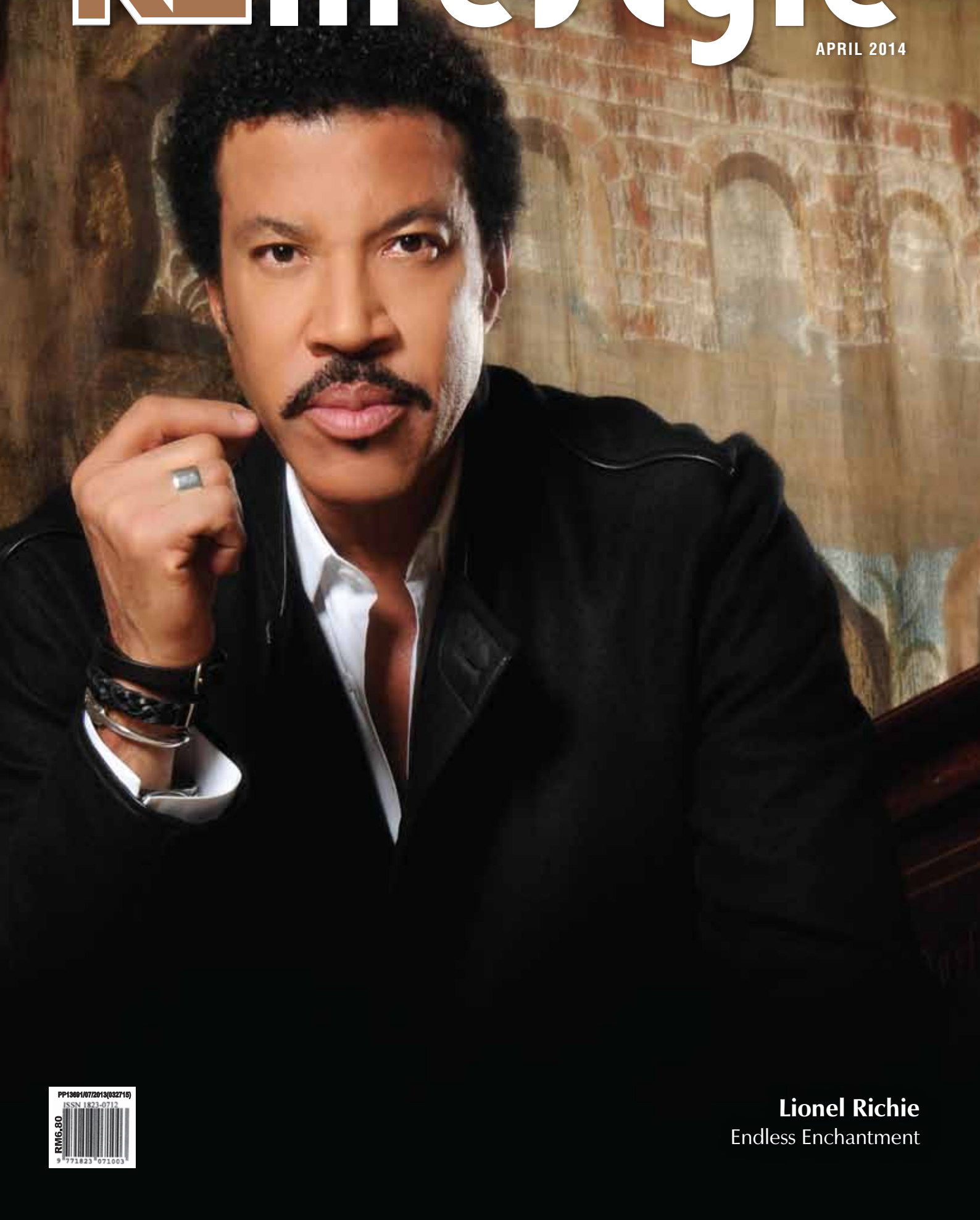


KL lifestyle

APRIL 2014



Lionel Richie
Endless Enchantment





MAKAN-MAKAN



SHOPPING



ART & LIVING



HEALTH & BEAUTY

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KLAS ART AUCTION 2014

MALAYSIAN MODERN & CONTEMPORARY ART



AUCTION DAY

SUNDAY, APRIL 6, 2014 | 1.00 PM | LE MERIDIEN KUALA LUMPUR



AWANG DAMIT AHMAD E. O. C Apung | Mixed media on canvas | 100 x 92 cm | RM 26,000 - RM 38,000

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March 20 - April 5, 2014

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April 2014

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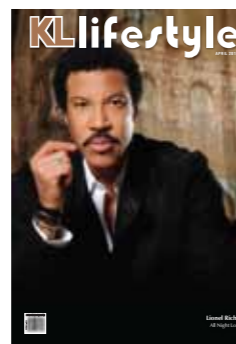
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Lionel Richie
Live in Malaysia 2014

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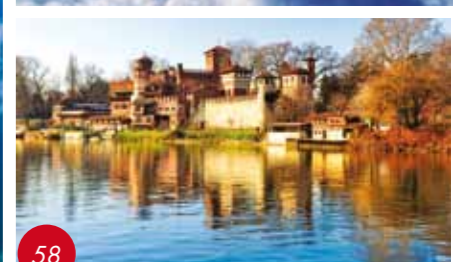
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Save the Date

KLAS ART AUCTION

MALAYSIAN MODERN & CONTEMPORARY ART

AUCTION DAY
SUNDAY, 6 APRIL 2014
1.00 PM
LE MERIDIEN KUALA LUMPUR



Awang Damit Ahmad
 EOC Apung, 1994
 Mixed media on canvas, 100 x 92cm
 RM26,000 - RM38,000

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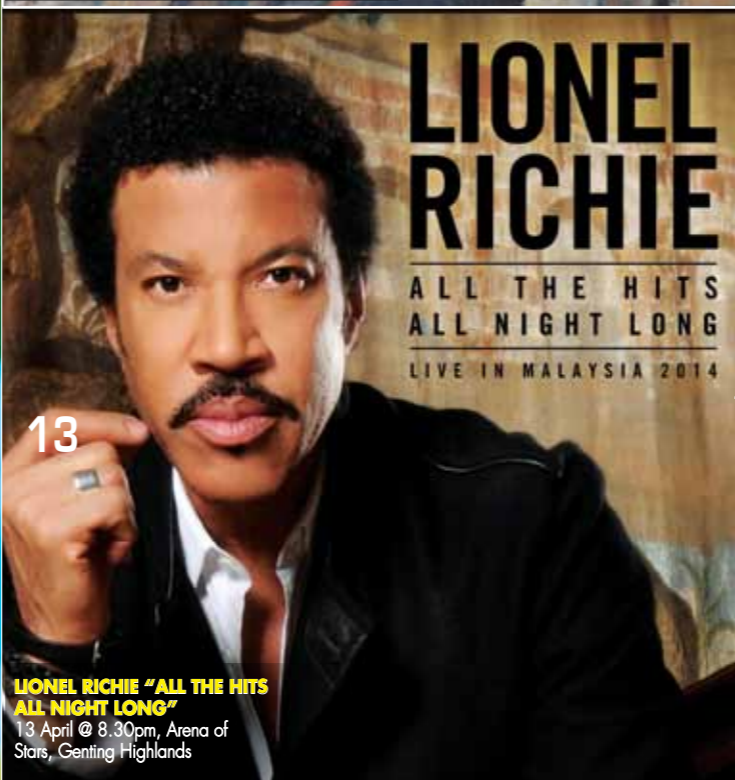



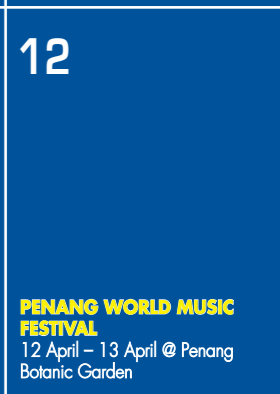











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www.kl-lifestyle.com.my
 Open Daily from 10am - 7 pm

GOINGS-ON CALENDAR APRIL 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>KLAS ART AUCTION MALAYSIAN MODERN & CONTEMPORARY ART Auction Day 6 April @ 1.00pm Le Meridien Kuala Lumpur</p>		 <p>3 THE GLAMOUR FEST OF OJUGU: FIERY FAMILY 3 April - 6 April @ 8.30pm 5 April - 6 April @ 3.00pm, Pentas 2, klpac</p>	 <p>4 KUANTAN MUSIC FESTIVAL 4 April - 5 April @ Holiday Villa Cherating, Pahang</p>	 <p>FIESTA MEXICANA 5 April @ 8.30pm 6 April @ 3.00pm, Dewan Filharmonik PETRONAS, PETRONAS Twin Towers, KLCC</p>		
 <p>13 LIONEL RICHIE "ALL THE HITS ALL NIGHT LONG" 13 April @ 8.30pm, Arena of Stars, Genting Highlands</p>	 <p>TERINDAH ANUAR ZAIN 8 April @ Imperial Ballroom, One World Hotel</p>	 <p>10 MY HUSBAND'S WEDDING 10 April - 12 April @ 8.30pm 12 April - 13 April @ 3.00pm, Pentas 2, klpac</p>	 <p>11 SINBAD THE MUSICAL 11 April - 12 April @ 8.30pm 15 April to 19 April @ 8.30pm 22 April to 26 April @ 8.30pm 13 April, 20 April, 27 April @ 3.00pm IRONMAN 70.3 PUTRAJAYA 11 April - 13 April @ Putrajaya</p>	 <p>12 PENANG WORLD MUSIC FESTIVAL 12 April - 13 April @ Penang Botanic Garden</p>		
 <p>JERSEY BOYS 15 April - 27 April @ Istana Budaya, Kuala Lumpur</p>	 <p>FAR FROM THE RIVER 17 April - 19 April @ 8.30pm 10 April - 20 April @ 3.00pm, Pentas 2, klpac</p>	 <p>EASON'S LIFE IN PENANG 19 April @ 8.00pm, Penang International Sports Arena</p>	 <p>MAHLER'S FOURTH 19 April @ 8.30pm 20 April @ 3.00pm, Dewan Filharmonik PETRONAS, PETRONAS Twin Towers, KLCC</p>	 <p>19 BMW MALAYSIAN OPEN 14 April - 20 April @ Royal Selangor Golf Club</p>		
 <p>27 TRIPLE CONCERTO 26 April @ 8.30pm 27 April @ 3.00pm, Dewan Filharmonik PETRONAS, PETRONAS Twin Towers, KLCC</p>	 <p>THE WORLD PREMIERE OF SINBAD THE MUSICAL EVERYONE NEEDS A HERO</p>	 <p>25 REGATTA LEPA 25 April - 27 April @ Regatta Lepa Square, Semporna</p>	 <p>25 MALAYSIA WATER FESTIVAL LABUAN 2014 25 April - 27 April @ Labuan International Sea Sport Complex, Labuan</p>	 <p>26 MYSTERIOUS FESTIVAL 26 April @ 4.00pm, Skypark Regional Aviation Center, Subang</p>		
				 <p>AR RAHMAN INFINITE LOVE 26 April @ 7.30pm, Stadium Merdeka</p>		

ART

KLAS ART AUCTION MALAYSIAN MODERN & CONTEMPORARY ART

The KLAS Art Auction Malaysian Modern and Contemporary Art will be kicking off KL Lifestyle Art's Space's calendar with the section auction of 2014.

Kuala Lumpur Full Preview

20 March – 5 April
KL Lifestyle Art Space
150 Jalan Maarof, Bukit Bandaraya,
59100 Kuala Lumpur
Open daily from 10am – 7pm

Auction Day

6 April @ 1.00pm
Le Meridien Kuala Lumpur



MUSIC

KUANTAN MUSIC FESTIVAL

Kuantan will be hosting its first ever music festival this month, taking place at the sandy coastline of Cherating. The event will see performances by international artistes such as T Bone Ska from Thailand, The Art of Fusion from Germany and Indonesia's Rio Sidek Quartet. Not forgetting our local acts, the festival will also be featuring Ito & Purple Haze, AkashA, Amir Yusof Acoustic Project and Paladin and as part of the line-up.

4 April – 5 April @ Holiday Villa Cherating, Pahang

Tickets: From Rm78 onwards

www.ticketpro.com.my



TERINDAH ANUAR ZAIN

Soulful crooner Anuar Zain will be putting up a special show dedicated to his fans in his fans this month. The performance, Terindah.....Anuar Zain will be celebrating the best of Anuar's musical journey . Thus, fans can expect memorable surprises at the exclusive luncheon show where they will be treated to an up-close and personal performance by the popular singer.

8 April @ Imperial Ballroom, One World Hotel

Tickets: RM483, RM683, RM983, RM1383

Tel: 019-317 7496
www.ticketcharge.com.my

8

MUSIC

LIONEL RICHIE "ALL THE HITS ALL NIGHT LONG"

After four years of hiatus, the multi-Grammy, Academy Award and Golden Globe Winner, Lionel Richie will be performing live in Malaysia at the Arena of Stars, Genting Highlands. Fans can be sure to expect Richie performing some of his classic hits which include All Night Long, Say You, Say Me and Hello.

13 April @ 8.30pm, Arena of Stars, Genting Highlands

Tickets: RM220, RM320, RM420, RM550, RM680 & RM800

Tel: 03- 9223 3667
www.ticketcharge.com.my

13



PENANG WORLD MUSIC FESTIVAL

The Penang World Music Festival (PWMF) is back with more world harmony and songs of nature. Music bands from around the globe will be performing a variety of genres that include folk, Balkan and Gypsy during the two-day festival. The highlights of the festival include the World Grammy Nominee, N'faly Kouyate from West Africa, Belgium's Jimmy Hendrix of the Kora as well as famed vocalist and actress from Poland, Ewa Konstancja.

Be sure to check out the art and music workshop as well as the festival bazaar for more goodies along with food and beverages!

12 April – 13 April @ Penang Botanic Garden

Tickets: RM83 & RM 143

www.ticketcharge.com.my



JERSEY BOYS

The most successful multi-award winning musical, Jersey Boys will be making its way to Kuala Lumpur this month. Jersey Boys will be presenting a tale that depicts friendship, hardship, fights and rise to stardom as one of the most successful bands in America. It will be sharing with audiences the inspiring journey of The Four Seasons from the streets of New Jersey to the Rock and Roll Hall of Fame during the performance.

Since it's opening in Broadway in 2005, Jersey Boys is the 15th longest-running show in Broadway history – running of full houses despite putting up more than 3,000 performances over the years.

15 April – 27 April @ Istana Budaya, Kuala Lumpur

Tickets: From RM136 onwards

Tel: 03-7727 4677 / 012-515 7922
www.ticketcharge.com.my

15-27

MUSIC

EASON'S LIFE IN PENANG

Eason Chan, considered as Hong Kong's third "god of song" after Sam Hui and Jackie Cheung, will be holding his first ever concert in Penang. Fans can look forward to an exceptional and splendid performance where Eason plans to share some of his depictions of life through his music. Response has been overwhelming since the release of the ticket sale, so be sure to grab your tickets now for you to catch Eason's only live performance in Penang.

19 April @ 8.00pm, Penang International Sports Arena

Tickets: Rm98, RM188, RM288, RM388, RM488

www.ticketcharge.com.my



AR RAHMAN INFINITE LOVE

AR Rahman is set to give his Malaysian fans an unforgettable night in his latest concert, AR Rahman Infinite Love in Kuala Lumpur. Having last performed in Kuala Lumpur 11 years ago, he will be presenting a new repertoire that includes a mix of classic numbers, recent hits as well as an electronic dance music section in the three-and-a-half-hour concert. He will be joined by a number of talented and distinguished Indian musical talents such as Mohit Chauhan, Javed Ali, Mano, Chitra as well as a 78-piece music ensemble, all set to spice up the concert that night.

26 April @ 7.30pm, Stadium Merdeka

Tickets: From RM99 to RM1,499

www.dmlive.com

26

26



MYSTERIOUS FESTIVAL

More fun and good music are awaiting Electronic Dance Music (EDM) fans at the Mysterious Music Festival. Taking place at the Subang SkyPark Regional Aviation Centre, this festival promises 3D outdoor experience that will further hype it up. With distinguished DJ's around the world such as Jaacob van Hage and Tony Romera, it will be one of the most anticipated EDM festivals of the year.

26 April @ 4.00pm, Skypark Regional Aviation Center, Subang

Tickets: RM158

Tel: 03-9105 3500

FIESTA MEXICANA

Alondra de la Parra, the young Mexican conductor known by many as one of the most compelling conductors of her generation, will be making her debut in Malaysia with the Malaysia Philharmonic Orchestra (MPO). Audiences can be sure to indulge in a variety of music genre as she will be leading the MPO in the folk and dance music inspired from Argentina, Portugal and Mexico. Alondra will be presenting Beethoven's mighty Leonore Overture No.3 and Mendelssohn's Violin Concerto.

5 April @ 8.30pm

6 April @ 3.00pm, Dewan Filharmonik PETRONAS, PETRONAS Twin Towers, KLCC

Tickets: RM50, RM70, RM100, RM130

Tel: 03-2051 7007
www.mpo.com.my



MAHLER'S FOURTH

Juno Award-winner, soprano Karina Gauvin will be presenting her signature repertoire that includes Gustav Mahler's transcendently beautiful Fourth Symphony, with the fourth movement incorporating a song, "Das himmlische Leben" (The Heavenly Life) in this upcoming concert with the MPO-Mozart arias. Let the music and the harmony guide you into Mahler's world through this song itself.

19 April @ 8.30pm

20 April @ 3.00pm, Dewan Filharmonik PETRONAS, PETRONAS Twin Towers, KLCC

Tickets: RM50, RM70, RM100, RM130

Tel: 03-2051 7007
www.mpo.com.my



CLASSICAL



TRIPLE CONCERTO

This concert gives us a full programme of music by three of the greatest German composers of the early nineteenth century: Weber, Beethoven and Mendelssohn. Each piece carries the composer's persona, enabling the audiences to catch a glimpse of the composer's characteristics: from Weber the Overture to his opera Euryanthe, Beethoven's first ever written concerto for combined violin, cello and piano and Mendelssohn's music of charm and imagination.

26 April @ 8.30pm

27 April @ 3.00pm, Dewan Filharmonik PETRONAS, PETRONAS Twin Towers, KLCC

Tickets: RM50, RM70, RM100, RM130

Tel: 03-2051 7007

www.mpo.com.my

THEATRE

THE GLAMOUR FEST OF OJUGU: FIERY FAMILY

Directed by the award-winning director, Dr. Deric Gan, Fiery Family is a Malaysian comedy that tells the secret side of the story of so-called educated and civilised people. The 90-minute comedy will have hilarious scenes that resonate well with the locals and will leave the audiences laughing their hearts out.

3 April – 6 April @ 8.30pm
5 April – 6 April @ 3.00pm,
Pentas 2, klpac

Tickets: RM60

www.klpac.org



SINBAD THE MUSICAL

Presented by The Actors Studio, Sinbad The Musical follows Sinbad in his quest to save the town from the evil vizier who has imprisoned the true king and enslaved the princess, Yasmin. Along his journey, he met with a lot of colourful characters that excite and hype up his adventure further.

Sinbad The Musical is the first Malaysian-Australian co-production that features the best artistes and creative teams from both countries. It features 18 original songs, a cast of 40 and a nine-piece band. Sit back, relax and let the musical whisk you to a whole new world!

11 April – 12 April @8.30pm
15 April to 19 April @8.30pm
22 April to 26 April @ 8.30pm
13 April, 20 April, 27 April @ 3.00pm

Tickets: RM150, RM120, RM90, RM60 (Senior Citizen),
RM40 (Students, TAS Card Member, Disabled)

www.klpac.org

11-13



FAR FROM THE RIVER

Far From The River, a Japanese play written by Koji Hasegawa depicts the conversation between a teacher and a Yakuza one afternoon filled with drama, humour and mystery. As both unfold a story of history, they discover that they share a lot of similarities – than just the Yakuza's son. For the teacher, what started off as his concern towards the Yakuza's missing son has turned into a journey in unveiling an unknown strong bond between the two strangers.

17 April - 19 April @ 8.30pm
10 April – 20 April @ 3.00pm, Pentas 2, klpac

Tickets: RM53 (Adults), RM33 (Disabled, Students,
Educators and TAS card holders)

www.klpac.org

10-20



REGATTA LEPA

Don't miss the Regatta Lepa, an annual event where the locals pay homage to the lepa, a traditional single-mast sailing boat of the Sea Bajau of Semporna. Witness and experience on your own the vibrant festive atmosphere where colourful boats dot the Celebes Sea to bag the Most Beautiful Lepa title, cultural performances, the Lepa Beauty Pageant, fireworks display along with more activities taking place.

25 April – 27 April @ Regatta Lepa Square, Semporna

Tel: 08-978 1663 / 08-978 1518
www.sabahtourism.com

MISCELLANEOUS

IRONMAN 70.3 PUTRAJAYA

Ironman 70.3, also known as half ironman will be taking place in Putrajaya this April. It will see athletes enduring a race which requires them to swim in the Putrajaya lake, bike ride around the city as well as a 21km four-lap run. It will be a test of determination, endurance, perseverance and much more for the athletes!

11 April – 13 April @ Putrajaya
www.ironman.com



BMW MALAYSIAN OPEN

The prestigious women's tennis tournament, the BMW Malaysian Open 2014 is back! One of the most prestigious tennis events in the country that has a mark in the calendar of the Women's Tennis Association (WTA), theBMW Malaysian Open in its fourth edition will once again see 32 players, including 2013's defending champion Czech Republic's Karolina Pliskova as well as 2013 Wimbledon Doubles Champion and 2012 BMW Malaysian Open Champion, Hsieh Su Wei. For tennis fans, this is certainly one of the not-be-missed events of the year.

14 April – 20 April @ Royal Selangor Golf Club
www.bmwmalaysianopen.com



MALAYSIA WATER FESTIVAL LABUAN 2014

The Malaysia Water Festival marks its 18th year as the biggest annual event to be held in Labuan. Visitors will be kept busy with a variety of exciting activities such as the Labuan International Deep Sea Fishing Tournament, Cross Channel Swimming Challenge, Round Island Kayak, Kayak Sprint and other watersports. If you are adventurous or a love water sports, you should not miss this festival.

25 April - 27 April @ Labuan International Sea Sport
Complex, Labuan

Tel: 08-742 2622
www.tourism.gov.my

LIONEL RICHIE

The music legend

By Siti Wajihah Kholil



Lionel Richie and Blake Shelton in the recording studio

"Hello! Is it me you're looking for?" is undoubtedly a familiar classic line where the song has become a household playlist throughout the world ever since its release in 1984 until today. Its memorable quality has made its singer a musical icon and an international superstar with over 100 million albums sold globally. An Oscar, Golden Globe, five Grammy, 16 American Music Award and five People's Choice awards, a World Music Lifetime Achievement Award and many more have earned him a star on the Hollywood Walk of Fame. He is the lyrical legend, Lionel Richie.

His beginnings

Richie had a very humble beginning and his life story is a great example of the ultimate American dream. Born in the city of Tuskegee, Alabama, he lived in a small community with his family. His grandmother was a classical pianist, his father a military man, his mother an English teacher and his sister is now an educator. In his college days, Richie was very active in tennis. He was discovered by a group called The Mystics when he was in his tennis outfit and carrying a saxophone while walking across campus. Accepting the invitation to join The Mystics as their saxophonist and pianist, the band was later renamed, The Commodores.

The rise of The Commodores

The group also consisted of lead vocalist and drummer Walter Orange, lead guitarist Thomas McClary, bassist and trumpeter Ronal La Pread, Milan Williams as keyboardist, trombonist and rhythm guitarist, and William King as trumpeter, rhythm guitarist and synthesizer player. Despite his parents' objections, in 1968, he left Tuskegee to travel and perform with the group in the hope of becoming a huge success.

The Commodores were gradually reaching stardom and the group began to have a devoted fan base as they performed all over the country. Skip Miller, the vice-president of Motown Records, entered a club where The Commodores were performing and realised that the group had tremendous talent. Their phenomenal stage presence easily attracted the audience. The band was then presented to Berry Gordy and they immediately signed a record deal. This was the pivotal point of their musical career. They were under one of the most prolific record labels of the era and were signed alongside top R&B and soul acts such as Stevie Wonder, The Supremes and The Jackson 5.

The band began to prosper internationally when they performed as the opening act for The Jackson 5. In 1974, The Commodores

released their first single, Machine Gun, reaching number seven on the US R&B charts, followed by more hit singles such as Brick House and Just To Be Close To You. One day when Richie discovered that Marvin Gaye, one of the most creative songwriters at the time, could not read and write music, it inspired him to venture into songwriting. Hence, his lyrical ability in The Commodores produced Three Times a Lady, Stuck on You, Lady, Still and Easy.



Lionel Richie with Shania Twain

Solo stardom

With his songwriting, singing, piano and saxophone playing abilities, Richie decided to pursue a solo career in 1981. The multi-talented artiste then became one of the most successful performers in the 80's, with continuous top ten hits between 1981 and 1987. His first solo single, Endless Love, a duet with Diana Ross, was a wondrous hit. It is an evergreen love ballad that is still played at weddings and love-related events or on television programmes after decades. Other song successes that followed included Truly, All Night Long, Hello and Say You (Say Me), resulting in his Oscar and Golden Globe win. Richie also co-wrote a song with the late Michael Jackson, We are the World, which has become a live-aid anthem promoting global charity, peace and humanity.

Richie has retained a solid platform in the entertainment industry and until today, still has a massive relevance and impact on the ever changing world of music. He has generated a new breed of writers and producers such as Jermaine Dupri, Dallas Austin, Akon, Sean Garrett, Stargate, Tricky Dream and

Kuk, Ne-Yo, John Eubank and Bob Sinclar. This generation of writers and producers have produced hit singles and albums for renowned artistes such as Beyonce, Rihanna, Mariah Carey and Mary J. Blige.

On Sept 12 2006, Richie released his eighth album entitled, Coming Home. The song, I Call it Love, from the album became his biggest hit in the US after years of hiatus from the music scene. Six years later, Richie decided to return to his Tuskegee roots for his next project. He recreated his top hits and collaborated with various big country names such as Shania Twain, Kenny Rogers, Willie Nelson, Tim McGraw, Blake Shelton, Jason Aldean, Darius Rucker and Little Big Town. The album, Tuskegee, reached number one on the Billboard Top 200 list and earned him huge critical acclaim. In 2013, he inaugurated a global tour, All the Hits All Night Long, promising fans a two-hour performance of his best music throughout the decades of his involvement in the industry. Countries in Europe and Asia, Australia, the Middle East and North America will all be able to sing along with Richie to his

greatest hits. He is well celebrated wherever he performs. It is not just his music that people love, but his great rapport with his fans has touched the hearts of many and made him a music legacy.

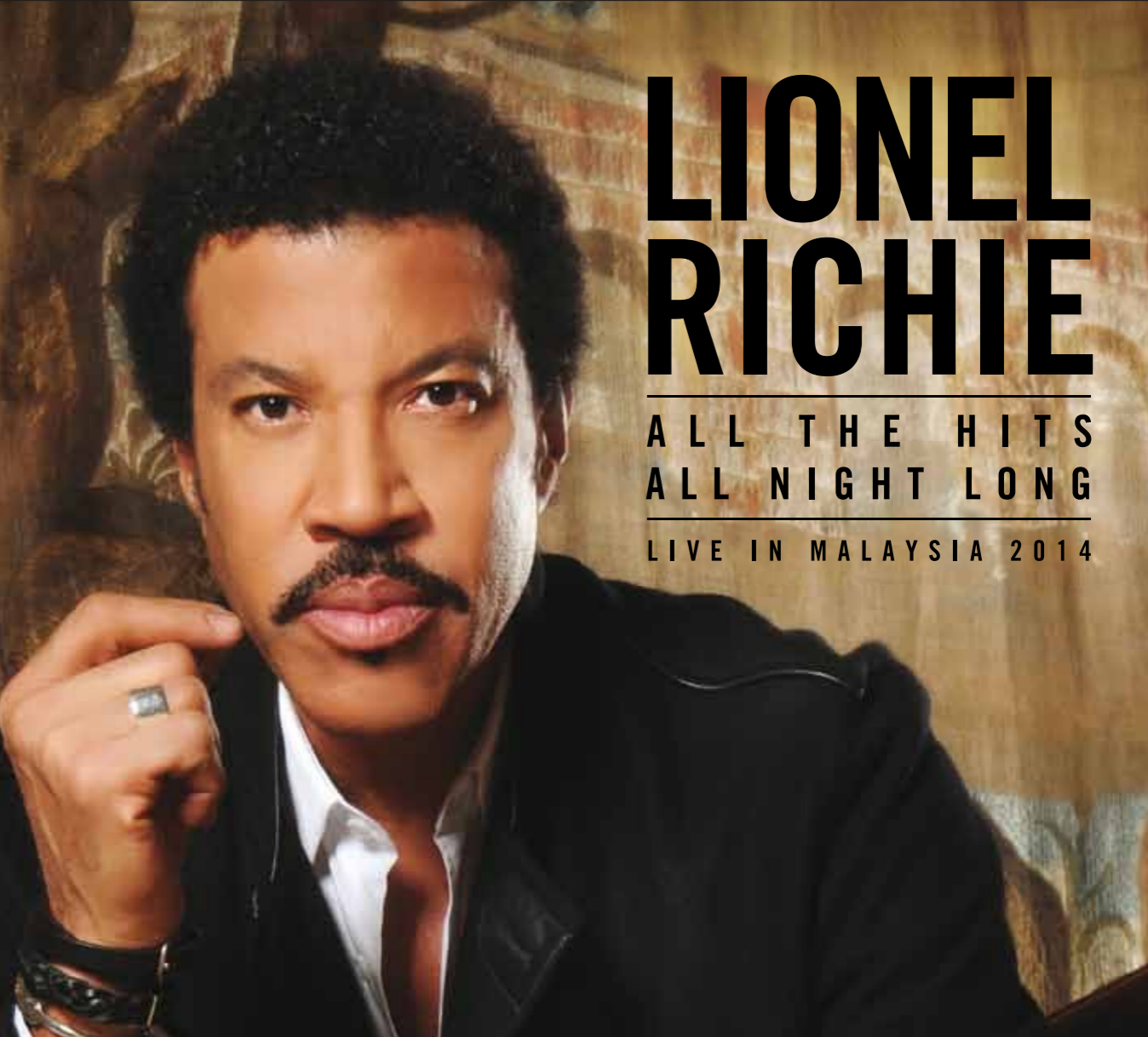
The return of Lionel Richie

The multi-platinum selling megastar is set to return to Malaysia as part of his All the Hits All Night Long world tour after a four-year break for a larger-scale performance that spans 5,000 seats. The concert will be held on April 13 at the Arena of Stars, Genting Highlands at 8.30pm.

Among the line-up of songs that will be performed by Richie are Hello, Say You Say Me and All Night Long. Organised by Star Planet, tickets for the Lionel Richie concert is priced at RM800, RM680, RM550, RM420, RM320 and RM220 (excluding RM3 processing fee).

For more information, call Star Planet 03 9223 3667 / Ticket Charge 03 9222 8811 / Genting 03 2718 1118. You can also visit www.starplanet.com.my

SAY YOU, SAY ME • HELLO • DANCING' ON THE CEILING • ALL NIGHT LONG



13 APR 2014 (SUN) 8:30PM

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Note: Prices exclude RM3 processing fee.

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JERSEY BOYS THE MUSICAL

April 15 to 27, 2014

A powerful piece of theatre
with extraordinary music

By Siti Wajihah Kholil



It is confirmed! The multi-award winning Broadway production, Jersey Boys the Musical, is set to hit centre stage Malaysia's capital city this month. Loved by more than 18 million viewers and admirers globally, including top Hollywood celebrities such as Pierce Brosnan, Michelle Pfeiffer, Kevin Costner, Jack Nicholson, Nicole Kidman and Tom Hanks, this is one Broadway musical magic that should definitely not be missed. The 15th longest-running Broadway production has garnered over 54 major awards such as the 2006 Grammy Award for Best Musical Show Album, 2009 Olivier Award for Best New Musical and the Best Musical Tony Awards.

Jersey Boys the Musical is based on a true story about Italian-Americans, Frankie Valli and the Four Seasons, who went from singing at street corners in the housing projects of northern New Jersey to becoming America's biggest pop sensation in the 1960's. Out of pure talent, the Jersey Boys created their own unique sound and a euphonious harmony, which resulted in their fame to rise dramatically. The group sang on national television and their songs such as Sherry, Oh, What a Night, Bye Bye, Baby, Big Girls Don't Cry and many more reached the top of the charts and became worldwide hits.

Despite their street smarts and fuel of ambitious dreams that led them to their success, they still could not escape from poverty problems and mafia connections from their past. The musical theatre of the Jersey Boys is illustrated in a manner of four stories, each representing a season of their career, and each told by a different member of the group. Spring reflects their earliest beginnings, harmonising under a street lamp on a pleasant evening. Summer is the apex of their success, while autumn marks a pivotal point in which their success starts to take a toll on the group members' personal lives and marriages. Winter, however, portrays a time of solitude, sorrow and

reflection. The musical is not only energetic with lively musical numbers, but guarantees a theatrical momentum which appeals to the audience's emotions.

Jersey Boys the Musical is written by Academy Award-winner Marshall Brickman and Rick Elice with music by Bob Gaudio, and lyrics by Bob Crewe. It is directed by two-time Tony Award winner, Des McAnuff and choreographed by Sergio Trujillo with music direction, vocal arrangements and incidental music by Ron Melrose. The Four Seasons are played by Grant Almirall as Frankie Valli, Daniel Buys as Tommy DeVito, Kenneth Meyer as Bob Gaudio and television star Emmanuel

Castis as Nick Massi as well as Jaco van Rensburg playing Frankie Valli at certain performances. The three leading female characters or the Jersey Girls are played by Carmen Pretorius, Taryn-Lee Hudson and Kirsten Murphy-Rossiter.

It is a privilege that one of the most successful musical theatres in the history of Broadway today is on its way and ready to rock Kuala Lumpur. The coming of Jersey Boys the Musical would not have been possible without the organiser, Milestone Production, along with the support of Connoisseur Lifestyle (Malaysia) Sdn Bhd, Malaysian Convention & Exhibition Bureau (MyCEB), Tourism Malaysia

and Visit Malaysia Year 2014 Board under Malaysia's Ministry of Tourism and Culture, Istana Budaya (Palace of Culture) and Vistana Kuala Lumpur, Titiwangsa.

Here is your chance to catch one of the greatest Broadway musicals of all time, live! Jersey Boys the Musical will be showcased at the Istana Budaya auditorium, Kuala Lumpur. The musical will run April 15 to 27, 2014. For ticket information, call the hotline at 03-9222 8111 or e-mail to info@ticketcharge.com.my. You can also visit the website at www.ticketcharge.com.my.

Healthy Food: Facts and Wonders 101

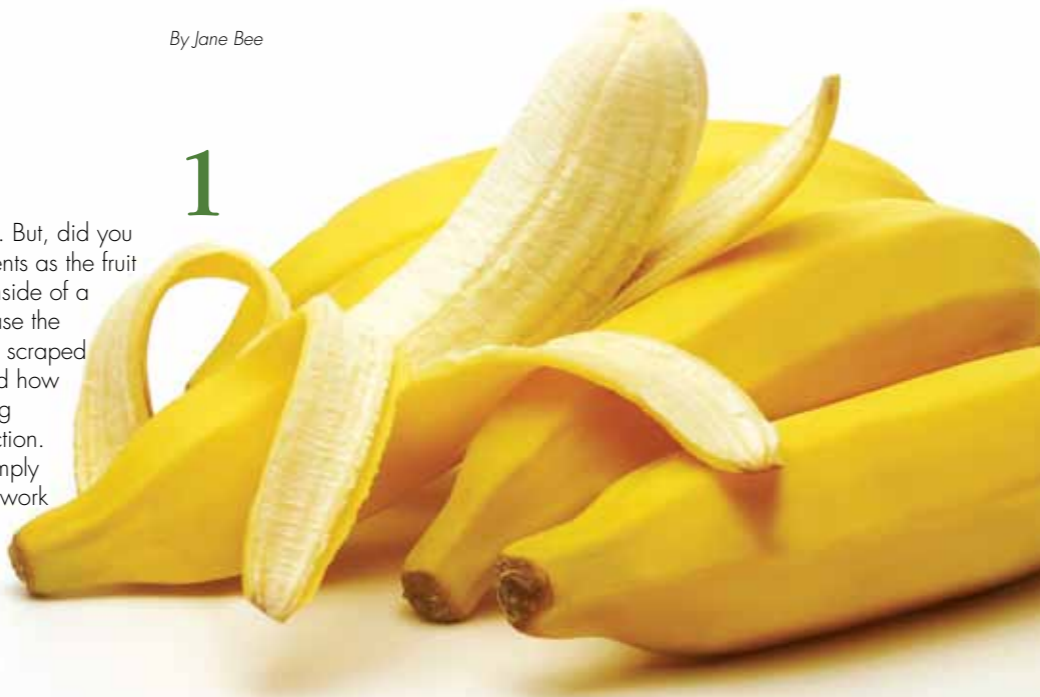
*How much do you know about your everyday inexpensive, tasty and versatile food?
Be sure to find out more on the wonders that they hold here!*

By Jane Bee

Banana

Banana is known for its abundance of nutrients. But, did you know that banana peels contain as much nutrients as the fruit itself? It surely sounds bizarre but rubbing the inside of a banana peel on a mosquito bite will help to ease the itchiness and inflammation. You can use it on a scraped or burned skin as well and you will be surprised how it helps to relieve the pain, minimise the swelling and provide protection of the wound from infection. You can cure a headache with banana peel—simply rub a banana peel on your forehead and let it work its magic in soothing the discomfort. Oh, did we mention you could clean or polish leather shoes with it as well?

1



Strawberry

Talk about berries, most of us would immediately think of strawberry. After all, how can one resist the lovely, juicy fruit which tastes so delicious and is good for our health? Indulging in 100grammes strawberries will only add 50 calories to your body which means zero fat! The acid in strawberries helps to remove the stains and whiten your teeth. It contains anti-ageing properties as well – strawberries contain biotin that helps to build strong hair and nails as well as antioxidant ellagic acid that prevents our skin from sagging. If you think strawberries come only in red, you will be astonished to find that they can be white or yellow with some of them tasting like pineapple!

2



Spinach

Never underestimate these little green leaves for they are rich in nutrients. Spinach is loaded with essential vitamins and minerals needed by our body such as vitamins A, K, D, E and B6, magnesium, iron, calcium, potassium, protein, and omega-3 fatty acid. Spinach is low in calories studies also show that eating spinach will keep your brain young and agile, strengthen the bones and protect your eyes against eye diseases such as cataracts. Now that you know its benefits, certainly there's no reason not to love this leafy plant, right?

3



4

Ginger

Asians normally use ginger in their cooking for its pungent taste. However, ginger can do more wonders to the body than just enhancing the taste of the food. It is known as an effective natural remedy for nausea related to motion sickness aside from cold and flu prevention and getting rid of 'wind' from the body. If you do not have any appetite for a meal, eating fresh ginger before the meal will hype up your poor appetite and get the digestive juices back to work. Its anti-inflammatory property does wonders in relieving joint pain. Float some ginger essential oil into your bath and let it work in soothing your aching muscles and joints.

Lemon

When it comes to detoxifying the body, lemon is the first fruit that tends to cross our mind. In fact, our liver loves lemon as it makes a great stimulant and detoxifier aside from being capable in dissolving uric acid and other poisons in the body. It also helps to clean the bowel by creating a bowel movement that eliminates waste and aids with regularity. Lemon has the ability to destroy intestinal worms and to strengthen the blood vessels that prevents internal haemorrhage. All you need to do is add in fresh lemon juice in warm water and consume it first thing in the morning. It's just that simple!

5



Broccoli

This is pretty much a like-it-or-hate-it vegetable. Being a part of the cabbage family, broccoli may not necessarily be just green in colour. In fact, it comes in a variety of colours, from deep sage all the way to dark green or purplish green. This vegetable is rich in fibre that helps in lowering your cholesterol level and facilitates digestion. It helps to solve vitamin D deficiency by keeping the metabolism of vitamin D that promotes the body's absorption of calcium in balance with vitamins A and K found in broccoli. With the vitamin D on track, broccoli promotes bone growth that is essential in preventing osteoporosis. It is also rich with a source of flavonoid called kaempferol that helps the body to fight against allergies and inflammation. With many benefits to be gained from broccoli, this vegetable should be included in our diet.

6





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PREVIEW

MAKAN-MAKAN



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ATILIA

Loving music, yoga, food and The Social

By Siti Wajihah Kholil

Soothing, sweet and jazzy is how one would describe the melodies of Raja Putri Atilia Raja Haron, or better known as Atilia. The singer and songwriter has engraved her identity in the music scene through her unique contemporary style that has captured the hearts of many loyal listeners. Her presence emanates such a joyful and cheerful persona that makes anyone around her feel at ease and positively spirited. She is a strong woman who is truly young at heart.

Atilia started singing at the tender age of nine where she was active with singing jingles. Her voice was featured in major television commercials such as Kentucky Fried Chicken and Coca-Cola. Her mother, the evergreen Salamiah Hassan, was strict with regards to education and ensured that her daughter finish school and obtain a degree before pursuing a career in singing, so Atilia completed her studies in advertising at Lim Kokwing University.



Spaghetti Gamberoni

Atilia released her first single Pelangi Mimpi in 1996. Then she went on with her first album Sangkar in 2006 and released her second album Indah in 2010. Since then, she has blossomed into a dignified artiste, sharing the stage with some of the most renowned international artistes such as Incognito, Incubus, John Legend and more. Her other reputable works also involved acting in the memorable theatre production, P.Ramlee the Musical as Junaidah as well as the film, Kil (2013).

Behind all the hard work in her entertainment career, a good source of food consumption is crucial. When asked about her favourite place to eat, Atilia brought us to The Social at Publika in Solaris Dutamas, Kuala Lumpur. She was introduced to the restaurant by one of her friends when she attended a couple of events at the Black Box. The Social has various dishes of sharing platters, small eats, sandwiches and salads, pastas, classic westerns, oriental favourites and desserts which suit the local taste buds' love for both eastern and western cuisines.

One of Atilia's favourite dishes is the salted egg chicken strips. With the crisp of a bite and tender chicken inside, its yumminess is a great tease to your hungry appetite. She loves the Spaghetti Gamberoni which is pasta with prawns in roasted chilli and cream sauce. It is rich and velvety in texture with the spiciness from the chilli, a great addition to the taste. She confessed that she does not eat prawns, but she still loves the pasta. So she would still order it and share it with her friends. Other pasta dishes available include Lasagne Al Forno, Penne Pomodoro, Linguini Aglio Olio and while other western dishes offered are Very Beefy Burger, Shepherd's Pie, Chicken Schnitzel and more.

There is also a wide variety of oriental savouries at The Social. The all-time signature dish is the Aromatic Crispy Duck, served with homemade flat bread-like pancake, sweet plum sauce, chilli oil, julienne of spring onions and cucumber. The Ayam Perchik or Ikan Perchik is also highly recommended, especially if your palate is more traditional-oriented. Chicken leg or fish grilled with perchik spices and served with nasi ulam, salted egg, fish crackers and budu will surely get your mouth watering. If you like a local familiar and easy eating dish, the Char Bee Hoon with prawns, chicken and squid served with belacan (spicy sauce) is also just as delectable. Other delicious eastern dishes include Nyonya Curry Laksa, Pad Thai, Nasi Goreng (fried rice) and Char Kway Teow.

Atilia finds it convenient that The Social opens until 1.00am, which is suitable with her time schedule. She said, "It is great that it opens until late because usually my yoga finishes about 9.30 or 10.00pm. So after that, I have about three hours to just eat whatever I want here. Plus they have great food and the people here are really friendly as they know you by your name when you come often."



Char Bee Hoon

The Social

Lot 31 & 32, Level G2, The Square, Publika, Solaris Dutamas, Jalan Dutamas 1, 50480 Kuala Lumpur

The name of the eatery 'The Social' speaks for itself. It is a great place where people can enjoy their meal and relax with friends or family. Great food and space are not the only factors that make The Social dining experience enjoyable, as the eatery also provides enjoyable entertainment. "I love the music they play here at night. Sometimes they have DJs here. It is a very young and trendy place and it makes me feel younger," she said laughing. Patrons have a choice of sitting inside or outside in the open air.

Country, metal, dangdut, rock, Atilia's love for music is encompassing. Discovering her genre took time but it was a natural process. Somehow when she writes songs, it has nuances to jazz lines, which is now what she loves to do and is her focus. Throughout her career, her most cherished moment was when she sang at her mother's Gelombang concert at Istana Budaya (Palace of Culture) early this year. Atilia said that singing her mother's song at the moment made her realise how blessed she was to be given such an opportunity. "As I was watching her backstage, it reminded me of the time when I was a little girl watching her performing. It was an amazing experience and a wonderful feeling," said Atilia.

Atilia is currently working on her third album under her own label, Mujik Productions. She plans to have a tour in Indonesia as she has released an album there last year and collaborated with big names such as Sore, Malik and D'essentials and Tompi. This masak lemak cili api, sleep and yoga lover is also opening her second yoga studio, Yogaonethatwant in Shah Alam next month due to the good response to her first yoga studio in Damansara Perdana. So to all well-wishers and fans of Atilia's, do wait for her album as this she will definitely not disappoint!

RESTORAN MUAR

A taste from home

By Jane Bee



No 6G, Tingkat Tong Shin, 50200 Kuala Lumpur
Opening Hours: Tuesday to Sunday (11.00am to 3.00pm, 6.00pm to 10.00pm), Closed on Monday
Tel: 03-2144 2072 / 012-219 2199



Crispy Fried Egg

The food at most of the eateries in Jalan Alor, one of the federal capital's famous tourist spots are considered overrated and overpriced. However, there are a couple of restaurants or food stalls where people, including locals, would be more than willing to brace the traffic and the hassle in securing a parking space just for the sake of indulging in the delightful dishes served by those eateries.

Restoran Muar, located at Tingkat Tong Shin is one of the hidden gems in Kuala Lumpur that is loved by many including tourists. It is not the type of restaurant where you will find fancy interior design and decoration, in fact, the whole restaurant is a redolent of someone's dining room when they are not expecting any guests. Most people, however, are captivated by the home-cooked food served that brings along a piece of home.

While their menu consists of a selection of home-cooked dishes, do not be fool by the look of it as they have one of the best fried egg in town! Their Crispy Fried Egg certainly live up to its name – the egg whites blend perfectly with the hot oil that creates crispy and mostly crunchy egg white fluff. This is done without overcooking the egg yolk, and yes, you can still expect to see oozing golden yolk. Aromatic dark soy topped the fried egg, balancing the greasiness while adding a slight sweetness to the dish.

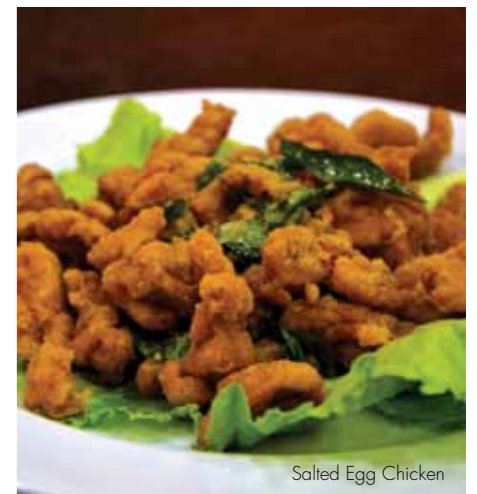
Its Petai Squid & Prawn and Thai-Style Fish are not to be missed, especially by those who love spicy food. The sambal used in preparing the two dishes is made to perfection, as you can taste the tang of fresh chillies along with a trail of sourness that makes the dishes appetising and savourous. The fresh prawns, squid, petai and fish used further enhance the flavour and texture. As it is aromatic at the same time, we can't think of any other perfect dish that would go well with the rice!

We love how Restoran Muar cooks its Butter Kailan as well – it is fried after the kailan is chopped into small pieces, resulting in a crunchy plate of vegetable. This dish is absolutely vegetarian as what seems like minced meat in this dish is actually fried skimmed milk and butter. The Butter Kailan, for one, is definitely not one of your usual dishes that is easy to come by nowadays and boy, we sure are delighted to find it here at Restoran Muar.

The saying that "food can never goes wrong with salted egg" is a little inaccurate in a way. Differentiating your dish from the rest can be a daunting task as it requires skills to make an extraordinary palatable dish. The Salted Egg Chicken is splendid - the tender and juicy chicken meat is well marinated with a generous amount of salted egg and the chef



Petai Squid & Prawn



Salted Egg Chicken



Cendol

certainly has good control of the fire while frying the meat. With one bite, the egg yolk overflows the meat texture, leaving a lingering scent of salted egg yolk as well as a slight saltiness in the mouth.

Do not underestimate its Otak-Otak either. Despite its plain appearance, it has a smooth texture and rich flavour which is further enhanced by the sambal that tops the dish. The steamed Otak-Otak certainly brings out the smack of the fresh seafood and it literally melts in your mouth.

Above all, cendol is served here at only RM1.00 per serving. The bowl of cendol consisting of gula Melaka, red beans and chewy yet soft cendol mixed with ice is a temptation that we can't resist.

Restoran Muar also serves set meals from RM6.90 onwards per pax. It is very affordable considering the quality of food you will be getting as such food often costs a bomb in Kuala Lumpur. What's more, it is a pork-free restaurant. There is certainly no reason why this place is not in your To-Eat-Place list now.

HOLY SMOKE CAFE

The East-meets-West diner

By Siti Wajihah Kholil



65 Jalan Bola Jaring 13/15, Seksyen 13, 40100 Shah Alam, Selangor
Open Tuesday – Thursday 5.00pm – 12.00am
Tel: +603 5511 8018

If you are looking for food of great quality as well as affordable that is different from others, the one place that seems to be the talk of the town is the Holy Smoke Café. Owned by Edward Ninam Shah who started the eatery in memory of his late father, Datuk Kadar Shah, the café caters to the locals' taste buds and has recently gained wide media attention due to its one-of-a-kind dining concept.

One of the most unforgettable appetisers is the Nacho Libre (chicken or beef). Served in a large portion that can be shared with friends or family, the nachos were perfectly crisp in every bite. Forget about using fork and spoon, dig in with your hands and use the nachos to scoop out the oozy cheese sauce along with its Bolognese sauce, jalapeno and sour cream on top. The best part of this appetiser is that it is generous with its rich cheese sauce. There is not one nacho that will be left cheese-less. The Bolognese sauce provides a little saltiness, the jalapeno gives a little soury-spicy kick, while the light sour cream balances all the flavours. There are other great appetisers such as Mari-Mari Calamari, Piccolo Pizza, Great Balls of Fire and more.

One of the most popular choices in the main course menu is the Holy Smoke Burger. The first bite is heavenly. The sesame-freckled bun is soft and perfectly toasted. In between lies



Spaghetti Meatballs

a patty of ground beef so exquisite. The patty is definitely homemade because every bite is rich with meaty flavour and it easily falls apart, making it easy for you to eat. Its lettuce adds an extra crunch balanced with the softness of the tomato slice, while the caramelised onions swirling around your mouth provide a joyful sweetness. Your meal is complete with the serving of hot fries and a special sauce to match. There is also Steak Sandwich (sirloin) and Chicken Sandwich for you to choose from.

A unique dish at the Holy Smoke Café is the Spaghetti Meatballs. The way they make it is dry-style, which is different from those at other restaurants. The Bolognese sauce is infused into the homemade meatballs where all the flavours are compacted. The meatballs easily break into bits and pieces, so these evenly mix with the spaghetti. The meatballs are incredibly meaty and give a little sourish taste from the tomatoes. It is topped with sprinkles

of parmesan cheese and herbs, to give you a complete meal. Other dishes available include Salmon Penne Carbonara, Seafood Aglio Olio, Castro's Lasagne, Eddie's Fish and Chips and more.

For those with a more traditional liking, Holy Smoke Café also has a range of Asian dishes and one of its must-try is the Mee Bandung. Its fine mee (yellow noodle) is well cooked, yet the exterior is slippery and slips through your lips as you slurp it. Yum! Its ingredients infuse great flavours into the mee and you can taste the dried prawns, groundnuts and chilli. The spiciness occurs as an aftertaste and is not evident until you swallow the mee. The level of it, however, is mild and just right, so both spicy eaters and non-spicy eaters can enjoy it. Packed with tofu, prawns and pieces of meat and topped with fried onions, finely chopped scallions and red chilli, your plate will be cleaned out by the end of the meal. Other Asian choices include the Holy Smoke Fried Rice, Cantonese Kuay Teow, Curry Mee and more. For drinks, we highly recommend the vanilla milkshake. Smooth, creamy and silky, you will not be able to stop sipping. It is a beverage that will make you crave for more.



Nacho Libre

The décor of the café is set in diner style that radiates a funky retro feel with a slight modern touch that is explosive with colours. The floor is covered with black and white tiles and the walls are filled with vintage photographs. With props such as a motorbike, jukebox and a hanging go-cart, it sure gives you a dynamic atmosphere that reflects American culture. In terms of service, the staff are highly attentive and are particular about making their customers comfortable. The diner is even children-friendly as it provides colouring activities for kids. Simple presentation, delicious food and vibrant ambience, this is a friendly neighbourhood diner worth bringing your friends and entire family along.

ANNALAKSHMI

Where vegetarian dining is a cultural experience

By Siti Wajihah Kholil



The Temple of Fine Arts, 116 Jalan Berhala, Brickfields, 50470 Kuala Lumpur
Open Tuesday to Sunday, 11:30 am - 9:45 pm



Stir-fried greens and luffa rasdar



Tomato puri and chapati

The pulav, on the other hand, is basmati rice cooked with ghee, cottage cheese, corn and exotic Indian spices. Although it can be eaten on its own as it is already abundant with taste, it can also be paired with a variety of side dishes. For instance, you can accompany the dish with angled luffa rasdar, a gravy dish cooked with angled luffa, tomatoes and spices. To add protein to your meal, the mealmaker kulambu is a dish of clumped soy beans cooked in curry. Other accompaniments dish that you can enjoy from the buffet include mixed vegetable stew, green gram dhal, snake gourd aita, pickled mango, fried dried chilli, coconut chutney and vadai.

It would not be Indian food without a range of fresh made-to-order breads. One of the most preferred is of course, the chapati. Made with whole wheat flour which results in a firm texture, this Indian flat bread is healthy and delicious. Another must-try bread is the tomato puri. Crunchy on the outside and fluffy on the inside, it is best eaten while it is hot. Other fresh breads available include paratha, naan, dosa and oothappam, which can all be eaten with a variety of side dishes available from the buffet or the ala carte menu.

The restaurant is spacious and clean. As you enter through the traditional carved wooden door, you will notice the beautiful space is filled with simple square tables and chairs, and adorned with decorations that reflect Indian culture. The entire room is illuminated by colourful chandeliers that give a warm ambience. Its service is friendly and attentive. The staffing is unique because every day there's a different person who comes to manage the restaurant while most of the waiters and staff are volunteers including mothers and grandmothers. They come to work in traditional Indian outfits to represent the elegance of Indian culture as well as to provide a homely dining experience.

Annalakshmi is one of the most celebrated restaurants operating for the pass 25 years. Gaining major popularity for its Indian cuisine, this vegetarian restaurant was installed by the Temple of Fine Arts Malaysia, an organisation that serves as a sanctuary for the arts. It is a platform for talents to learn music and dance. As some of the talents had interest in cooking, Annalakshmi was established and the money collected goes to the fund in order to sustain and support the activities of the Temple of Fine Arts.

The restaurant serves high-quality, 100% vegetarian homemade recipes of north and south Indian cuisine. It provides you a choice of an ala carte menu or you can opt for its available buffet on the side. So grab a silver tray and its mini bowls and indulge!

As a starter, the staff suggested to scoop a handful of white basmati rice, pour a little bit of melted ghee, sprinkle crushed dried beans on top, mix it well together and take a bite. Yummy! The ghee provides a soft texture and somewhat buttery taste while the crushed dried beans give natural saltiness. This recipe is simple, yet delicious. Eat it with your hand and you will surely enjoy it more.

The buffet includes two types of rice, plain basmati rice and pulav. For basmati rice, you can eat it with resam, an Indian lentil soup that will get your mouth watering due to its zesty and mild spicy taste. However, if you prefer something richer, the sambar would be your better choice. Even though the zestiness is similar to resam, it is more filling as it is stewed with scrumptious potatoes.



Vadai

THE TRANQUERAH

Keeping the Nyonya legacy alive

By Jane Bee



Lot 62A-G, Jalan RJU 5/22, The Encorp Strand, Red Carpet Avenue, Kota Damansara, 47810, Petaling Jaya, Selangor
Opening Hours: Monday – Sunday , 11.00am to 11.00pm, Closed on Wednesday
Tel: 03-6142 4106



Be sure not to miss their Sweet Potato Leafs with Sambal Keluak as well. As bizarre as it sounds, this dish is in fact refreshing. The bland and yet rich buah keluak brings out the best of the crunchy sweet potato leaves with a hint of saltiness and the fragrance revitalising your taste buds at the same time.

We certainly find the heart of Malacca in The Tranquerah – the one place that offers us a short trip back to the olden days. Without a doubt, it has a splendid ambience and mouthwatering dishes. However, if you were to learn the origin of Peranakan, you’ll realise that palatable Peranakan cuisine requires more than recipes as it involves patience, dedication and above all, a deep love for their Peranakan roots.

The saying “Oldies but Goldies” certainly best fit The Tranquerah – given the establishment’s background and the cuisine served here.

To begin with, the restaurant’s name, The Tranquerah was derived from part of Malacca city, Tranquerah Road, or currently known as Jalan Tengkerah, where the owner’s family resides for generations. Originating from a Portuguese word, Tranquerah which means palisades, entrenchments or outwards made from stakes into the ground was chosen in line with this pure Peranakan family’s quest to cherish and preserve Peranakan history, legacy and traditions.

As we stepped into the restaurant, we were greeted with the sight of old wooden doors and window panes, wooden mould, rustic chairs, old batik printing moulds melded to the wall as well as knick knacks from the olden days such as F&N bottles as well as biscuits with colour tong. The decoration evokes nostalgia of the good old time.

The Tranquerah not only charmed us with its decor, it captured our taste buds with its selection of authentic Nyonya cuisine as well.

Its Udang Masak Lemak Nenas and Gerang Asam Fish certainly pleased our taste buds with their delicate texture and rich flavour. The combination of fresh prawns and pineapple with a tingling of spiciness of the Udang Masak Lemak Nenas leaves a trail of tender sweetness in the mouth. The Gerang Asam Fish, on the other hand, is very savoury. A combination of fresh ikan tenggiri, ladies’ fingers and spices creates a perfect balance of spiciness and sourness that would leave you wanting more.

The tender and juicy Ayam Buah Keluak with a tang of the gravy fascinated us further. We were surprised when we found out that

buah keluak is edible despite its stone rock appearance. It has a unique taste that is indescribable with words – further enriching the taste of the dish when eaten together with the chicken.

While some places would use ready-made paste or powder when it comes to Udang Masak Lemak Nenas, Gerang Asam Fish and Ayam Buah Keluak, The Tranquerah has everything prepared from scratch, using fresh and raw ingredients. This results in a fine and delicate texture with a rich flavour in the gravy.

Aside from serving authentic Nyonya cuisine, The Tranquerah creates out-of-the-norm and distinctive dishes. Despite the unusual combination of ingredients used in Cincaluk Fried Chicken, the crispy deep-fried cincaluk marinated chicken will leave you astonished – the cincaluk blends in perfectly with the chicken, augmenting the flavour while leaving a trail of pleasing saltiness in the mouth at the same time.



Udang Masak Lemak Nenas, Sweet Potato Leafs with Sambal Keluak & Ayam Buah Keluak

The Hearty Big ‘E’

By Jane Bee

Want to eat healthily but got tired of the normal sunny side up and half-boiled egg? Fret not as we are all excited to share with you some of the healthy, satisfying and yummylicious egg dishes. Healthy food ain’t that boring and bland – all it needs is some creativity and mix-and-match to bring out the best of it!



Smoked Salmon Breakfast Platter

Breadfruits

One thing for sure, Breadfruits certainly proves that healthy food is not necessary unpalatable. The Brunch Pasta with 7 Minutes Egg served comes with a very light carbonara pasta with sauteed mushroom, cherry tomatoes, bacon, rocket, perfectly poached egg and a little spices added in to compliment the pasta. You may be surprised at the thoughtful and careful consideration given as to the ingredients resulting in a fine balance of flavours.

If you are salmon lover, its Smoked Salmon Breakfast Platter is not one to be missed. The scrambled egg for one will definitely be the attention grabber in this platter with its shiny, fluffy, light and smooth texture. Paired with smoked salmon, avocado, cherry tomato salad, lemon, arugula and sourdough, your taste buds will definitely experience a whirlpool of tastes that compliment each other.

Breadfruits is very particular when it comes to the ingredients used and the quality of the food served. With emphasises given to healthy food, the cafe makes it a point to use fresh or raw ingredients instead of canned and processed food.

Address: 17 Jalan 26/70A, Desa Sri Hartamas, Kuala Lumpur
Tel: 03 – 6201 0090
Opening Hours: 9.00am to 5.00pm daily



Brunch Pasta with 7 Mins Egg



Egg Atlantic

Mr & Ms Cafe

When it comes to some “egglicious” craving, we can’t think of any place other than Mr & Ms Café. Half of its menu is dominated by a combination of a variety of egg dishes and deciding on your pick can be a headache.

The one dish that we can’t take our eyes off would be the Egg Atlantic which consists of poached eggs on wholemeal toast, smoked salmon and asparagus topped with hollandaise sauce. The poached egg, in particular, is perfect: it takes only one poke and you’ll see the golden egg yolk oozing out. The hollandaise sauce blends in perfectly with the egg and salmon. We definitely love the refreshing trail of ‘atlantic feel’ that is left lingering in our mouth in the aftermath.

For those who prefer a heavier breakfast, we would recommend you to go for the Spicy Baked Eggs with Sausages. Made from spices, sausages, baked eggs, olive, minted yoghurt and wholemeal toast, it is definitely a perfect breakfast to kick start the day or for a satisfying teatime. All the recipes prepared from scratch. In fact, it takes four to five hours for the chef just to prepare the tomato sauce!

Address: B-G-3A Block B, Oasis Square,
PJU 1A/7A, Ara Damansara 47301 Petaling Jaya
Tel: 03-7859 6665
Opening Hours: Monday to Friday – 10.00am – 6.00pm,
Weekend 9.00am – 5.00pm



Spicy Baked Eggs with Sausages

Jalan Masjid

Just off Persiaran Bandar Utama as you turn left after the Petron petrol station, you will reach Jalan Masjid and notice many stalls and other eateries by the roadside. The street come alive at the break of dawn. This is the road where you will discover food that are not only affordable, but delicious.

As you drive straight along Jalan Masjid and pass the Pelangi Utama condominium and the shop lots right before the exclusive Se Terra boutique homes, you will discover two hawker stalls on the left side of the road sharing one space in between where it is packed with people. It makes you wonder why a place as simple as this is visited by many.

By Siti Wajihah Kholil



Bakso
RM5.00

The first stall on the left side serves Indonesian-style delicacies. It is uncommon to find bakso in Kuala Lumpur at roadside stalls. Well, now you know where you can get a nice hot bowl of bakso since this stall offers one of the most popular street food of Indonesia. Made from minced beef mixed with flour, the meatballs are served in a bowl of beef broth with yellow noodles and bihun (rice vermicelli). The concoction is then topped with beansprouts, spring onions and shredded cabbage.

Usually the broth of bakso is transparent. However, the bakso here is slightly reddish. An extra spicy and sweet-like seasoning or sauce is added to the bakso, providing a mild sweetness to the dish to suit the local taste. The meatballs are served in a generous amount. The yellow noodles and bihun also served in the broth are fine and soft, making them so easy to slurp. This makes a great late night supper. A bowl only costs RM5.00. Besides bakso, the stall also serves lontong.



Sate Kambing (Lamb Satay)
RM0.80/skew

Although the stall serving the bakso is nameless, but they call themselves Sate Buleha. When asked of the most wanted dish by patrons, the sate kambing or lamb satay is actually the most popular. The lamb is diced proportionately and is then skewered the traditional way, on a stick, and grilled over a charcoal fire. It is served with homemade peanut sauce and soy sauce mixed with chopped onions and bird's eye chilli.

Unlike most satay, which are stiff in texture and overly sweet, this satay is seasoned in a manner which brings out the juicy flavour of the lamb so you can taste the lamb itself. Just one bite and you will be totally hooked! What makes it even more special is that its peanut sauce has a fine consistency, yet still rich as the perfect dip. There is no room for any crunchy peanuts to disrupt your chewing while you are enjoying your meat. You can also dip it into the soy sauce to add more vibrant flavours due to the onions and chillies. The sate kambing is a must-try because it is really good! Feel free to order and eat to your heart's content as this sate kambing is only RM0.80 per stick! There are other types of satay available such as chicken and beef.



Teh Botol
RM2.50

Sharing the same space with Sate Buleha at the other end is a stall that serves beverages and Malay street food. However, there is one item on the counter that is distinct from others. The drink is called Teh Botol or bottled tea.

Teh Botol is a well-known Indonesian beverage sold throughout the world and produced by Sosro. The tea is served in a curvy glass bottle and is usually taken with ice. It tastes of the aromatic jasmine tea, soothes your throat and cleanses your palate. This seems to be a popular choice amongst visitors, so be sure to try the Teh Bottle, costing only RM2.50!



Maggi Mee Goreng
RM4.00

Beside the beverage station, you will notice one lady cooking. it is impressive how she manages to cook for many people at such incredible speed. It is not just that she is fast in getting food out of her wok, her hands create delicious food. One of the most highly recommended is the Maggi mee goreng (fried Maggi noodles) served with emping belinjo (bitter crackers) and lime on the side.

Maggi mee is an instant noodle brand which has now become a common local favourite. The Maggi noodles are first softened in hot water and then a sachet of flavouring is added to it. Since "goreng" implies that it is stir-fried, the chef also adds other ingredients for a more enjoyable dish.

Even though the Maggi mee goreng is cooked dry-style, it is still tasty. All the seasonings imbued well into the noodles. The onions in the noodles add a slight sweetness. There are also little chopped meat for protein. For a sourish punch to the dish, squeeze the lime on top. Mildly spicy, it is great for non-spicy and spicy eaters. Eat it with emping belinjo, which is slightly bitter. The combination is different than most Maggi mee goreng out there but it is still delicious. This generous serving of magi mee goreng is only RM4.00. There are other fried items available including fried rice.

A Chocolate Affair

Chocolate can never fail to lift up one's mood, that explains why it is called "happy pills". We are eager to share with you chocolate lovers some of our favourite extraordinary, unique and unconventional chocolate dessert. You gonna love each and every bit of it!

By Jane Bee



The Dream Team

Our favourite pick from Wafflemeister is no other than its Dream Team, a combination of waffle and gelato of your choice. The handmade Liège waffle, flew all the way from Belgium and the layer of caramel formed from the sugar inside the dough make the waffle crispy along with a thin trail of pleasant sweetness. Pair it up with the Chocolate Peanut gelato topped with the melted premium dark, milk or white chocolate, it will definitely send your taste buds into ecstasy. You can customise the toppings to your preference. And did we mention they have Nutella as one of the toppings as well?

Wafflemeister Malaysia
Address: K32 Level 3, Suria KLCC, 50088 Kuala Lumpur

Moulin Rouge

Naming a pancake as Moulin Rouge is certainly catchy and cheeky, but if it's an attention grabber, why not? One of our favourite pancakes in town, Moulin Rouge is made with valrhona dark chocolate, fruit de la foret, whipped cream, chocolate chips and praline croquantes wrapped in a pancake. It is not too rich. In fact, the combination of the chocolate and berry-like taste left us wanting more. The pancake is wrapped like a burrito, which makes it easy to handle, mess free and friendly for people who are always on the go.

Le French Wrap
Kioske K1, Level UG, Publika Shoping Gallery,
Solaris Dutamas, Kuala Lumpur



Chocolate Durian Cake

Ever fancy the idea of indulging in both durian and chocolate at the same time? If it's a yes, then you might just find your dream come true at Just Heavenly. The café's Chocolate Durian Cake is made to perfection – both in taste and texture. The cake is stuffed with D24 durian pulp with thin layers of sponge holding it together and covered by chocolate ganache that is added with a bit of chili. With one bite, one will feel like you are eating the real durian itself instead of a cake and the slight spiciness left lingering in the mouth certainly pleases the taste buds even more.

Just Heavenly Café
Level 2 Bangsar Shopping Centre,
Kuala Lumpur
Tel: 03-2011 4866



Avocado Chocolate Cake

We have heard of vegetarian food but vegan cake where no dairy products and eggs are used in the baking process? Just Heavenly had it sorted out with its latest cake, the Avocado Chocolate Cake. Made using Hass avocados and Single Origin Madagascar 60% dark chocolate with reduced sugar, the richness of its taste and smooth texture can leave one wondering how such a tasty vegan cake is produced without the use of the main ingredients for a cake. Another plus point: we absolutely love how the tingling taste of avocado is playing hide-and-seek with our taste buds!

Just Heavenly Café
Level 2 Bangsar Shopping Centre,
Kuala Lumpur
Tel: 03-2011 4866



SHOPPING PREVIEW



Tod's Spring 2014

- 40 Hotpicks Women
- 41 Hotpicks Women - Pastel
- 42 Hotpicks Men



Be Daring

The Hugo Boss brand has never failed to express sophisticated and understated styles. Its eyewear collection that is designed in two-tone colour combinations and the softly rounded silhouette frames will definitely add in more edge and elegance to your style



The Colourful Nyonya Mix

Culture will always have a place, be it in lifestyle, norms and above all, fashion. Add in some Nyonya twist to your style today with Sereni & Shentel Nyonya Blair – Jade. A fusion of modern and traditional style often produces something new and refreshing.



The Brazilian Beat

Think of fiery samba rhythms, the famous Brazilian carnival and Rio's urban exotic flair, these pretty bags from Aigner Leather Collection S/S 2014 are a perfect match for the bohemian or chic look. We can never have enough of the little magical touch every now and then.

FOR HER



The White Reformation

Breathe a new lease of style to your attire with Saint Lauren Classic Rock Backpack in Silver Leather. Pulling the chic, edgy, bohemian or sweet girlie style can never be easier when you pair your attire with a bag so versatile that it can go with almost anything.



The New Mix of Feminine and Masculine

The recent catwalk show during Paris Fashion Week saw H&M Studio, the new name for H&M's seasonal collection of key pieces, presenting its new autumn collection for 2014. The new mix of femininity and masculinity saw slip dresses and draped tops as the new essentials, especially when it comes to pairing them up with blazers or biker jackets. H&M Studio did a great job in portraying the Parisian spirit to the collection as well.

Pastel – Spring's 'It' Colour



Cast The Silhouette

Enhance and bring out the shape of your face with Max&Co's sophisticated Hip Chic sunglasses. The transparent/opal colour contrast certainly goes with almost any colour, without losing its edge and class.



New York's Interpretation of Pastel

The latest Gübelin's New York Collection certainly has it all: the pastel shades so playful yet strong in character at the same time. From casual to business, let this blend of flattering white gold, diamonds and pastel-coloured opal collection adds in a touch of glam to your attire.



Simplicity

Saint Laurent Letters Nappa Silk in Pink looks like a simple clutch, except that it certainly has everything right in bringing out the gentle side of the bearer while remaining exclusive and stylish. Seems like we can never underestimate simplicity for it never fails to bring out the unseen beauty.

More Than Just 'Sweet'

Looking chic, feminine and sexy is never a problem when you pair your outfit with Stuart Weitzman's Nectar Nappa. No doubt this pair of shoes can easily add a touch of glam to your pastel outfit without overdoing it with its simple yet alluring design and colour.



Putting Fashion and Sustainability Together

Supermodel Amber Valletta is the face of H&M's spring campaign, Conscious. Unlike others, Conscious focuses on sustainable fashion and design, a coincidence with Amber's interest in sustainability. Taking inspiration from a mix of flamenco and bohemia, we certainly can't wait to check out their recent collection.



Sophisticate your style

Modish and classy, this GG 1069S-CBU from Gucci is just what you need to sophisticate your style. It features an exciting mix of a semi matt finished acetate frame with metal details and rimless metallic mirror lenses and the temples are enhanced by the combination of carbon fiber and rubber end-tips for great comfort wear.

Price: RM1,480



Carry it well

Clean-cut and classy, Cole Haan's Madison Commuter Brief (Mahogany) is a great addition as your day-to-day mobile accessory. Not only its leather material elevates one's timeless individual style, it is practical. It has sufficient capacity for you to carry all that you need without fuss.

Price: RM1,600

Slim chino

Be it for a normal day out or for the office, the Stone Slim Chinos from Topman is a worth-it investment as it is wearable for various occasions. Slim fit with contrast thread detail at rolled hems and in waistband as well as 100% cotton, it is comfortable and it makes you look slim.

Price: RM173

Just slip it on

The Saint Laurent Shoe Skate 20 Slip On is a high quality material canvas sneaker specially designed to suit most occasions. This footwear features a simple structured, yet luxurious craftsmanship that is ideal for men's spring-summer wear.

Price: RM2,950



For sun and rain

April is the season of sun and rain, so you need something comfortable to suit both conditions. This blazer with detachable hood from ZARA is incredibly practical as it can protect you from the unpredictable weather, yet still retain a stylish professional look for work.

Price: RM659



PREVIEW

ART & LIVING



Tajuddin Ismail, Imago, 1994, Acrylic on board 60 x 60 cm

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TAJUDDIN ISMAIL

Inspire by nature

By Siti Wajihah Kholil



Sinaran, 1989
Acrylic on canvas 90 x 90 cm

Tajuddin Ismail is a reputable artist worthy of respect and recognition for his amazing abstract art that draws inspiration from natural forms and landscapes. His distinctive style has lured many art enthusiasts into his realm of innovative, complex artistry. To Tajuddin, just as how music is able to make a connection with the listener, art is the same. It is all about making a visual connection with what one is seeing.

Education and occupation

Born in 1949 in Negeri Sembilan, Tajuddin had a deep-rooted passion for art at an early age. He not only possesses great talent, but he also has a solid educational foundation in art as well. He studied Fine Art at the MARA University Institute of Technology (UiTM) in Malaysia and then pursued Graphic Design at the Art Center College of Design in Los Angeles, USA. Then he did his post-graduate studies in Interior Architecture at Pratt Institute in New York, USA. In 1987, he was granted the Fulbright Research Fellowship by the American Council of Learned Societies of New York.

In 1975, Tajuddin became a senior lecturer and an associate professor of design at UiTM's Faculty of Architecture. In 2004, he resigned from UiTM and established an art gallery, TJ Fine Art, with

his wife, Khaliah Ismail. Both now are the managing directors of the gallery. It was set up for the purpose of exclusively featuring Tajuddin's works along with those of other chosen contemporary artists from Asia, the USA, South America and Europe.

Awards and achievements

The renowned artist has participated in more than 150 solo and group exhibitions in Malaysia and throughout countries in Asia, South America, Europe, and USA since the late 1960's. Active for almost five decades, Tajuddin has won numerous Art and Design awards nationally and his artworks can be found in private art collections, museums, exhibitions and corporations in Asia, the Middle East, Europe and America. He is also a well-respected graphic and interior design consultant to many government agencies and private organisations.

Some of his solo exhibitions held locally included Recent Paintings & Drawings at Dewan Tunku Chancellor (1977), Innerspace at Australian High Commission KL (1978), Recent Works (1979) and Unfold (1994) at Art Salon KL, and Mind Matter & Metaphor at Segaris Art Centre KL (2012). His works were also featured at the KL Auction in April 2013. He was conferred with various honours



Innerspace-Ochefield, 1990
Acrylic on board 122 x 122 cm



Innerspace-Mindscape No 8, 1990
Acrylic on board 122 x 122cm

and awards from Salon Malaysia of the National Art Gallery KL (Minor Award) in 1979, Malaysia Design Council (Minor Award) and Phillip Morris at the Malaysian Art Awards (Honourable Mention) in 1994.

His art style

Subjectivity in paintings is what makes abstracts so unique and beautiful. Tajuddin's abstract artworks are never straightforward and underlie a metaphoric or symbolic meaning. The interpretation of his paintings is never meant to be one way in particular, as he creates his art pieces in a way that can mean different things to different people as perception is based on life experiences. With art, it is not

a matter of understanding what an artist simply paints, it is more about how the art makes you feel. This principle has always been the sole purpose for the artist.

Nature is his prime inspiration due to his appreciation of God's creations as sustenance of life on earth, which he truly appreciates. The greatness of nature's wonder can make one ponder on its beauty and tranquil. Hence, Tajuddin's art uses a mixture of lines, colours and geometric shapes to portray the time and space of nature in a serene poetic visual language that is very well structured, yet lyrical. His complex sense of illustration with simplified oeuvre mirrors his artistic talent, knowledge, skills and spiritual development as an artist.



Horizon, 2002
Acrylic on canvas 30.5 x 30 cm



Imago, 1994
Acrylic on board 60 x 60 cm



Untitled, 1977
Mixed Media on paper 22 x 16 cm

MULTHALIB MUSA

Sculpting to success

By Siti Wajihah Kholil

Abdul Multhalib Musa is one of Malaysia’s leading contemporary sculptors of our time. His unique works have grabbed the attention of the local visual arts community and earned him a solid platform in the art scene. The master craftsman is known for his “fluid metal sculptures” which have also garnered him worldwide recognition, numerous international awards and residencies. He is without a doubt one of the national’s most prominent sculptors today.

Born in Penang in 1976, Multhalib received his first bachelor’s degree in Design Studies from the University of Adelaide in Australia in 1998. He returned to Malaysia and pursued a bachelor’s degree in Architecture from MARA University of Technology in 2000. His educational foundation in architecture has influenced his unique style in his abstract sculptural works.

Modern architecture not only involves the mastering of sculpture and art, but it also incorporates the use of technology. Multhalib’s architectural educational background plays a great influence in his sculptural method. Before the commencement of any of his works, he conducts

a comprehensive analysis. He would start by creating patterns and visualising them technologically in three-dimensional forms, only then he would create small prototypes to ensure the right use of tools, materials and techniques before the production of the real sculptures. The fabrication of his works is often assisted by a team of builders through the use of machines to laser-cut steel. He would drench the steel with salt water to create a rusty effect, which is known as his sculpting signature and identity.

Multhalib fully utilises geometric shapes in his sculptures. He used mathematical shapes and equations of circles, spheres, ovals and swirls in the composition of his series of circular sculptures entitled, Swirls, showcased at the Australian High Commission Kuala Lumpur in 2005. He also did the same for his Involute series (2005) and Twist (2008). Over time, Multhalib developed a key principle that he holds on to until today, which is to transform a creation of two-dimensional into three-dimensional figures so that he would be able to resonate a connection between his sculptures and the audience.



Reconstructing Beauty I, 2004
Lasercut Mild Steel 120 x 120 x 3 cm



Multhalib Musa’s “Inverted Swirls” produced in 2009 measuring 155 x 155 cm



Tun Dr. Mahathir Mohamad and wife appreciating Muthalib’s sculptural work

Awards, residencies and commissions

Multhalib’s sculpture demonstrates a clean-cut and edgy silhouette, distinguishing its kind from others. It is no wonder that his immaculate, kinetic-style has secured him many awards. In 2002, Multhalib won the Award of Excellence at the 6th Oita Asian Sculpture Open Competition in Japan and the Juror’s Choice Award by the National Art Gallery in Kuala Lumpur. He was specially chosen to participate in the Ordos 11th Asia Arts Festival, Inner Mongolia Autonomous Region in China, and also the Urumqi International Urban Sculpture Symposium in Xinjiang, China in 2009. More impressively, he also won a competition to design an outdoor sculpture for the 2008 Beijing Olympics in China.

Some noteworthy residencies of his works include the Rimbun Dahan Residency in 2001 and the Australian High Commission Residency in 2004. He has also crafted some sculptures and received major commissions for public spaces such as Patience for Petronas, now displayed in the lobby of the Prince Court Medical Centre, The Essence of National Legacy for the Putrajaya International Convention Centre and the latest, Darussalam for the Grand Hyatt. Others include for the Westin, UMW Toyota, Aliya and Farouk Khan and more.



Graphic illustration for Malaysian Breeze II signed by the artist by the artist, Multhalib Musa

KLAS presents the Malaysian Breeze II

One of Multhalib’s great works, the Malaysian Breeze is currently owned by the Hilton and is mounted on their double volume wall above the lounge. The Malaysian Breeze II, however, is set for auction at the KLAS Art Auction Edition VIII on April 6, 2014. The Malaysian Breeze II contains 21 pieces of distinct-shaped laser-cut metal sculptures, when combined and affixed on the wall, emit a unique kinetic ability to the overall visual. The purchase of this particular work of Multhalib includes a graphic illustration personally autographed by the artist himself.

Multhalib has shown growth in his series of sculptures throughout his years as a professional artist. He is evidently highly skilled in geometric knowledge, innovative concepts and sculptural precision which make him one of the leads in the contemporary Malaysian sculpture movement. Exhibiting consistently in group and solo shows since 2000, his urban-like rusty sculptural style marks him as a prodigious artist whose works are anticipated to be of utmost eminence.



MULTHALIB MUSA
Malaysian Breeze II, 2003
Lasercut Mild Steel 60 x 122 x 3 cm (Total of 21 pieces)
RM 90,000 - RM 150,000

BATIK PAINTING MUSEUM, PENANG

Spreading Malaysia’s unique artistry

By Siti Wajihah Kholil



Batik Painting Museum Penang
19 Armenian Street, 10200 Penang
Tel/Fax: +604 2624 800
E-mail: batikpg@gmail.com
Web: www.batikpg.com

Open daily: 10am- 5.00pm, 10am-3.00pm (Sat)
Admission: RM5.00 (Adult), RM1.00 (Children)

Batik is an ancient and multifaceted art that uses wax as a resist to create visual beauties. It was developed in various places worldwide. The Russians in Czarist times used batik method to produce spectacular Easter eggs while the Japanese used dye and wax resist to create beautifully-designed fabrics. However, the popularity of batik art originally rose from Java, Indonesia.

Batik art spread due to the trade relations between the Malay Kingdom in Jambi and the Javanese coastal cities in the 13th century. It was then that the Malay peninsula was influenced by the Javanese batik craft, technically and in its designs. In the 1920’s, the Javanese introduced the use of wax and copper blocks to the east coast of Malaysia. Over time, the country developed its own identity of the batik concept, which now evolved and penetrated the art scene known as batik painting.

The growth of batik painting began with Datuk Chuah Thean Teng, an artist living in Penang, who was accustomed to the method of the old traditional batik technique of using the dye-resist process in making decorative motifs and designs on fabrics. In the 1950’s, he had the innovative idea to combine his artistic talent with his batik-making skills to produce fine art that is distinct from others. Although it seems simple in theory, this fresh new idea of his took years of rigorous experimentation before he reached his ultimate success.

It was in Penang in 1955 that the first Batik Painting Exhibition was held, then in Singapore in 1956 and Kuala Lumpur in 1957. The exhibitions impressed those within the art sector and were positively acclaimed by the art industry. As several years passed, many Malaysian artists as well as those within the Southeast Asian region seized the challenge and embraced this new art method. This batik painting technique advanced at so many levels, which resulted in many luxuriant and varied styles of the artworks.

The Batik Painting Museum, Penang was established for the purpose of presenting the history of batik in Malaysia and its evolution through the emergence of various prominent artists throughout the years. The museum displays 70 batik paintings and is exhibited in chronological order, beginning from Chuah Thean Teng, the original creator of the batik painting technique, in the 1950’s up until the current period. The Batik Painting Museum features over 25 artists such as Khalil Ibrahim, Datuk Tay Mo-Leong, Fatimah Chik, Toya, Koay Soo Kau, Cheong Soo Pieng and Seah Kim Joo etc. The batik medium has also been very well accepted by other regional countries, so the museum also introduces a few artists from China, Indonesia and Thailand.

Since its inception 60 years ago, Batik Painting has undoubtedly created its own platform in the art industry whereby artists are able to explore and advance their creative talents through the batik medium. Today, a vast number of Malaysian artists have fully devoted themselves to their careers in order to promote the beautiful art of batik painting that is gradually gaining attention and recognition. The Batik Painting Museum, Penang serves as an avenue to honour the local talents’ contribution to the art industry and is a great venue for the public to appreciate our homegrown gifted artists. Most importantly, by creating innovative stunning visuals, delving into batik painting is a great way for our local artists to promote Malaysia and the beauty of its culture and heritage.



Tan Thean Song (B. Kedah, 1946)
Women at Work, 2007
Batik 75 x 46.5 cm



Seah Kim Joo (B. Singapore, 1939)
Buffalo Tender, Undated
Batik 72.3 x 87.5 cm



Ismail Mat Hussin (B. Kelantan, 1938)
Two Trishaws, 2008
Batik 76 x 92 cm



Khalil Ibrahim (B. Kelantan, 1934)
Abstract in Yellow and Pink, 1987
Batik 54 x 45 cm



Kwan Chin (B. Kuala Lumpur, 1943)
Village Scene, 1970s
Batik 65 x 48 cm



Lee Kian Seng (B. China, 1948)
Pounding Rice, 1970s
Batik 69 x 57 cm



Grand Lexis Port Dickson

Your golden getaway

By Siti Wajihah Kholil

Batu 2, Jalan Seremban, 71000 Port Dickson,
Negeri Sembilan, Malaysia.
Tel: (06) 653 2000
Email: reservations@grandlexispd.com



Comfortable private pool villa

Occasionally, one needs to escape from the hectic city life. When solitude, and solace are what the heart seeks, just around an-hour-and-a-half drive away is the perfect getaway for peace, tranquility and rejuvenation. The Grand Lexis Port Dickson is a five-star resort that showers you with luxurious comfort and first-rate hospitality. Awarded for the most number of swimming pools in a resort by the Malaysia Book of Records, the Grand Lexis is distinct with its designed private pool in each of its 317 villas.

Parking is free and easy. Upon your arrival at the lobby, you are greeted with the friendliest of smiles from the staff, standing by and ready to assist you. Checking in is efficient and your bags will be carried for you by an escort. As the villa is quite far from the lobby, a 24-hour buggy service is available to send you to your room. You can simply call the lobby to request for a buggy to pick you up anytime when in need.

The Grand Lexis features a Balinese-inspired concept of villas linked by spacious boardwalks. Guests are able to soothe their eyes and minds as each unit offer a scenic view of the open waters. All villas are tailored with Balinese natural tumble stone, marble and tropical hardwood flooring as well as granite vanity top, decorative fabric headboard, quality furniture and sanitary fittings. Each villa is also fixed with a solid glass panel where guests are able to view the seawater lapping underneath.

The fresh roses and daisies displayed in parts of the room brighten up your welcome. The dim lights



Grand Lexis public swimming pool

that radiate warmth feed your stay with deep relaxation. More importantly, it is evident that the resort follows high hygienic standards to ensure a healthy environment for dwellers. It is so well maintained that even the water of the in-room pool is crystal clear. Families who would like their own privacy can enjoy swimming to their heart's content. The villa feels like the perfect dream home.

The Deluxe Pool Villa has one king-sized bed, the Sky Pool Grand Villa has three king-sized beds, while all the other villas feature two king-sized beds which accommodate four people. Each villas has a large LCD TV with DVD player, deluxe coffee and tea-making facilities, mini bar, microwave oven, cutlery and crockery as its standard amenities. Its plush thick mattress covered with gentle cotton bedspread and

a soft-to-the-skin cotton sateen comforter with heavenly pillows puts you in a restful sleep after a long tiring day.

There are four restaurants within the Grand Lexis grounds. Breakfast is ideal at Duyung Restaurant, an all-day dining eatery, where tempting local and international delicacies are served. With a wide range of breads, cheese, assorted cold cuts as well as Eastern delights such as nasi lemak and rava thosai, guests are spoilt for choice. You can also enjoy drinks with your friends by the poolside at the Pool Café. For an entertaining evening, however, the Lanun Bar feature a live band performance. If you prefer something more oriental, the Genn Japanese Restaurant offers you the best cuisine for your indulgence from the Land of the Rising Sun.

Exclusively for Grand Lexis guests, a voucher that entitles you to three selections of recreational activities is available. The choices include twelve arrows of archery, two rounds of Segway Fun Ride, two bicycle rides (30 minutes), one bicycle ride (60 minutes), one KMX ride, table tennis (30 minutes) and Wii games (30 minutes). Other recreational facilities include the beautifully landscaped swimming pool for adults and children, a resting area at the gazebo, sandy area at the Tower Block where you can play beach soccer and volleyball, and not to forget for inflatable rock climbing or team-building exercise.

Those who prefer something quieter and relaxing are advised to experience the Lex Spa. Located at Level 2 of the Tower Block, the spa is the perfect stress release. Undergo serene calmness and body refreshment as the spa therapist rejuvenates all your senses. Suitable for men and women, the spa uses Pevonia Botanica, a prestigious spa therapy for all its treatments.

The resort was honoured with numerous accolades such as the Century International Quality Gold ERA (Geneva) 2011, Asia Pacific Commercial Property Award 2010 in association with Bloomberg Television (Hong Kong) and the Certificate of Excellence 2012 by TripAdvisor.

Grand Lexis is not only ideal for couples who are on a romantic escape, but also families who simply want to enjoy themselves during the holidays. With captivating scenery, comprehensive facilities, excellent service, delicious dining and an awesome private pool, the Grand Lexis experience is definitely gold-class.



KMX ride for outdoor fun

Taman Sari Malaysia

Offering the essence of the forgotten kampung life

By Jane Bee



Taman Sari Malaysia
Batu 18, Hulu Langat (Full direction will be given upon booking confirmation)
Tel: 019-271 4299 (Alfa)
Email: tamansarimalaysia@gmail.com



Chilling place



Living Room at the Main House



Looking for an escape from the concrete jungle? While it is common for one to think of destinations like Phuket or Pulau Perhentian, we say look no further than within the Klang Valley itself. You may think it is impossible for us to have a peace of mind while being upclose with nature within Klang Valley – an area where there is development taking place all the time.

If that's the case, Taman Sari Malaysia certainly proves you wrong. Located just a 45-minute drive from Kuala Lumpur, you will find yourself greeted with a rare change of scenery and the peace of mind that comes with it. Driving on a road that is surrounded by mountains and trees instead of high-rise buildings and streams of vehicles certainly ease your restless and anxious mind. While you may feel uneasy at

the change of landscape initially, it won't be long before you find yourself relishing the sight of greenery and the small town, Hulu Langat that seems to have been frozen in time.

Upon your arrival at Taman Sari Malaysia, you will be welcomed by a web of surprises as well as the flora surrounding the place especially if you've never been to a kampung before. The pathway to the reception area will leave you confused, where you doubt whether you are still in the Klang Valley or in the midst of a jungle.

The main house, which is a reception area built from recycle wood retrieved from old kampung houses with the design of a traditional malay house. There is also an outdoor dining area that is a perfect place for romantic dinner.

Making your way to the villa will leave you in amaze – with farm animals such as chickens, ducks and turkey roaming the area freely, the statues that give off a Balinese feel and garden that takes your breath away. The area is surrounded by a pleasing and heart-warming kind of silence, with the animals clucking breaking it occasionally.

Taman Sari offers exclusivity and privacy as there is only one unit available – making it an ideal place for a couple. Known as 'The Bothy', it is an independent villa that is located away from the main house. The bedroom has only three walls with the forth side open to take in the view of the vast greenery across the land. In case you like to have the room a bit dim, you can always

bring down the wooden chick binds that create a shadow effect in the room.

Despite the absence of air-conditioning, keeping the place cool is not a daunting task. It takes only the presence of windows and two ceiling fans as a wooden house does not retain heat, unlike a brick house. The bathroom is in a semi open-air area that allows you to catch a glimpse of the surrounding scenery as well as the chickens roaming around the area as you take a bath. It is equipped with a water heater. However, we would recommend you to shower with the refreshing natural cold water that is drawn from the river nearby.

When twilight draws near, the night dwellers in the jungle slowly make their presence felt. It is

never a silent night at Taman Sari Malaysia with the crickets singing throughout. As darkness of the night slowly engulfs the sky, the stars dot the welkin with their twinkling light.

Enjoying the beauty of the night as you sip a cup of hot drink and letting the cool breeze caress you is perhaps one the best moments offered by Taman Sari. What's more, you can relish this moment from the comfort of the bed, a plus point! It is also one place where the crowing of the rooster instead of the alarm clock wake you up in the morning.

Sometimes, you do not need a fancy hotel for a getaway. A simple kampung life indeed offers the very much needed solace, tranquillity and peace to urban people. You'll find it all at Taman Sari Malaysia.

A Day With Korean Heartthrobs

By Jane Bee

Out of appreciation, love and gratitude for their fans' support and loyalty, the three members of the 'Kings of K-Pop' BIGBANG, G-Dragon, Taeyang and Seungri held their first fan event, G-Dragon, Taeyang and Seungri 'Thinking of You' Fan Meeting Show in Malaysia on March 16 at the Sunway Surf beach.

During the event, BIGBANG's fans, K-Pop fans and music lovers were entertained with a numbers of solo from G-Dragon, Taeyang and Seungri as well as the most anticipated group performances of their latest hits. Furthermore, fans were given the opportunity to get up close with their idols as all three Korean stars talked and shared their personal feelings during the meet-the-fans session – a precious moment for the fans in getting to know more about their beloved artiste.

Known for their hip-hop music style and flamboyant fashion style, BIGBANG has been a phenomena since their debut in 2006 – being the first Korean boy band with 16 sold-out shows with 770,000 audiences as well as Korean chart-topping songs such as Last Farewell, Haru-Haru and Tonight. They have bagged numerous prestigious awards that include the Best Worldwide Act at MTV Europe Music Awards 2011 and the first Asian artistes to be awarded the Best Fan Award at MTV Italy TRL Awards in 2012.

With their fan-meeting event, fans can certainly look forward for more of BIGBANG in the future.

5 GREAT REASONS TO VISIT SINGAPORE

With so much going on in Singapore, there's always a reason to visit the little red dot. Here are five exciting events and attractions you should know about.



FOR ANIMAL LOVERS Amazon River Quest

River Safari

Immerse yourself in the Amazon River Quest and get up close with 30 animal species living on the edges of the Amazon River. For the first time in Singapore, see the red-backed bearded saki monkey, collared peccary and red howler monkey, and be transported into a dark cave home to South America's largest wild cat, the jaguar.

www.riversafari.com.sg



KIDS' PICK Dinosaurs: Dawn to Extinction

Through Jul 27

ArtScience Museum

Come face to face with the dinosaurs at this massive, interactive exhibition of over 400 fossils and models, and some 50 artworks of intriguing species. Get up close and personal with some of the oldest dinosaur fossils ever discovered on the planet, many of which are on show to the public for the first time. Plus, have fun at hands-on workshops and engaging talks by paleontologists.

www.marinabaysands.com



A TOUCH OF ROMANCE Tulipmania

Apr 14-May 4

Flower Dome, Gardens by the Bay

Enjoy a visual feast at this colourful botanical display of 25,000 tulip bulbs of assorted varieties from the Netherlands in a sea of red, yellow, orange, purple and white. Part of the European leg of the 'Gardens by the Bay Goes around the World' series for 2014, Tulipmania is inspired by Madurodam, a popular miniature park and tourist attraction in the Netherlands.

www.gardensbythebay.com

FOODIE FUN Singapore Food Festival

Jul 11-20

Various venues

Treat your taste buds to an impressive range of local culinary wonders as the annual food festival kicks off. This year, you can look forward to sampling some of the best local fare that Singapore has to offer while enjoying ten days of exciting culinary experiences across the island.

www.yoursingapore.com/sff



FOR BROADWAY FANS Grease

Apr 25-May 11

MasterCard Theatres at Marina Bay Sands®

Straight from London's West End comes the sensational musical production of Grease, based on the 1978 movie starring Olivia Newton-John and John Travolta. Packed with infectious energy, a talented international cast, slick dance moves and singalong songs like 'You're The One That I Want' and 'Grease Is The Word', this Broadway musical is set to be truly electrifying.

www.marinabaysands.com



Visit YourSingapore.com for more unmissable upcoming events and the latest attractions to visit in Singapore. Or download a free, interactive guide to goings-on around Singapore for your iPad or Android tablet from www.wheresingapore.com.





Rockin' The Night With Avril Lavigne

The 29-year-old pop punk sensation Avril Lavigne entertained thousands of her fans with her popular hits in her concert that took place at the iconic Merdeka Stadium on March 14. That performance marked Lavigne's third concert in Malaysia after the first in 2008 and then 2012.

The show started off with a video montage of Lavigne thanking her loyal fans for all their support before making her appearance on stage with the dubstep-infused Hello Kitty. She also performed a number of her popular hits such as Complicated, Sk8er Boi and Girlfriend before ending the show with the rock ballad, I'm With You.



A Glimpse of The Broadway

More than 8,500 fans gathered at the Arena of Stars, Resort World Genting for the long-awaited performance by the pop opera sensation, Il Divo, during the two-night concert that took place on March 14 and 15.

The group which comprises Spain's Carlos Marin, American David Miller, Urs Buhler from Switzerland and France's Sebastien Izambard wowed the crowd with their strong vocals with songs like Memory, Don't Cry For Me Argentina, Somewhere, The Winner Takes It All and Impossible Dream accompanied by the Malaysian Philharmonic Orchestra.

The audiences were also entertained by one of Asia's songbirds, Lea Salonga as the guest artiste of the night. She performed a few solos such as Defying Gravity and I Dreamed A Dream before intertwined the group's powerhouse vocals in numbers such as A Whole New World, Can You Feel The Love Tonight and The Music Of The Night – with the crowd hyping up the concert with cheers and applause throughout the night.



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Citroën DS3

Chic and edgy, the latest Citroen 3 is set to shake the supermini vehicle premium segment in Malaysia



(From left to right) Lionel P. Jaya Singhe, General Manager at Naza Euro Motors Sdn Bhd, Aswi Bujang, Area Manager for Asean Sales at Automobiles Citroen, Datuk Samson Anand George, COO of Naza Euro Motors Sdn Bhd and Mohd Irhash Zamani, Manager at Naza Euro Motors Sdn Bhd at the launch of Citroen DS3.



The Citroen DS3 that was first previewed at the Kuala Lumpur Motor Show 2013 is finally hitting Malaysian shores. The premium three-door supermini, B-segment car was inaugurated by Naza Euro Motors, the official distributor for Citroen in Malaysia in February 2014, putting an end to all the anxious wait for the arrival of the Citroen DS3.

"The entrance of the Citroen DS3 into the Malaysian market completes the Citroen DS line which evokes expertise, style and technology inscribed with the DNA of innovation and distinction," says Datuk Samson Anand George, chief operating officer of Naza Euro Motors Sdn Bhd.

Crowned as the "Car of the Year" by the UK's Top Gear magazine when it was first launched and voted as the "Best Supermini 2013" recently by JD Power Survey in the UK, the Citroen DS3 definitely stands out with its razor sharp styling and a visually-arresting design while complimented by its premium amenities.

Each and every feature of the Citroen DS3, be it exterior or interior, is manifested with cutting-edge creativity and innovation. With features like the 'shark-fin' B-pillar that creates the illusion of a floating roof and the mesmerising sleek '3-D'

rear lights, the Citroen DS3 easily sets itself apart from the other B-segment competitors.

It is available in seven combinations of bitone roof colours that match the door mirrors with chrome base that are offset by chrome side rubbing strips. It comes with 17-inch Bellone black diamond-tipped alloy wheels in Red Rouge Rubi with Black Top, Red Rouge Rubi with White Top, White Blanc Banquise with Black Top, White Blanc Banquise with Blue Top, Black Noir Perla Nera with White Top, Blue Belle with White Top and Yellow Jaune Pegase with Black Top. Furthermore, there is a variety of colours for the key fobs where one can colour-code it according to the car as well.

The Citroen DS3 is also equipped with a cockpit-inspired driving position with a sports-styled instrument cluster that comes with conical dials, small-diameter wheel and low-slung body-hugging seat, giving the driver a firm control of the agile movement of the vehicle.

It is furnished with HiFi audio system with additional speakers located in the middle of the upper dashboard, amplified subwoofer in the boot, an MP3- and WMA-compatible CD player, Bluetooth hands-free kit and Mistral Claudia leather seats to provide top-notch

comfort that enhances the driving experience of its driver and passengers.

The Malaysian flavoured DS3 is powered by a 1.6-litre VTi 120 automatic petrol engine that produces 120hp and 160Nm of torque which allows it to go from 0 km/h to 100km/h in 10.9seconds. At 3.95m long, 1.71m wide and 1.46m high, the Citroen DS3 combine styles with versatility as it sets a new class standard with its stylish, spacious and versatile cabin. It also boasts having among the largest boot in its class at 385 litres and the 60:40 split-fold rear bench can be tumbled forward effortlessly despite additional load capacity.

Citroen emphasises the safety of the car's passengers as well. Awarded with a-maximum five-star rating from the Euro NCAP crash safety test, the Citroen DS3 is equipped with additional six airbags, three pointed seat belts and ISOFIX anchor points aside from a standard brake system.

The Citroen DS3 is currently priced at RM117,888 (on the road). Be sure to drop by your nearest Naza Euro Motors showroom for a test drive to experience the Citroen DS3 yourself. For more information, visit <http://www.citroen.com.my/> or call their customer careline at 1800-222-808.



Bata's Long Service Award annual dinner

By Siti Wajihah Kholil

Excitement and jollity filled the air as Bata hosted its Long Service Award annual dinner on March 21, 2014 at the Ritz-Carlton Hotel, Kuala Lumpur. Employees, suppliers and members of the media were also present at the occasion to celebrate in honour of the recipients for their 15, 20 and 25 years of service, and for their dedication, hard work and loyalty.

Guests began arriving at 6.30pm and were offered cocktails at the ballroom foyer before the start of the event. The "Around the World" theme saw many guests in beautiful and colourful traditional wear from around the globe such as Indonesia, Thailand, Saudi Arabia, India and Spain. Speeches were then given by the managing director of Bata Malaysia, Paolo Grassi, followed by the group managing director of Bata Emerging Markets (BEM) East, Marcello Pace. The rousing speech ended with a strong cheer of "Malaysia, boleh! Malaysia, boleh! Bata, boleh!", leaving the crowd with a massive enthusiasm for the evening.

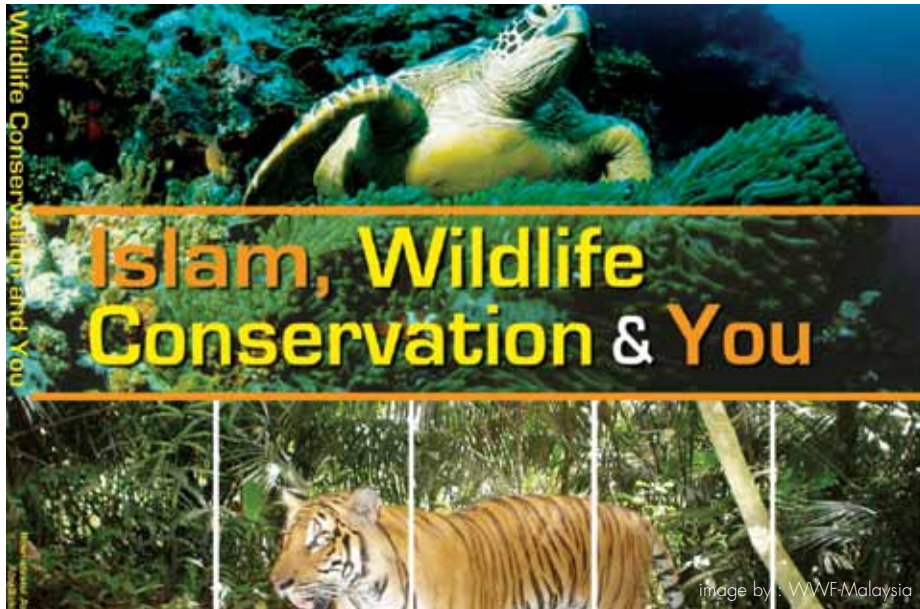
The Long Service Award was awarded to 13 Bata employees. For 15 years of service, the award was given to depot attendant Ayob Khan Jan Ali, acting sales manager Lian Chin Thong and depot driver Phua Po Hua. The award for 20 years of service was presented to retail operations manager Lee Kim Sun, store operations manager Ong Chin Teong, district manager Mohd Izhar Lim Abdullah, shop manager Paraminparay a/p Suppiah Paraminparay, human resource executive Ruzi Abdul Rahman, technical support Thanalaskmi a/p Darmalinggam and MIS assistant manager Tee Lay Khim. For 25 years of service, the award went to shop manager Liang Soon Kat, store manager Lee Sin Kee and president of BEM, Jorge Carbajal.

Carbajal was also present to receive his award. He started as an administration manager of Bata Peru on April 4, 1988. Due to his great continuous progress, diligence and commitment, he was subsequently promoted to many positions

over the years until he became the company manager of Bata Malaysia in 2004. Under his management, Bata Malaysia prospered drastically in revenue and profitability, and his career path soared. His effective leadership earned him prominent positions in the Bata fraternity throughout the years which led to his latest appointment as chief operating officer of Bata Emerging Markets for Asia, Africa and Latin America in early March 2014.

After the award-giving ceremony, guests continued to indulge in the oriental meal. A lucky draw session was held and many happy winners took home amazing prizes. There was even a best-dressed competition. The guests' cheerful mood echoed through the hall as a live duo band performed to energise the crowd through a mix of English and Malay classics and modern music. The Bata's Long Service Award annual dinner was surely festive and enjoyed by all.

WWF-Malaysia's 'Islam, Wildlife Conservation and You' handbook to boost Muslims' environmental participation



About Institute of Islamic Understanding Malaysia (IKIM)

IKIM is an organisation established to disseminate and promote the true understanding of Islam to Muslims and non-Muslims that encompass various fields related to all aspects of human life including issues on environment conservation. Since its inception in 1992, IKIM has been actively conducting various programmes and activities in its efforts to disseminate Islamic understanding globally. Among the activities are:

- Conducting various comprehensive and integrated research on the roles of Islam and Muslims in facing current challenges that arise as a result of changing world conditions.
- Producing published materials including books, magazines and journals for the masses and target groups.
- Organising conferences, seminars and forums, discussions in diversifying ideas in order to find solutions related to certain matters.

It is also cooperating with local and foreign organisations in conducting programmes that benefit all.

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"The handbook on Islam, Pemuliharaan Hidupan Liar & Anda", a joint initiative between the World Wide Fund for Nature Malaysia (WWF-Malaysia) and the Institute of Islamic Understanding Malaysia (IKIM), is now available online in English. It was published in Bahasa Malaysia in 2012.

Titled "Islam, Wildlife Conservation and You", it is the first handbook on environmental and wildlife consciousness and protection based on Islamic principles that is ever published in Malaysia.

The handbook aims to create a larger representation of the Muslim community in the protection and conservation of all existing forms of life with special focus on Malaysia's national icons, the tiger and marine turtle, both of which are endangered species.

"With Muslims comprising approximately 61%* of the current Malaysian population, the English edition of this publication hopes to encourage more individuals to understand their religious obligation in dealing with nature and for them to champion the conservation of the diverse wildlife we have in the country," said WWF-Malaysia's chairman, Prof. Emeritus Datuk Dr. Abdul Latiff Mohamad.

Since its launch in June 2012, the handbook has been used by the local communities in Kemaman, Terengganu for workshops on marine turtle conservation and has also been

shared with the Islamic religious authorities and departments in the Perak sub-districts, of Gerik and Pengkalan Hulu, as well as in Kelantan.

"We hope this handbook will guide the people to find solutions to the illegal wildlife trade and human-wildlife conflict through Islamic principles and ethics," Abdul Latiff said.

"We also hope that this handbook will reach a wider readership outside Malaysia as the Islamic environmental worldview is a holistic one with universal values that can stir action to safeguard our natural heritage – action that is now desperately needed more than ever," he added.

'Islam, Pemuliharaan Hidupan Liar & Anda' was produced after a memorandum of understanding was inked between WWF-Malaysia and IKIM in December 2011. Both organisations have since been working hand in hand to promote and enhance understanding and appreciation of the conservation of species according to Islamic beliefs.

The book is available for download in English and Bahasa Malaysia at wwf.org.my

The printed copy can be purchased starting next month from IKIM Publications at Institut Kefahaman Islam Malaysia (IKIM), 2 Langgak Tunku, Off Jalan Duta, 50480 Kuala Lumpur (Tel: 03-62046254).

WWF-Malaysia Calls for Public Support to Stop Wildlife Crime

WWF-Malaysia congratulates the Department of Wildlife and National Parks Perhilitan on its recent success in arresting two men found with the carcasses of a leopard and a mouse deer near Karak, Pahang. These two animals were believed to have been poached from the nearby forest reserves.

Under the recently-passed Wildlife Conservation Act 2010 (WCA 2010), leopard and mouse deer are classified as totally protected species and protected species, respectively. Offences pertaining to totally protected species carry a mandatory jail term and a fine of up to RM500,000 if convicted.

The arrest is indicative of Perhilitan's determination to battle against the ever-increasing illegal wildlife trade in Malaysia. Over the last six months, five leopards and one tiger were seized by the department. WWF-Malaysia hopes that this arrest will serve as a stern warning and a deterrent to all potential poachers and illegal wildlife traders.

"Poaching and illegal wildlife trade have depressed the population densities of large mammals in Malaysia, substantially hampering conservation efforts to protect our precious biodiversity. Many of these magnificent large mammals, leopard and tiger included, serve important roles in maintaining the ecological equilibrium of our ecosystems, without which, our forests will be left impoverished," said WWF-Malaysia's executive director/CEO, Datuk Dr Dionysius Sharma.

Poaching and illegal wildlife trade in Malaysia are no longer a local problem as they involve more and more international syndicates operating with up-to-date technologies.



"We can only win the battle against these organised crime by stepping up our concerted efforts with the same magnitude and sophistication as the poachers themselves. In this respect, we will need more boots on the ground to conduct wildlife patrolling in our forest reserves and protected areas, to keep encroachment and poaching under control. Public support and enhanced coordination among various enforcement agencies are equally indispensable in dealing with wildlife crime," Sharma said.

WWF-Malaysia pledges its continued support and commitment to enforcement agencies via strengthened collaboration and information sharing, to ensure that the law is used to its fullest extent in protecting Malaysia's precious wildlife.

It also calls for public support to refrain from buying and consuming wildlife products. "We firmly believe that joint initiatives by all concerned groups and the relevant authorities will greatly expedite much needed actions that will demonstrate Malaysia's seriousness about protecting its wildlife," Sharma added.

Support WWF-Malaysia

If you would like to contribute to WWF-Malaysia's conservation efforts, visit wwf.org.my/support



WWF Malaysia - Take action with WWF's online ef...
<http://wwf.org.my/support>



<http://kaywa.me/9DGmm>

Download the Kaywa QR Code Reader (App Store & Android Market) and scan your code!

About WWF-Malaysia:
WWF-Malaysia (World Wide Fund for Nature-Malaysia), the national conservation trust, currently runs more than 90 projects covering a diverse range of environmental protection work. Since 1972, WWF-Malaysia has worked on important conservation projects, from saving endangered species such as tigers and turtles, to protecting our highland forests, rivers and seas. We also undertake environmental education and advocacy work to achieve conservation goals. By conserving our natural resources, WWF-Malaysia is helping to protect our livelihoods, food and water supply, thus securing our good quality of life and our children's bright future. We thank our supporters and members of the Media, whose contributions and support enable our conservation work. If you would like to donate to WWF-Malaysia or learn more about our projects, please call: +603-78033772 or visit: wwf.org.my or www.facebook.com/wwfmy

A woman is shown from the chest down to the waist, wearing a vibrant red belly dancing costume. The top is a red bra-like piece adorned with numerous gold and silver coins. A sheer red sleeve covers her right arm, which is resting on her hip. She also wears a red skirt with gold coin embellishments. A belly button ring with a purple gem and a chain of small purple beads is visible. The background is plain white.

HEALTH & BEAUTY PREVIEW

81 Be Jojoba Oil
84 Belly dancing for exotic beauty
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Be Jojoba Oil: The Wonder Oil

This natural oil has been used since ancient times to protect the skin

By Hong Siew Ling



Did you know that jojoba oil has been in use since 4,000 years ago by the Mexican Indians as a natural protection for the skin and hair from the drying effects of the desert sun?

“Our skin has a special protection layer known as acid-mantle, or in layman’s term, hydrolipidic film. Acid-mantle is the natural oil produced by our skin. When both the oil and sweat secrete onto the skin surface, they turn into a layer of protection. What happens is that our lifestyle, diet, hormones, the weather and many other external factors can cause disturbance to the skin, causing the skin to become more sensitive, oily or dry,” says Micheal Wey, the general manager (Business Development & Education) of Ruyi Holdings Sdn Bhd and Ruyi Investment Holdings Pte Ltd.

“As the molecular composition of jojoba oil and the pH value is very similar and extremely nourishing to human skin and hair, we can also apply it onto the skin as a natural protection. That’s why jojoba oil is so fantastic,” Wey explains.



Micheal Wey, General Manager (Business Development & Education) of Ruyi Holdings giving a demonstration

Be Jojoba Oil: Total Protection for the Whole Body and Whole Family

“We see many good results from the use of our pure virgin jojoba oil (Be Jojoba Oil) which is imported from Switzerland. Virgin means it is the first cold pressed of the jojoba seeds. It has therapeutic effects, is natural and does not clog the skin,” says Wey.

“In a recent case in Kota Bharu, a customer’s son was scorched by hot water on his stomach. She immediately applied jojoba oil on the affected area. In seven days, the skin started to heal. Two weeks later, it was completely healed without leaving any scar.

“We have another customer with sunburn who applied jojoba oil and the skin started to heal too.

Jojoba oil can be used from head to toe. For example, it can be used on sensitive skin, hair, nails, stretch marks, burns, psoriasis or other skin problems. Just lightly pat a drop onto the skin and the skin will start to undergo a self-recovery process,” adds Wey.

Jojoba oil can also be combined with essential oils, lotions, hair products, and makeup removal and shaving creams. “When you are travelling to a cold and dry place, you can add a drop into your moisturiser to enhance its effect, making it softer and more protective to the cold, dry environment. It is indeed very convenient to use,” says Wey.

Moreover, Be Jojoba Oil is supported by over 30 years of research. It is 100% pure and free from any impurities, preservatives, colours and flavours. It contains various essential nutrients – vitamin A, C, E, amino acids, minerals and antioxidants. Scientists have also discovered that this golden liquid wax can prevent excess evaporation of the skin’s moisture.

For more information on Be Jojoba Oil, call 03-2141 8011 or visit www.bejojoba.com.

According to Wey, many hospitals in Europe use jojoba oil to treat third degree burns because natural pure jojoba oil carries lots of vitamin A, C and E which provide great healing properties to the burned skin.



The wound due to hot water burns started to heal in seven days and completely healed in two weeks, without leaving any scar.

A Date with Your Skin: A Demonstration Talk Skin Expert Reveals The Secret to Skin Care

06/4/2014 (Sunday) – Kuantan
12/4/2014 (Saturday) – Singapore
11/7/2014 (Friday) – Johor Bahru
16/8/2014 (Saturday) – Malacca

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Sirocco Secrets Dance with Sherlyn

Belly dancing for exotic beauty and sensual grace

By Siti Wajihah Kholil

Originating from the Middle East, the popularity of belly dancing has gone global. Although the styles differ from country to country, it has gradually evolved and fused with various other dance styles in different parts of the world. Egypt is considered the home of belly dancing. This is where Sherlyn Koh, director of Sirocco Secrets Dance, travelled to and attained her most notable international teacher training certification from the Ahlan Wa Sahlan intensive course in Cairo.

Being the pioneer of belly dancing in Malaysia, she not only has talent but also a burning passion for this Arabic dance form. "I went all the way to Cairo to learn the roots of the dance. Not only learn the dance, but the history, culture and costumes as well. Back then, there was no teacher in Malaysia so I brought belly dancing here," said Koh. She studied with renowned dance masters from Egypt, Turkey, Paris, USA and more. Her solid dance mastery has vastly influenced the oriental dance landscape in Malaysia.

Koh finds belly dancing to be a graceful, beautiful and exotic torso-driven dance perfect for every woman. Oriental in origin, it brings out a woman's sensuality through artistic movements, focusing on the articulation of the hips. The basic foundation of belly dancing is isolation, the natural separation of muscles and how to allow them to work together in combination. Belly dancing is a matter of understanding your body, as well as its strengths and weaknesses, be it of the upper or lower body. It is important to be mindful of your anatomical movement in order to know how to manage your body and how to control your muscles.

Belly dancing is ideal for women as it is fluid in style and is gentle to the body because it exercises the carrying muscles without impact. It is proven to be one of the best fitness regimes that cater well to a woman's body. It builds the back muscles evenly and improves posture and muscle toning. Doing hip drops, figure eights, circles and shimmies place the joints and ligaments in the lower back and hip through a repetitive motion, which relieves strain on the back and counters compression of the disks that occurs due to strenuous tension on the backside. It also tones the muscle groups that are connected

to the ligaments and vertebrae which help maintain flexibility in a safe manner. It shapes your waistline and beautifies your body. Doing lifts, circles or the snake arm motion tones the arm and shoulder muscles as it takes a lot of strength to hold the arms up and moving them gracefully. The weight-bearing on your feet that comes with belly dancing, however, prevents osteoporosis and strengthens your bones, making you stronger internally.

Other health advantages of belly dancing include weight loss and it eases your digestive system. The repetitive movement burns a lot of calories and exercising the abdominal area by swaying the torso helps aid food flow during digestion. Impressively, it is also an excellent exercise regimen for pregnant ladies as it strengthens your womb. Rocking the pelvic area during belly dancing facilitates natural childbirth. It also makes a great post-natal workout for mothers because it encourages abdominal tone gently and effectively.

Mastering traditional belly dancing is important to ensure the authenticity of the movements and its original artistic value. Koh is well versed in the traditional basics and now she has diversified her choreography techniques. Having obtained honours in the Flamenco Examination from the Spanish Dance Institute, her fusion of belly dance and flamenco, known as Andaluzi-style (Danza Mora), is now seen as her signature identity on the dance floor.

Koh's reputable teaching abilities and phenomenal achievements have resulted in the spread of belly dancing throughout the country over the years. The famed dancer also has staged a performance for prominent dignitaries such as the King and Queen of Malaysia, Middle Eastern royalty, and the Moroccan and Egyptian ambassadors. In 2010 and 2011, she won the international online dance competition casting for Bellydance Evolution (USA), a world-class dance festival, featuring top Middle Eastern artistes in the dance and music scene.

Join the Sirocco Secrets Dance for a cultural fitness experience, improved health and long-lasting internal beauty. Trust Koh to remodel your body and refine your belly dancing skills through the art of Arabic dance artistry. Unleash your inner grace and sensuality.



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Oh-So Powerful Protection

By Jane Bee

Shield Your Skin

Sunscreen is an essential nowadays but looking for a suitable sunscreen that suits your skin especially sensitive skin is a daunting task. However, put your mind at ease with Dermalogica Super Sensitive Shield SPF30, designed to protect sensitized, reactive and resurfaces skin against photodamage and UV exposure. Formulated without the usage of artificial fragrances and colours, it's sheer formula and exclusive UltraCalming Complex with Oat and botanical activities provides optimal hydration, protect and reinforce barrier lipids as well as minimize discomfort, burning and itching.



Go Away, Wrinkles!

With the 360° Anti-Wrinkle Eye Zone Serum, you no longer have to worry about wrinkles and eye bag. It contains three types different of collagen factors: soluble collagen, collagen boosting peptides and a protective collagen factor that helps to increase, strengthens and safeguards the level of collagen present in the skin. Furthermore, with ingredients such as hyaluronic acid, ocean-matrix complex anti-dark circles complex and cellactel 2 complex, the serum works on targeted anti-dark circles actives in smoothing, soothing, protecting and keeping the eye zone bright and fresh for a virtual ageless perfection. This serum is not supposed to be used alone, so be sure to pair it with your eye moisturiser for optimum effect.



Keeping Aging At Bay

Ever since 1989, Swiss Line has been coming out with some of the best anti-aging products by using innovative ingredients on the market. Their recent products, the Cell Shock 360° Synchronized Time Reversal Program was designed based on the principle that one can improve firmness, reduce lines and wrinkles, re-establish the perfect level of hydration, detox and maximize vitality and radiance within the cellular turnover cycle.

The 360° Synchronized Time Reversal Program consists of two series: AM and PM series with synchronized actions. The AM Series contains ingredients such as Cellactel 2 Complex, Bio-Mimetic Growth Factors, AM Cellular Culture and Flash-Lift Complex that lifts, fights wrinkles and hydrates the skin. The PM series, on the other hand, is equipped with ingredients such as PM Cellular Culture, Flash-Boost Complex, Edelweiss Bio-Extract, and Cellactel 2 Complex focussed on boosting microcirculation, brightening and detoxifying the skin. The Cell Shock 360° Synchronized Time Reversal Program certainly made it whole lot easier to maintain a youthful skin. So there's no more excuses to skip your skincare regiment now, don't you think so?



L'Eau d'Issey Lotus

Don't go out without a perfume! Timeless and iconic, L'Eau d'Issey features a lotus blossom note, an imaginary recombination of a precious, delicate flower that thrives on the water. The symbolism of this most aquatic of flowers is infused with serenity, a spirit that lends the fragrance its subtle refinement. Its light, aquatic floral character blends smoothly with a recombination of hyacinth and a hint of sambac jasmine in the eminently aquatic middle note. It will definitely gives you a floral sensation all over your body! Price: RM370 (90ml)



Sabotage

Opening: April 3

It was supposed to be a tactical raid with the mission to take down the world's deadliest drug cartels. Instead, it is turned into an elaborate theft operation that was pre-planned by the members of the DEA squad itself that sees them hiding \$10 million in stolen cash during the operation. Their work makes them a family and the DEA squad members believe that their secret is safe in each other's hand. That's it until the members of the team are assassinated one by one with the suspects including members of the team itself.

Casts: Arnold Schwarzenegger, Olivia Williams, Mireille Enos, Terrence Howard, Joe Manganiello



Rio 2

Opening: April 10

When Blu and Jewel found out that they were not the last of their kind, Jewel decides that her three kids need to learn to live like real birds. The whole family leaves their perfect domesticated life in the magical city of Rio de Janeiro for a journey to the Amazon rainforest where Jewel reunites with her long lost father as Blu worries that he may lose Jewel and the kids to the call of nature as he tries hard to fit in with his new neighbours. The problem doesn't stop there as they find out that their Amazonian habitat is threatened. Blu also has to be prepared to go face Nigel, the cockatoo that goes all the way to the Amazon to exert revenge on them.

Casts: Jesse Eisenberg, Anne Hathaway, Bruno Mars, Jemaine Clement, Jamie Foxx, Will.I.Am



Oculus

Opening: April 11

Tim and Kaylie's life changed forever in a tragedy that struck the family ten years ago. Tim was convicted of the brutal murder of their parents and wanted to move on with his life when he was released from protective custody in his 20s. However, unlike Tim, Kylie is convinced that her parents' deaths were caused by malevolent supernatural forces linked to an antique mirror in their childhood house. Tim and Kylie manage to track down the mirror, but only to learn a little too late when their childhood horror and nightmare begin to take place once again.

Casts: Karen Gillan, Rory Cochrane, James Lafferty, Katee Sackhoff, Brenton Thwaited



The Quiet Ones

Opening: April 17

Hammer Films' upcoming The Quiet Ones is inspired by a true event – the Philip Experiment that began in 1972 by a group of Canadian parapsychologists. The movie tells of the story of an unorthodox professor (Harris) who leads his group of best students in a dangerous experiment – creating poltergeist to validate the theory that paranormal activities are caused by human negative energy. They carries out a number of tests while pushing their subject, an alluring but disturbed young woman, to the edge of her sanity. It isn't long for the gruesome and terrifying occurrences to take place and the group soon realises that they get more than what they bargained for, triggering an evil force that puts their lives at risk.

Casts: Jared Harris, Sam Claflin, Olivia Cooke, Erin Richards



Transcendence

Opening: April 17

Experiments conducted by Dr Will Caster always spark controversies, but they have also made him the foremost researcher in the field of Artificial Intelligence. His latest quest in creating a sentient machine that can combine both collective intelligence and human emotions makes him the prime target of anti-technology extremists who will do whatever it takes to stop him, including ending his life. The attempt to take Dr Will's life inadvertently becomes the catalyst for him to succeed when his wife Evelyn and best friend Max Waters who are researchers themselves decided to make him the subject in his on transcendence despite clouds of doubts. However, both of them come to a realisation that Will's thirst for knowledge evolves into a destructing quest. Together, they witness their worst fear comes to life, knowing that there is no way of putting an end to it.

Casts: Johnny Depp, Morgan Freeman, Rebecca Hall, Paul Bettany, Kate Mara, Cillian Murphy



Nurse

Opening: April 24

At one glance, one would think that Abby Russell is a dedicated nurse and would be more than willing to entrust her with their life. However, unknown to many, her real work begins at night where she will be seducing straying married men with her smoldering sexuality before brutally murdering each of them. When the new nurse, Danni, who Abby is obsessed with rejects her love and suspecting her actions, Abby is more than determined to harm her while putting the death sentence on the cheating men at the same time.

Casts: Paz de la Huerta, Katrina Bowden, Cordon Bleu, Martin Donovan, Melanie Scrofano, Judd Nelson

