



# DIS N DAT

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MICA (P) 097/08/2006

## Welcome Cocktail Party @ No. 5 Emerald Hill



Asian Tigers K. C. Dat invited clients to a Welcome Party at No. 5 Emerald Hill in January. This Cocktail Bar was the first outlet by the Emerald Hill Group. Now in their second decade of growth, they have 10 bars within Singapore. You can find out more about their various outlets at [www.emeraldhillgroup.com](http://www.emeraldhillgroup.com).

### Highlights



The First Annual  
Caring Tea



Feng Shui for  
Your Home



Dragon Kiln  
@ Jungle Pottery

# Tips for Traveling with Children

Planning ahead when travelling with children can determine the success of a trip.

Vaccinations should be discussed with your doctor ahead of time. Ensure that your child is up to date with the immunization schedule. Vaccines recommended for travel in Asia are Typhoid, Hepatitis A and BCG. Get medical advice if malaria prophylaxis is required.

Never leave a child alone: strange crowded places can be disorientating and frightening.

Children dehydrate easily and are fussier with food and drink, so carry familiar snacks and bottled water with you. Avoid trying novel foods on holiday. Insect protection is important for Malaria and Dengue Fever for which there is no vaccine. Use insect repellants with up to 30% DEET and mosquito nets.

Bring along a small medical kit containing sunscreen, dressings, a thermometer, paracetamol, anti-diarrheas and anti-histamines for allergies.

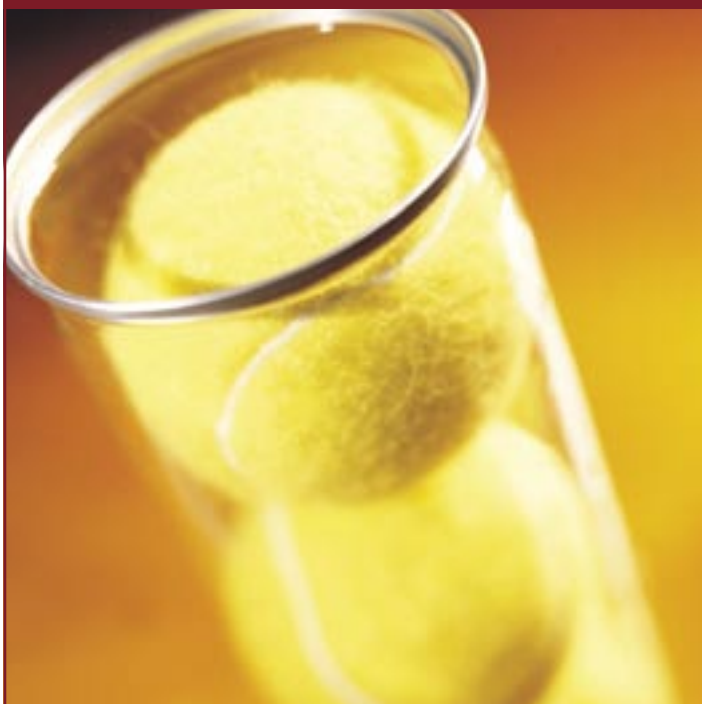
Have your child's eardrums examined before flying if he/she has a cold. Give the child decongestant medication an hour before flying. During take-off and landing, have your child suck on a breast, bottle or sweet, to allow equalisation of pressure in the ears.

Dr Mark Loh is a Pediatric Specialist with International Medical Clinic (IMC). He is a graduate of Aberdeen University who has worked in Nottingham, London and KK Women's and Children's Hospital here in Singapore.

International Medical Clinic (IMC) is located at Tanglin Shopping Centre Tel: 6733 4440 and Jelita Shopping Centre, Tel: 6465 4440. Visit their website at [www.imc-healthcare.com](http://www.imc-healthcare.com) to learn more.



# Ladies Tennis Singapore (LTS)



LTS season started on February 5, 2007. Last season 30 teams in total competed with over 200 ladies playing. LTS encourages participation in league play and promotes sportsmanship and fun for all levels of players.

LTS runs two seasons throughout the calendar year with a "Spring" season from February - May and an "Autumn" season from September - December. There are four levels in the league: Premier, Division 1, Division 2 and Division 3. Teams are placed in one of four divisions according to level of play. Matches are played once a week Monday, Thursday or Friday, except on public holidays. At the end of each season, LTS awards teams in all divisions for both sportsmanship and highest point totals over the season.

For more information, check out their website at [www.ladiestennissingapore.com](http://www.ladiestennissingapore.com)

# The First Annual Caring Tea



Caring for Cambodia (CFC) recently had its First Annual Caring Tea. This unique fundraiser featured four beautifully designed tables complete with place settings for eight, centerpieces, china, flatware and glassware.

Asian Tigers K. C. Dat made a generous donation which was used to create the 'Asian Affair' tabletop, one of four raffled off during the March event. The 'Asian Affair' table was created by Customer Relations ladies Clare Moreton and Anne Stocking. All funds raised will be used to support the CFC's programs. CFC is a non profit making charity organization founded in 2003 that provides education to approximately 3,500 children in Siem Reap. For more information on involvement with this group, please visit [www.caringforcambodia.org](http://www.caringforcambodia.org).

## From Singapore to Soweto



A group of 20 Singapore American School students traveled to Soweto, South Africa in February for a week long trip which involved working with a local school. The students took over 300 kg in donations. Among the donations were two computers which Asian Tigers K. C. Dat boxed up and packed for the trip.

## SAS PTA County Fair

February marked the annual SAS (Singapore American School) County Fair, the PTA's largest fundraiser of the year. Asian Tigers K. C. Dat was a proud participant in the day's activities with a donation of two cotton candy machines.

In addition, Asian Tigers K. C. Dat's crew were involved in the pre-set up of the County Fair Book Sale and provided cartons to collect the 15,000 donated books several months prior to the event. The Asian Tigers K. C. Dat yellow bags were given to the shoppers to carry their purchases home. It was a great day for enjoying carnival activities, entertainment and of course, delicious treats!



# Introduction to Yoga

Asian Tigers K. C. Dat clients experienced the teachings of Kenny Sarangthem at Gaia Yoga. Kenny began practising yoga 11 years ago and his understanding of ancient yogic practices is very thorough. His strong interest in cleansing practices, application of yoga meditation and lifestyle modification in preventing and combating stress makes him a popular instructor.

Gaia Yoga is conveniently located in the heart of Orchard Road. Their sunlit studios are spacious and every care has been taken to provide a conducive environment for the practice of yoga.

If you would like to try yoga for the first time or are just intrigued by Kenny, take a look at their website at [www.gaiayoga.com.sg](http://www.gaiayoga.com.sg) and try it out for yourself.



## Feng Shui for Your Home

Asian Tigers K. C. Dat held a "Feng Shui for Your Home" morning at The Hollandse Club in January.

Our speaker for the morning was Master Lynn Yap, also known as Singapore's Feng Shui Queen who is a veteran practitioner of the art and science of metaphysics. Over the past few years, her personal well being has improved tremendously. So too, have the lives of many people from all walks of life who have consulted her vast knowledge and expertise in this field.

To discover Feng Shui for yourself, take a look at the Feng Shui Queen's website at [www.fengshuiqueen.com](http://www.fengshuiqueen.com).



# SACAC Sponsorship



Take me out to the Ball Game! Asian Tigers K. C. Dat did just that this year with its generous SACAC (Singapore American Community Action Council) sponsorship. As a bronze sponsor, Asian Tigers K. C. Dat's logo was proudly displayed on the jersey of the Angels' baseball team who competed in the 7th and 8th grade league from November until March. SACAC runs athletic and community programs open to any SACAC member. For information on membership, call 6363 6454 or 6733 9249 or email [sacac@sas.edu.sg](mailto:sacac@sas.edu.sg).

## 8<sup>th</sup> Tanglin International Jumbo Doubles Squash Tournament

This annual Tanglin Club Tournament is the premier squash doubles tournament in Asia. Some 160 players enjoyed a great three days of squash with no fewer than 28 teams from overseas. With six singles courts and one "jumbo" doubles court, the Tanglin Club has one of the best squash facilities in Singapore.



The highlight of the weekend was certainly the hour and half final on court between Lim Jit Uei and Zainal Abidin of SCC and Phil Head and Glenn Hitch of Hong Kong Heroes. The victory finally went to Jit Uei and Zainal of SCC.

Asian Tigers K. C. Dat was a bronze sponsor of this tournament. At the prize giving lunch, Customer Service and Public Relations Manager, Helen Wilson was presented with a sponsor plaque in recognition of our support for this event.



## Red Clogs Down the Five Foot Way

The Original Singapore Walks is a great favourite with Asian Tigers K. C. Dat clients as their guides are all experts in Singapore's rich heritage and colorful history. This daytime walk was conducted by Helena who describes herself as a "flora fauna nut and brewer of secret herbal concoctions".

Initially visiting the Thian Hock Kheng Temple and then winding its way up Ann Siang Hill towards the hub of Chinatown to enjoy the fragrance of Chinese tea, ginseng and herbal eggs. Experiencing the slippery wet market; discovering ancient Chinese funeral rituals and also the Yins and Yangs of Traditional Chinese medicine (TCM).

Further information about The Original Singapore Walks can be found at [www.singaporewalks.com](http://www.singaporewalks.com).



## Dragon Kiln @ Jungle Pottery



Asian Tigers K. C. Dat took a group of clients to the oldest Dragon Kiln at Thow Kwang Industry and to learn about its history.

Thow Kwang Industry was founded in 1965 and initially produced consumer potterywares like latex cups, water jars and flower pots. Presently, apart from producing a wide range of local-flavoured decorative display products, the company has collaborated with renowned pottery and porcelain works in China and Taiwan to develop and transfer traditional and Chinese ceramic artistry to Singapore.

Our clients enjoyed a buying spree as there is a huge selection of Chinese pots of all sizes. Visit [www.tkpotterjungle.com](http://www.tkpotterjungle.com) for product and location information.

## Vesak Day

There are many Holy Days held throughout the year for the Buddhist community. The most significant celebration happens in May on the night of the full moon when Buddhists all over the world celebrate the birth, enlightenment and death of Buddha over 2,500 years ago.

Traditionally, Buddha's Birthday is known as Vesak Day or Visakah Pija. Vesak being the name of the month in the Indian calendar. On Vesak Day devoted followers are expected to go to the temples before dawn for the ceremonial hoisting of the Buddhist flag and singing of hymns. They will bring simple offerings such as flowers, candy or joss sticks to lie at the feet of their teacher.



On this day, they are encouraged to eat only vegetarian food as killing goes against their belief. Celebrating Vesak Day also means the devotees must make a special effort to bring happiness to the less fortunate and so often gifts of food or money is taken to charitable homes.

Vesak Day is an opportunity to reiterate their determination to lead a noble life, to develop their minds, to practice loving kindness and to bring peace and harmony to humanity.



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