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NOVEMBER 2014



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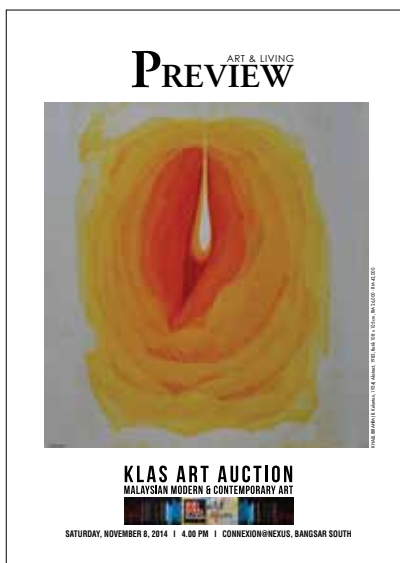
MAKAN-MAKAN



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ART & LIVING



HEALTH & BEAUTY



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GOLDEN HOLIDAYS

Going for a holiday can never get any better than this

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by Golden Holidays

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Celebrating History in Chicago

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Sales Manager,
Lufthansa German Airlines

Airline & Aviation Offices

Aviation News

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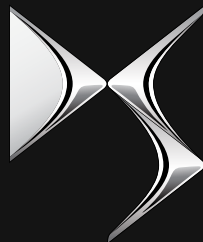
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Sunday

Monday

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THE MAGIC OF MOZART & MENDELSSOHN

Nov 29 @ 8.30pm

Nov 30 @ 3pm,

Dewan Filharmonik Petronas

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MALAYSIA WINE FIESTA 2014

Oct 31 to Nov 2 @ 12pm to 7pm,
Ben's @ Publika, Solaris Dutamas

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DAYANG NURFAIZAH: A CELEBRATION OF 15 YEARS IN MUSIC

Nov 3 @ 8.30pm,

Dewan Filharmonik Petronas

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RACHMANINOFF ROCKS!

Nov 8 to Nov 9 @ 8.30pm,

Dewan Filharmonik Petronas

MALAYSIA URBAN RETREAT FESTIVAL

Nov 7 to Nov 9 @ 8am to 12am,
Pullman Putrajaya Lakeside & Marina
Putrajaya

SWEAT CONVENTION

Nov 8 to Nov 9 @ 7am to 7pm,
MATRADE Exhibition & Convention
Centre (MECC)



YOGA MUSIC DANCE



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2014

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FIND OUT MORE: WWW.SPINTAGALVENTS

Tuesday

Wednesday

Thursday

Friday

Saturday



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RACE START SEASON 2 IN MALAYSIA

Nov 1 @ 6.30pm, Stadium Negara

RETROFEST ASIA

Nov 1 @ Surf Beach, Sunway Lagoon

LEGENDARY ASHKENAZY

Oct 31 to Nov 1 @ 8.30pm, Dewan Filharmonik Petronas



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SECRET GARDEN THE GREATEST HITS TOUR LIVE IN KUALA LUMPUR

Nov 8 @ 8pm, Plenary Hall, KL Convention Centre

SHUNZA & THE RED GROOVE PROJECT LIVE IN GENTING

Nov 8 @ 8.30pm, Genting International Convention Centre, First World Hotel



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OPUS 2 JAY 2014 WORLD TOUR CONCERT

Nov 14 & Nov 15 @ 8pm, Putra Indoor Stadium, Bukit Jalil



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URBANSAPES 2014 SATELLITE SHOW WITH CHVRCHES

Nov 19 @ 7pm, KL Live



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BIG NIGHTMARE MUSIC

Nov 21 to Nov 22 @ 8.30pm, Dewan Filharmonik Petronas



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KRISDAYANTI 2014 LIVE IN KUALA LUMPUR 2014

Nov 22 @ 8.30pm, Plenary Hall, KL Convention Centre



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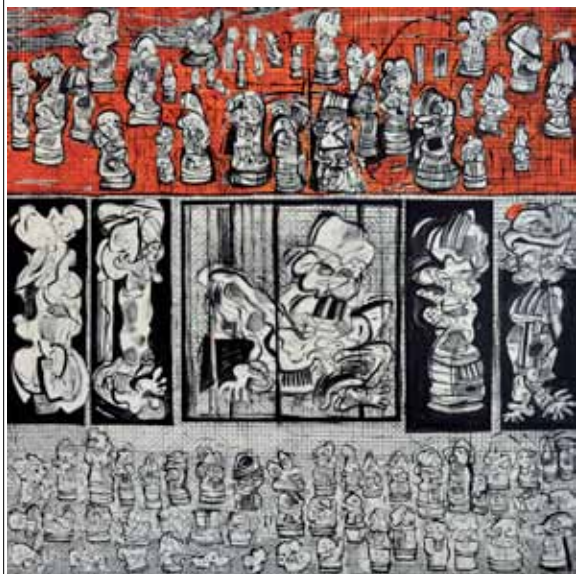
JONATHAN LEE WORLD TOUR LIVE IN MALAYSIA 2014

Nov 29 @ 8pm, Putra Indoor Stadium

THE MEN CONCERT LIVE IN GENTING

Nov 29 @ 8.30pm, Arena of Stars, Genting Highland

ARTS


**KLAS ART AUCTION, EDITION XII
MALAYSIAN MODERN & CONTEMPORARY ART**

The KL Lifestyle Art Space will yet again liven up the Auction season with its fifth auction in Kuala Lumpur this year. The auction will feature artworks of various arts genre and styles by modern and contemporary artists of great stature and prominence in Malaysia and the region. There is no way one should miss the intriguing artworks by artists like Yeoh Jin Leng and Khalil Ibrahim.

KL Full Preview

Date: Oct 23 - Nov 7, 2014

Venue: KL Lifestyle Artspace

150 Jalan Maarof, Bukit Bandaraya, 59100 Kuala Lumpur

Open daily from 10am to 7pm

Auction Day

Date: November 8, 2014, Saturday

Venue: Reflexion & Continuum Function Room, Level 3A

Connexion @ Nexus, Bangsar South City, 59200 Kuala Lumpur


RACE START SEASON 2 IN MALAYSIA

Race Start is back in Asia after the success of the first Race Start! Running Man Fan Meeting in Singapore last year. The Race Start Season 2 in Malaysia will see four members from the urban variety show- Kim Jong kook, HAHHA (Ha Dong Hoon), Song Ji Hya and Ji Suk Jin, gathering in Kuala Lumpur where they will fill the two-hour show with exciting and riveting mix of comedy and songs. VIP ticket holders will receive an exclusive autograph pass where they will be able to meet the stars as well as get an autograph from one of the randomly picked Running Man cast members.

Nov 1 @ 6.30pm, Stadium Negara

Tickets: Ranging from RM202 to RM732

www.ticketcharge.com.my

MUSIC

RETROFEST ASIA

This will be the first retro-based music festival that features only 90's classic hits from some of the most talented 90's singers who include Diana King, Firehouse and Tevin Campbell. It will be a night that allows us to indulge and relive the 90's disco age and of the time spent with friends back then.

Nov 1 @ Surf Beach, Sunway Lagoon

Tickets: RM169 (Regular) & RM369 (VIP)

www.ticketpro.com.my



SHUNZA & THE RED GROOVE PROJECT LIVE IN GENTING

She is known for her 'velvet' voice and love ballads as well as intimate and cocktail-style concert. Upon graduating from high school, Shunza furthered her studies at the School of Jazz and Contemporary Music in Lausanne, Switzerland. It is during this time that Moyan Records, a subsidiary of Rock Records, received one of her demo tapes and then signed her to a record contract. The rest is history as Shunza has since then released a number of albums in Mandarin, Japanese, English and French. Audiences can be sure to sit back and enjoy the Jazz melodies during the concert.

Nov 8 @ 8.30pm, Genting International Convention Centre, First World Hotel

Ticket: RM83

www.ticketcharge.com.my



OPUS 2 JAY 2014 WORLD TOUR CONCERT

Jay Chou will be returning to Malaysia this year for his OPUS 2 Jay 2014 World Tour Concert, a continuation of Jay's last concert. With skilled dancers, ace musicians and fancy stage set-up, Jay will definitely deliver a spectacular and unforgettable world-class concert experience.

Nov 14 & Nov 15 @ 8pm

Putra Indoor Stadium, Bukit Jalil

Tickets: From RM273 to RM853

www.ticketcharge.com.my



SECRET GARDEN THE GREATEST HITS TOUR LIVE IN KUALA LUMPUR

Secret Garden, comprising of the award-winning Irish-Norwegian duo – Fionnuala Sherry and Rolf Lovland, is the most well-known and successful new age duo of all time. With Fionnuala on violin and Rolf on piano, Secret Garden continues to write history in the music scene. Their debut album, Songs From A Secret Garden, has since claimed many awards for its remarkable hits including You Raise Me Up.

Nov 8 @ 8pm, Plenary Hall, KL Convention Centre

Tickets: From RM201 to RM571

www.ticketcharge.com.my

JONATHAN LEE WORLD TOUR LIVE IN MALAYSIA 2014

Known as the godfather of Taiwanese Mandapop, Jonathan Lee is making a comeback with his world tour concerts. Since Youth is Fleeting, after a seven-year hiatus. Instead of a flashy setup or pyrotechnic effects, Lee prefers to opt for a more intimate setting. He does not make the audience go wild but instead, slowly sway their hearts away with his melodious and soulful song. A well-respected singer, songwriter and music producer, Lee is all set to serenade the audience with many of the popular hits that he wrote for others such as Jeff Chang's I Really Love You, Winnie Hsin's Realisation and Emil Chau's Let Me Be Happy.

Nov 29 @ 8pm, Putra Indoor Stadium

Tickets: From RM151 to RM571

www.ticketcharge.com.my



KRISDAYANTI 2014 LIVE IN KUALA LUMPUR 2014

Hailed as a diva for her stature in the Asian music scene, Krisdayanti is undoubtedly one of the greatest Indonesian female singers in our time. Her evergreen songs such as Menghitung Hari, Mencintaimu and Makin Aku Cinta, never fail to mesmerise and charm audiences. Be sure to catch the brilliant performance of Krisdayanti this month.

Nov 22 @ 8.30pm, Plenary Hall, KL Convention Centre

Tickets: From Rm101 to Rm1091

www.ticketcharge.com.my



URBANSAPES 2014 SATELLITE SHOW WITH CHVRCHES

Part of the month-long Urbanscapes festival, Urbanscapes Satellite Show will be introducing CHVRCHES, Scottish synth-pop trio, who will be making their appearance in Malaysia for the very first time. Known for their ethereal sound, this show is definitely not to be missed.

Nov 19 @ 7pm, KL Live

Tickets: RM167

www.ticketpro.com.my



MUSIC



RACHMANINOFF ROCKS!

Michael Francis will be taking us on a musical journey through the music by Rachmaninoff, one of the world's favourite composers. This programme will allow you to discover the symphonic poem (The Rock), one of the most intriguing four piano concertos as well as the impassioned Third Symphony.

Nov 8 to Nov 9 @ 8.30pm, Dewan Filharmonik Petronas

Tickets: RM50, RM70, RM100 and RM130

www.mpo.com.my

CLASSICAL

THE MEN CONCERT LIVE IN GENTING

The Men Concert brings together four notable singers, Richie Jen, Edmond Leong, William So and Steve Wong. Each of the singer possesses a different and unique singing style. With these four talented and versatile singers gathered together, they will definitely deliver a mind-blowing performance that would take your breath away.

Nov 29 @ 8.30pm, Arena of Stars, Genting Highland

Tickets: From RM163 to RM353

www.ticketcharge.com.my

MUSIC



LEGENDARY ASHKENAZY

The legendary pianist, Vladimir Ashkenazy will be taking the podium in conducting the first prize winner of the 4th Hong Kong International Piano Competition in a concerto of the soloist's choice. The programme will kickstart with a Beethoven overture and followed by Dyorak's genial Eighth Symphony that will be sure to put the audience in an idyllic and relaxed mood.

Oct 31 to Nov 1 @ 8.30pm, Dewan Filharmonik Petronas

Tickets: RM50, RM70, RM100 and RM130

www.mpo.com.my





THE MAGIC OF MOZART & MENDELSSOHN

Christopher Hogwood is one of the renowned and influential conductors of the historically informed early-music movement. The conductor has chosen a few interesting pieces for this programme that include Fifth Symphony by Mendelssohn, the most unusual work of Bach as well as the well-known Chaconne.

Nov 29 @ 8.30pm

Nov 30 @ 3pm

Dewan Filharmonik Petronas

Tickets: RM50, RM70, RM100 and RM130

www.mpo.com.my

CLASSICAL



DAYANG NURFAIZAH: A CELEBRATION OF 15 YEARS IN MUSIC

Malaysia's R&B darling, Dayang Nurfaizah is known for her melodic, powerful, soulful and distinctive raspy voice. She never failed to deliver an impactful performance with her impressive vocals as well as a little "Dayangness" trademark in her every show. Be sure not to miss her latest concert that marks the 15th Anniversary of her music career. Backed by Malaysia's finest musicians under the musical director extraordinaire, Jenny Chin, this ought to be a memorable show.

Nov 3 @ 8.30pm, Dewan Filharmonik Petronas

Tickets: RM100

www.mpo.com.my

BIG NIGHTMARE MUSIC

Big Nightmare Music, consists of violinist Aleksey Igudesman and pianist Hyung-ki Joo, takes the world by storm with their unique and hilarious theatrical shows that portrayed a splendid infusion of classical music and popular culture. Aside from their YouTube clips being viewed over 28 millions times, Big Nightmare Music also boasts several special design sketches for a symphony orchestra, including the perennial favourites Mozart Bond and Alla Molta Turca.

Nov 21 to Nov 22 @ 8.30pm, Dewan Filharmonik Petronas

Tickets: RM90, RM120, RM150 and RM180

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Oct 31 to Nov 2 @ 12pm to 7pm,
Ben's @ Publika, Solaris Dutamas
Ticket: RM83 (Standard entry)
www.ticketcharge.com.my

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SWEAT CONVENTION

SWEAT Convention is the first international fitness convention in Malaysia with the aim to bring together international fitness and dance experts under one roof – providing more than just the usual workouts and fitness to the attendees. This convention will not only revolve around physical gain, but it also serves as a platform for self-expression and learning new skills in aiding individuals to increase their self-confidence and self-esteem.

Nov 8 to Nov 9 @ 7am to 7pm,
MATRADE Exhibition & Convention Centre (MECC)
Ticket: RM859
www.ticketcharge.com.my

MISCELLANEOUS

YOGA MUSIC DANCE

MALAYSIA URBAN RETREAT FESTIVAL

The first of its kind in Malaysia, Malaysia Urban Retreat Festival (MURFEST) is not only a workshop series for yoga, music and dance enthusiasts, it also serves as a wellness and healing vendor village with more than 100 vendors showcasing their products and organic and vegetarian food. There will also be mini concerts called Urbanite held at night during the festival.

Nov 7 to Nov 9 @ 8am to 12am,
Pullman Putrajaya Lakeside & Marina Putrajaya
Tickets: RM195 (2 days access to Urbanites only), RM621 (full festival pass)
www.ticketcharge.com.my



GOLDEN HOLIDAYS

Going for a holiday can never
get any better than this

By Jane Bee

We tend to look forward to the end of the year for many reasons: the year-end sale, Christmas, New Year and above all, it is the period where the holiday mood fills the air.

Everyone knows how fun travelling is. However, planning for the holiday itself is an entirely different thing. From deciding the location down to accommodation and the travelling style, it could involve a lot of disagreements especially when you are travelling in a big group. Now, that can be a hassle.

With this in mind, Golden Holidays recently released the Destinasi ASEAN brochure, the second in the series after Destinasi Malaysia. This brochure consists of comprehensive vacation information that covers eight countries within the region, namely Indonesia, Singapore, Brunei, the Philippines, Vietnam, Thailand, Cambodia and Myanmar. From holiday ideas, travel information to destination tips, this brochure has got it all sorted out for you.

Destinasi is an annual publication released by Golden Holidays, the tour operating arm of Malaysia Airlines. Just as the name

suggests, Destinasi carries the essence of a traveller – the constant need to explore new places, wandering off the beaten track while discovering new things, places and people at the same time.

This 144-page brochure is not only packed with essential information sought by travellers, but it also features the highlights and specialities of each country. ASEAN after all, is known as a region of contrast with deep-rooted heritage. It is also the place where myths and legends play an important part in the local people's life. With the general information about each

country provided, it helps to guide as well as provide the traveller with a bigger picture of the place. After all, the last thing you want to happen on a trip is get stuck in either cold, rainy or hot weather without appropriate clothes and essentials.

Designed to be friendly to travellers from all walks of life, this brochure comes with different holiday icons that represent different elements such as city escape, shopping, world heritage sites, family fun and nature's riches. Under each of these icons, there is a listing from each country and all you have to do is make your pick of anything that interests you.

Not only that, you don't really have to crack your head when it comes to accommodation throughout your travel period. Golden Holidays is known for its emphasis on quality accommodation that ranges from ultra-modern urban retreat with elegant accommodation complete with gourmet dining to old world charm that features extraordinary service to lush and snug water chalets, cozy bed-and-breakfast to plush luxurious residences. With a list of world-class luxury hotel brands to choose from, you can be rest assured that you will not end up in some dodgy or unsatisfying hotel that would in turn, spoil your holiday.

Thanks to the Internet, you are just a fingertip away from vast information. But what if you are without seamless connection when you are away from the hotel? You go back to old school – this brochure can be your new best travel pal that would basically save your life and time in a lot of situations.

"One can easily refer to each country and gather useful travel tips, recommended tours and selection of hotels. With clear and precise content lay-out, the brochure is fun to read, easy to refer to and plan your vacation as well," said John Felix, vice-president of Golden Holidays.

Of course, if you think planning a trip is simply a hassle, you can always opt for the travel package offered by Golden Holidays. There's a variety of holiday packages available and all you have to do is pick the one that best suits your wants and needs. In fact, you can get them to customise your itinerary for the entire trip as well. Or, you can just pick the standard itinerary of a 4-day-3-night package by Destinasi ASEAN. So, you can sit back and relax while awaiting the travel day to arrive.



Taste of city escape – Jakarta and Bandung

Indonesia is perhaps one of the most interesting countries in the world. The land with many islands, a myriad of cultural traditions, rich history as well as local life that is both enticing and intriguing.

There are over 13,000 islands in this country that offers you everything you want – cosmopolitan cities, distinctive and pristine beaches, serene yet adventurous hills, laidback village life and a wealth of proof of the existence of empires dating from centuries ago.

For many of us, we often want the best of both worlds. We enjoy the fast pace of the city,

yet at the same time, we yearn to be close to nature. And that is exactly offered by Golden Holiday's Taste of Jakarta and Bandung.

The capital of the Republic of Indonesia, Jakarta is a huge sprawling metropolis with about 10 million people. It is the melting pot of the country - the one city that has the ability to gather people from all over Indonesia while serving as the core operational hub where most of the national trade, finance and politics take place. It is a land of opportunities but it is also a city that never sleeps.

When in Jakarta, one can visit its historical sites for the city itself is rich with history. The

Merdeka Square, for example, is where the National Monument stands. It houses the first red-and-white flag flown at the Proclamation of Independence on Aug 17, 1945 – the reminder of the country's first taste of freedom. One can enjoy the park surrounding the monument as well. There is the musical fountain and also, deer roaming around the shady trees in the park.

That aside, Jakarta is a shopping haven for both men and women. From luxury to bargain items, there is almost everything for everyone here. Edgy shopping mall, flea market or local market; you name it, they have it.

Unlike Jakarta, Bandung offers a pleasant scenery of mountains, padi fields and rubber and tea plantations. Known as 'the city of flowers', Bandung is the 'Paris of Java' with the name hailing from its colonial roots of cool resorts and tea plantations.

Bandung not only enables one to be close to mother nature, one will also be able to have a first-hand experience or a glimpse of local life. Food lovers can go for a food hunt for specialties like Tahu Lembang or picking strawberries, while adrenaline junkies can indulge in outdoor activities like driving up the hills and exhilarating tracks on an ATV (all-terrain vehicle). Bandung also

makes a perfect place for adventure seekers since it is surrounded by rings of volcanoes.

Golden Holidays' 4-day-3-night Taste of Jakarta and Bandung definitely offers the perfect balance of the fast-track and laidback travel experience. It also includes a half-day city tour of Jakarta and Bandung that will provide travellers with a brief orientation of the city that is essential in giving a sense of familiarity of the place. This will then make it easier for self-exploration or to engage in other optional sightseeing tours.

Through this sightseeing tour, one can visit Taman Impian Jaya Ancol (Ancol Dreamland), an all-in-one recreation park located on the waterfront, north of Ancol. Be sure to check out all the fascinating attractions, rides and recreational facilities from the wonders of science and technology. You get to indulge in the imaginary tours of Indonesia and far off lands through audio-visual games as well.

If you prefer to be close to nature, you can opt for a drive to Bogor and Taman Safari. Located 60km from the south of Jakarta, its world-class botanical gardens boast more

than 5,000 varieties of orchids, palms and centuries-old trees. First opened by the Dutch in 1817, it has since become a major centre for botanical research. Oh, don't miss the Presidential Summer Place, Taman Safari Indonesia and Baby Zoo as well. These places are worth visiting and doing it with a tour would save you a lot of hassles, for sure.

The Taste of Jakarta & Bandung package is priced from RM1,730 per person on twin-sharing basis. The package also includes all inclusive economy class flight tickets on Malaysia Airlines, 3-nights' full-board accommodation, meet-and-greet at the airport, transfer from Jakarta to Bandung and from Bandung to Jakarta airport as well as guided tours in both cities.

Be sure to visit MAS flagship Service Centre at KL Sentral for personalised holiday consultation and travel reservation. You can also visit <http://holiday.malaysiaairlines.com>, call +603 2272 2160 / +0603 2272 2163 or email to goldenholidays@malaysiaairlines for more information.



Bandung

ODYSSEY

A story brought to life by paper

By Jane Bee

THE PAPER CINEMA

Live in Kuala Lumpur
6 - 9 November 2014

Mention theatre performance and most of us will immediately think of the scene where we see a group of people performing on stage, together with the props and fancy lighting. In fact, that's the only theatre performance that most of us know off.

But that's not it. Theatre performance, being an art form mean, there is no fixed form of expression.

Odyssey is a perfect example that story telling doesn't have to be told by people or in written words. Coming all the way from London and performed by The Paper Cinema, Odyssey is a performance that breaths a new lease of life on Homer's epic, The Odyssey, using

just hand-drawn paper puppets. Along with the use of lights, cameras, sound as well as the masterful puppeteers who double up as musicians, it is a magical show that has bewitched audiences all over the world.

Homer's Odyssey is known for its cinematic projection and cunning tricks that have the ability to transform a suitcase full of cut-out paper puppets into an array of living characters and striking landscapes. A silent film and captivating background is created as it slowly arouses curiosity and draws focus.

Odyssey is a story that revolves around a family. It starts off with Odysseus – a king, leader, husband and father. He goes missing after the Trojan war. His son, Telemachus

immediately embarks on a search for his missing father. Odysseus's wife, Penelope, faithfully awaits for her husband's return while looking after his house and kingdom and keeping the suitors, monsters and invaders at bay. It is a story of a family and the trust they have for each other that enables them to reunite against all odds.

The Paper Cinema's Odyssey will take place at 8.30pm from Nov 6 to Nov 8 with matinee performances at 3.00pm on Nov 8 and Nov 9 at KuAsh Theatre, Pusat Kreatif Kanak-Kanak Tuanku Bainun, Taman Tun Dr Ismail. Ticket prices range from RM25 to RM30 and can be purchased from www.britishcouncil.my/creativityUK.



CELCOM 4G LTE PORTAWIFI

Creating your own on-the-go WiFi zone

By Jane Bee

So, you are travelling in a car with your friends. Suddenly, one of your friends exclaimed, "Oh my god! This video is so cool. You guys should check it out!". And it aroused your curiosity. You wanted to check it out instantly but to your dismay, you realised that streaming four minutes of video would deal a blow to your monthly Internet quota. And you wonder, why it didn't cross anyone's mind to come up with a device that would transform a car into a WiFi zone itself?

Always putting the wants and needs of its customers above everything else, Celcom decided to introduce the PortaWiFi, the first in the country that allows its use to transform their vehicle into an Internet hub itself. It enables one to share this seamless connection with others without compromising or sacrificing the speed. Thus, it indeed revolutionises the overall online experience.

Unlike the usual modem, the Celcom 4G LTE PortaWiFi modem comes with the USB dongle, car adapter/charger and 3-pin home adapter. PortaWiFi certainly redefines the on-the-go definition. Not only it removes the limitation of the usual modem that requires one to stay still in a place, it allows one to turn any vehicle into a WiFi zone. And all it takes is just plugging in the modem together with the car adapter – as simple as that.

It's not just that. You will be able to share this seamless connectivity with up to 10 friends without the need to compromise on speed.

"How is it even possible?" you may ask.

The 4G LTE PortaWiFi plan is a bundle package that offers both Celcom First Data plans with WiFi-capable modem at LTE speed. Unlike the 1G, 2G and 3G, the 4G LTE (long-term evolution) is the fourth generation of wireless mobile communication that will allow its users to experience connection speeds of up to 10 times faster compared to what users are currently used to. Plus, Celcom has carried out regular upgrades on the Celcom network infrastructure over the years that resulted in a world-class, fast and stable LTE-ready mobile network.

With fast and advanced data network incorporated in this package, everyone gets to enjoy the 10x faster Internet speed. Gone are the days where we would have to deal with buffering downloads, lagging game and video chats that paused every now and then. Celcom's 4G LTE PortaWiFi certainly made it possible for you to enjoy all this even though you are travelling on the road.

Good things are meant to be shared. Not

only you get to share connection anytime and anywhere with up to 10 friends with 4GB data, this service costs only RM48 a month. Now, that's a total catch!

So, what are you waiting for? Log on to www.celcom.com.my for more information.



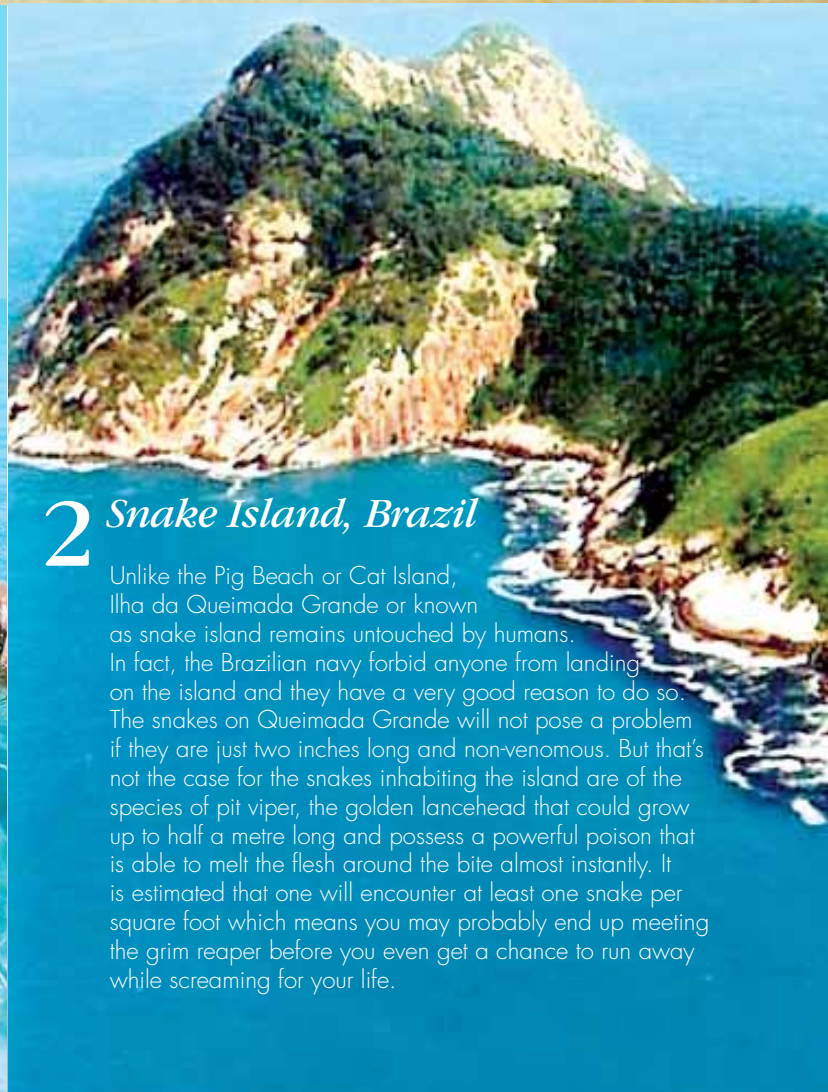
Animal Domination

Planet earth does not belong only to us humans. In fact, we are sharing this world with many other realms - with some of the places being dominated by just one particular species of animal. While some animal species charm us with their cuteness, the sight of some other could have us running for our lives.

By Jane Bee

1 Pig Beach, Bahamas

Pig Beach, or formally known as Big Major Cay island is probably the only island in the world where one gets to swim alongside the little porkers in crystal clear waters. These pigs waste no time in plunging into the sea and swim to any nearby passing boat and the visitors would be more than happy to feed them with food. For these porkers, Pig Beach is their little utopia with their daily activities consisting of nothing more than swimming, eating, sleeping and sunbathing, aside from indirectly entertaining the visitors with their glorious swimming skills and adorable looks.



2 Snake Island, Brazil

Unlike the Pig Beach or Cat Island, Ilha da Queimada Grande or known as snake island remains untouched by humans. In fact, the Brazilian navy forbid anyone from landing on the island and they have a very good reason to do so. The snakes on Queimada Grande will not pose a problem if they are just two inches long and non-venomous. But that's not the case for the snakes inhabiting the island are of the species of pit viper, the golden lancehead that could grow up to half a metre long and possess a powerful poison that is able to melt the flesh around the bite almost instantly. It is estimated that one will encounter at least one snake per square foot which means you may probably end up meeting the grim reaper before you even get a chance to run away while screaming for your life.

3 *Christmas Island, Australia*

Despite its name, Christmas has nothing to do with this island. Rather, this small mountainous paradise will see red crabs taking over the entire island once a year during the breeding season. It is as if the migration is synchronised for the red crabs on the entire island would travel to the coast so that they can breed. While most of us would literally freak out with millions of crab taking over our homes, the locals are pretty cool with it. In fact, they opt for a few measures such as closing off the roads and building a tunnel to aid the migration during this season.



4 *Rabbit Island, Japan*

Looking at Okunoshima now, it is easy for one to forget that the island used to produce chemical weapons during the World War II. But now, it is just a laidback small island with a hotel, a camping ground, a golf course and above all, the home for a bunch of adorable bunnies that actually spike up tourism in the island. Visitors are thrilled to be chased or swarmed by the fluffy bunnies, especially during feeding times.



5 *Cat Island, Japan*

Tashirojima looks like a typical fishing village at first sight. Except that the community is so dwarfed by the local feline population that the island is now known as Cat Heaven Island. Local villagers believe that the cats will bring them good luck and prosperity as well as aiding in weather pattern prediction. Thus, these felines are well taken care of by the villagers. Today, visitors especially cat lovers would flock to this island just for these furry felines.





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MAKAN-MAKAN PREVIEW



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ADAM CARRUTHERS

The love for food, hosting
and travelling

By Jane Bee

When we first saw him, he was the very same Adam Carruthers, or commonly known as Adam C, that we see or hear on television and radio. He is bubbly, cheerful and always smiling, emitting a pleasant and approachable aura around him.

We met Adam at one of his favourite dining places, La Bodega at Bangsar Shopping Complex. Ever since its opening in 1999, La Bodega is known as the 'it' gathering spot for meeting or hanging out with friends – all while indulging in refreshing sangria, irresistible tapas, paella as well as a selection of splendid Spanish wines.

"Everyone knew about La Bodega, just like how they knew about KLCC and Zouk. People would talk about how good the place is; its ambiance, location and above all, its excellent food and drinks," said Adam.

Adam certainly enjoys coming to La Bodega for a long time now that he can't even remember the first time he stepped into this restaurant.

"I first visited the La Bodega outlet in Jalan Telawi with my friends. We thought the restaurant had a very nice ambiance and without us realising it, we would always end up there whenever we felt like going for a drink," he added.

For Adam, he would always go for its breakfast whenever he drops by the restaurant before noon. "I love my hash brown and egg. They offer very good breakfast especially during weekends," he said with a chuckle. And if it is afternoon or evening, he would be more than

happy to settle with just some of his favourite tapas and beverages.

"I travelled to a lot of places this year, Spain, for example. I spent almost two months overseas where during that time, I missed all the local food. But now that I'm back in Malaysia, I miss all the food I had in Europe, especially the variety of tapas there," he said.

And perhaps, that explains why he is going through a phase where he craves for tapas. As we were seated comfortably in our seat, it took Adam less than five minutes to decide on his food preferences: Pollo Al Ajillo Classico (sauteed chicken drumsticks with garlic and olive oil), Potato Bravas (potatoes in spicy tomato sauce and garlic mayonnaise) and Queso De Cabra Frit Con Miel Al Limon (deep-fried goat cheese with lemon honey).

"These are my favourite tapas at La Bodega!" he exclaimed.

And it is not difficult to see why. While the food may look simple, each carries a very rich and distinctive flavour. The Pollo Al Ajillo Classico, for example, has the perfect combination of spiciness and saltiness along with its chewy and tender chicken drumsticks. Despite having been soaked in olive oil, there is no sign of oiliness once in the mouth but rather, it melts away smoothly like butter. And this savourish tapas would leave you wanting more after each bite.

Do not let the look of Potato Bravas fool you. It looks simple but once it's in your mouth, it's an entirely different story. Crispy and crunchy



Queso De Cabra Frit Con Miel Al Limon

on the outside and yet soft in the inside, it hits all the right buttons when it comes to taste and flavour.

Excellent food and casual comfy ambiance, La Bodega certainly lives up to its name. No wonder Adam is such a big fan of La Bodega.

Ask Adam

Q: What are you up to currently?

A: I'm the main host for the English Premier League where I would host at least three to six games every weekend. I also host a weekly show for Astro Awani and I am a deejay at Red FM every Monday to Friday from 5pm to 8.00pm. That's it for now -don't think my schedule would allow me to take in more engagements. *Chuckles*

Q: Daily must-have ingredients in food?

A: I find myself wanting more spicy food, like chilli. I want wasabi for my Japanese food and mustard for Western food – they give a kick to the food. I like my banana leaf rice as well.

Q: Most disliked food?

A: I never like raisins and olives. And it annoys one of my best friends - he is half Greek and olive is a big part of Greek food.

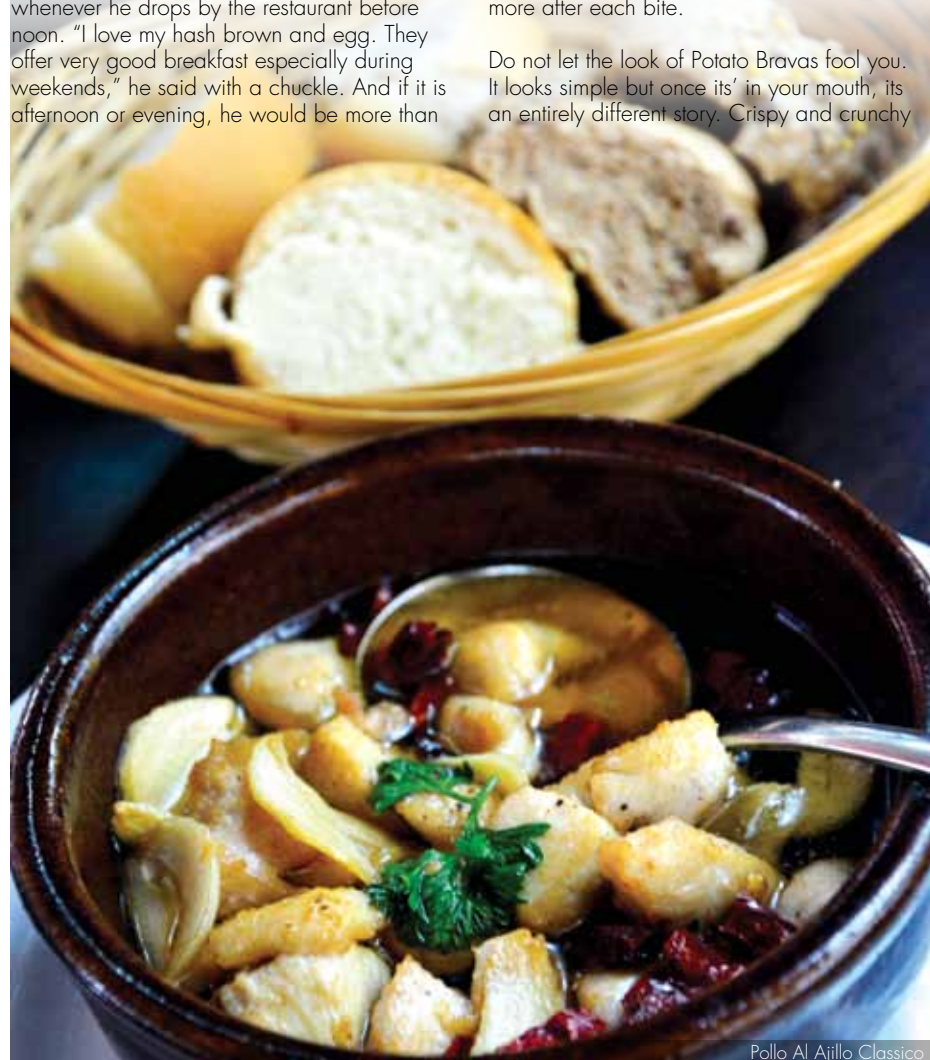
Q: What is the one thing that most people don't know about you?

A: I'm a big fan of comics and video games. One of my favourite comic series is Batman and while I used to play Dota, I decided to quit as it is too addictive. Right now, I'm into the FIFA video game and oh, I just bought a new alien game and Evil Within!

And, I like photography and travelling as well.

Q: What would you be if you are not a host and deejay?

A: I would be a lawyer! I was studying law before I stumbled onto hosting during my gap year. I auditioned for 8TV and they offered me the hosting job on the very same day. I decided to give it a go since I was working during my university gap year. And I just kept progressing from there. I never finished my studies but maybe, one day I may just decide to complete it.



Pollo Al Ajillo Classico

FRESCA MEXICAN KITCHEN & BAR

Go loco with the taste of Mexico

By Kathlyn Ursula D'souza



Lot G-242A, Ground Floor (beside the main entrance),
The Gardens City Mall, Midvalley City 59200 Kuala Lumpur, Malaysia.
Phone : +603 2201 2893

Mexican music was playing in the background – the upbeat plucking sounds of the guitar strings and cheerful Spanish voices and lyrics. The walls were adorned with Mexican hats and the interior was an amalgamation of traditional Mexican and modern styles – cozy and romantic.

The smell wafting from the kitchen was enough to make our mouth water and grumble in protest, and we could not have sat down to eat fast enough. Evidently, Mexican food has taken the world by storm, becoming an instant favourite with well, everyone. But what we lack here is probably authentic Mexican food outlets and thankfully, Fresca Mexican Kitchen & Bar came to aid, a fresh concept in the food industry by sisters Jan and Lu. Coincidentally, 'fresca' means 'fresh' in Spanish.

We started off light, appetisers and snacks that are ideal for sharing, the Taco Ensenada (flour tortillas with beer-battered fish tacos and homemade coleslaw) and the Taco Alambre (homemade corn tortillas with grilled beef, chopped Poblano Chiles, onion and crispy bacon). If these descriptions are already making your mouth water, imagine how we felt (or tasted), and it was difficult to choose which one we liked the best. Both were winners, really. They both were succulent and each chew was better than the first. The Jalapeno Poppers came next, in three rotund shapes – they were breadcrumb-coated Jalapeno Chiles stuffed with Monterey jack cheese and minced beef, served with sweet, mango chipotle salsa. It was probably the first time we finished an entire chili.



Jalapeno Poppers

The smell of the main dishes came first before the actual thing, as they were all incredibly aromatic. We had terrific starters already, but the smell wafting from the kitchen made us salivate even more. The Carne Asada arrived first – grilled tenderloin with onions, red rice, enchiladas verdes and refried beans. Another main joined, the Pollo a la Parilla – grilled chicken on a sizzling plate and Mexican green rice. This was made with their secret recipe. Amazing secret recipe, that is. Again, they were both instant favourites and it was tough competition, but they cater to all types of taste buds, whether you are for the sweeter or the more savoury kind.

We were full, satisfied and happy with Mexican goodness. We were even more elated when we were served dessert – the Churro con cajeta y chocolate. This internationally loved Mexican dessert consists of donuts rolled in cinnamon and sugar served with traditional dipping of goat's milk



Margaritas



Pollo a la Parilla

caramel and chocolate. You can try any of the dippings to suit your taste, or even both at once – but they echo the same thing and the same result: glorious, splendid and magnificent.

The drinks were astounding. We were served the inventive Mexican street drinks; mango, hibiscus and rice with cinnamon. The rice water with cinnamon drink stood out. It was sweet yet not overpoweringly so, and it works as a great thirst-quencher, striking a balance between that and the flavoursome food. Although common in the streets of Mexico, this was something truly exquisite.

Fresca has Happy Hours from 4pm to 8pm on weekdays, Brunch on weekends and public holidays, and set lunch from Mondays to Fridays. They also have a function room that easily sits 40-50 people for private parties, corporate dinners, cocktail functions and the likes.

For those who have never tried Mexican food or have shied away before, intimidating as it may seem, it is one of the best things gastronomy has to offer.

Me gusta mucho.

GEORGE SPOT FISH AND CHIPS

Hidden gem in Plaza Damas

By Jane Bee



Salmon Pie

George Spot Fish and Chips (Beside TGI Friday)
Address: M-0-5, Plaza Damas, Jalan Sri Hartamas 1, 50480 Kuala Lumpur
Opening Hours: Open daily from 11.00am to 10.00pm
Tel: 03-6206 5612



Bread Pudding



Lamb Pie

Malaysians are naturally foodies and picky. Exposed to a wide variety of good food available in the country, we have grown accustomed to what makes a delicious food and what's not. In fact, we would be more than willing to travel the sea or road where good food is located in the name of food hunt or food trip.

But provided you know where to look for, you don't really have to go far in search of good food. Hidden in Plaza Damas is George Spot Fish and Chips, a little restaurant that offers, perhaps one of the best fish and chips in town. There's nothing fancy about the restaurant – no eye-catching design nor colourful interior. Instead, it looks effortless and straightforward with barely any interior embellishments and houses only a couple of tables inside out.

It all started when its owner, George Haniff, was unable to locate any good fish and chips around restaurant town. It was then he decided to open a restaurant that specialises only in fish and chips while introducing the concept of Australia's café to its patrons. Despite not having an extensive menu, patrons, especially the regulars, would be more than happy to just settle for its fish and chips and nothing else when they are there.

They say don't judge a book by its cover and we couldn't agree more when it comes to this little restaurant. Its Fish and Chips (RM14.90) are simply awesome. We were not served with the over-fried or sluggish-looking dory fish or fish fillet along with the fries that can be found in the supermarkets. Instead, it uses Alaskan fish and fries imported from New Zealand. As we cut the fish into two, we could see the fine texture of the fish – it was so fresh, juicy and melted instantly in the mouth. The fries, on the other hand were crispy on the outside, yet soft in the inside. Now, that's what we call real fish and chips.

Its Seafood Platter (RM21.90) that consists of fish fillet, calamari, prawn and fries is perfect for sharing. They are very generous with the portion without compromising on the price and food quality. All the ingredients – the fish, prawns, calamari and fries, are imported and replenished every few days. The same goes to the frying oil where it is replaced every three days. That's why the dish shows no trace of oil and doesn't leave you with dry or sore throat despite the ingredients being deep-fried.

George Spot Fish and Chip is also the one place where you can find splendid Salmon Pie (RM14.90) and Lamb Pie (RM11.90). The pies are made inhouse daily and these are nothing short of expectation. To our surprise, we could taste the lamb in almost every bite with the crust so crispy and delicate for the lamb pie. The salmon pie, on the other hand, got us really excited when we saw not pieces but a large chunk of fresh salmon in the Salmon Pie. Added in some

of the chef's specialty sauce that introduced a tingling sourness, the pie was absolutely savourish and irresistible.

Be sure to check out its dessert-of-the-day as George personally makes all the desserts by himself. We were disappointed when we were told that we missed the tiramisu and decided to settle for the bread pudding. And the bread pudding did not disappoint us. We like how the bread pudding is served with vanilla ice cream instead of custard sauce, offering both hot and cold sensations at a go. The taste hits all the right buttons for it is neither too sweet or too soft. One can easily taste the whisky in the bread pudding that makes the whole dish refreshing.

What could make us any happier than discovering good food that comes at an affordable price, taste delicious, using fresh ingredients, and above all, served in generous portion? We would certainly be back to this restaurant for more fish and chips.



Fish & Chips

TGI FRIDAYS

Eat to your heart's content

By Siti Wajihah Kholil

Tennessee Steak

TGI Fridays, The Gardens
Lot F226B, Lingkaran Syed Putra, Mid Valley City, 58000 Kuala Lumpur
Tel: 03-2287 7611
Operating hours: 11am to 11pm

Operating in more than 60 countries with more than 900 restaurants, TGI Fridays has surely garnered massive popularity among diners worldwide due to its positive influence in the economic and environmental well-being of the communities and neighbourhoods in which it operates in the food and beverage business. The first ever TGI Fridays outlet opened in Malaysia in 1994. Since then, the eatery has grown impressively and is currently a favourite leisure dining venue for many Malaysians.

TGI Fridays, a pioneer of the fun, is sure to be full of surprises as this time around, it introduces one of Mexicans' beloved classic cuisine. Having been credited with popularising fajitas around the world, the restaurant recently celebrated its new menu with a range of extreme tacos. Filled with explosive mouthwatering flavours, Fridays' extreme tacos are delectable with modern combinations of ingredients and vibrant tastes. Be it beef, chicken or fish, TGI Fridays is ready to tempt the pickiest foodies through its range of unique tacos.

The Black and Bleu Burger tacos are hands-down delish. Just the sight of it will make your stomach grumble as it is filled with succulent, juicy fire-grilled beef patty sautéed with cajun blackening spices that give the taco an extra oomph. When



BBQ Burger Tacos

you take a bite, you can feel the delicate texture of the soft flour tortilla together with the creamy Bleu cheese dressing. Topped with cool lettuce, Pico de Gallo and accompanied by a side of crispy fries, the taco will have you munching it all down in a jiffy. There were also the vibrant Extreme Buffalo Chicken taco and delectable Tortilla Crusted Fish Taco.

However, patrons are also able to select a choice of other courses available such as the Miami Cubano Chicken Stack (RM47.90). The dish contains two lightly breaded, crispy chicken breasts stacked high with shredded Mozzarella. It also includes sliced turkey ham and stir-fried mushrooms

drizzled with lemon cream sauce that oozes down seductively, and garnished with a fresh tomato basil mix served with rice pilaf.

Another recommendation is the Sizzling Chicken and Shrimp (35.90). The chicken breast that has been marinated with garlic is sautéed to perfection along with plump, juicy shrimps tossed with zesty roma tomato-basil salsa. Served with onions and peppers and our Cheddar cheese mashed potatoes on a sizzling platter of melted Colby and Jack cheeses. Its burst of lively flavours and filling ingredients will undoubtedly kick your hunger to the curb.

If you opt for something heavier with more meat, the Tennessee Steak is also a great selection. At only RM59.90, this course includes a thick, delicious 10-oz. Australian chilled air-flown grain-fed steak, seared and chargrilled to ideal tenderness. Served with seasonal vegetables, Cheddar cheese mashed potatoes and our Tennessee sauce. The seasoning is fully infused into the steak and retains a massive amount of flavour that will get you mouthwatering continuously.

When one sees the red-and-white stripes, one would immediately recognise its trademark. Not only is the brand itself recognisable but its signature dishes such as the Fridays Tennessee Burger, New York Strip and wildly popular Brownie Obsession, are what attract patrons to dine in. Its range of burgers, pastas, appetisers, sandwiches, entrée salads, steaks, ribs and chicken dishes will leave you coming back for more.

Known for its authentic American food, exciting drinks, as well as its happening and energetic atmosphere, the dining experience is a perfect portrayal of what Friday is all about. With TGI Fridays', everyday is a Friday. So bring your family and friends to enjoy some of the best hearty meals in the country.



Miami Cubano Chicken Stack

CHILLI RUSH

Scorching kind of rush

By Jane Bee



Chilli Pepper and Cream Cheese Stuffed Chicken

93-G, Block H, Jaya One, No 72A, Jalan Universiti, 46200 Petaling Jaya, Selangor

Tel: 03-5650 2642

Website: www.chillirush.com.my



Vegetarian Mixed Platter

If you are pretty hardcore when it comes to spicy food, then you will definitely love this restaurant. For those who work around the Jaya One area, Chilli Rush is a familiar name for most of them. And while the name, Chilli Rush certainly means that it is associated with spicy food, one can be rest assured that it also caters for people who prefer food that is 'calmer' in taste.

Opened in 2012, Chilli Rush has been managed by a new management since early this year. While the original concept of the restaurant is maintained, the menu was given a revamp along with the introduction of new dishes in keeping in touch with the wants and needs of its patrons.

Among the newly introduced dishes is the Vegetarian Mixed Platter (RM19.90) that is a combination of Mushroom Bruschetta, Cheese Quesadilla and Sweet Potato Chips. Non-vegetarian lovers might frown at this platter but it is definitely worth giving a try. The Mushroom Bruschetta and Cheese Quesadilla bring a tang of saltiness, making them savourish yet refreshing the taste buds at the same time. The sweet potato chips, on the other hand, are not the ready-made type, but prepared fresh from scratch at the restaurant, which is why they are crispy and melt instantly in the mouth. A plus point: the platter is big in portion, making it ideal for sharing among three to four persons. If you are looking for pizza with a more homemade taste, we recommend that you go for the Sausage and Mushroom Carbonara Pizza (RM16.90). And no, you can't expect

to have the usual tomato sauce used in this pizza for it tastes almost exactly like the carbonara spaghetti, except that there is no spaghetti involved. The thin crust bread remains relatively crispy without much alteration in the taste even when it is cold. They are pretty generous with the ingredients- you can taste the mushroom and sausage in your every bite!

The Tuna and Anchovy Aglio Olio (RM18.90) offers a much conventional taste for those who prefer to stick to the old school kind of recipe. The pasta is tossed in olive oil, tuna, anchovy and chilli flakes which blend and compliment each other in terms of

taste without showing any trace of excessive oil. It also leaves a faint trail of herbal sensation that lingers in the mouth for a long.

Adventurous foodies should opt for the Egg Rush (RM12.90). Instead of serving the usual scrambled egg, the Chilli Rush decided to mix its special ginger and garam masala paste with milk, butter and the choice of chilli pepper in the four eggs scrambled. Hence, you will get the Indian-influenced scrambled egg that resembles the green curry in taste while it melts nicely in the mouth. Oh, did we mention that you could actually choose the level of spiciness for this mish? We decided to save the best for the last and thus, settled for the Level Three: Jalapeno – a little spicy for this dish.

Be advisable not to leave the restaurant without trying its chicken wings. After all, it is the signature dish of Chilli Rush, the one that made a name among chicken wing lovers. The chicken wings served here basically come in the ten levels of spiciness, ranging from Level 1 - Mildly Merry to Level 10 – Chilli Rush. It is advisable, for first timers especially, to start from Level 3 – Getting There and slowly work your way up.

Of course, unless you are pretty hardcore in eating spicy food, possessing the gut made from steel and doesn't mind getting swollen lips and scorching tongue, you can always jump straight to Level 10 – Chilli Rush. Be sure not to underestimate the spiciness of Level 10 of the chicken wings for it is basically capable of leaving a lasting burning sensation on your tongue that goes all the way down your throat.

Or if you are the gungho type who loves challenges and have a strong determination, we would suggest you to take up the Chilli Rush Challenge where you are required to finish a plate of chicken wings (which is way more spicy than the Level 10 chicken wings) in the shortest time. Just make sure you ordered jugs of cold milk before you start the challenge – milk works wonders in easing the scorching sensation on your tongue.



Sausage and Mushroom Carbonara Pizza

Hipster Café

By Siti Wajihah Kholil

The trend that is hitting the Klang Valley is the emergence of hipster cafes in many parts of the area. These popular eateries are winning the appetites of urbanites with its unique interior concept, relaxing atmosphere, appetising menu and aromatic coffees. Here are some of the hipster cafes, featuring dishes that we have savoured to share the experience with KL Lifestyle readers.



Coffee Stain by Joseph

Aglio Olio with Prawns : RM18

There must be something about Coffee Stain that makes coffee lovers continuously swarming in, filling the seats and tables. Unlike most cafes, which is more relaxed and calm, this one is bustling with people regardless of time. In terms of ambience, it looks similar to many cafes with the contemporary look and coffee bar. After a visit, it is actually very apparent that the highlight of Coffee Stain is its range of amazing coffee drinks and culinary delights.

Coffee Stain offers familiar comfort western dishes that most patrons enjoy. The Aglio Olio with prawns definitely did not disappoint. Despite its simplicity in preparation and ingredients, it was filled with flavour. The taste of onions, garlic and capsicums was well infused in the spaghetti. The chilli too added the perfect spice to the taste. Even the prawns were juicy and tasty. It was definitely an enjoyable meal. While you are at Coffee Stain, be sure to try out its signature drink which is the Cool Cube (RM11.90). It is 100% Arabica coffee ice-cubes served with warm steamed milk.

**D4-G3-01, Publika Shopping Gallery,
Solaris Dutamas, 50480 Kuala Lumpur**



Quar/tet

Steak Sandwich : RM22

Quar/tet is another must-go hipster café that is earning a lot of visits from TTDI residents and its name continues to spread, summoning patrons outside the neighbourhood as well. The concept of Quar/tet emits an old-school feel with vintage décor elements of old records and retro picture frames hanging on the walls. Contemporary in its look, yet, it still provides sufficient coziness for friends or colleagues to gather and chat away while enjoying a smooth cup of coffee or other drinks, meals and desserts.

The menu is rather simple and offers a range of beverages and dishes that everybody can easily enjoy. For instance, meat enthusiast will enjoy the steak sandwich which is seared steak with tomatoes, sautéed onions and brown sauce packed in between toasted baguette, served with a side salad. It is a well-balanced and hearty meal with sufficient carbohydrates, protein and nutrients from vegetables. Another popular dish is also the smoke salmon cream cheese bagel (RM18), which is toasted bagel with cream cheese, lettuce, tomato, Norwegian smoked salmon, onions and capers served with a side salad.

**21, Lorong Datuk Sulaiman 7,
Taman Tun Dr Ismail, Kuala Lumpur**



Garage 51

Awesome Garage Breakfast : RM22

Under the operation of Coffee Societe, there is another hipster café existing within the same row of Sunway University's side entrance, but on the opposite side. As the title of the café suggests, it is based upon a garage-themed concept. In terms of its décor, the major attraction is located outside, beside the café at the alley way. There lies a dining table in the form of a Volkswagen Beetle convertible. The interior, however, includes interesting seatings atop a container, which is the upper floor. With a high ceiling and hanging light bulbs, it creates a very relaxing ambience.

The coffee here has earned a good reputation among the locals. Patrons are intrigued with its range of aromatic coffee, be it a cappuccino, latte or americano. The food here at Garage 51 is also something to be enjoyed, especially for brunch. Be sure to indulge in the Awesome Garage Breakfast, which is bagel with baked macaroni, smoked chicken, Garage 51's special hash brown potato and free-range poached egg with hollandaise sauce. Delicious, it surely is a fulfilling meal.

*Jalan PJS 11/9, Bandar Sunway,
46150 Petaling Jaya, Selangor*



The Library Coffee Bar

Hot Waffle Grilled Chicken : RM17.50

The Library Coffee Bar is a café known for its depiction similar to a library, displaying an interior of shelves with colourful books. With multiple branches such as in Publika, Nexus Bangsar South and Avenue K, this coffee bar is climbing the popularity ladder rapidly. The café offers a variety of coffee mixtures, hence, the 'coffee bar' in its name. Other than coffee, it is also great for a meal, whether you are in the mood for something light or heavy.

One of its hot items is the Hot Waffle Grilled Chicken. The dish consists of soft waffle topped with juicy, tender chicken grilled to perfection, fresh vegetables, and a sunny side-up egg. Poke the yolk and it will ooze to enhance the taste and texture. It also includes a side salad and roundly-cut, ruffled potatoes that are crispy and savoury. You can also try out other dishes such as pastas and cakes.

*D3 - G3 - 8, Block D3, Unit No. 8
Publika Shopping Gallery,
Solaris Dutamas, 50480 Kuala Lumpur*

Ming Tien Food Court

(Non-halal)

Address: 10991 Jalan SS24/8, Taman Megah, Petaling Jaya

Website: www.mingtienfoodcourt.com

One of the people that we should be thankful for is perhaps the person who first created and introduced the food court concept. The idea of gathering a variety of food stalls under one roof not only offers convenience, but also a wide selection of affordable and tasty dishes.

Ming Tien Food Court in Taman Megah is the perfect place to go for dinner or late supper. The colourful lights, wooden huts and trees certainly brighten up the atmosphere. Despite the place being crowded most of the time, it is still easy to spot an empty table for yourself. Do remember your table number and you are all set to indulge at the food court.

By Jane Bee

Char Kuay Teow

RM6

Getting a plate of decent char kuey teow at an affordable price without sacrificing convenience is a daunting task. But we were thrilled when we found ourselves being served with an enticing plate of char kuay teow at Ming Tien Food Court. The stall is very generous with the ingredients, especially with the prawns and cockles. Also, we like how the char kuay teow is so flavourful.

China Ramen & Sui Jiao

RM7

If you want something simple, you may want to give this ramen a try. There's nothing fancy about this bowl of noodles, in fact, it is pretty straightforward where you basically taste what you see. The ramen, however, is chewy with each strand nicely separated from each other without lumping together. Also, you actually get to taste the sui jiao (dumpling), a total opposite from the usual dumpling you get elsewhere.





Seafood Curry

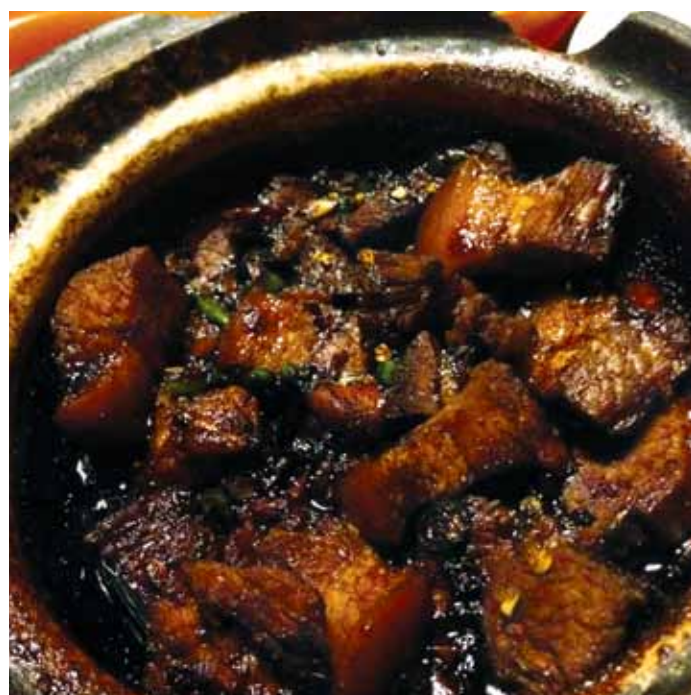
RM17 (small)

Not only it serves excellent curry, we like the fact that the stall is manned by a local. Our seafood curry ingredients include long beans, lady's finger, squid and prawns that were surprisingly, fresh and cooked to perfection. This particular bowl of curry display a good combination of curry spices as well as the control of fire during the cooking process. This is definitely a not-to-miss dish here.

Klang Dry Ba Kut Teh

RM13.50

If you don't have the time to go to Klang for its famous ba kut teh, you can always satisfy your craving for ba kut teh at Ming Tien Food Court. The dry ba kut teh comes with a bowl of soup, yau char kwai (long golden-brown deep-fried strips of dough) and fragrant rice without blowing your dinner budget. While we can't compare it with the original famous bak kut teh in Klang, we still think it is decent enough to fulfil our craving for this dish.



Stewed Pork with Mooi Chai with Steamed Rice & Ginseng Pear Chicken Soup

RM16.50 for a set

Looking for a healthier option? Be sure to check out Mom's Favourite Steamed Rice. Not only does the menu have a wide selection of choices in the menu, we also like how each dish tastes like homecooked food. Despite it having a very mild flavour, it is surprisingly appetising and filling. Each dish is sold separately. However, you can opt for a set where you get both the steamed rice and soup. Pretty much a bargain and the portion is ideal for sharing as well.



Going Mango - Crazy

Mango has undoubtedly been an all-time favourite for its sweet-but-not-sickly taste, making it the perfect accompaniment to any meal or as the main ingredient in desserts and cocktails. Here are a couple of choices for those who simply love the fruit, and with these treats, it's enough to make a man-go crazy!

By Kathlyn Ursula D'Souza

Mango Ice Cream

RM6.90

I scream, you scream, we all scream for ice cream! Starting off with the basics, ice cream has been loved by everyone, young and old and no one is truly too old for ice cream. Good news for mango and ice cream lovers, mango ice cream is literally everywhere, and a collection of ice cream without the mango flavour is considered invalid. At Stickhouse, you get to choose a dip to go with your Italian handcrafted gelato (chocolate, white chocolate, dark chocolate, almonds, desiccated coconut, chocolate rice and rainbow sugar beads). Why not?

Stickhouse - Italian Handcrafted Gelato
Sunway Pyramid, Lot LG2
Jalan PJS11/15, Bandar Sunway



Mango Mountain

RM6.90

If you think the combination of mango and shaved ice would be terrifying to even try as it will entail the task of balancing the taste of sweet-and-sour mangoes and the chill of the ice, fret not. At Sweet Chat Café, they have the freshest mango served with shaved ice, mango purée and sago. Blend them all together with your spoon to get the best taste. It is a lovely, sweet addition even after a big meal.

Sweet Chat Café
Berjaya Times Square, Lot LG-49A
Central, Lower Ground

Mango Margarita

RM25

Of course, cocktail lovers are not to be excluded here. Margarita drinkers are often described as the adventurous ones, the first to dance or the first to sing karaoke. So if you're exactly that or are in dire need of a quick pick-me-up (or both), the Mango Margarita would be a fun, boozy companion – served on the rocks or frozen.

Mango Affensaft

RM20

Now, a real treat for those who love mango and beer. This is also meant for those who have never been able to stomach beer – you will find yourself finishing this by yourself. If you dislike beer for its bitterness, then opt for a sweeter, smoother German beer infused with mango.

Fresca Mexican Kitchen & Bar
Lot G242-A, Ground Floor,
The Gardens Mall, Midvalley City



SHOPPING PREVIEW



TODS' Spring/Summer 2015 Collection

- 42 the Curve
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- 45 Hotpicks Theme
- 46 Hotpicks Men

THE CURVE'S SPECIAL TREAT

Rewards and promotions for loyal shoppers

By Jane Bee



It's the Curve's 10th year anniversary! Now, what can be better for this shopping mall than sharing the joy of this milestone with its customers?

Opened in December 2004, the Curve is the first pedestrianised mall in Malaysia. It is popular for its one-of-a-kind Street Market and open-air avenue concept. The Street that links both the Curve and eCurve, features a variety of food and beverage outlets as well as a laidback ambience that makes it an ideal gathering or hangout spot. The mall itself offers a variety of leisure and retail therapy with over 200 retail outlets from fashion, health and wellness, dining to entertainment.

In celebrating its anniversary, the Curve is organising a giant shopping campaign with giveaways worth over RM200,000. The campaign from Oct 10 to Nov 23 is the biggest giveaway ever organised by the Curve to date.

Not only shoppers stand a chance to win incredible prizes such as Sony Bravia 70" LED TVs, 50gm gold wafers and travel vouchers, one lucky grand prize winner will walk away with a brand new Subaru XV STI Performance SUV worth RM156,800. The upgraded version of the Subaru XV, the XV STI Performance SUV is equipped

with better aerodynamics and stability. It also features some aesthetic enhancements in the form of a new silver-coloured theme, chrome climate control dials and LED daytime running lights.

Participation is hassle free and as simple as ABC. By spending RM300 and above (Maybank card holders will just need to spend a minimum of RM250) in a maximum of two receipts at any outlet in the mall, you will be eligible to join the campaign for an opportunity to walk away with any of the prizes. Customers will also be able to redeem the Curve's new tote bag along with additional goodies that include the Curve's executive 2015 organiser, a RM5 the Curve Touch n' Go card and free parking.

"Reaching our 10th anniversary is a milestone for the Curve and we couldn't have done it without our loyal customers. That is why we decided that it is only fitting to give back and reward our loyal shopper. We definitely look forward to continue being a favourite neighbourhood shopping destination for many years to come," said Jazmi Kamarudin, centre manager of the Curve.

For more information, contact the Curve's Customer Care officers at 03-7710 6868 or visit www.thecurve.com.my or go to the Curve's Facebook page at www.facebook.com/theCurveShoppingMall.

the Curve

A breath of fresh air

A big bang for a big
10
10 Oct - 23 Nov 2014

In conjunction with our 10th anniversary, we're celebrating you – the ones who made us who we are today.

Giving back for all the good times.

When you spend a minimum of RM300 (maximum of 2 receipts) at any outlet in the Curve (Maybank Cardmembers only need to spend RM250)* you get:



Goodie Bag giveaway*:

- ★ the Curve 2015 Executive Planner
- ★ 1-day Free Parking
- ★ Touch 'n Go Card
- ★ Tote Bag



SUBARU XV
STI Performance

Join our Big 10 Contest!

There are 10 fantastic prizes to be won and only ONE lucky winner will drive away in the all-new Subaru XV STI Performance!*

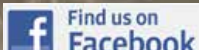
Thank you for a decade of great moments!



Official Bank Partner



Official Vehicle Partner



www.facebook.com/theCurveShoppingMall
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*Terms and conditions apply.
Valid while stocks last.

Boustead Curve Sdn Bhd (103320-D)

No. 6, Jalan PJU 7/3, Mutiara Damansara, 47810 Petaling Jaya, Selangor, Malaysia. Customer Care : 603 7710 6868 Website : www.thecurve.com.my

the Curve



1



1. This is how Gucci Do It

Designed for the contemporary and elegant woman, Diamantissima Eyewear Capsule Collection is the perfect expression of Gucci's finest craftsmanship and impeccable quality. The Diamantissima crisscross motif in gold-plated tridimensional version display the great attention given to the little details that make a big impact. This eye wear stands out in four different classic hues of frames: black with shaded brown lenses, red with grey lenses, Havana with shaded brown lenses and beige with shaded brown lenses.

Price: RM2060

3



2. Spring is in the air

Simplicity often works best. Not only it brings out the best of the elements, it also draws focus to the little details that matter. And that is what TODS' Spring/Summer collection is all about. The design, despite its simplicity and use of minimal colour, is equally enticing and intriguing while staying relevant to the needs and wants of the masses.

4



3. Style it edgy

If you think that elegance and edge don't come together, Tiffany & Co will definitely prove you wrong. Its latest collection, Tiffany T display an infusion of chic and sophistication. The square bracelet in 18 karat yellow gold not only compliment any attire, but exude class and style as well.

Price: RM17,900

5



4. Can't Take My Eyes Off It

There is no deny that we love attention. After all, we dress to impress while drawing attention at the same time. That is why, we should not give (bag's name)_ from Salvatore Ferragamo's Fiama collection a miss. Not only it can match up to almost any style, one can rest assure that it is also grabs attention.. Plus, a lady can just never have enough bling.

5. A Woman's Must Have

While diamond is a girl's best friend, a pair of comfortable, stylish black flats is also a must-have for every woman. And Cole Haan's Pinch Grand Tassel has everything women look for. With the design so simple yet sleek and the appearance so black and shiny, it proves itself to be a worthy investment in the long term. Now, how often do you come across a pair of desirable flats that sacrifice neither comfort nor fashion?

Price: RM825

Blue IS THE COLOUR

1



2



3



4



5



1. Le blue, so enticing

Jaeger-LeCoultre, without a doubt is the name that represents the finest timepiece in the world. Each timepiece is made with great precision that display the meticulous master's excellent skills envied by many. It's latest timepiece, Rendez-Vous Ivy Minute Repeater does not disappoint. The blue colour resembles water running so smoothly and deep and evokes a desirable tranquillity in the eyes of the beholder. The leafy patterns, on the other hand, bring a sense of mysteriousness, leaving this timepiece so intriguing and desirable.

2. Wonder Bag

A woman's heart is like a deep ocean with many secrets. A lady's bag? Well, it is a wonder pouch where one can find almost all the necessities needed in everyday life. Ebury Small Featherweight in Cobalt Dark Grey Capra Double would definitely make a perfect wonder bag for the ladies. Not only it is spacious, it is made of materials that do not add pounds to the bag itself. Less weight and ache would make a good reason for ladies to put more stuff into the bag.

Price: RM4,680

3. Touch of Peggy Guggenheim

In conjunction with its 80th anniversary, Safilo launched its new limited edition sunglasses inspired by the eyepiece that was specially created and worn by Peggy Guggenheim. The iconic blue butterfly-eye acetate frame that comes with tone-on-tone mirrored lenses with contrasting profiles in shades of brown creates a bold fashion statement of fashion.

4. Colour of spring

Spring is always about bright cheerful colours. And that is exactly what Fendi's Color-Block sunglasses portray. Except that, it is more edgy and stylish compared to the usual sweet-looking style. Not only is the pair of Color-Block sunglasses are designed for a perfect Asian fit, it also features opal and transparent shades that enhance the look of the bearer. Add on the transparent hues, exclusive hand-made acetate glasses and contrasting colour, this eyepiece is simply stunning.

Price: RM1590

5. Hip Style

We love ombre shoes, just like how we got crazy over ombre hairstyles. And TOM'S Baltic Dip-dyed crochet Alpargata Classics just made our dream comes true! The hues, the unique exterior and the comfort, it's hard to resist this pair of lovely shoes.

Price: RM269

1



1. Ideal Travel Companion

This season sees yet another great collection of travel pieces by Hackett London. The brand boasts its expertise in style travel designed to make it appear seamless at all times. If your destination requires thick wear due to the cold weather, this classic navy reversible jacket by Hackett London offers a smartly tailored tweed side which can be flipped to reveal a water-resistant and contrasting nylon jacket, making it as your ideal travel companion.

Price: RM3800

2. Bold and Blue

BOSS' recent eyewear targets those with sophistication and grace in style and personality. The BOSS 0597/s is part of BOSS' "Master the Light" collection which features innovative design and comfort for the eyes. Its ultralight materials provide a perfect optical control at any occasion. Upgrade your accessories by going bold and going blue like the refreshing winter sky with BOSS' 0597/s pair of gorgeous eyewear. **Price: RM970**

2



3. Warm Wester Scarf

If you are travelling to a cold country anytime soon, keeping yourself warm is a necessity, especially around the neck area. Now there is no excuse as you can always wear a scarf with style. The Selected Homme Wester Scarf is a great choice for the autumn and winter season. Its brown colour and design gives off a modern, yet classic Scandinavian vibe to your look, which is the basis of the brand itself. Although the scarf has a slight old-school feel, the look is still current. **Price: RM216**

3



4. Funky Pack

It is not often to see men going around with anything funky. However there are those hipster beings who love vibrant and fun prints. If you are the type, here is a MI-PAC X Kit Neale Elephant and Castle Duffle bag that ought to distinguish your looks from others. The energetic and animated patterns portray the brand's own interpretation of elephant and castle. Add an exciting accessory with this funky pack. **Price: RM403**

4



5



5. Walk in a Loop

Urbanites will surely love Democrata's laidback style, whereby the Loop collection is one of the major highlights of the brand this season. The shoes' upper contour is made with bovine leather for an undeniably comfortable walk. Cool and comfortable which is great for daily wear, this Verde "Green" pair of Loop shoes complements well as the modern sneaker matches perfectly with jeans. Its unique design and beautiful nature-like colour will also make you stand out from the crowd. So do not miss your chance to walk in a pair of Democrata's Loop. **Price: RM479**

PREVIEW

ART & LIVING



KHALIL IBRAHIM (B. Kelantan, 1934) Abstract, 1983, Batik 108 x 105 cm, RM 26,000 - RM 42,000

KLAS ART AUCTION

MALAYSIAN MODERN & CONTEMPORARY ART



SATURDAY, NOVEMBER 8, 2014 | 4.00 PM | CONNEXION@NEXUS, BANGSAR SOUTH

KLAS ART AUCTION MALAYSIAN MODERN & CONTEMPORARY ART EDITION XII



AUCTION DAY : SATURDAY, NOVEMBER 8, 2014 | 4.00PM | CONNEXION@NEXUS, BANGSAR SOUTH

Kuala Lumpur Full Preview

October 23 - November 7, 2014

KL Lifestyle Art Space

150 Jalan Maarof, Bukit Bandaraya, 59100 KL

Open daily from 10am to 7pm

Calling all art aficionados, collectors, art connoisseurs and bidders! KL Lifestyle Art Space is back again with its twelve edition of KLAS Malaysian Modern & Contemporary Art auction. The auction will be held on Saturday, November 8, 2014 at Connexion @ Nexus, Bangsar South at 4.00pm.

Just like its previous auctions, one will be able to see a variety of art masterpieces from the greatest modern and contemporary artists as well as emerging artists in Malaysia and the region.

The auction will be featuring the enchanting and enticing artwork from Ismail Latiff, the elegant art movement from Yeoh Jin Leng as well as artistic artworks from Awang Damit Ahmad, Yusof Ghani and Khalil Ibrahim. Other familiar and emerging names whose work will be auctioned includes Zulkifli Yusoff, Jailani Abu Hassan and more.

For those who like to take a sneak peek on the intriguing artworks, they may do so during the full preview that is available at KL Lifestyle Art Space from Oct 23 to Nov 7, at 150 Jalan Maarof, Kuala Lumpur. The gallery opens daily from 10am to 7pm.

Interested bidders or for further enquiries on the auction, you may contact Lydia Teoh +6019 260 9668 or Shamila +6019 333 7668.

Whether you are a bidder or an observer, we welcome you to participate and liven up the KLAS Art Auction. Be sure not to miss it!



YEOH JIN LENG (B. Perak, 1929)
Storm Clouds, 1966
Acrylic on canvas 136 x 110 cm
RM 140,000 - RM 220,000



TAJUDDIN ISMAIL (B. N. Sembilan, 1949)
Blue Horizon, 1993
Acrylic on canvas 51 x 51 cm
RM 3,000 - RM 8,000



AWANG DAMIT AHMAD (B. Sabah, 1956)
Alun-alun Ke Marista-10/97, 1997
Mixed media on canvas 76 x 71 cm
RM 10,000 - RM 22,000



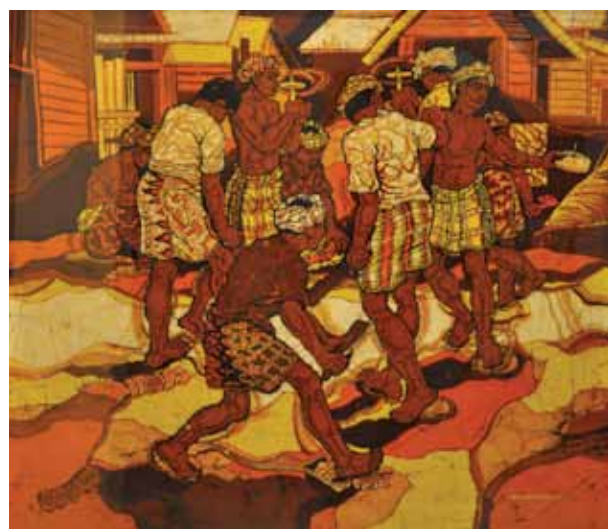
YUSOF GHANI (B. Johor, 1950)
Siri Tari - Lambak III, 1993
Oil on canvas 92 x 61.5 cm
RM 25,000 - RM 50,000



BASOEKI ABDULLAH (B. Indonesia, 1915-1993)
Pjak, 1963
Oil on canvas 78.5 x 58.5 cm
RM 35,000 - RM 45,000



KHALIL IBRAHIM (B. Kelantan, 1934)
Portrait of a Balinese Lady, 1975
Acrylic on canvas 46 x 32 cm
RM 5,000 - RM 14,000



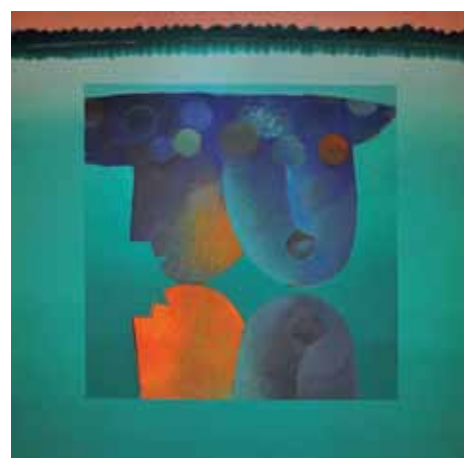
ISMAIL MAT HUSSIN (B. Kelantan, 1938)
Playing Gasing, 1982
Batik 92 x 105 cm
RM 12,000 - RM 18,000



JEI HAN SUKMANTORO (B. Indonesia, 1938)
Fifah, 1999
Oil on canvas 70 x 70 cm
RM 9,000 - RM 15,000



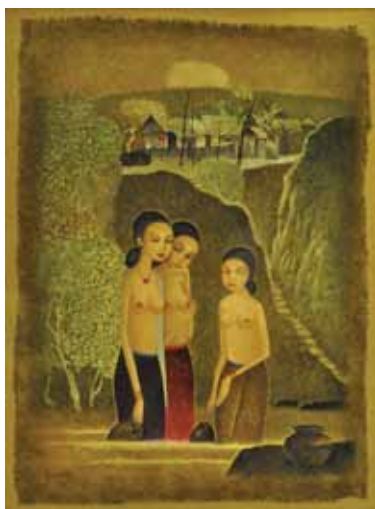
TEW NAI TONG (B. Selangor, 1936-2013)
Ubud Fruits Corner, 2006
Oil on canvas 90 x 90 cm
RM 12,000 - RM 18,000



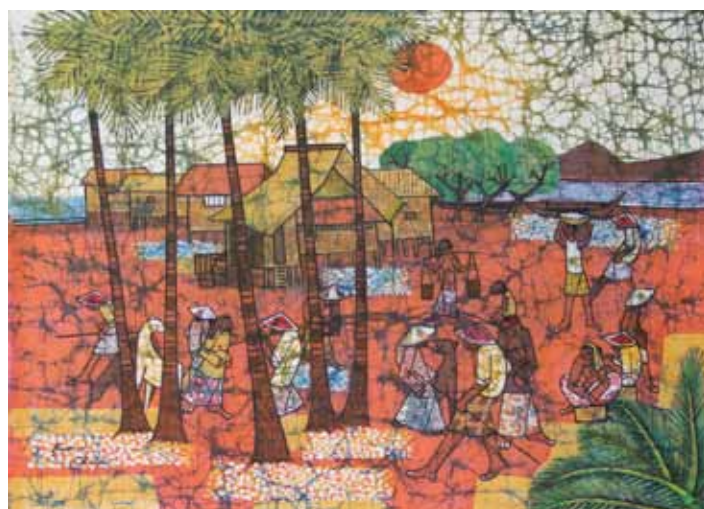
KHOO SUI HOE (B. Kedah, 1939)
Day of Ceremony, 1990
Acrylic on canvas 128 x 128 cm
RM 40,000 - RM 68,000



KENG SENG CHOO (B. Kedah 1945)
Two Sisters, 2012
Oil on canvas 80 x 45 cm
RM 6,000 - RM 9,000



LYE YAU FATT (B. Kedah, 1950)
By the River, 1980s
Mixed media on paper 71 x 53 cm
RM 6,000 - RM 11,000



KWAN CHIN @ GOH YEE (B. Kuala Lumpur, 1946)
Kampung Life I, 2012
Batik 76 x 101 cm
RM 4,500 - RM 8,000



AWANG DAMIT AHMAD
(B. Sabah, 1956)
EOC Apa Khabar Ledang I, 1992
Mixed media on canvas
183.5 x 81.5 cm
RM 18,000 - RM 32,000



ISMAIL LATIFF (B. Melaka, 1955)
Pelanggi, 2003
Acrylic on museum board 38 x 38 cm
RM 3,500 - RM 5,500



CHEONG LAI TONG (B. China, 1934)
Untitled, 2003
Oil on canvas 56 x 76 cm
RM 19,000 - RM 35,000



AHMAD KHALID YUSOF (B. Kuala Lumpur, 1934-1997)
Untitled, 1978
Acrylic on canvas 89 x 89 cm
RM 32,000 - RM 48,000



RAPHAEL SCOTT AHBENG
(B. Sarawak, 1939)
Draped Landscape, 2013
Oil on canvas 120 x 90 cm
RM 6,000 - RM 11,000



ZULKIFLI YUSOFF (B. Kedah, 1962)
The Cage, 1997
Acrylic on canvas 152 x 152 cm
RM 10,000 - RM 18,000

ASIAN ARTWORKS

The KLAS Art Auction Malaysian Modern & Contemporary Art will feature art pieces not only by Malaysian masters but also Singaporean artists.



Tang Da Wu is considered an all-round artist, gifted in drawing, sculpting, painting, performing as well as installations. He explores various themes such as the environment, society that address worrying issues such as animal endangerment, deforestation and modernization. Armed with only watercolour, ink and paper, he narrates these issues with utmost grace, combining motion and energy.

This goes to show that Chinese ink painting is not obsolete, restricted to only classical paintings of landscapes and still-life. The ink bleeds and seeps into another, the limited tones and hues creating a wonderful silhouette that may seem simple but is rich in skill, refinement and erudition.

Tang Da Wu received a BA in sculpture from the School of Fine Art, Birmingham Polytechnic and advanced his studies at Saint Martins School of Art and then received an MFA from Goldsmith's College, University of London. He then ventured into performing arts and co-founded the Artists Village (a collective group committed to promoting experimental art through the provision of studio and exhibition space). He was the recipient Visual Arts Award from the Arts Council of Great Britain in 1978, the Artist Award from the Greater London Arts Council in 1983 and the 10th Fukuoka Asian Culture Prize in Arts and Culture.

TANG DA WU (B. Singapore, 1943)
S 98, 1987
Ink and watercolour on paper 56 x 37.5 cm
RM 6,000 - RM 11,000



Ong Kim Seng's style is described as being "naturalist cum impressionistic" and "a combination of post-impressionist colour and the outlook of the American realist masters". He paints en plein air and has stated that in order for him to paint a place; he has to feel it first.

"I believe that inspiration comes naturally when there's a link between the artist and his subject." He focuses on inanimate objects, architectural form, masonry, foliage and landscape and as seen in this piece he captures the scenery in Nepal brilliantly, and the results are better than real. From the complexity and the minute details of the buildings to the realistic play of light and shadow, his exemplary use of watercolour and the balance between subject and space truly make his work a gem.

Ong Kim Seng was born in Singapore and has been a full-time artist since 1985. Among the awards that he has won from the American Watercolour Society are the Paul B. Remmy Memorial Award in 1983, the Lucy B. Moore Award in 1988 and the Clara Stroud Memorial Award 1989, just to name a few. The National Heritage Board of Singapore has over 95 pieces of Ong Kim Seng's artworks.

ONG KIM SENG (B. Singapore, 1945)
Entrance to the Square, 1982
Watercolour on paper 76.5 x 57 cm
RM 10,000 - RM 19,000

Thomas Yeo is someone who travels around, and with that he experiences the landscapes that keep changing over the years, especially in Singapore.

He has stated that everybody in Singapore is familiar with construction and that everyone is digging. The situation somehow inspired him into creating works of art. Through abstract works that are often saturated with colour, the orange he often incorporates into his paintings is so signify the beginning of the day and how construction is the promise of the future.

Thomas also once said, that buildings will most definitely shoot for the sky in the future. But whether they bring people happiness or something else is a mystery. Perhaps this is the message he is sending out in this abstract piece, that the vagueness and mistiness of the colours here signify the vagueness of the future, post-modernization.

Born in 1936 in Singapore, Yeo graduated from the Nanyang Academy of Fine Arts in 1960 and then studied at the Chelsea School of Art and Hammersmith College of Art & Architecture in London. He served as the chairman of the Shell Discovery Art Awards and the president of the Modern Art Society, Singapore.



THOMAS YEO (B. Singapore, 1936)
Village, 1980
Mixed media on paper 80 x 43 cm
RM 5,000 - RM 7,000



LIM TZE PENG (B. Singapore, 1923)
Sultan Mosque on Muscat Street, Singapore, 1970s
Chinese ink and watercolour on paper 70 x 70 cm
RM 18,000 - RM 35,000

Lim Tze Peng ardently believes that painting outdoors is necessary for an artist to become a good one. It is true that Lim Tze Peng loved to paint Singapore's outdoors. It is not only pure passion, sincerity and love for the place that fuels him, but it is simply because he wanted to perpetuate Singapore's heritage.

He had seen Singapore pre- and post-modernization, its ups and downs and everything in between. By drawing the places that are full of heritage and history, he immortalizes them. His pieces are often nostalgic, full of longing for the days gone by, as seen in this exquisite piece of the Sultan Mosque on Muscat Street. Lim is dubbed the "most thorough artist-documenter of the changing landscape in Singapore", he provides an insightful history to Singapore's landscapes and architecture. After all, history and art are linked in terms of how they portray and mirror the society.

Lim Tze Peng was born in Singapore in 1923 and is considered one of Singapore's most important artist. He attended Chung Cheng High School and taught for 32 years. He is well-known for his Chinese ink drawings and paintings. In 1977, Lim was awarded the Special Prize at the Commonwealth Art Exhibition in England and the Cultural Medallion in Singapore in 2003. The National Heritage Board of Singapore houses about 300 pieces of his work in their gallery.



CHOO KENG KWANG (B. Singapore, 1931)
Houseboats Along the River, 1970s
Oil on canvas 61 x 101 cm
RM 12,000 - RM 28,000

This misty and haunting yet awe-inspiring piece is a combination of techniques – the Western impressionism and rules of perspective with traditional Chinese brushwork. The scenery, houses along the river with lush foliage call out to the viewer, for it is a place of solitude and tranquility. One can almost feel the gentle wind blowing, and that is a gift that oil painter Choo Keng Kwang owns – he gives life to his paintings. Choo Keng Kwang is recognized as one of Singapore's first generation artists, along with Georgette Chen and Liu Kang.

Choo Keng Kwang was the only son of a Teochew diamond trader. He was heavily criticized for his decision to enroll in art classes but it paid off, as he graduated with two certificates, one from Catholic High School and Nanyang Academy of Fine Arts. He then became a teacher and was made the principal of Sin Hua School. His paintings were presented to the late Egyptian president Sadat and China's Chairman Mao Tse-Tung and have also adorned the late President Ong Teng Cheong's official residence at Kheam Hock Road. Choo has held and participated in numerous solo and group art exhibitions in Singapore and abroad. His works have toured Southeast Asia, Japan, Europe and US. For instance, in November 1990, he became the first Singaporean artist to participate in a cultural exchange exhibition in Jakarta, Indonesia. In July 1993, he was invited to exhibit his paintings in Brunei to commemorate Sultan of Brunei's 47th birthday. Choo is also a philanthropist, involving himself in community and charity work by donating the proceedings of his paintings to hospital and communities.

AMERTAT COHN

Happy and healthy, a true citizen of the world

By Siti Wajihah Kholil

Anyone who comes across Amertat Cohn can immediately feel his positive aura that is indeed infectious. Having gone through many trials and learning from errors in his life, he is currently enjoying great success and is able to happily do whatever he loves in his career or his hobbies. He is a charismatic public speaker, a talented filmmaker and an accomplished wellness and business coach. He started as a filmmaker, but for the past 26 years he has been an independent member of Herbalife International. With hard work, determination and focus in all that he does, his achievements are inspirational. His love for travelling and worldly experiences has truly made him a global citizen.



Amertat Cohn with his wife Julia

French major, but went on to graduate school in filmmaking at the University of California Los Angeles (UCLA). There I studied with great people like Francis Ford Coppola.

This was a very pivotal time in history and when I first saw the energy of the "flower children and hippies" of San Francisco, I decided to join them and moved there from LA. I got lucky and found a position making documentary films at a progressive public television station. There I had the opportunity to film with artists, politicians and philosophers and the movers and shakers of that era. I even made a feature film on this era, "Sunseed", which is in the collection of the Whitney Museum of Art, New York.

3. How did you get into Herbalife?

After 20 years of filmmaking, I could not earn enough money to support my family of six. So in 1988, I was looking at newspaper ads for some other work. I went to an interview and the person explained to me the structure of the business and the benefits of the Herbalife products. Since I had been trying to lose weight and earn money, I decided to give it a try. I used the products and loved them. I started doing the business part time. After a year, I decided to do it full time and I have been doing so for 26 years. I am now a Herbalife Chairman's Club member, one of only about 50 worldwide. I still take the products every day and live a very active lifestyle, at 71 years old, playing basketball and working out weekly.

1. Where are you from? Tell us about your hometown.

I was born in Denver, Colorado in 1943. Denver is a city in the centre of America, where the flat plains reach the Rocky Mountains. We have a lot of beautiful sunny days throughout the year and very little rain. Winters are cold; sometimes it snows but quickly melts. I spent my first 18 years there through High School, but knew I had to get away to explore a larger vision of the world.

2. Tell us about yourself and your family.

When I left Denver, I went to Wesleyan University in Connecticut on the East Coast, a small liberal arts college. For two years I studied humanities, but felt restless for a more creative calling and decided to take a study year abroad in France, which turned out to be my greatest learning year. There I fell in love with the cinema. I made a decision to become a filmmaker. So I finished my last year in the university as a

4. When did you come to Malaysia? What was your first impression?

I came to Malaysia in 2006 to expand my business here. The first thing that I noticed was the racial diversity of the people and found it very interesting. I was struck by how modern the city was in parts with many malls and a good infrastructure of the country, which was great, but at the same time a lot of pockets of interesting traditional life. Quickly, I found this country very comfortable for an expat. In the first few months, I found a compelling reason to stay. I met Julia, a lovely Malaysian woman, who became my wife. We got married in London and have been married for seven years. Between us, we have a total of seven children. Some are living here in Malaysia and some are in the USA. We travel extensively for business and pleasure together, almost every month.

5. What is the secret to your success?

The secret to success is perseverance - Never Give Up. Keep your eye on what you want, your objective, and don't let the many failures and difficulties stop you. Nothing is easy. But there are many roads to accomplishment. Learn how to make every setback a strengthening of your will.

At first, I knew nothing about business or how to approach people. Fortunately, I found a great company and an opportunity to learn from others, while I failed and adjusted until I got better and found what worked. My achievements may not be typical, only a small percentage of people will make it to the top at anything. But if you feel you can be more and have more in life, and are willing to do what others are not willing to do, then you may open the doors to prosperity.

6. What is it about what you do that you love?

My life is very diverse right now, very exciting. I continue to help people with their nutrition and wellness as well as creating businesses. I collect local art. I'm working on a film to be released next year and have many projects planned with photography. I have started consulting with corporate clients, helping them with employee attitude and performance. Basketball is one of my passions. There is a need for more sports and basketball coaching in schools, and much better facilities. One of my objectives is to increase the awareness of this and to create more basketball courts in Malaysia. Sports could be one of the best ways to bring about unification amongst the various races.

7. Do you eat the local food here? Any favourites?

Yes, I love rojak, satay, chicken rice, kuay teow and Ma's Soto Ayam. I eat pretty much anything except spicy food and durian. My wife, Julia, loves durian. She always tries to sneak durian into the house and cajole me to try a bite.

8. How is your interaction with the locals?

Very good. At first I mostly met my wife's family, which is extensive. Because I find the people here very friendly and open, I have been able to befriend numerous locals who have a worldwide view. I find people with international experience and it is very comfortable for me to discuss anything with them. I have expatriate friends as well whom I meet during events and social and sports gatherings.

9. What are the five things that an

expatriate can take advantage of by living in Malaysia?

First is food. There are so many restaurants and a variety of cuisine here. Second is culture. From the art to the music scene, traditional and international, you can easily fill your calendar with interesting events. Third is travel. Take advantage of traveling within Malaysia as well as other Southeast Asian countries. You can easily visit Langkawi, Mount Kinabalu, Penang, East Malaysia, or go abroad to Bali, Vietnam and many other countries in the region. Fourth is relaxation. I love to go to the high spots of the city where I can enjoy the full view of the beautiful city skyline, like the restaurants in the KL Tower, or at the Menara 3 at KLCC, or the Luna Bar. Lastly, sightseeing at the local markets. Just hang out with the local culture and try to speak a few words to the locals.

10. Your advice to people who would like to follow in your footsteps?

There are three things to take care of when you are younger or older. First, you have to take care of your body. Start with the right nutrition, exercise and no smoking, because the rest of your life will depend on how you take care of your body today. Second, feed the mind with thoughts that come from positive sources and go beyond your normal circle. Staying in one circle restricts you. Keep your mind alive and active. Third, take care of your finances. Create a second source of income, beyond just having a job, which later can grow into a primary income, or a business, to help you get through whatever awaits in the future.

"Control your own destiny or someone else will" Jack Welch



Amertat Cohn with his family

Village Hotel Albert Court

One step closer to local life

By Jane Bee

We tend to seek a different experience whenever we choose to travel. Some just want to unwind or escape from the hustle and bustle of the city. Some choose to travel in style while the adventurous travellers would normally seek an opportunity to understand and enjoy the local culture and daily life. If you belong to the latter type, we know just the perfect hotel for you – the Village Hotel Albert Court.

No doubt that Singapore has a lot of stylish and modern hotels that offer absolute comfort and luxury for some. While these places are normally located near to places like the shopping hub or are in the heart of the city, they might not be able to offer the essence of

local life. This is where Village Hotel Albert Court features in satisfying the hunger for such an experience from these travellers.

Located just a stone's throw away from the Straits Chinese enclave of Bugis Street, Village Hotel Albert Court boasts 210 guest rooms at the restored pre-war shophouses. The classic touch and heritage of the building from the olden days are well preserved despite the fact that the building has undergone multiple renovations.

It has 210 guest rooms that come under six categories: Superior Room, Deluxe Room, Family Room, Premier Room, Club Room and Club Suite that are carefully designed to cater to the different needs of travellers. Each room

was given an infusion of classic and modern touch such as the sleep furnishing, timber flooring and modern rainshower.

The hotel also comes with facilities such as jacuzzi, gym and function room and while some guests do enjoy these facilities, most of them would prefer to be out in the town for activities such as self-exploration.

The location of the Village Hotel Albert Court certainly make it easier for travellers who are looking for a taste of local life from their visit. If they are looking for an entirely new culture, they can always explore Little India for not only it has rich history, it also offers a glimpse of the daily life and culture of the local Indian community. It is not surprising that Little India



Facade



Club Room

reminds people a lot of India – almost an exact replication.

If they are all for bargains and fancy night market, then they should definitely visit Bugis Street that is just a stone's throw away from the hotel. Bugis Street would normally remind travellers, particularly from Malaysia, of the 'pasar malam' scene and don't be surprised if you end up on a shopping spree. Provided you look hard enough and possess some bargaining skill, chances are, you will easily end up with more stuff than you could imagine. And yes, the quality of the stuff you bought there is excellent despite the low price. A total catch!

Besides, one can easily get a lot of street food from Bugis Street itself. Don't be surprised if you are overwhelmed with the vast variety of food choices available from the start till the end of Bugis Street. Oh, this is one night market where the cleanliness is so well taken care of.

Food is never a problem at Village Hotel Albert Court. The in-hotel café, Albert Café serves excellent local and international dishes throughout the day at very reasonable price. The lower ground of the hotel are occupied by bars and pubs, thus, the whole area would transform from a quiet place to a very happening nightlife scene that is ideal for either gatherings or chilling out. These restaurants are just below the room but one could hardly notice the presence of the nightlife there if one is in the room.

Strategic location that comes with the ethos of the past, Village Hotel Albert Court definitely makes an ideal stay for the adventurous traveller who seeks a good taste of local life.

Address: 180 Albert Street S189971, Singapore
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Courtyard



Lobby



Jakuzzi



Aman Dusun Orchard & Farm Retreat

Experiencing the luxury of being close to nature

By Jane Bee

Living in the city can be exhausting. The concrete jungle, busy traffic and the fast-paced life with the rush to work can be so stressful and overwhelming that most of us tend to suffer burnout at one point of time. This calls for timeout from the normal routine, and an escape from the hustle and bustle of the city for a day or two might be just exactly most urban dwellers need.

A getaway for most of us would mean the need to travel for hours. But what if we tell you that there isn't a need to spend hours on the road or on air just for the sake of taking a break from a hectic city life for we have found the perfect getaway in Klang Valley itself?

Located in a secluded part of Hulu Langat is Aman Dusun, a unique retreat that sprawls across four acres of land. The 45-minute drive from Kuala Lumpur to the retreat offers an unfamiliar yet, breathtaking change of scenery – the sight of the city is slowly replaced by mountains and a laidback small town. And

instead of the usual signboards and highway roads, we had to travel on small roads into the forest area while replying on the instruction and overcoming the doubts and fears at the same time.

Anxiety was replaced by excitement almost immediately as soon as we reached the place. The sight of vast space that is filled with flowers and trees left us delighted and for once, we were so glad there was no towering building at sight.

Aman Dusun houses two bungalows, the Riverview Bungalow and Blue House where both properties are designed with environmental protection and conservation in mind. Our night's stay was at the Riverview Bungalow, which comes with an infinity pool that overlooks the pristine Hulu Langat riverbank. And no, we wouldn't be swimming in the usual chlorine water for the pool draws fresh water from the nearby well. The building used mostly recycled materials that were

retrieved from two very old government bungalows that had to be demolished to make way for the construction of the Prince Court Medical Centre, Kuala Lumpur.

The Riverview Bungalow carries the essence of infused modernity and kampung house in design. It also incorporates the open concept with almost no doors separating the space in the building – making it an ideal place for a get-together with friends or family. Our favourite place, aside from the pool, would be the little chapel-like bedroom that is accessible via a ladder, simply because it resembles an attic and there is no way we can own such a room in the city!

One thing for sure, Aman Dusun offers a different kind of serenity and tranquillity. We couldn't help but marvelled at the wonders of nature as we explored the homestay area. Who would have thought that it takes nothing more than the sight of manicured landscaped with herbal and wild flowering



Blue house living room

Address: Lot 1173, Batu 16, Dusun Tua, 43100 Hulu Langat, Selangor
Tel: 012-395 0503 (Ris)
Website: www.glamgoat.com



Blue house

plants, a kampung well, a clean river and the abundant seasonal fruit trees that include durian and mangosteen, to excite us? We were like little children, going 'Oooo', 'Aaahh' and 'Oh my god, look at this!' at almost everything we saw.

We then spent the rest of the day chilling in the swimming pool and veranda. The stillness of the night did not make us feel awkward at all, instead, we felt total peace and calmness. We had spent hours at the pool, seeking solace in silence as we gazed at the lush scenery before we retired to the comfy bed.

Aman Dusun is not only a retreat, but has a goat farm located within a walking distance. Despite being late risers, we took the effort to wake up early in the morning just to watch the



Goat



Swimming pool view

milking process. It was indeed an eye-opening experience, one that is unattainable in the city and we actually had a fun time exploring around while making fool of ourselves in front of the goats by mimicking their sound.

Unlike many other retreats, Aman Dusun is a self-sustained place where patrons are required to take care of the cleanliness and surroundings of the property on their own. It comes with complete kitchen utensils that allow patrons to cook their own food. Not only it offers more intimacy but it also serves as a platform to impart good values and responsibility to the environment, especially to young children.

Not only we were left refreshed and rejuvenated at the end of our stay, we were also reminded of the wonders of nature in relieving tired souls. We reluctantly left the property and made our way back to Kuala Lumpur, knowing that we would miss the serenity and tranquillity of the retreat.

Healing forests and saving orang-utans



Orangutan photographed at Bukit Piton Forest Reserve

Objectives

WWF-Malaysia took the lead to promote forest landscape restoration initiatives in order to rehabilitate degraded forests and to ensure the long-term survival of endangered wildlife species such as clouded leopards and the iconic "Man of the Forest", our orang-utans.

Thriving forest ecosystems are not only home to a variety of wildlife, but also form the very basic foundation to sustain the natural resource needs for all living things on this planet. Forests provide us with freshwater, act as a natural resistance against climate change, land erosion and flash floods, as well as sustain our forestry and ecotourism industries.

Local communities are also dependent on them for food and other products. Ideally, these ecosystems should be protected and managed in a sustainable manner from the onset, failing which crucial areas should be identified, restored and protected to allow a continuation of these ecosystem services.

WWF-Malaysia reforestation project provides the following benefits:

- Alternative livelihood opportunities to the local communities who are residing around the forest reserve, for example, the Sabah Forestry Department's current efforts to encourage these local communities to go into nursery-raised tree seedlings as a supplementary seedlings source for reforestation activities in the area.

- The economic angle of forest-related ecotourism as well as forest-related awareness and education should be expanded to include restored forest areas.

Through forest restoration efforts, WWF-Malaysia hopes to achieve the following:

- Restore forest connectivity in fragmented forests and ensure long-term food availability for wildlife, especially orang-utans.
- Restore species-rich lowland dipterocarp forests for biodiversity and genetic conservation.
- Provide a wider range for wildlife movement and use.
- Prevent some unique or endemic tree species from extinction.

Surveys

WWF-Malaysia has conducted surveys in the Ulu Segama Malua Forest Reserve (part of Forest Management Unit (FMU 20 and FMU 21), which sustains an estimated orang-utan population size of approximately 3,000 individuals (2,291 to 4,083: Alfred et. al., 2010) (Refer to the map on the previous page)

Aerial and ground surveys carried out since 2006 reveal an estimated orang-utan population at Bukit Piton Forest Reserve (previously known as North Ulu Segama) of between 130 and 220 individuals. Since orang-utans are unable to survive in plantations nor swim in general, they are isolated in groups within certain areas of the

northern part of the Ulu Segama Malua Forest Reserve.

Previous unsustainable logging practices and the El-Nino drought in 1983 resulted in severe forest fires, causing forest fragmentations and the depletion of orang-utan habitat in the Bukit Piton Forest Reserve. This infamous drought was said to have burnt half of the Bukit Piton area (approximately 12,000 hectares) and the area has not recovered or rehabilitated since then.

The intensity and ferocity of the drought-induced fires varied from site to site, with natural vegetation almost totally eliminated at some sites, but only lightly damaged in others. The burnt areas became dominated by shrubs, herbs, weedy climbing plants and some pioneer plants, for example, *Anthocephalus chinensis*, *Macaranga* spp., *Pterospermum* spp., *Merremia* spp., *Mikania* spp., *Caesalpinia* spp., *Zingiberaceae* spp., and *Dinorchloa* spp.

Original trees and remnants of the old-growth forest canopy remain only in scattered patches. Without active intervention, these burned over areas of poor forest condition or areas covered by secondary growth will remain stunted and will essentially impede the capacity for natural regeneration towards a healthy and diverse forest.

Orang utan monitoring

WWF-Malaysia is working closely with Sabah state government agencies, such as Sabah Forestry Department, Sabah Wildlife Department and Sabah Foundation, on orang-utan monitoring in Bukit Piton, to determine the following:

- Behavioural pattern of the orang-utan population, which includes feeding, daily activities and socialising, as well as its ecology;
- Monitoring of forest conditions through phenology patterns and growth in tree cover; and
- Assessment of orang-utans distribution and abundance.

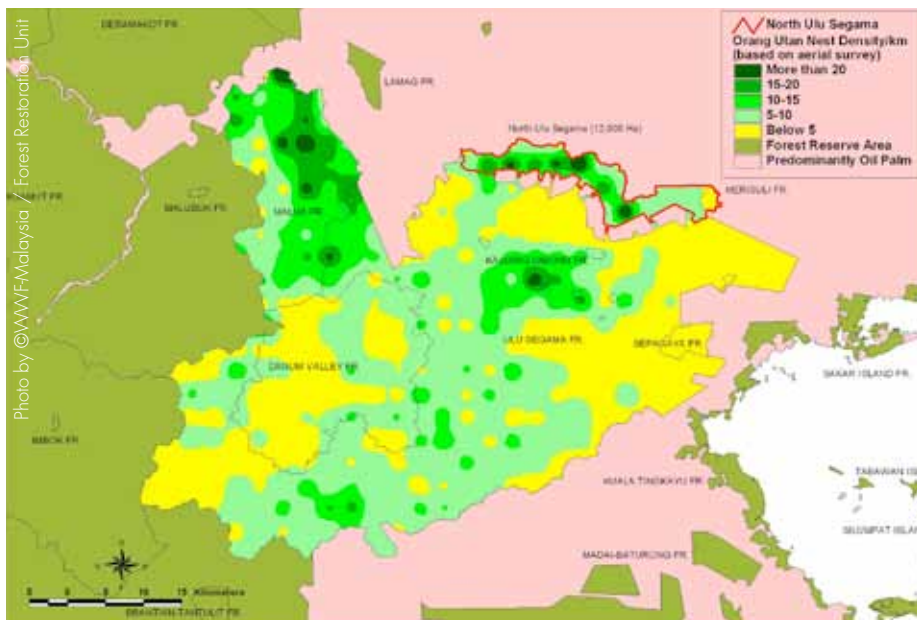
From ground tracking and aerial surveys, the dipterocarp forests of Sabah, below 300 metres of elevation, were found to be an important habitat for orang-utans and other large mammals and birds. Most of these lowland forests in Sabah have been logged and converted into other land use such as oil palm plantations. High densities of orang-utan population were found in four forest types, namely:

- Lowland dipterocarp forests,
- Upland dipterocarp forests,
- Peat swamp forests, and
- Freshwater swamp forests.

In Sabah, forests are being degraded by a range of factors, mainly:

- Unsustainable forest management practices,
- Forest conversion for other uses
- Forest fires caused by long spells of drought, and
- Human disturbance due to increased access to forest interiors.

The above factors have altered the natural condition of the forests and are indirectly affecting the viability of wildlife species such as orang-utan.



Spatial distribution and relative density of orang-utans (based on aerial nest index) in Ulu Segama Malua Forest Reserves. Red boundary shows area of Bukit Piton Class I Forest Reserve (formerly known as North Ulu Segama).

Orang-utans depend on wild fruit trees for survival, and at the same time, these animals play a critical role in seed dispersal, thus keeping forests healthy. The deteriorated quantity and quality of food sources in these degraded and secondary forest areas would not only decrease the nutrition that orang-utans get from their food, but also adversely affect the conservation of other wildlife species in the forest.

WWF-Malaysia and Forest Restoration Work

WWF-Malaysia has prioritised two main areas for forest restoration: the lower Kinabatangan River region and the Ulu Segama Malua (USM) Forest Reserve.

In the USM forest reserves, three degraded areas were identified for the forest restoration programme:

- North Ulu Segama (12,000 hectares)*,
- Malua Forest Reserve (29,000 hectares) and
- Ulu Sungai Danum (2,000 hectares)

* North Ulu Segama has been reclassified as a Class 1 forest (protection forest) under the name Bukit Piton Forest Reserve which was gazetted in March 2012. Bukit Piton Forest Reserve contains several habitats of extremely high conservation value.

The forest restoration programme in USM is located in the Bukit Piton Forest Reserve (12,000 hectares). WWF-Malaysia has committed to restore an area of about 2,400 hectares in Bukit Piton Forest Reserve, located in Compartments 109, 110 and 111.

As of June 2014, about 2,049 hectares have been replanted with pioneer tree species, dipterocarp trees and fruit trees.

Forest restoration work is divided into three main stages:

- Preparation of tree planting lines.
- Planting of tree seedlings along the planting lines. Dipterocarp, pioneer tree species and fruit trees are planted in the identified area, consisting of semi-covered canopy areas or totally open areas.
- Maintenance work, such as general weeding along the planted lines and around the base of the replanted seedlings, is carried out nine times within

a two-year period after planting.

WWF-Malaysia and Orang-utan Habitat

Restoration Work

In July 2013, the orang-utan conservation work in the Sabah Terrestrial Conservation Programme (STCP) expanded beyond Ulu Segama Forest Reserve and began efforts to restore severely degraded orang-utan habitats across a wider area in Sabah. The aim is to restore all priority corridors for orang-utans as well as heavily degraded areas of lowland dipterocarp located in protected forest reserves. Currently, four areas identified as severely degraded orang-utan habitats are being assessed for restoration of forest cover and habitat connectivity.

Aerial surveys to count orang-utan nests, ground assessments including ground nest counts and vegetation assessments are ongoing to enable WWF-Malaysia to provide suitable recommendations for the restoration of such areas.

Challenges...

1. Manpower: Reforestation contractors require adequate manpower for labour intensive reforestation efforts to meet contractual obligations under the forest restoration programme.
2. Weather: Unpredictable weather patterns can hamper reforestation activities.

3. Time: A long-term monitoring and maintenance programme is important to observe the progress of the forest restoration programme and to ensure the survival of the trees.

Moreover, two future major challenges for the forest restoration programme in Sabah are:

1. The availability of tree seedlings, especially dipterocarp and other indigenous tree species, and
2. Long-term substantial funds required to restore forests in some hundreds of thousand hectares of identified degraded forests.

Forest restoration efforts are further complicated by the underpinning threat of forest conversion, which stems from the economic argument that it is not possible for degraded forests to generate revenue for the state government unless they are restored, for which substantial funds and a long period of time is needed, while other crops such as oil palm can generate revenue in just three years.

Conservation of orang-utan populations is not guaranteed by the establishment of more protected areas and reforestation efforts alone, but by corresponding efforts through ensuring that more forest habitats can be managed in a sustainable manner, avoidance of further forest degradation, and to ensure that their habitats remain connected to the larger forest landscape.

...and Hope

- WWF-Malaysia hopes for the continued support of all stakeholders in order to achieve our goal of restoring forests that will become home to our orang-utans and other species.

A restoration proposal has been finalised by WWF-Malaysia and presented to the Sabah Forestry Department, advocating restoration of the identified areas, subject to funding availability. There is an urgent need to raise funds to continue WWF-Malaysia's restoration work.

This is what your donations have made possible:

- Since August 2011, WWF-Malaysia researchers have spotted orang-utans using newly grown trees planted in the past few years to build their nests. This gives hope that we will be able to meet the primary objective of restoring degraded forests for orang-utans.

Thank you so much for your support through the years

More urgent help needed

We need more funds if we are to continue our restoration of degraded forests and ensure the continued survival of wildlife like orang-utans. Funding for our crucial conservation efforts in the Bukit Piton Forest Reserve has almost run out. So, please donate now at pandashop.my/savetheOU/



An orang-utan nest built in a tree planted as part of WWF-Malaysia's forest restoration efforts.



Mohd Zulfadhli Zahir and Afida Dahlan cutting the wedding cake

A NIGHT TO REMEMBER

It was a memorable night for Mohd Zulfadhli Zahir and Afida Dahlan, daughter of Datuk Dahlan Rashid, a leading entrepreneur and the 'Chocolate King of Malaysia'. Not only the night marked a beginning in the couple's life as husband and wife, this significant moment was shared together with family members as well as closed friends and acquaintances.

The fairy tale wedding was held at the Chocolate Museum. It was graced by former prime minister Tun Dr. Mahathir Mohamad and his wife, Tun Dr. Siti Hasmah Mohamad Ali, Communications and Multimedia Minister, Datuk Seri Ahmad Shabery Cheek and Malaysia Airports Holdings Berhad managing director, Datuk Badlisham Ghazali.

It was also attended by 1,400 guests who included Tan Sri FD Iskandar, Tan Sri Halil Mutalib, Tengku Temenggong Syed Amir Jamalullail, Tan Sri Lee Kim Yew, Datuk Gary Thanason, Datuk Eddie Chun and Datuk Farous Jakel.

With Datuk Dahlan and his wife, Datin Azah Fuziyah Bazid personally hosting the evening, it was indeed nothing short of expectations. From the state-of-the-art décor at the reception area to the dining hall, each decoration exuded class, grandeur and splendour.

The guests were also entertained by personalities like Datuk Khatijah Ibrahim, Datuk Ramli Sarip, Elizabeth Tan and Yasin throughout the night and they also got to bring home Malaysia's exquisite Fidani Chocolate Truffles.



Groom's and bride's family members



Datuk Dr. Hafiz, En. Ramli, Raja Mohar, Datuk Dahlan, Tun Dr. Siti Hasmah Mohd Ali, Tun Dr. Mahathir Mohamad, Datin Azah, Pn. Marleena



Zulfadhli, Elizabeth Tan, Afida Dahlan



Datuk Khay & Datuk Ramli Sarip



Elizabeth Tan



Tan Sri E.D. Mansur & Puan Sri Datin Zainun



Solo dancing performance by Farah Zuleika



Bride's friends



Datin Sabrina and Pn. Marleena



Seasons Four



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With a 26-feet high ceiling, the Grand Ballroom can cater up to 2,000 people in an occasion. Each ballroom is equipped with advanced sound and lighting systems as well.

For business, meetings and private social functions, one can opt for the function rooms: Spectrum, Prism, Continuum and Reflexion where each of the room can hold up to 360 people. There is also the Gazebo and auditorium where both make a perfect private and public venues in the entire building. One can also enjoy The Oak Room that resembles a classy lounge akin to the executive lounge of a 5-star hotels.

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HEALTH & BEAUTY PREVIEW



The Spa at The Club Saujana Resort

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THE SPA AT THE CLUB SAUJANA RESORT

Blissful body and beauty indulgence in an exotic paradise

By Siti Wajihah Kholil



The Spa at The Club Saujana Resort is indeed an exotic paradise that is devoted to rejuvenating your body, relaxing your mind and lifting your spirit through ancient Asian healing practices and treatments. Only half an hour away from Kuala Lumpur, The Spa is tucked away amidst the abundance of tropical rainforest that is astoundingly beautiful. This award-winning spa is a lavish sanctuary which features eight spa villas with capacious, yet intimately comfortable rooms. All set around a vast reflection pool encircled by a terrain of peaceful greenery.

Your visit will first be greeted by a refreshing drink of lemongrass or ginger honey, so enjoy your drink while you decide on which spa treatment you would like to try. Once selected, the friendly attendant assigned to you will escort you through the lush flora, walking on an elevated walkway to your private villa. It is not only the glorious tropical setting that mesmerises the guests, but the inside of The Spa itself is also exotic nature-inspired. Upon entering, you will be amazed by the beauty of the villa's interior.

One step through its large heavy teak doors, you are immediately transported to a whole new world of oriental beauty. The interior incorporates the essence of the natural elements of wood and water with Asian-inspired furnishing and art pieces. Each room consists of an inviting soaking tub carved out of black volcanic rock, your own personal

steam room, rain shower and bathroom facilities. Each villa also has a cozy plush sofa and jewel-toned cushions, perfect to rest on after an invigorating spa treatment. With a combination of Thai and Balinese concepts, The Spa creates a haven that is synchronised with nature.

At The Spa, when it comes to choosing beauty and body treatments, you will definitely be spoilt for choice. Offered is a variety of pleasurable Asian Rituals such as stimulating body polishes, purifying body wraps, enriching baths and therapeutic massage options. The beauty centre believes in the eastern philosophy that takes a holistic approach of 'body, mind and spirit'. The spa treatment techniques and treatments are purely Asian-inspired, the rituals originating from the healing traditions of exotic Bali, spiritual India and the Orient. Therefore, the products, treatments and applications are based on the philosophical belief that 'beauty is more than skin deep'.

The Spa is currently promoting its latest "Heavenly Bliss" treatment. The package includes a 60-minute luxurious Aromatherapy Relaxing Massage that will surely get you to unwind and forget all your worries at work or home. With the calming fragrant of its lavender oil, the masseuse will slowly take her time to loosen up all the tension in your body and makes sure that you are relaxed and comfortable with the given massage. After that, your treatment is followed by The Spa's signature 40-minute Nourishing Skin Polish, where your body is scrubbed thoroughly with lavender sea salt that will penetrate and hydrate your skin, leaving it soft and supple. The package also includes a choice 20-minute Herbal Steam Bath before or a 20-minute Floral Bath after the massage and skin polish treatment. Imagine yourself in a tub of warm bubbly bath filled with colourful flower petals that makes you feel like a pampered royal beauty. With melodious oriental music flowing in the background accompanied by soft natural lights illuminating the room, surrender yourself to an experience of ultimate bliss.



The Spa Volcanic Tub

You can also opt to pamper yourself with The Spa's "Ultimate Spa Ritual", a three-hour body and beauty treatment. It begins with a traditional exfoliating foot massage, followed by The Spa's signature Saujana massage. The Saujana massage is when two skilled therapists work together using Japanese shiatsu and ancient Thai and Balinese massage techniques to release your body tension and strain. The package is then resumed with a one-of-a-kind hydrating facial that uses natural ingredients and finished with a therapeutic

floral bath. Another popular treatment is an ancient massage tradition known as The Spa's Ayurvedic Abhyanga Massage. The body is massaged with warm therapeutic essential oils and aromatic herbs to get rid of toxins. It also strengthens muscle tone, and relax and revive the body, mind and spirit.

Pamper yourself like a royal highness with The Spa's range of unique and alluring beauty and body treatments. An experience of ultimate relaxation, beauty and serenity await you.

The Spa, The Club Saujana Resort

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SHAH ALAM EXTREME PARK

Wildly fun for friends and families

By Siti Wajihah Kholil



It seems like interest in extreme sports has become a common trend among youths in Malaysia. Over the years, the acceptance of extreme sports has grown significantly and has now become a common weekend leisure activity. Located in Seksyen 13 near the Shah Alam stadium, the Shah Alam Extreme Park is Malaysia's premium multisport facility that provides sufficient space and safety equipment necessary for visitors' benefit and convenience in order to safely enjoy their favourite activities.

Completed in August 2007, the Shah Alam Extreme Park is currently managed by Worldwide Holding Berhad which is owned by Shah Alam City Council (MBSA) and operated by Hikers Climber Adventure Team (HCAT). Prepped with skate-park, bike-park, wall climbing, bouldering and paintball arena, it offers a great combination of street and transition styles to suit the public's

preference of all demographics and skill levels.

One of the biggest highlights of Shah Alam Extreme Park is of course, paintball. Create two teams and have a paintball game session. You will definitely enjoy the experience as the arena is filled with trees and barricades to make you feel as though you are fighting in a battlefield by hiding, running and shooting away. Not only is it a great form of exercise and full of fun, it is also an adventurous method of building individual confidence, leadership and team spirit. The arena fits a maximum of 20 people, so bring your friends over and prepare for combat. Do note that paintball game reservations need to be made in advance.

Another popular activity that the park is known for is wall climbing. The total

climbing area is 525 sq. metres and the bouldering area, 320 sq metres. The facility features three freestanding boulder blocks and a 2-podded freestanding climbing wall that caters to all climbing levels, be it for beginners, intermediates or those who are advanced. Have no worries as there are instructors to guide you on your wall climbing experience to ensure your safety and that you are properly geared. Challenge yourself to this fun, sweating activity as it is also beneficial for one's health and fitness. For instance, it strengthens your body, mainly your arms, because they are used to traverse the climbing wall. It also develops more strength on your shoulders, back, neck, thigh muscles and forearms. You will also lose a lot of body weight as a low-impact cardio exercise. It increases your stamina and sharpens your concentration and keeps you mentally focused on your goal to climb up as well.



a hillside on the other side of the park where extreme bikers can practise their stunts and jumps. Complete with BMX race course and north shore elements, wild riders can exhilarate themselves with dirt jump and slope-style jump excitements.

If you prefer an activity which is less extreme, why not try archery? Through such a simple sport, you are able to work out your upper body by drawing your bow, which strengthens your arms and your core. When you are trying to shoot, this is when you tune out the commotion that surrounds you. Here is a great opportunity to spend your leisure time by refining your sense of focus and concentration by targeting your mark. Even though archery is an individual sport, it is really a pleasurable and challenging means of exercise. Other activities available include war games, abseiling and flying fox. There are also packages for kids, so this extreme park is suitable for families as well.



The extreme park also has its conveniences, one of which is the has ample parking space for visitors. It also includes clean bathrooms. Most importantly, after any activity, one would definitely be starving. Right next to the facilities are a few fast food joints where you can enjoy your meal. Get active and get healthy together with your friends and family at Shah Alam Extreme Park.

Shah Alam Extreme Park also features a concrete bowl park with many street features and which is open to the public. If you are looking for the right venue to practise your skating thrills, the park is ideal as it offers you the needed space. It provides enjoyable

skating kicks with its bowl sliding arena and well-constructed plane. So whether you are a skateboarder, inline skater, roller blader, BMX biker or stunt rider, Shah Alam Extreme Park is your suitable weekend activity destination. However, there is also

Shah Alam Extreme Park

Jalan Lompat Pagar 13/37, Off Persiaran Sukan, Seksyen 13, Shah Alam, Selangor
Tel. 03-551 0177
www.hikersclimber.com

CHRONIC PSYCHOSOCIAL STRESS AND PHYSICAL HEALTH

Associate Professor Datin Dr Sharmilla, a psychiatrist in the Klang Valley, talks about psychosocial stress and physical health

Chronic psychosocial stress of everyday life can affect the human body. This stress frequently comes from marital relationships, work as well as care-giving. The human body responds to stress by activating the sympathetic nervous system as well as the hypothalamic pituitary adrenal axis which may in turn affect the cardiovascular, immune and metabolic systems.

Prolonged activation of these systems may lead to stress-related diseases and premature mortality. High levels of stress can also lead to adverse behaviors such as substance use, gambling and promiscuity. Stress may also lead to burnout, depression as well as suicide. Stress has been known to behave differently in men compared to women, as well as have different effects on different diseases.

One's vulnerability to stress, as well as coping strategies can influence the effects of continuous and prolonged psychological stress. Highly stressed men have been known to have an increased risk of ischaemic heart disease. Stress appears to have the following effects on the body of both males and females: increased blood pressure, pulse rate, increased platelet aggregation and decreased insulin sensitivity as well as increased endothelial dysfunction. These changes may explain the higher risk of heart disease among stressed younger men. The female hormone, oestrogen appears to have a beneficial effect on the vascular endothelium and on cholesterol concentrations, thus protecting premenopausal women from heart disease. Conversely psychological stress may produce a beneficial effect on those cancers which are hormone dependent such as breast cancer. Everyday stress may impair the normal synthesis of oestrogen in the body, thus decreasing the incidence of breast cancer. However, while this may appear advantageous, there may be other effects on other bodily systems, notably the cardiovascular system. In addition, lowered levels of oestrogen may also precipitate depression in susceptible women. The author can be contacted at sharmilla_kanagasundram@yahoo.com



Associate Professor
Datin Dr Sharmilla
Kanagasundram



Eyes – The Window to the Soul



Cat affair

Too Faced's Cat Eyes is without a doubt, our latest favourite eye shadow. The purrfect palette is all about convenience – not only there are ready colour combinations for three different looks, it also includes instructions and steps to achieve the looks from day to night. Plus, the colours look so natural on the eyes upon application and they stay right there despite hours passed by. Now, that's what makes a good eye shadow!

Price: RM119



Killer eyelashes

Can't get enough with the magic from Urban Decay's Eyeshadow Primer Potion? Then you better check out its latest Subversion Lash Primer that would definitely take your mascara to a whole new level. Not only it provides a smoother surface for the mascara to glide on, it also enables you to create more dramatic looking lashes. With this primer, one can have longer, thicker and stronger eyelashes.

Price: RM69



Perfect Liner

Ask any girl and she would tell you that Make Up Forever certainly lives up to its name – its product would pretty much stay the same despite hours passed by. Its Graphic Eyeliner especially is the gift from heaven for many ladies. With this liner, gone are the days where they have to deal with liner that smudges easily, doesn't stay put, colour that last not even an hour or liner that won't even enhance the eye. Got any look that you want? We say, this liner has got it all sorted out for you.

Price: RM95



Of volume and length

Marc Jacobs's O!Mega Lash Volumizing Mascara is definitely the 'it' mascara when it comes to volume and length. With its innovative double brush, it enables one to get the desired curl and power – all while ensuring each lash is separated and not clump together. There is no easier way to create dramatic lashes but with this mascara!

Price: RM92



So long, puffy eyes!

Let's admit it: despite it being an essential, most of us would find it a hassle to apply eye cream. However, this might not be the case for Boscia's Super-Cool De-Puffing Eye Balm. Unlike the usual eye gel, it is designed in a way that resembles lip balm- making it a perfect on-the-go, eye-pick-me-up. Puffy and tired eyes would no longer be a nuisance, for this cooling and soothing eye balm would leave your eyes feeling as fresh as morning dew.

Price: RM86

Jessebella

Opening: 6 November

Jessie decided to return to her father's run-down mansion in Louisiana to recuperate from a tragic accident that claimed her fiancé's life. During the stay, she discovered a video tape, supposedly a gift from her deceased mother before she died in childbirth. In the tape, her mother revealed the tarot readings as well as a terrifying presence that is haunting the house. Jessie realises that things are not as peaceful as she thinks and with a spirit intent to take her life, she is on a race with time in uncovering the pieces of puzzle while staying alive at the same time.

Cast: Sarah Snook, Mark Webber, Joelle Carter, David Andrews, Amber Stevens, Ana de la Reguera

Interstellar

Opening: 6 November

When a wormhole was discovered, scientists believed that the hole could connect the widely-separated regions of space time that would transcend the limits of human space travel. A group of explorers decide to embark on a voyage through it to find out more about the hole. Despite no assurance that the explorers would come back to earth alive, one of the travellers, Cooper, decides to leave behind his two children to join the voyage in the quest to save humanity.

Cast: Matthew McConaughey, Anne Hathaway, Jessica Chastain, Michael Caine, Bill Irwin, Ellen Burstyn

The Drop

Opening: 13 November

When a robbery that took place at the bar of his employer and cousin, Marv, went awry, Bob Saginowski found himself caught in between the legal and underground world. Between the covert scheme of funneling cash, "money drops" to local gangster of Brooklyn bars and the investigation of the robbery, Bob gets more than what he bargains for as he digs deep into the neighbourhood's past – where friends, families and foes all worked together to make a living regardless of the cost involved.

Cast: Tom Hardy, Noomi Rapace, James Gandolfini, Matthias Schoenaerts, John Ortiz, Elizabeth Rodriguez

Hunger Games – Mockingjay Part 1

Opening: 20 November

The last Hunger Games – Catching Fire saw Katniss Everdeen destroy the Capitol surveillance and putting an end to the Games forever. Along with Beetee and Finnick, they were rescued in the nick of time by Haymitch and Plutarch Heavensbee before the Capitol managed to capture them. Katniss now finds herself in District 13, the headquarters of the new rebellion under the leadership of President Coin. Angry and lost without Peeta by her side, Katniss has to rely on the advice of her trusted friends as she embarks on a war with the Capitol in her quest to save Peeta and a nation moved by her courage.

Cast: Jennifer Lawrence, Josh Hutcherson, Liam Hemsworth, Woody Harrelson, Elizabeth Banks, Philip Seymour Hoffman



Penguins of Madagascar

Opening: 27 November

The penguins of Madagascar, Skipper, Kowalski, Rico and Private are back in action to save the world again. Brought into service by the North Wind, an elite undercover inter-species task force dedicated in aiding helpless animals, the penguins must now work hand in hand with them in the quest to stop the cunning villain Dr. Octavius Brine from taking over the world.

Cast: Tim McGrath, Chris Miller, John DiMaggio, Christopher Knights, Benedict Cumberbatch, John Malkovich



Dumb and Dumber To

Opening: 27 November

Twenty years after their last adventure, Jim Carrey and Jeff Daniels reprise their signature role as the good-hearted yet dim-witted best friends, Lloyd Christmas and Harry Dunne in this sequel with more comedy and kicks in the nuts in the storyline. Both of them set on a journey in search of a child that Harry never knew he had and along the way, Lloyd finds himself in love again.

Cast: Jim Carrey, Jeff Daniels, Laurie Holden, Kathleen Turner, Jennifer Lawrence, Brady Bluhm

