travel Advice is a collaboration of consular and political teams in country, geographical desks at the FCDO in London, and a team dedicated to this work - aptly called the Travel Advice team. We also rely on the National Travel Health Network and Centre for expert advice on health risks, outbreaks, and medical information for each country.

Now more than ever, it’s important that you see updates on Travel Advice as soon as they’re published. You can do this by signing up for email alerts:

1. Go to GOV.UK. In the search box, type '<country> travel advice' (Singapore travel advice, for example)
2. Click on 'Get email alerts'
3. Choose how often you want to receive emails – we suggest 'each time we add or update a page'
4. Enter your email address
5. You're all set!



To get you started, we’ve included a QR code to Singapore Travel Advice on this page – just scan it onto your mobile device. You’re now a few clicks away from getting timely and reliable advice from the FCDO – for now, and for when borders reopen for travel once again.



Did You Know?

What seems to be a small misdemeanour like drunk and disorderly behaviour in public can lead to imprisonment. See the local laws and customs section of Singapore Travel Advice for more.

The Consular Section at the British High Commission offers support and advice to British nationals in Singapore, focusing on those who need help the most. To find out more about how we can help, go to GOV.UK and type 'Support for British Nationals Abroad' in the search bar. Our 24-hour consular helpline number is 6424 4200.

BRITISH ASSOCIATION MEMBERS' USE OF THE BRITISH CLUB

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

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

Terms & Conditions

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

For further information on Membership at the British Club, please contact 6410 1100. The above benefits can be varied at the sole discretion of The British Club.

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