At first glance, Singapore might appear shockingly modern and anonymous, but it is indeed an unerringly Asian city with Chinese, Malay and Indian traditions from feng shui to ancestor worship creating part of the everyday landscape. It is these contrasts that bring the city to life. Singapore has traded its rough-and-ready opium dens and pearl luggers for towers of concrete and glass, and its steamy rickshaws for hi-tech wizardry, but you can still recapture the colonial era with a Singapore Sling under the languorous ceiling fans at Raffles Hotel.

One day you are in a hawker stall (food centre) melting over a bowl of Indian curry, the next you are enjoying high tea in whispered environs complete with air-conditioned, starched linen table cloths and gliding waiters. Super-safe and mega-clean Singapore may be, but its sultry rhythms wash inexorably beneath the regimented beat of big-city life. In the crowded streets of Chinatown, fortune tellers, calligraphers and temple worshippers are still a part of everyday life. In Little India, you can buy the best sari material, freshwater ground spices or a picture of your favourite Hindu god, while in the small shops of Arab Street, the cry of the Imam can be heard from the nearby Sultan Mosque.

Singapore is not just one island, but a main island with more than 50 surrounding mostly inhabited islands. Sentosa, Singapore’s resort island get-away is a must-see for all visitors. Just minutes away from the hustle of the city, this island of tranquillity welcomes everyone with beautiful sandy beaches, rustic nature trails, Asia’s most exciting oceanarium and the Dolphin Lagoon. Palau Ubin is a window into the Singapore of 30 years ago—thatched huts, backyards orchards, dirt tracks and interesting wildlife. St. John’s Island, a former penal colony, which has been transformed into a tranquil resort with abundant water sport activities and holiday bungalows, also makes an ideal getaway. Kusu or “turtle” Island is best known for its legend of how a giant turtle turned itself into an island in order to save two shipwrecked sailors, a Malay and a Chinese. Lazarus and Sisters Islands, some of the other easily accessible tropical paradises known for snorkelling and diving.

But in Singapore, everything starts and ends with food. The multi-cultural dining scene is a natural draw, while the daily race to find and produce the next best thing in cuisine is fuelled by an adventurous national palate. Because it is often viewed by its population as central to Singapore’s national identity and a unifying cultural thread, Singaporean literature often declares eating as a national pastime and food, a national obsession. Food is a frequent topic of conversation among Singaporeans, who like to comment on the food they have eaten and the eateries around the country. There are some religious dietary strictures as Muslims do not eat pork and Hindus do not eat beef. There is also a significant group of vegetarians. Nevertheless, people from different communities often eat together, while being mindful of each other’s culture and choosing food that is acceptable to all. There are also some halal Chinese restaurants that prepare Chinese food in a way that conforms to Muslim dietary preferences.

Food in itself has been heavily promoted as an attraction for tourists. It is usually promoted by various initiatives undertaken by the Singapore Tourism Board or the associations it deals with as one of Singapore’s best attractions alongside its shopping. The government organises the Singapore Food Festival in July annually to celebrate Singapore’s cuisine. The multiculturalism of local food, the readily availability of international cuisine and styles, and their wide range in prices to fit all budgets at all times of the day and your help create a “food paradise” to rival other contenders claiming the same moniker.

The Dental Tribune Study Club Symposia at IDEM offer an ambitious schedule of continuing education lectures in various dental disciplines. Each day will feature a selection of lectures led by experts in the field, providing an invaluable opportunity to learn from opinion leaders, while earning ADA CERP C.E. Credits. Find us directly on the exhibition floor at J30.

The SYMPOSIA SESSIONS ARE FREE FOR IDEM VISITORS, WALK-INS WELCOME. THE LECTURES WILL ALSO BE BROADCAST LIVE ONLINE, FOR THOSE WHO ARE NOT ABLE TO MAKE IT TO SINGAPORE. LIVE ONLINE ATTENDANCE IS ALSO FREE.

April 16
11:00 - 12:30 - AFFORDABLE SOFT TISSUE DENSE LASERS with Dr. George Friedman and Dr. Fay Gostelow
1:00 - 2:30 - DEATH OF A SALES MAN: BIRTH OF THE HELPING PROFESSIONAL with Patel Barry
3:00 - 4:30 - A MINIMALLY INVASIVE APPROACH TO PREDICTABLE DIRECT COSMETIC RESTORATIONS with Dr. Shriju Joshi

April 17
11:00 - 12:30 - TOOTH WEAR AND NEW TECH-NOLOGY TO MANAGE DENTIN HYPERSENSITIVITY with Dr. Fortine Pacugac
1:00 - 2:30 - LASERS, RESTORATIVES AND THE DENTAL MEDICAL CONNECTION - PART I with Dr. George Friedman and Dr. Fay Gostelow
3:00 - 4:30 - EXPLORING NEW FRONTIERS IN INDIRECT AESTHETIC RESTORATION with Dr. Shriju Joshi

April 18
11:00 - 12:30 - LASERS, RESTORATIVES AND THE DENTAL MEDICAL CONNECTION - PART II with Dr. George Friedman and Dr. Fay Gostelow
1:00 - 2:30 - RISK OF CORONARY HEART DISEASE IN ASSOCIATION WITH PERIODONTITIS AND PERIMPLANTITIS with Dr. Hans Oberer Johns

Komala Vilas
Address: 76-79 Serangoon Road
www.komalavilas.com.sg
Established in the 1940s, Komala Vilas at Serangoon Road in Singapore’s Little India district offers finest South Indian Vegetarian cuisine served on the owner’s mother runs (the owner’s mother runs the kitchen), favourites such as ayam buah keluak, a dish of chicken and minced meat stuffed nuts in a sour curry, pounded fish and chilli grilled in banana leaves, and beef rendang will make you forget the long way back to town.

True Blue Cuisine
Address: 47-49 Armenian Street
www.truebluecuisine.com
True Blue Cuisine was opened in November 2003 in the heart of the Peranakan enclave Katong. More than just a restaurant, it brings the rich Peranakan culture to life with its rich decor and delectable delicacies. Home-cooked from family recipes (the owner’s mother runs the kitchen), favourite such as ayam buah keluak, a dish of chicken and minced meat stuffed nuts in a sour curry, pounded fish and chilli grilled in banana leaves, and beef rendang will make you forget the long way back to town.

Information provided by the Singapore Tourism Board.
DenTech China 2010

The 14th China Int’l Exhibition & Symposium on Dental Equipment, Technology & Products

The 4th Asian Dental Lab Outsourcing Exhibition

2010 International Exhibition On Oral Health (Shanghai)

November 2～5, 2010
Shanghai Everbright Convention & Exhibition Center, Shanghai, China

Approved by: Ministry of Science and Technology of the People’s Republic of China

Sponsored by: Chinese Stomatological Association / Shanghai Stomatological Association

Organized by: China International Conference Center for Science & Technology / Ninth People’s Hospital, School of Medicine, Shanghai Jiao Tong University

Co-organized by: College of Stomatology, Shanghai Jiao Tong University / School of Stomatology, Tong Ji University / Shanghai Stomatological Disease Center / Shanghai ShowStar Exhibition Service Co., Ltd.

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Singapore International Film Festival (Cinema)

What’s on Sunday, 18 April

The Singapore International Film Festival has become significant in the Singapore arts landscape because of its dynamic film programming and commitment to the development of film culture and local cinema. The Festival screens over 200 films annually of all genres, with a focus on groundbreaking Asian cinema. Under the umbrella of the Silver Screen Awards, SIFF recognises excellence in Asian cinema with its three awards categories—Asian Film Competition, Singapore Short Film Competition and the Singapore Film Awards introduced in 2009.

Today’s screenings:

• **Au Voleur/A Real Life** (19:00, LIDO 5, 350 Orchard Road)
• **Yan Le/Leurs** (21:15, LIDO 3, 350 Orchard Road)

Singapore 3-Year-Old Classic (Horse Racing)

Organised by the Singapore Turf Club, the Singapore International Racing Festival will be held from 17 April to 16 May 2010 with the region’s richest race—the S$3 million Singapore Airlines International Cup and the S$1 million KrisFlyer International Sprint, sponsored by Singapore Airlines—being the finale of the weeklong Festival. SIRF is the premier racing festival that will attract the world’s top owners, jockeys and trainers to Singapore. The festival will be promoted aggressively by the Singapore Turf Club as well as Singapore Airlines through SIA offices in major horse racing countries including Australia, Japan, Europe, Hong Kong to name a few. Annually, the Festival and the races attract racing fans as well as international media from around the world. Some 2 billion viewers worldwide will be watching the races ‘live’ or on a delayed basis.

Venue: Singapore Turf Club, 1 Turf Club Avenue Singapore

Date: 12th to 16th May, 2010

Program Highlights:

- Hands on Workshops—Equidentistry
- Orthodontics
- Periodontics—Non surgical periodontal treatment
- Prosthodontics
- Periodontal Disease
- Orthodontia—Orthodontic treatment

List of Invited Speakers

Organisers:

www.sbg.org.sg

Singapore Botanic Gardens (Sightseeing)

Pay a visit to the only botanic garden in the world that opens from 17:00 to midnight every single day of the year without admission. Singapore Botanic Gardens were established in 1822 in order to evaluate for cultivation, crops which were of potential economic importance, including those yielding fruits, vegetables, spices and other raw materials. Besides continuing the Gardens’ traditional roles in research, education and conservancy, the new management is steering the Gardens on a long term expansion and development programme. New attractions, such as the Ginger Garden, Coolhouse and the Children’s Garden are on a long term expansion and development programme. New attractions, such as the Ginger Garden, Coolhouse and the Children’s Garden are on a long term expansion and development programme. New attractions, such as the Ginger Garden, Coolhouse and the Children’s Garden are on a long term expansion and development programme.

Address: 79 Circular Road

www.archipelagobrewery.com

Bar Cocoon (Nightlife)

Gigantic terracotta guards stand at the entrance, behind it on the ground floor the bar Cocoon can be found, on the upper floor there is a restaurant called Madame Butterfly. Opulent beds, silk cushions and crystal chandeliers create a feeling of opulence.

Address: 3A Merchant’s Court

www.indochine.com.sg

Archipelago Brewery (Nightlife)

Archipelago has the distinction of being the only brewery to introduce a unique line of beer with Asian spice flavours, such as ginger, lemon grass or pandan leaves. The pub is decorated in a classy colonial style with both indoor and outdoor seating. Popular with the office crowd, it is the perfect chill out pub after work.

Address: 79 Circular Road

www.archipelagobrewery.com