



# IWA

# DHWANI

Sounds of IWA, Singapore

Indian Women's Association

April 2017 • MCI (P) 143/05/2013



# CONTENTS

<b>Letter from the President</b>	<b>1</b>
<b>From the Editorial Team</b>	<b>2</b>
<b>Club Calendar</b>	<b>3</b>
<b>Maximise your Sleep Benefits</b> <i>Raffles Hospital</i>	<b>4</b>
<b>Money Matters</b> <i>by Vidya Dasgupta</i>	<b>5</b>
<b>Be a Gourmet Goddess!</b>	<b>6</b>
<b>How well do you know Singapore?</b>	<b>8</b>
<b>Acts of Kindness</b> <i>by Ritu Kapoor</i>	<b>9</b>
<b>Holi by the Sea</b> <i>by Jayaradha Shankar and Karthik Menon</i>	<b>10</b>
<b>Behind the scenes at the Bazaar</b> <i>by Gowri Aiyar</i>	<b>11</b>
<b>Membership Lunch</b>	<b>12</b>
<b>Memories of Another Spring</b> <i>by Tara Dhar Hasnain</i>	<b>14</b>
<b>Bazaar</b> <i>by Aruna Shahani</i>	<b>14</b>
<b>The Purple Stain</b> <i>by Jyoti Verma</i>	<b>15</b>
<b>"Never Ever" to "Always"</b> <i>by Monica Dovedy</i>	<b>16</b>
<b>Relationship 2050</b> <i>by Satish Lele</i>	<b>17</b>
<b>The Laughing Flower</b> <i>by Vania Kapur</i>	<b>18</b>
<b>NANU</b> <i>by Nishant Verma</i>	<b>18</b>
<b>Pep it, Perk it and Preserve it</b> <i>by Neena Mittal</i>	<b>19</b>
<b>Jaipur Literature Festival 2017</b> <i>by Lakshmi Padmanabhan</i>	<b>20</b>
<b>India and Singapore-Old Relationship, New Paradigms</b> <i>by Richa Joshi-Kaul</i>	<b>21</b>
<b>Become an IWA Member</b>	<b>22</b>
<b>Singapore Quiz Answers</b>	<b>23</b>

## IWA COMMITTEE 2017

### EXECUTIVE COMMITTEE

**President**  
Garima Lalwani  
[president@iwasingapore.org](mailto:president@iwasingapore.org)

**Vice-President**  
Sudeepta Dasgupta  
Chandan Lehal  
[vicepresident@iwasingapore.org](mailto:vicepresident@iwasingapore.org)

**Secretary**  
Tejashree Datey  
[secretary@iwasingapore.org](mailto:secretary@iwasingapore.org)

**Treasurer**  
Anuradha Shroff  
[treasurer@iwasingapore.org](mailto:treasurer@iwasingapore.org)

**Media Director**  
Kavita Daga  
[media@iwasingapore.org](mailto:media@iwasingapore.org)

**Advisory to Executive Committee**  
Gowri Aiyar  
Preeti Dubey  
Sukanya Pushkarna

### SPECIAL TASK COMMITTEES AND OFFICES

**Legal Affairs**  
Bhavani Bannerjee  
[legal@iwasingapore.org](mailto:legal@iwasingapore.org)

**WORKING COMMITTEE Events**  
Neeta Mirchandani  
[social@iwasingapore.org](mailto:social@iwasingapore.org)

**Membership**  
Gauri Savadi  
Abhinika Mittra  
[membership@iwasingapore.org](mailto:membership@iwasingapore.org)

**Membership Privileges**  
Vidya Dasgupta  
[privilege@iwasingapore.org](mailto:privilege@iwasingapore.org)

**Media Sales**  
Seema Gupta  
[adsales@iwasingapore.org](mailto:adsales@iwasingapore.org)

**Newsletter**  
Rakhi Shankar  
[newsletter@iwasingapore.org](mailto:newsletter@iwasingapore.org)

**Website**  
Jyoti Verma  
[website@iwasingapore.org](mailto:website@iwasingapore.org)

**Dhwani**  
Alka Joglekar  
[editor@iwasingapore.org](mailto:editor@iwasingapore.org)

**IWA Bazaar**  
Richa Joshi-Kaul  
Gowri Aiyar  
[bazaar@iwasingapore.org](mailto:bazaar@iwasingapore.org)

**Beyond Social Services**  
Bhanu Ramchandran  
[service@iwasingapore.org](mailto:service@iwasingapore.org)

**SWAMI Home**  
Raji Viswanathan  
[community@iwasingapore.org](mailto:community@iwasingapore.org)

**Indian Migrant Workers' Relief Team**  
Neeta Kapoor  
[relief@iwasingapore.org](mailto:relief@iwasingapore.org)

### CLUBS (INTEREST GROUPS)

**Acts of Kindness**  
Ritu Kapoor  
[kindness@iwasingapore.org](mailto:kindness@iwasingapore.org)

**Adda Club**  
Nirupa Vasudev  
[adda@iwasingapore.org](mailto:adda@iwasingapore.org)

**Book Club**  
Lakshmi Padmanabhan  
[bookclub@iwasingapore.org](mailto:bookclub@iwasingapore.org)

**Creative Hands**  
Monica Dovedy  
[creative@iwasingapore.org](mailto:creative@iwasingapore.org)

**Entrepreneur Club**  
Richa Joshi-Kaul  
Mika Parekh  
[business@iwasingapore.org](mailto:business@iwasingapore.org)

**Fitness Club**  
Padmaja Balaji  
[fitness@iwasingapore.org](mailto:fitness@iwasingapore.org)

**Gourmet Goddess Club**  
Taniya Hathiramani  
Pooja Narayanan  
[gourmet@iwasingapore.org](mailto:gourmet@iwasingapore.org)

**Movie Club**  
Selmé Singh  
[movie@iwasingapore.org](mailto:movie@iwasingapore.org)

**Music Club**  
Madhu Suri  
[music@iwasingapore.org](mailto:music@iwasingapore.org)

**Mahjong and Scrabble Club**  
Anshoo Berry  
[scrabble@iwasingapore.org](mailto:scrabble@iwasingapore.org)

**Travel Club**  
Sukanya Pushkarna  
[travel@iwasingapore.org](mailto:travel@iwasingapore.org)

**Writing Enthusiasts' Club**  
Shilpa Thapliyal  
[writing@iwasingapore.org](mailto:writing@iwasingapore.org)

## AOK CLUB

**The newest addition to the IWA family is the "Acts of Kindness - AOK Club"**

We hope to find engaging social projects and convert them into community events that will expose us to multiple audiences, experiences and settings - soup kitchens, animal shelters, community hospitals, food banks etc. So if you are a spirited soul, passionate to go deep into making a difference in someone's life and impacting your world, look no further. Watch out for announcements for AOK events in the newsletter and join us for fun, meaningful opportunities to fill your Karma cup. Friendship and contentment guaranteed!



## IWA TRAVEL CLUB



**"The real voyage of discovery consists not in seeking new landscapes, but in having new eyes."**

Marcel Proust

Come join the IWA travel club and explore the world with new eyes! Let us travel near and venture far, let's share our personal adventures and our life's journeys. Join us as we travel to Vietnam, Bali, Jaipur or even Sri Lanka and more. A few short jaunts, perhaps to nearby places, and long walks to hidden treasures, let us shop and let us eat, redesign our home affairs, learn about other cultures and other peoples but more than anything else, let us learn about ourselves! Come! Join the IWA traveling sisterhood!



"We all deserve a little wanderlust."



## LETTER FROM THE PRESIDENT



Dear IWA Members,

It has been a packed, fun filled couple of months since the current committee took over. We started the year by celebrating International Women's Day packing food items for the less privileged at 'Food from the Heart' facility. The event, organized under our newly launched Acts of Kindness (AOK) Club, left participants feeling grateful and pumped up to do more.

IWA celebrated Holi, a sold out event on Sunday, March 12th, in partnership with Siglap South CC (IAEC).

Our membership lunch held on March 14th was a well attended affair with more than 100 registrants. Live streaming of the function resulted in high interest for IWA.

Summer Bazaar participation rose this year and we were able to finalize the list of participants in time to offer a well-curated and publicized Bazaar.

IWA volunteers turned out in full force to support Jamiyah for the official opening of their Senior Care Centre and Dementia Ward and for celebrating the first anniversary of their women's wellness group.

Orientation sessions held at SWAMI Home, HOME and TWC2 gave volunteers a glimpse into the needs

of our partner organizations. A new initiative with Swami Home provides an opportunity for volunteers to interact with the elderly on the second Monday of every month from 2 to 4pm. In addition, IWA members donated used laptops for children of a migrant worker's family via TWC2. I-Care plans include arranging fun activities for beneficiaries, celebrating festivals and organizing drives for donation of items on the wish list of our partner organizations.

To accommodate working members we are consciously organizing a few evening and weekend activities, many open to families. Lately our events have generated excitement among members. Make sure to sign up early and if the event is full, add your name to the waitlist, which usually clears up closer to date. We try to accommodate members by opening up additional spots where possible.

IWA takes a break in June and we will be back in July with many interesting events. Do watch out for them on our website at [www.iwasingapore.org](http://www.iwasingapore.org)

Be sure to subscribe to our e-newsletter and sign up online for events that interest you, right away.

Yours sincerely,  
**Garima Lalwani**

**ON THE COVER:**  
**Backwaters of Kerala**  
**Acrylic on Canvas**  
**24"/20"**  
**Artist: Aarti Bartake**

*This artwork explores the harmonious relationship between man and nature at the Backwaters of Kerala.*

The Kerala Backwaters are a network of interconnected canals, rivers, lakes and inlets, a labyrinthine system formed by more than 900 km of waterways. Palm trees, shrubs, various leafy plants and bushes grow alongside the backwaters, giving a green hue to the surrounding landscape.

The occasional house boat and the delectable aroma of Kerala cuisine.....Inviting!  
One must experience it in one's lifetime!

My humble tribute to God's Own Country - KERALA

For Aarti, Art is a form of expression that transcends all barriers and connects with people visually and emotionally. It can evoke many different feelings in people, tell stories, and create an ambience, all at the same time. Aarti's formal training has been in the creative fields of Residential Space Design, Interior Design and Graphics, Animation and Multimedia and she has exhibited her work in Singapore, London, U.S.A and India.





## From the Editorial Team

If Nature is the perfect backdrop, She is also the best ambassador to invite and explore the beauty she has filled the earth with!

As you turn the cover page with its lovely image of the Kerala Backwaters, you will discover further delights that resonate with a finely tuned Summer Bazaar Dhwani edition. Its myriad aspects of relationships that connect, span and stretch, await you. They could link human hearts, inspire acts of kindness or experience a depth of inner growth through your pets.

Get bitten by the travel bug, to sail rivers and seas and continue to acknowledge and appreciate one's family and home.

The list is endless.....Dhwani invites you to turn the pages where the articles showcased will reiterate the fact that 'no man is an island.'

*'Strung along the one uniting binding thread, we are as pearls encircling a Cosmic Oneness.'*

Sail into the far horizons on the best ships ever...  
Relationships!  
Friendships!

## Write For Dhwani

Dhwani is the voice of IWA and we would like to showcase what excites and interests you. We would like articles, poems, personal narratives, artwork and photographs from our members. Anybody can write in to Dhvani. All that is required is a great deal of curiosity about what's happening out there and a passion to inform others about it.

First time writers are very welcome. Those who submit articles that have been published earlier need to mention the publication. We also ask that you acknowledge Dhvani's name as the first publication in case it is published later.

IWA is not only about women, but also about our families. We welcome articles by husbands, parents and children of our members.

Original artwork measuring 8 inches width by 10 inches height are welcome. We do not take kindly to camera phone photos!

Dhwani is about you, by you, and for you. Please send your contributions to the [editor@iwasingapore.org](mailto:editor@iwasingapore.org)

We are waiting to print your thoughts.



**IWA DHWANI EDITORIAL TEAM:** Rashantha Therese Devanesan, Alka Joglekar, Neena Mittal, Lakshmi (Lucky) Padmanabhan, Sukanya Pushkarna, Lakshmi Raghavan, Hetal Shah

**IWA DHWANI IS PRINTED AND DESIGNED BY:**

**Xpress Print Pte Ltd**

61 Tai Seng Avenue, Print Media Hub @ Paya Lebar iPark

#03-03, Singapore 534167

UEN No.S97SS0085J in iROSES

We hope you like this issue of IWA Dhvani. If you have any feedback or suggestions regarding articles and features or if you would like to contribute articles or artwork to our magazine, please write to [editor@iwasingapore.org](mailto:editor@iwasingapore.org)



# Mark these days in your calendar every month!!

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MONDAY		Swami Home		
TUESDAY		*** Writing Enthusiasts	*** Writing Enthusiasts	Adda Club
WEDNESDAY	Mahjong and Scrabble		Mahjong and Scrabble	
THURSDAY		Book Club	Music Club	
FRIDAY	Creative Hands		Creative Hands	Movie Club
SATURDAY				
SUNDAY		Fitness Club+++	Fitness Club+++	

\*\*\* either 2nd or 3rd Tuesday

+++ either 2nd or 3rd Sunday

Please note that the above timings may change due to public holidays or any other special event. It is always best to check our weekly newsletter or our website for latest updates!

## The Book Club will read

- Fates and Furies by Lauren Groff in May
- Map of the World by Jane Hamilton in July
- An Era of Darkness by Shashi Tharoor in August
- A House in the Sky by Amanda Lindhout in September

**The Entrepreneur Club** has an upcoming "Coffee Mixer: Networking Morning for Business Owners" on 3rd May 2017. They will have another edition of the same on August 1st, 2017.

## Dragon Boat Festival on 30-May-2017

At Bedok Reservoir, Kallang River, DBS Marina Regatta

Thumping drumbeats and delicious dumplings are the exciting ingredients that make the Dragon Boat Festival a sizzler of a festival in Singapore.

Visit <http://www.yoursingapore.com/festivals-events-singapore/cultural-festivals/dragon-boat-festival.html> for more information

# Maximise your Sleep Benefits

There is profound truth in the phrase: "I need my beauty sleep," which we so often hear or even say. But really, are you doing enough of it every day to look your best?

## Early Lights Off

In general, humans need an average of eight hours of sleep, with young children requiring more. According to Dr. Rupert See, Family Physician, Raffles Medical at Shaw Centre, having an early night of rest helps in body restoration as the early part of the night tends to have more non-REM (Rapid Eye Movement) sleep which is deeper than REM sleep.

## Looking good in and out

Sleep deprivation affects our health especially our skin. This is important if we want to wake up with a healthy glow on our complexion. "The skin is also most active between 10 pm and 2 am and when people are awake at this time, their skin will be less able to repair itself," shared Dr. Tan Siew Kiang, Specialist in Dermatology and Consultant, Raffles Skin and Aesthetics. Estrogen levels begin to decline for women in their mid-40s, and will even produce less due to a stressful lifestyle or poor sleeping habits. If you are not sleeping enough, less collagen and elastin are produced and blood vessels will not stay as supple.

## Hence the skin can appear

dehydrated which makes fine lines more visible, especially under the eye area. Although some people genetically have more melanin around the eye area, lack of sleep can worsen this problem. It will also increase stress hormones and inflammation of the skin and hair follicles as poor blood flow fails to transport nutrients, vitamins and

minerals, leading to skin acne and hair loss.

## Wash up thoroughly

After washing your face, many people forget to moisturize leading to dry and tired skin in the morning. Another common bad habit is sleeping with makeup on. No matter how tired you are, always remove your makeup before going to bed. Sleeping with makeup prevents your skin from renewing itself leading to breakdown of collagen, resulting in wrinkles and clogged pores.

## Sleep on your back

Dr. Ho Kok Yuen, Specialist in Anesthesiology and Consultant, Raffles Pain Management Centre advises. "Sleeping on your back is the best as it allows your body to maintain a neutral position. Use a memory foam pillow or feather pillow that can conform to the shape of the head and neck." Sleeping on the back allows for the least amount of pressure on the face, thus minimizing wrinkles from forming, added Dr. Tan.

## Avoid salty foods and alcohol

Drink up but not too much. You may think drinking a glass or two may help you fall asleep, but too much alcohol disrupts sleep patterns causing sleeplessness. Alcohol is a diuretic which means you may wake up with a need to go to the bathroom in the middle of the night. Alcohol and salty foods may also cause dehydration leading to puffiness in the eye area.

## Change your bedding often

Most people find it a hassle to wash bedsheets. Considering that you spend an average of eight hours in bed daily, bedsheets collect dead skin, sweat, grease and dirt that may carry with it bacteria and



attract bugs such as dust mites. Dr. See recommends washing them weekly at 60 degrees Celsius and drying under the sun or running a hot iron over them to destroy bacteria.

## Turn on the air conditioner and humidifier

A cool room improves sleep quality because it helps lower your body temperature to achieve deep sleep. Dr. See explains, "When sleeping, your body temperature drops which is why studies have shown that temperatures between 16 to 22 degrees Celsius are most ideal for sleep." Air conditioning can dry the air, so consider investing in a humidifier.

## Unplug your technology to Sweet Dreams

Make your bedroom a more conducive place to sleep in. It is also your sanctuary where you can retreat from the stresses of life and rejuvenate yourself. A common habit that many are still guilty of is checking emails and playing mobile games before bedtime which may stimulate our brains that work against relaxing. You can improve sleep quality by adjusting your lifestyle and attitude towards sleeping. However, if your sleep interferes with your memory or everyday activities, or it lasts for three months or more, seeking medical help is recommended.

**For enquiries, please contact Doris Tay at 6311 2047 or email [tay\\_doris@rafflesmedical.com](mailto:tay_doris@rafflesmedical.com)**

Your Trusted Partner for Health

**RafflesHospital**  
Singapore



# Money Matters



## 12 tips to become financially savvy.....

- 1** Cash in a current account is idle cash. When kept in a multiplier bank account, the same idle cash earns interest daily.
- 2** Not paying off your previous month's credit cards bills in full and still spending on the same card just by paying the minimum amount due is called "Roll over credit". This really drains your regular income.
- 3** Regular groceries and other daily routine items purchased on your credit card can earn you points or cash back or gifts/meal vouchers or redeemable airline miles.
- 4** Manage only a few bank accounts by closing down bank accounts that are dormant.
- 5** Never undertake financial commitments without properly understanding the underlying terms and conditions.
- 6** Insure for the unexpected always. Check that all insurance premiums due are paid on time. The type of coverage and coverage amounts that you need are based on your age and personal circumstances. A good start is to check the insurance benefits that are available from your employer. Health, life and disability insurances are generally more affordable because of the employer's group rates. It is always wise to take independent health coverage in addition to the health coverage provided by your employer. A very useful tip - always get your medical/health insurance when you are in the pink of health!
- 7** Be realistic while budgeting for home finances. Know the difference between luxuries (wants) and necessities (needs)!
- 8** Personal travel plans should ideally be funded from investment income instead of regular income. Invest wisely and travel smart!
- 9** Break free from the shackles of loans as early as possible.
- 10** Know your assets and those of your partner as well and please make a WILL!
- 11** Don't ignore retirement. Start preparing for it while you are working!
- 12** Last but not the least, don't let aggressive advertising rule your life! Don't react with "Shop Therapy" when influenced by powerful and emotional advertising; use the emotion to plan how to shop. Knowing what you want and focusing on your goals can help curb the impulse to buy things you don't really need or can't really afford!




---

**Vidya Dasgupta** is a corporate financial advisor. She enjoys reading, travelling, running and Yoga.

---

# Be a Gourmet Goddess!

For more information, please contact Gourmet Goddesses at [gourmet@iwasingapore.org](mailto:gourmet@iwasingapore.org)

## Thai Pomelo Salad (Vegetarian)

1 pomelo cut into small pieces  
Half carrot thinly sliced  
7 green beans thinly sliced  
Half cup coarsely ground peanuts

### Dressing ingredients

3 tsp olive oil  
2 tsp light soya sauce  
2 to 3 tsp brown sugar  
Juice of half lemon  
Thai red chilies 2 to 3 (pounded)  
2 garlic pods (pounded)  
Salt to taste



Mix the dressing ingredients in a bowl. Add all the other ingredients, mix well and serve garnished with a generous amount of spring onions, cilantro and cashew nuts sautéed in olive oil.



*A computer engineer turned into an interior designer, Hetal loves to create anything quirky and paint old furniture.*

## Rasgullas from scratch!

### Ingredients:

Whole cream milk 1.5 litres  
Juice of 1 large lemon  
Sugar 1.5 cups  
Water 6 cups



1. Bring milk to a boil. Take it off the flame and add lime juice. Add ice to the pot as soon as the milk and whey separate. Strain in a colander lined with a muslin/cheese cloth. Wash well to remove the lemony smell. You have now made cottage cheese!
2. Tie the cottage cheese in the cloth and hang for 20 minutes (make sure it is moist and not too dry). Knead it with the heel of your palm till smooth and dough-like. Pinch small amounts and roll into balls (approx. 40). The balls will double on boiling so size accordingly.
3. Add 1 cup of sugar to 5 cups of water and bring to a rolling boil.

4. Add the balls to the boiling sugar syrup (add in 2 batches. Keep the second batch covered with a wet cloth while the first batch is in the sugar syrup).
5. Cover and boil the rasgulla balls for 10-12 minutes (they should double in size).
6. To check if done, drop a ball in a glass of water at room temperature. If the ball sinks, it is cooked.
7. Remove the balls from the sugar syrup and transfer to a bowl of water at room temperature.
8. Add 1 cup of water and ½ cup of sugar to the sugar syrup and bring to a boil. Cool to room temperature.
9. Remove the rasgulla balls from the plain water, squeeze gently and add to the sugar syrup at room temperature. Chill, serve and enjoy.



*Sudepta a.k.a Lokhi is a Jane of many trades..... she trained to be a fashion designer, commercial artist and a Montessori teacher. A very active IWA member, she is now a social service volunteer and a homemaker who loves cooking and getting creative.*



## Baked Rasgullas

Rasgullas – 20  
Milk – 1 litre  
Cardamom powder – 1 pinch  
Gula Melaka – as per taste

Prepare rasgullas at home from Sudeepta's recipe or pick out the rasgullas from a store bought tin. Squeeze out the sugar syrup.

Heat the milk on slow fire till it thickens. Add cardamom powder. Traditionally at this point, the recipe calls for Nolen Gur (a special type of gur/jaggery available only in West Bengal) to be stirred in. The closest you can get here is Gula Melaka so stir that in.

Add the Rasgullas. Taste and adjust Gula Melaka for just the right level of sweetness.

Pour in a baking dish, cover with aluminium foil and bake at 150 degrees for about an hour.



*Priyanka Chandok is a Montessori teacher by training and later worked as a designer with her own retail outlet. She is now a homemaker, passionate about food and loves to experiment with different types of cuisines. She also loves to travel and broaden her horizon in various spheres.*



**Chandan Lehal's** tip is to use locally available Chye sim as a sarson replacement in a 2:1 ratio with Indian spinach when cooking sarson-ka-saag. Instead of Bathua she uses a packet of bok choy to give the saag quantity and body. Her secret ingredients for a great sarson-ka-saag - a small packet of spring onions and a bunch of green garlic!



**Archana Jain, Monica Dovedy and Jyoti Verma** recommend using julienne peelers for uniformly thin shredded vegetables which have aesthetic appeal, entice the taste buds and make great salads! The brands that were recommended by them are available at budget as well as department stores. A spiral slicer would work wonderfully with longer vegetables like zucchini and carrot.



**Pooja Narayanan** recommends using truffle paste (with real truffles) instead of truffle oil (with a chemically derived aroma of truffles). Some brands, available in Singapore, contain 75% black winter truffle paste. Black winter truffles have amongst the strongest, deepest aromas of the truffle world. A small teaspoonful added to your pasta and risotto goes a long way!



# How well do you know Singapore?



1. When did Singapore come into being?
2. What is the significance of the location of the statue of Sir Thomas Stamford Raffles?
3. There is another Singapore in the world! Do you know where it is?
4. These type of buildings are a symbol of Singapore. What are they called?



5. Did you know that there are hot springs in Singapore? Where?
6. Where would you find this art in Singapore?
7. When and why was the Singapore Sling created?
8. Whose photo is it on a 50-dollar Singaporean bill?
9. Who are the "Peranakans"?
10. When was Mustafa established and who established it?

Quiz compiled by Alka Joglekar  
Photographs by Antara Joglekar



# Acts of Kindness

by Ritu Kapoor

The world has become noisy. Loud messages demand that we hustle, improve, yearn, acquire, compete, go big or go home and g(r)asp for more! It is time to pause a moment - to reflect, to meditate, to breathe and to act purposefully.

On International Women's Day (8-March-2017) at a local food bank called Food From The Heart (FFTH), AOK Club tried to provide one such moment. Our task was to pack food ration bags for the less privileged families in Singapore. Food items ranged from Milo powder, noodles and cookies to rice, oil and canned fish. An enthusiastic bunch of volunteers arrived early and after a quick introduction to the organisation via a short film, they were off to a great start. An assembly line quickly emerged and volunteers divided themselves into sorters, carters, packers and sealers. Lively chitchat filled the warehouse fuelling high enthusiasm and catapulting the troopers to pack in record time! FFTH, who had not anticipated this, was pleasantly surprised and promised to be better prepared next time for IWA!

This simple activity allowed us to stop and reflect on the goodness in ourselves and others around us, realise our power to translate that into purposeful action and in the process discover the simple truth that we are all connected despite our different places in the universe.



*Singapore has been my home for nearly 10 years now. I am passionate about learning especially in the fields of arts and design. I love to collaborate, create, repurpose and explore multiple creative forms and bask in the joy of my family and anything chocolate!*





# Holi by the Sea

by Jayaradha Shankar and Karthik Menon

Spring in the air! It was that time of the year again when the Indian Women's Association (IWA) and the Indian Activity Executive Committee (IAEC) of Siglap South CC, Singapore firmly link hands to celebrate Holi!

This year it was on 12th March 2017 at the beautiful and breezy Angsana Green @ East Coast Park to create a sea of colors' – our "Holi By The Sea".

The event was a sellout with over 1000 revelers, mostly families and groups of friends, hitting the 6000 sq. ft. dance floor. There was fantastic music by DJ Harvey, interspersed with spirited Dhol and Bhangra. All this activity was accompanied by Thandai (the delicious festive drink for Holi), the best of spicy and tangy Chaat followed by a full-fledged buffet lunch.

As early registrants trickled in, the Chief Guest Mr. Edwin Tong, Member of Parliament, arrived at the appointed hour and was given a traditional welcome of colors by Dr. Uma Rajan, Chairperson IAEC and Mrs. Garima Lalwani, President IWA. Mr. Tong accepted the welcome with grace and good cheer and joined the fun by greeting other participants, color powder in hand! Everyone plunged into the sea of social merriment and spirit of fun and banter which is so unique to Holi.

The event got into top gear by 11.30 am as the Sunday crowds poured in to the registration counter to create what looked like an infinity pool of humans. The reception

area saw the brouhaha of friends and families who planned ahead to meet and go in together. There was an air of excited impatience and expectation as registrants each collected a goodie bag of colors before moving on to the dance floor.

A word of praise for the Organizers! IAEC team volunteers deftly managed the registration counter and snapped the wrist band on every ticket holder while IWA volunteers gave an enthusiastic "mithai" welcome and applied "teeka" to the foreheads of guests before handing over the goodie bags to each and every participant. While there were some initial fears of rain, the Gods were kind enough to stir up a gentle breeze to blow away the clouds and customized the weather perfectly for outdoor fun. There were various individual and family contests that saw much gusto and enthusiasm from the participants.

The event was yet another testimony to

the successful social collaboration between IAEC and IWA which seamlessly works like magic. Teams from both sides always go the extra mile to make the event secure, incident-free and yet with an almost India like feeling. This warm and open camaraderie was seen right till the end of the event and its success opens up avenues for many more such events.

We are grateful to the sponsors House Brand, Indus Affaire, Veena Prakash, Raffles Movers and De Ideaz for their commitment in making this event a pleasant, comfortable and memorable one.

Our final kudos to the staff and supporters from Siglap South CC and IWA who tirelessly put their shoulders to the wheel both in the planning and execution of the event.





# Behind the scenes at the BAZAAR

by Gowri Aiyar



The IWA Bazaar has been around for over 10 years in various forms. Previous Presidents and Bazaar Chairs introduced interesting elements like charity tables, fashion shows, chaat and food stalls. We continue to evolve to bring the best experience for the shopper.

The Summer Bazaar 2017 is going to be the biggest to date in terms of vendors, variety and hopefully shoppers. We have expanded our physical footprint and social media has become an extremely exciting space to express our creativity. The 'IWA Bazaar' Facebook page managed by my co-chair Richa Joshi-Kaul, is a testament to this. We also have some exciting partners this time.

The Bazaar planning starts about 3 months in advance. The bazaar team has to source vendors and get them to register. Curation of the products follows and then the payments. The IWA Media team also launches a well-planned TV and Print media campaign in the month preceding the Bazaar. The Privileges team brings in the lucky draw items. In the week before the Bazaar, volunteers get together to stuff the exciting goody bags. The night before is when we do the backbreaking work of arranging the stall spaces

Minal Agarwal is an ardent shopper at our bazaar. She says it is a 'one



stop place'. She picks an outfit and also finds the footwear, clutch and accessories to go with it. Abhinika Mitra says the bazaar is 'well planned and curated'. She shops for

a few hours and mostly for herself. Past President Sukanya Pushkarna likes to make good connections with the vendors and supports them. She tends to shop at the end when she is free and says "everything I've bought has been in the last hour". IWA President Garima Lalwani has lately been shopping for traditional sarees. She also picks up gifts and is ready to splurge on a unique item.

The Happiest Bazaar in Town is a labour of love for all of us who are volunteers. The profits we make are used to support our various charities. This is what motivates and drives all our efforts.



*I have lived in Singapore for 31 years and worked as a teacher, tutor and relocation specialist. Currently I have joined a startup where we counsel students going to US and UK Universities. I am the Bazaar Co-Chair and on the IWA Advisory to the Executive Committee.*





# Membership Lunch

An ice breaker for new members to interact, know more about the IWA Clubs and have a fun-filled morning!









# Memories of Another Spring

by **Tara Dhar Hasnain**

Do I hear birdsong?  
Glints of blue, red, yellow,  
Flashing, whizzing, gliding by,  
Announcing  
The end of  
A long cold winter.....

Do I smell hyacinth,  
Or is it lilac?  
Yellow mustard carpets the fields,  
Almond blossoms everywhere,  
Nargis, tulips, pansies, forsythia.....

Lakes and streams thawing  
From winter's frozenness;  
The music of moving water  
once again  
bringing the promise  
of warmer, longer days.....  
Colour returns to this white  
landscape.

Could spring be here again?  
'Koo-hook' says the bird-  
Maybe.




---

*Tara has worked as a university teacher most of her adult life, including as permanent faculty at Delhi University for many years, and at SMU as adjunct faculty. She loves books, and is currently an editor with a renowned publishing house.*

---



*Tribal Bazaar (oil painting) by Dr. Saroj Thakur (member Abhipsha Thakur Arora's mother)*

## BAZAAR

by **Aruna Shahani**

Rainbow colored  
Glass bangles  
Bright red, green, yellow  
Jingle.

The necklaces,  
Anklets, bracelets  
A treat to eyes  
Tinkle.

Colorful bags  
Of leather, beads, silk  
Beautifully shimmer.  
Lovely Indian outfits  
That may make you  
Look slimmer.

The home decor  
Silver and china  
Please the heart  
And clink.

The dazzling gold,  
Silver, American diamonds  
Make you blink.

The sarees  
In cotton, silk, chiffon,  
Bead work, Zari  
Your six yards of grace  
Beckon.

Seeing all this richness  
In one big hall  
Your Indian culture  
To reckon.

A lonely or a busy woman,  
Come all.....  
Doesn't the idea of shopping  
Make your heart tickle?




---

*Dr. Aruna Shahani. A Medical Microbiologist by profession. Now retired for the past few years to chase her passions - painting, writing, reading, traveling. A trained Yoga therapist from a Yoga University, she came to Singapore 9 years ago with her husband who is also a doctor.*

---

# The Purple Stain

by Jyoti Verma

Relationships remind me of onions - layers and layers of different colors and thickness. Just as an outwardly deteriorating relationship will still have the good deep inner core, peeling the outermost decaying layer of an onion will reveal the fresh and edible layers inside.

Vasvi was trying hard to control her sniffles. Her eyes were filled with tears of anger and frustration.

Dev had been very busy these last few days and they were not spending much time together. He was either travelling out of town or working late nights to catch up on his office work. She felt completely neglected and unloved.

Tonight, Dev had come home later than usual - way past dinner time. Some overseas visitors were in town and meeting had stretched much longer than expected.

She had visited a new, swanky hair saloon that afternoon and got a new hairstyle. She was wearing a blue dress- Dev's favourite color. She was expecting compliments from Dev on her new look, her dress or just something romantic.

Ten lo.....ng minutes had passed since he stepped inside the house. He was so engrossed in talking about his day that he didn't even notice her new look! That was when all hell broke loose. The volcano of Vasvi's fury erupted at Dev - "Am I invisible to you? I feel like a maid looking after this home and kids" she screamed, almost crying.

Dev was not anticipating this for coming late! He took a step forward towards Vasvi, intending to pacify her, but she shoved him away and walked towards the kitchen. When he came back after freshening up, the dining table was set with his favourite dishes.

The clanking of cutlery on plates provided a background score for the otherwise silent dinner. "I am tired

and want to sleep early tonight. Since you are going to be working, you might as well sleep in the study" Vasvi announced in a matter of fact manner while clearing the table. She marched out of the kitchen and stalked into the bedroom without waiting for any response from Dev.

Dev knew that talking to Vasvi or reasoning with her was not going to make things any better. He just hoped that she would be in a better mood after a good night's rest. He switched on his laptop and got busy with his work.

Meanwhile, Vasvi was tossing and turning in her bed - unable to sleep. The unoccupied pillow next to her was depressing. She switched on the bedside lamp and sat up. Just then, a faded stain on the bed sheet caught her eye. She caressed it while hundreds of emotions rushed through her, stark reminders of a time she would rather forget.

When fresh, it was a deep purple color. A drop of Iodine had fallen from the cotton swab, which Dev was holding. He was cleaning wounds on her burnt breast - tenderly. Just the way the nurse had told him to do. He would do it twice a day. Clean her pus filled wounds with Iodine solution, dry it patiently and then rub ointment on them as gently as possible, never looking away in disgust. The month long daily radiation sessions were over but wounds take time to heal.

She knew that. And so did he.

Dev had put all business travel on hold to accompany Vasvi to her endless hospital visits. He would take long

conference calls while pacing up and down the hospital corridor while she was undergoing her chemotherapy sessions inside.

He would reach home well before sunset, help her change into a clean, comfortable outfit. They would slowly walk or sit around the pool, holding hands. She had never told him that it relaxed and healed her soul. He just knew!

Six long months of no business travel? How did he manage that? No complaints, not a trace of the stress or struggle he was going through. Friends had offered to accompany Vasvi to her medical appointments and treatment sessions but Dev would politely refuse all of them. He knew she felt most comfortable and protected with him around.

A tear from Vasvi's eye fell next to the purple stain, washing away all her anger and pain. She sprang up from the bed, walked towards the study and pushed the door open as gently as possible. She didn't want to disturb Dev.

His sleeping silhouette reminded her of an angel she had seen in a movie many years ago.

Vasvi quietly slipped under the covers and snuggled next to Dev - wrapping her left arm around his hairy belly. He turned towards her and circled her with his right arm. She smiled - he could respond to her even in his sleep.

No questions! No explanations! No apologies!  
Love understands - always!

A feeling of bliss overcame her and she drifted into a deep, peaceful sleep.



*I used to write short poems and couplets while growing up and then at some point graduated to write grocery lists and kids' birthday invitation/greeting cards. I have written many short stories in last couple of years-most of them waiting for an ending and some polishing. Here is one out of that sack....*



# “Never Ever” to “Always”

by Monica Dovedy



*Monica has been married to her best friend for thirty years. She is blessed with two beautiful daughters and is enjoying her new journey with IWA. She turned an entrepreneur at fifty and is loving it.*

It took my daughter almost two years to convince me to think about making a trip to see a pup. I must confess that I have never been a so-called ‘dog person’ and was somewhat fearful of them. But, after a lot of pleading and cajoling from my daughter, met with a lot of “not now”, “never”, “never ever” from me, I found myself sitting in an Uber next to my ‘grinning ear-to-ear’ excited daughter.

We alighted from the car and I walked apprehensively, the ‘dog smell’ hitting my scrunched-up nose. I looked sideways at my daughter and said a silent ‘whoopie’ as she didn’t seem too happy with the smell either. Maybe, just maybe, this would make her change her mind. We made our way to the back, and there in a playpen were what looked like

brown balls of cotton, two pups. My daughter picked up one fluffy ball and let out a tiny squeal, face ecstatic with happiness, giggling with excitement. And suddenly I saw her as two and not her present twenty six. The mother’s heart in me melted and almost nodded a ‘yes’, but then the practical me said, “think it over, Monica”. We agreed to wait a week and I secretly hoped this phase would disappear but I was wrong; she got father and sister to join her team. I still held my ground and forced myself to not crumble under the pressure of the majority. But in one emotional ‘mummy’ moment my tough exterior cracked and I found myself once again doing the Uber ride to bring the ‘little fellow’ home.

Peeta, as named by the girls, was told not to ‘lick me’, ‘jump on me’, ‘enter my room’, or ‘chew my slippers’. I watched from afar as my family cuddled and cared for him. Slowly and unknowingly, the mother in me started worrying when he didn’t eat, had an upset tummy, or even lost a tooth. A friend wasn’t far from the truth when she cautioned me about these ‘little creatures’ warming their way into your heart. He did exactly that, snuck into my heart without a warning!

In his six months in our home, Peeta and I have formed a bond, a special relationship. He’s a ‘permanent rug in my room’, ‘foot warmer’, and ‘lamb to my Mary’. And just like I can’t remember my life before my girls, I can’t remember it before Peeta!

**Food 'n' Wellness**  
*Good Nutrition is Our Mission*

**Dietary Advice**  
customized | simple  
uncomplicated | easy to adhere

**Weight Loss Solutions | Diabetes  
Thyroid | Cholesterol Management**

*With*  
**Meenu Agarwal**  
Dietitian and Nutritionist  
Founder: FoodnWellness (P) Ltd  
Member: SNDA  
(Singapore Nutrition and Dietetic Association)

E: [meenu@foodnwellness.com](mailto:meenu@foodnwellness.com)  
T: +65 96479240  
[www.foodnwellness.com](http://www.foodnwellness.com)





# Relationship 2050

by Satish Lele

Staring melancholically at his Yamazaki highball he said, "Life is unfair. After investing two decades into this relationship, it's come to this." I nodded, but really did not know what to say. We were sitting in one of the waterholes in Ginza; one of many that spring to life in the evening for the weary office goers in this mega metropolis. I knew about his difficult separation from his wife but we had never spoken about it. He took another swig, banged the glass on the wooden table and announced, "Sometimes I think this Senji guy.....you know the doll guy.....he has found the right answer to a perfect relationship."

A few more drinks, a few more bars and it was time to head back to my hotel. The day was a blur but the 'Senji guy' kept popping up in my mind. Back in my room the search words soon revealed the story of a sixty year old Japanese businessman who had found solace in a silicone figurine. He romanced, dined, shopped, travelled and bathed with 'her'. As Senji says, "She never betrays, not after only money. I'm tired of modern rational humans. They are heartless."

Can this be true? Will humans in the future have lasting relationships with plastic and machines?

If some experts are to be believed this is not only a possibility but a certainty. A recent study by researchers at Toyohashi University suggests that humans have the ability to empathise with a robot.

As robots take human like form and are embedded with artificial intelligence, intimate relationships will begin to form between humans and robots in the future.

As researchers Borenstein and Arkin observe, "The advent of situated, embodied, and responsive robotic technology can have a profound impact on the social fabric of communities if and when people start to truly care about and form loving attachments to robotic artefacts." The next stage of this relationship is marriage. "The first marriage will be before, not after 2050," says best-selling author and robot expert Dr David Levy.

The future of relationships is surely going to be complex. As humans become more individualistic and lonely, robots will step in to satisfy everyday needs. It will permanently alter the Darwinian theory of evolution as we create an "extra human race".

Reading this in the middle of the night sent my head into a tizzy. As I switched off the lights, I was relieved that this was unlikely to happen in my lifetime.

What about you? Would you marry a robot?

---

**Satish** is an analyst and consultant by profession. He is a thought leader and presenter, featuring in various print media, conferences and television channels. He is a Doctor of Philosophy in Business Management and has a passion for technology and travel.

---



# The Laughing Flower

It was a regular bright, sunny Saturday. I was sitting on the sofa in the living room watching TV.

My show was suddenly interrupted by a weird commercial. It was a news reporter who seemed quite in shock. Please listen all!!! BREAKING NEWS!! Please DO NOT step out into the lawn or garden.... or any place with plants or flowers...as THE LAUGHING DISEASE IS ON THE LOOSE!!! This disease comes from the rare laughing flower which can grow anywhere. In just 6 minutes the flower will be ready to make you laugh. I REPEAT DO NOT GO OUTSIDE ANYWHERE.

That was very peculiar. I thought that this probably was some kind of a joke. Ignoring this strange commercial, I went outside to play with my cute little dog, Mojo. As I was running around, I fell down right in front of a flower bed in the yard where I saw an odd looking flower. I smelt it curiously to know what kind it was. I decided to go back inside as it was getting too hot. I lay in my room wondering what to do.

I grabbed my laptop and Skyped my friend Holly.

"Hello Holly!! What's wrong?"  
Her face was pale and she looked blue.  
"Oh it's my cat, Fluffy. She passed away." Holly's voice was really shaky.

Just then..... HA HA HA HA!!!! I burst out laughing as if something humorous had occurred. "Vania! How could you laugh?! You made me feel worse. I'm OUTTA HERE."  
Holly was grief-stricken. It was all my fault. I felt really sorry. Pushing that thought away, I ran to the kitchen to get a snack.

"Hey Vania, I wanted to watch a movie with you. Wanna watch?" "Ya sure" I replied smiling. Towards the end, the

movie got really sad and emotional. My sister was sobbing.

Guess what I was doing? HA HA HA!! Laughing for no reason. My sister was offended as she loved this movie and I ruined it for her.

What more was to happen to me!! Soon I came to a conclusion that I had smelt the laughing flower and I had the laughing disease.

"Vania!!!!!! " It was my mom calling me.  
"Could you help me with picking out an outfit?" I had no choice but to help her. "Okay", I mumbled.  
By then, the flower was very effective. My mom was laughed at the whole time. She was clearly hurt.

I raced back to the garden. Maybe if I smelt the flower again the disease would go away! I grabbed the flower and put it to my nose.

And indeed the disease was GONE! I ripped the flower and threw it away. I was most utterly delighted. But I can bet the flower wasn't!!!!



My name is **Vania Kapur** and I am twelve years old. I study at **Gems World Academy**. I have loved reading fantasy and mystery books since forever. I was 8 when I started writing short stories and I enjoyed it. I look forward to reading a lot of fantastic books and also writing more meaningful and fun-filled stories.

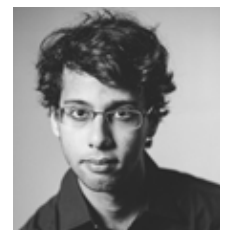
# NANU

Remember, the game that went on?  
Akbar Birbal stories you put on?  
Sometimes I think you are cuter than me  
The way you feed me,  
Your talk,  
Your smile.

You looked at me and said –  
I'm an old man  
A useless old man  
I looked at you and then  
Turned my eyes down  
To the welcoming floor.

Yes, an old sack full of cotton  
Wetted by the adventures of life  
Pulled into strings by the pains  
Twisted through the times  
Into a beautiful cloth  
Embroidered with the finest styles  
Yet quite and contended in its sack  
You taught me its okay to be weak  
For only the strong dare unveil their meek.

When I grow old  
I shall have a story to tell  
Listen children –  
Your grandfather.....



I wrote this poem for my "Nanu" (my maternal grandfather) on his 50th marriage anniversary. The events reflected in the poem are from the time he spent with me in Singapore when our family was going through a difficult time. Nanu has taught me many beautiful things, and this poem encapsulates some of them.

**-Nishant Verma**



# Pep it, Perk it and Preserve it

by Neena Mittal

There's no single solution to a perfect relationship. One needs to nurture it to reap the benefits.

I call it a 3P's process – Pep-it, Perk-it and Preserve-it for a healthy bond. Some of the pointers presented may seem obvious. Perhaps, a self-reminder under to-do-list goes a long way for a happy relationship.

Consider these tips as relationship boosters.....

**1** Laugh together - Sharing a laugh together strengthens relationships. Find reasons to giggle, chuckle or play a prank together to enhance closeness. Laughter is really the best medicine!

**2** Good communication - Have an open and honest conversation. Share your thoughts or pour your heart out even if it takes a lot of effort. Remember, however, that improper communication widens the gap!

**3** Date your partner – Wear your thinking cap and reinvent your date nights. Participate in a sporting activity or join a dance class together.

**4** Celebrate together - Celebrate the good times and be together in bad times. Congratulate and give your spouse a treat on every small achievement.



**5** Break your comfort zone – Breaking monotony in a relationship rekindles the sparks. You can get out of your comfort zone, step-out and inject novelty and excitement into your relationship. Why not get involved in some DIY activities together? Why not learn to frame a painting or cook together?



*Celebrate the most important relationship - the "love" between a man and a woman!  
Romance based on emotional attachment creates excitement, mystery and adds color to our life.  
Love is a moment that lasts forever!*

*Painting by Manjiri Kanvinde*

# Jaipur Literature Festival 2017

by Lakshmi Padmanabhan

For 10 years I have wanted to say, Jaipur Lit Fest.....check!

Thanks to my friends Rathantha Devanesan and Lakshmi Raghavan, I can now say.....Yes. I attended JLF 2017 and let me tell you, it was an amazing experience. Listening to narrators and narration is as valuable as it is to read. A Lit Fest facilitates this. As a group, when you attend such events, the exposure and experience is rich and varied. You learn to listen, to share and understand other people's points of view.

We were a group of 6.....each wanting to attend different sessions and panel discussions. Some of the luminaries were Gulzar, Pavan Verma, Shashi Tharoor,

Mark Tully, William Dalrymple, Simon Winchester, to name a few. With such erudite guest speakers, it was a tough decision to pick one session over the other.

JLF is also about art, music, creativity full of local color. This was a source of attraction to the young, who came in large numbers. At the food stalls, one could savor each distinct and flavorsome dish, spread out like a feast.

The crowning glory was to experience all this in a place rich in history, tradition and culture.....Jaipur.

Memories linger and will draw me back to JLF again and yet again.



*IWA member since 2013. Having been a reluctant writer, Dhvani has given me the incentive to take pen to paper, more realistically.....picking up the iPad and begin typing.*



## IWA Book Club recommends



**Kohinoor by William Dalrymple and Anita Anand**

Kohinoor has all the qualities that go to make a best-seller.

A tale that blends legend and history by a master of research and gifted story teller. It captures the mystery and awe that surrounds the gem on its colorful journey to the most unexpected places, from being used as a paper weight to where it is currently located.

Read the book to experience this fascinating journey!



# India and Singapore:

## Old Relationship, New Paradigms

by Richa Joshi-Kaul

The 50th year of Singapore's independence also marked the golden anniversary of India-Singapore relations as India was one of the first nations to recognise Singapore upon its independence in 1965.

Interestingly, I learned recently that the relations between **Bharat** and **Singapura** really go back to the Chola period when Indian traders, who excelled in foreign trade and maritime activity, played a critical role in shaping the world market by wielding their influence over Southeast Asia and China.

Today, this relationship has reached a strategic partnership level which looks at cooperation in areas such as promotion of urban solutions/smart cities, trade and investments, strengthening air connectivity and skill development.

I have been in Singapore for five years and still marvel at how well-planned and well-connected it is. This is Singapore's strength - urban solutions - which the Indian PM, Mr. Narendra Modi seeks to leverage on for developing sustainable urban centres under the Smart Cities initiative in India. Singapore has also developed the Master Plan for Amravati, the new capital of Andhra Pradesh. In addition, they are collaborating with the Government of Rajasthan over plans for townships in Udaipur and Jodhpur.

There are two factors which contribute to the increasing cultural cooperation between the two nations.

The first is the existence of a large Indian diaspora in Singapore, which has played a significant role in

strengthening the ties between the countries. Be it serving the IT, financial services or construction and marine sectors or the entrepreneurial spirit flourishing in the superb investment and start-up ecosystem in Singapore, the Indian expatriates are an integral part of the Singapore story.

The second factor is India's Buddhist sites, which appeal to those on the quest for serenity and spirituality. The two countries are working on jointly developing the Buddhist religious tourism circuit in India and have collaborated on the revival of the Nalanda University in Bihar, one of the world's oldest institutions and an eminent centre of Buddhist learning in ancient times.

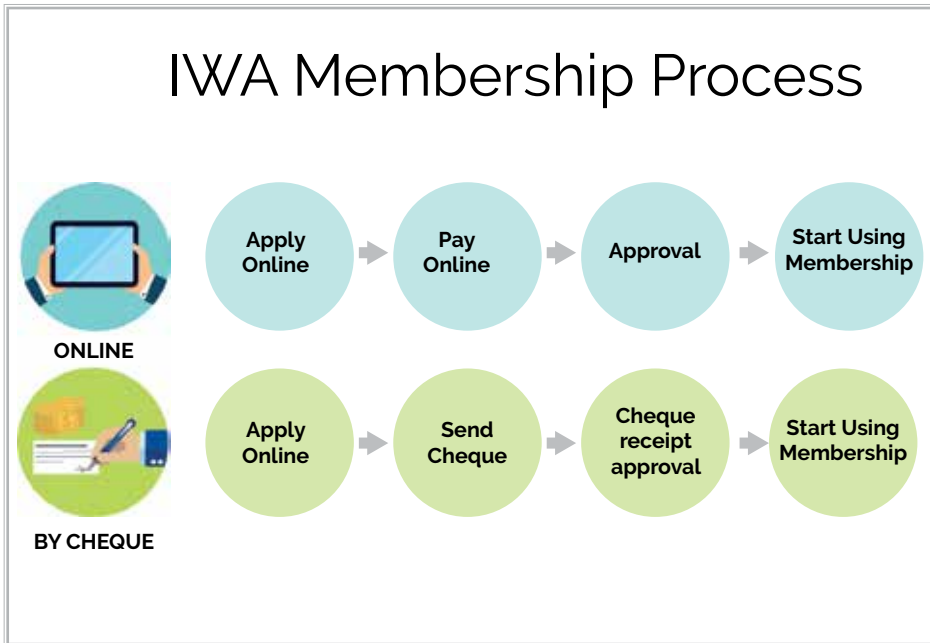
On the subject of tourism, it was exciting to learn of the direct flights which started operating from Singapore to Jaipur and Amritsar. The buzz of the Jaipur Lit Fest, the sublime peacefulness of the Golden Temple, and the gastronomic delights offered by both cities are just a flight away now! These have important implications for tourism in India as Changi Airport is the ultimate air hub for South-East Asia and makes it possible for people to fly directly to Rajasthan.

Pink City, here I come!



*A trailing spouse who has been in Singapore for 5 years, Richa is a freelance business analyst who loves travelling, tries to keep up with reading and enjoys pottering about in the kitchen. She is also the co-chair of the IWA Bazaar and Entrepreneur Club.*

# Become an IWA Member!



Log on to our website [www.iwasingapore.org](http://www.iwasingapore.org) and follow the simple steps

You can pay online by credit card or through PayPal

For payment by cheque, please make it payable to "Indian Women's Association", write your name, handphone number and "Membership" on the reverse of the cheque and send it to:

Indian Women's Association  
P.O. Box no. 472 Orchard Post Office,  
Singapore 912316

We are a green organization so we do not print the IWA Membership cards.

Once your membership is approved, you will receive an IWA e-card which looks something like this.....



## IWA Membership Privileges

Not only does your IWA membership include free or discounted entry to all IWA club events, you are also entitled to many other privileges! You get invitations to special previews and get extra discounts at some events. Some privileges are also available as lucky draws via our Facebook page.

All you need to enjoy these privileges is your NRIC and your IWA Membership e-card.

Take a peek at some of the places where you can enjoy your privileges!

Raffles Hospital  
Green Leaf Café, 43 Cuff Rd,  
Singapore 209753  
Fullerton Hotel  
Scentiments  
Fab India  
Test Rocker for ACT and SAT  
test preparation

The details of these privileges and many more are available on the website; so do visit [www.iwasingapore.org](http://www.iwasingapore.org) for more information.

Remember, the Privileges page on our website is constantly updated with new offers.

Special privileges are also announced on our Facebook page and published in our weekly newsletter.

We have a dedicated membership privileges team that strives to bring personally researched, evaluated and validated consumer offers to you.

We would love to hear from you at [privilege@iwasingapore.org](mailto:privilege@iwasingapore.org) once you avail of your privilege offer. Did you feel the offer was worth it? Why did you like or not like the service?

Your feedback will help us decide whether we should continue with the vendor or not!

Enjoy being an IWA member!!

**Om Vedic Heritage Centre Pte Ltd**  
43 Tessensohn Road, S (217661)  
Tel: 6297 2670



**AyurVeda Pharmacy (AVP)**  
8 belilios Lane, S (219955)  
Tel: 6341 5020

**AyurVeda Pharmacy (AVP)**  
55 Siglap Road, Siglap Centre  
#B1-18, S (455 871)  
Tel: 6652 8464

### AUTHENTIC AYURVEDIC & HERBAL REMEDIES for

- +Skin Problems
- +Women's & Men's Health
- +Pain, Cold, Cough
- +Hairfall
- +Infertility
- +Arthritic pain
- +Gastric Problems
- +Obesity and more



Take a copy of this advert to consult one of our Ayurvedic Consultants: Dr Sailaja, Dr Rupali, Dr Megha & Dr Jiny for health, diet & lifestyle advice & receive a 1-time 20% off prescribed medication & 30% off all therapies purchased before 31 Dec 2017

[www.avpsingapore.sg](http://www.avpsingapore.sg)  
[www.omvedicheritage.com.sg](http://www.omvedicheritage.com.sg)



1. A significant trading settlement existed in Singapore during the 14<sup>th</sup> century when it was under the rule of first the Malacca Sultanate and then the Johor Sultanate. Modern Singapore was founded in 1819, when Sir Thomas Stamford Raffles negotiated a treaty with the Johor Sultanate allowing the British to found a trading port on the island. The Republic of Singapore came into being in 1965 when it broke away from Malaysia.
2. Arms folded and looking thoughtfully out to sea, the statue of Raffles marks the historic Raffles Landing Site where Raffles was believed to have first set foot on the island in 1819. The statue is actually a copy of the original dark bronze statue, and was placed here in 1969 on the 150<sup>th</sup> anniversary of Singapore's founding. The much older, original statue, is just a short stroll away, in front of the Victoria Theatre and Concert Hall at Empress Place. Sculpted by Thomas Woolner, it was unveiled on Jubilee Day on 27 June 1887.
3. Singapore in Michigan, USA is a ghost town today but in the 1870s, it was a bustling town hoping to rival Chicago and Milwaukee. Founded in 1836, it closed down when the supply of timber dried out. Over time, its ruins were buried beneath the sand dunes of the Lake Michigan shoreline and today only a plaque is left to remind us of its existence!
4. These are shophouses which are simple buildings of two or three storeys and share a basic generic design, with a narrow frontage, typically four to six metres, and a depth of at least two to three



5. The Sembawang Hot Spring, located at Gambas Avenue between Woodlands Avenue 12 and Sembawang Road, is the only natural hot spring on the main island of Singapore. While it is called a "spring", today, only a small concrete base with standpipes channeling the hot spring is open to the public.
6. This is one of the many flamboyant street art seen in the area of Kampong Glam. This one in particular is from Haji Lane.
7. Before the turn of the century in Singapore it was not considered appropriate for women to drink alcohol in public – let alone in a bar. While men sipped on gin and whisky, women sat in a separate parlour and waited until they were done. In 1915, bartender Ngiam Tong Boon, who was working at Raffles Hotel Singapore, saw this opportunity in the market and decided to create a cocktail for the ladies that looked like a fruit juice. He mixed gin with pineapple and lime juices, grenadine, Dom Benedictine, Cherry Heering brandy, and Cointreau. The Singapore Sling was born!
8. The first President of Singapore, Mr. Yusof Bin Ishak
9. When migrants from China, India etc. adopted the local culture and inter-married with the locals, they created the unique hybrid culture called Peranakan. Besides the Chinese Peranakans, there are also the smaller communities of the Indian Hindu Peranakans (Chitty), Indian Muslim Peranakans (Jawi Pekan) and Eurasian Peranakans.
10. Mushtaq Ahmad came to Singapore in 1954 from Uttar Pradesh, India. The first shop was established in 1971 in Campbell Lane in Little India, selling readymade garments. Today, he is one of the richest men in Singapore with an estimated worth of USD 165 Million.

## Looking for help with your move?

Let us know what you need!

[Request A Quote](#)



## ACE INTERNATIONAL "MOVERS & LOGISTICS"

ACE International Group

International Door To Door Service Providers For Household Goods

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>✓ Free Pre Move Survey and Free Quote</li> <li>✓ Free Advice on Entire Move Plan</li> <li>✓ Verification and Assistance in Import &amp; Export Documentation</li> <li>✓ Shipping Standard Packing &amp; Un-packing</li> <li>✓ Crating &amp; Uncrating</li> <li>✓ Dismantling &amp; Assembling</li> <li>✓ Container Trucking &amp; Shuttling by trucks</li> <li>✓ Container Stuffing &amp; Un-stuffing</li> <li>✓ Fumigation and Moisture Free Protection</li> <li>✓ Assistance in Documents Endorsements from Embassies</li> <li>✓ Airline / Shipping Line Booking and Shipping</li> <li>✓ Customs Clearance for Importing &amp; Exporting goods</li> </ul> | <ul style="list-style-type: none"> <li>✓ Cargo Insurance Documentation and Claim Assistance</li> <li>✓ Shipment Handling &amp; Customs Clearance at Destination Port</li> <li>✓ Removal of Debris on the same day of Packing &amp; Un-packing</li> <li>✓ 24 Hours Customer Support by Emails</li> <li>✓ Co-ordinate Handyman Service – For Dismantling &amp; Assembling</li> <li>✓ Co-ordinate Executive Service / Valet Service for sorting all articles</li> <li>✓ Co-ordinate Tradesman Service - Electrician, Carpenter, Plumber Etc.</li> <li>✓ Cargo Warehousing &amp; Storage Services</li> <li>✓ Cost Effective Groupage Solutions</li> <li>✓ Commercial Shipments In &amp; Out Handling</li> <li>✓ Freight Forwarding &amp; Transshipment Services</li> <li>✓ Real Estate &amp; Immigration Services</li> </ul> |
|--|--|

**Indonesia Office :** Jl. Arteri Mangga Dua Raya, GBC, D-15, Mangga Dua, Jakarta 14430, Indonesia  
 Telp : (62) 21 6122403 | Fax: (62) 21 6122404 | Rajesh K (62) 811175503

**Singapore Office :** 208 Changi Road, #05-08, Icon@Changi, Singapore - 419741  
 Telp : (65) 91099416 | Fax : (65) 68264156 | Nirmala K (65) 91099416

Email : ace.igpl@gmail.com | enquiry@aceinternationalgroup.com | www.aceinternationalgroup.com

Proud Member of various International Movers Associations :





# ADDA Club



# Book Club

Jaya by Devdutt Pattanaik

# Creative Hands

Sketch like an Artist



# Creative Hands

Stone Art



**Entrepreneur Club**  
Facebook Marketing



**Mahjong Club**



**Gourmet Goddess**  
Daawat-e-khaas



**Music Club**  
Bollywood 1960s





# Award Winning SAT<sup>®</sup>/ACT<sup>®</sup> Prep!



## Online Study

- Personalized Study Plan
- 2000+ Questions with Video Explanations and Video Concepts
- Unlimited Access to the Program for multiple attempts



## Live Practice

- Intensive Live Practice on Sundays
  - SAT/ACT Experts share test taking techniques and strategies
- Rapid Fire Practice Sessions to simulate real test conditions

## TestRocker Student Scores

**1570 / 1600**

Jan 2017 SAT

Highest Score Improvement: 590 Points

## TestRocker Student Scores

**34 / 36**

Dec 2016 ACT

Highest Score Improvement: 8 Points

### IWA Special Price:

**SAT or ACT: USD \$599**

(TestRocker retail price - USD \$699)

**SAT & ACT: USD \$899**

(TestRocker retail price - USD \$999)



Email: [aakash@TestRocker.com](mailto:aakash@TestRocker.com)



For Free Trial, visit  
[www.TestRocker.com](http://www.TestRocker.com)