

# KLlifestyle

AVIATION EDITION

SEPTEMBER 2014



**Datuk Badlisham Ghazali**  
A New Chapter for Malaysia Airports





16 *Feature*

JOHN LEGEND

Only talent and music matter



42

108



92

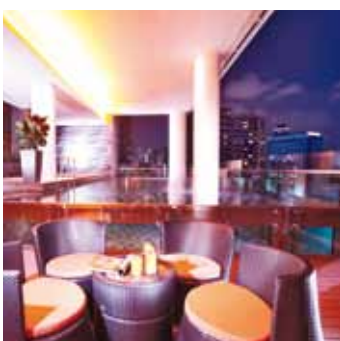


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COVER



**Cover:**  
Datuk Badlisham Ghazali

**Venue:**  
Malaysia Airports  
Corporate Office

**Make Up & Hair:**  
Snips

**Photography:**  
Victorio Rodrigues

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# Save the Date

## KLAS ART AUCTION

MALAYSIAN MODERN & CONTEMPORARY ART

### AUCTION DAY

SUNDAY, SEPTEMBER 28, 2014

1.00PM

CONNEXION@NEXUS, BANGSAR SOUTH



NG ENG TENG  
(B. Singapore 1934-2001)

POTTERY HEAD  
22 x 9 x 9 cm  
RM 3,000 - 8,000

### Kuala Lumpur Full Preview

September 11 - September 27, 2014

KL Lifestyle Art Space  
150, Jalan Maarof  
Bukit Bandaraya  
59100 Kuala Lumpur

Open daily from 10am to 7pm

Sneak preview available online at [www.klifestyle.com.my](http://www.klifestyle.com.my)

For enquiries and bidder registration, please call:

LYDIA TEOH +6019 260 9668 | SHAMILA +6019 333 7668 | [info@mediate.com.my](mailto:info@mediate.com.my)

Presented by:



KL Lifestyle Art Space

150, Jalan Maarof, Bukit Bandaraya, 59100 Kuala Lumpur

T: +603 2093 2668 | F: +6032093 6688

[www.kl-lifestyle.com.my](http://www.kl-lifestyle.com.my)

Open Daily from 10am - 7 pm

Sunday

Monday



SARAWAK REGATTA

5 - 7 Sept  
@ Tebingan Kuching, Sarawak



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MALAYSIA TANAH AIRKU

21 Sept @ Dewan Filharmonik  
Petronas



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KLAS ART AUCTION  
MALAYSIAN MODERN &  
CONTEMPORARY ART

Sept 28, 2014, Sunday  
Connexion @ Nexus, Bangsar  
South City, Kuala Lumpur



Public Holiday



Tuesday

Wednesday

Thursday

Friday

Saturday

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**YOU ME AT SIX LIVE IN MALAYSIA**  
2 Sept @ KL Live, Kuala Lumpur



**LEE HOM GALAXY 20<sup>th</sup> ANNIVERSARY LIVE IN MALAYSIA 2014**  
6 Sept @ 8pm @ Stadium Merdeka, Kuala Lumpur

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**BORNEO ARTS FESTIVAL**  
12 – 14 Sept @ Sabah  
19 – 21 Sept @ Sarawak  
26 – 28 Sept @ WP Labuan

**A MIDSUMMER NIGHT'S DREAM**  
12 & 13 Sept @ Dewan  
Filharmonik Petronas

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**YAYASAN SIME DARBY ARTS FESTIVAL**  
13 & 14 Sept @ 10am - 5pm  
@ KLPAC

**ROYAL PAHANG INTERNATIONAL BILLFISH CHALLENGE**  
12 – 24 Sept  
@ Kuala Rompin, Pahang

10

**AN EVENING WITH THE ROMANIAN NATIONAL RADIO ORCHESTRA**  
10 Sept  
@ Dewan Filharmonik Petronas



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**LANTERN FESTIVAL**  
19 Sept @ Central Market

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**AKUSTIKA I & AKUSTIKA II**  
16 & 20 Sept @ 3.30pm – 6.30pm  
8.30pm – 10pm

23

**AN EVENING WITH JOHN LEGEND: THE ALL OF ME TOUR LIVE IN KUALA LUMPUR**  
23 Sept @ 9pm  
@ KL Convention Centre

24

**AFRICA MALAYSIA INTERNATIONAL FASHION SHOW**  
24 – 28 Sept @ Avenue K Shopping Mall, Kuala Lumpur

26

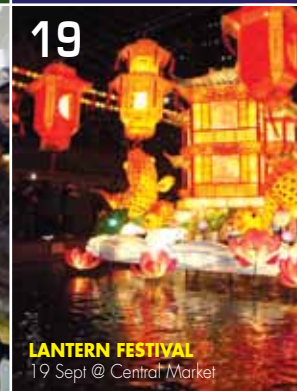
**THE DAY I MET THE PRINCE – CHILDREN'S THEATRE**  
26 & 27 Sept @ 11am, 3pm, 8pm  
28 Sept @ 4pm  
@ Indicine, KLPAC

**MALAYSIAN OPEN KUALA LUMPUR 2014 ATP WORLD TOUR 250**  
20 - 28 Sept  
@ Putra Stadium, Bukit Jalil

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**ALASDAIR'S INTERGALACTIC ADVENTURES**  
27 Sept @ 3.00pm  
28 Sept @ 2.30 pm & 4.30pm

**ASIA PACIFIC IRONMAN LANGKAWI**  
27 Sept @ Langkawi, Kedah





## ARTS

### KLAS ART AUCTION MALAYSIAN MODERN & CONTEMPORARY ART

The KL Lifestyle Art Space will yet again liven up the auction season with its fourth auction in Kuala Lumpur this year. The auction will feature artworks of various art genres and styles by modern and contemporary artists of great stature and prominence in Malaysia and the region. One surely cannot miss the magical works of Ismail Latiff, lyrical works of Jolly Koh and the romantic tale of Syed Thajudeen.

#### Full Preview

Date: September 11 - 27, 2014

Venue: KL Lifestyle Art Space

150, Jalan Maarof, Bukit Bandaraya, 59100 Kuala Lumpur

Open daily from 10am to 7pm

#### Auction Day

Date: September 28, 2014, Sunday

Venue: Connexion @ Nexus, Bangsar South City, Kuala Lumpur



## PERFORMANCE



### ALASDAIR'S INTERGALACTIC ADVENTURES

Alasdair Malloy – percussionist, presenter, glass harmonica player and arranger – returns to Kuala Lumpur. With his ingenious arrangements that transcend musical boundaries and explore new scenes, audiences are called to join the heroic space captain for an out-of-this-world interstellar journey.

**27 Sept @ 3.00pm**

**28 Sept @ 2.30 pm & 4.30pm**

**Tickets:** RM30, RM50, RM70, RM80

[www.tickets.mpo.com.my](http://www.tickets.mpo.com.my)



### BORNEO ARTS FESTIVAL

This festival will feature 27 competitions and shows, divided into three categories: Performing Arts (bamboo music performance, acoustic guitar and percussion, sound of music, theatre), Contemporary Arts (fashion show, food carving, street magic, fancy bicycle parade) and Traditional Arts (Borneo traditional food fest, photography seminars and exhibitions, dialogues and story-telling competitions).

**12 - 14 Sept @ Sabah**

**19 - 21 Sept @ Sarawak**

**26 - 28 Sept @ WVP Labuan**

[www.labuantourism.my](http://www.labuantourism.my)





### AN EVENING WITH THE ROMANIAN NATIONAL RADIO ORCHESTRA

The Romanian National Radio Orchestra collaborates with Radio Televisyen Malaysia and Dewan Filharmonik Petronas in conjunction with the World Summit on Media for Children 2014 to bring you an eclectic programme of six works by composers from Malaysia, Spain, Germany, Russia and Romania. Audiences will also be soothed with Romanian violinist Gabriel Croitoru and pianist Horia Milhail.

**10 Sept** @ Dewan Filharmonik Petronas

**Tickets:** RM60

[www.tickets.mpo.com.my](http://www.tickets.mpo.com.my)

## PERFORMANCE

MUSIC & SONG  
DRUMS  
THEATRE  
HERITAGE

YAYASAN SIME DARBY

ARTS  
Festival

A MALAYSIAN COMMUNITY PROJECT

CULTURE  
TRADITION  
DRAMA  
PHOTOGRAPHY

### YAYASAN SIME DARBY ARTS FESTIVAL

For the first time ever, Sime Darby collaborates with KLPAC to bring together artistes from the Klang Valley and beyond to showcase the burgeoning Malaysian arts scene. This festival will include performances, workshops, screenings, installations and a whole array of arts-related activities such as dance, drama, music and visual art. Some of the highlights include the Kuda Kepang from Johor, wayang kulit and Mak Yong from Kelantan and Sumazau from Sabah.

**13 & 14 Sept** @ 10am - 5pm @ KLPAC

### MALAYSIA TANAH AIRKU

Bringing enjoyment and appreciation of the nation's rich musical heritage, the Malaysian Philharmonic Orchestra presents a variety of well-known and much-loved Malaysian patriotic and traditional songs. Take a stroll down memory lane in this special concert and commemorative album launch.

**21 Sept** @ Dewan Filharmonik Petronas

**Tickets:** RM40, RM60, RM100, RM150

[www.tickets.mpo.com.my](http://www.tickets.mpo.com.my)



### THE DAY I MET THE PRINCE - CHILDREN'S THEATRE

Based on the French masterpiece "Le Petit Prince" by Antoine de Saint-Exupéry, Singaporean scriptwriter wrote this remarkable children's play of a kid who meets a prince from a faraway planet who has but one question, "How do I protect a rose from a goat?" The two of them then begin on a journey to find the answer, during which they encounter various interesting people.

**26 & 27 Sept** @ 11am, 3pm, 8pm  
**28 Sept** @ 4pm

@ Indicine, KLPAC

**Tickets:** RM38

[www.ticketpro.com.my](http://www.ticketpro.com.my)



### AKUSTIKA I & AKUSTIKA II

In celebration of Malaysia Day, Dewan Filharmonik Petronas highlights some of the country's most talented musicians in this acoustic concert. Split into two programmes, Akustika I and Akustika II are held on two different days, with a spectacular array of unplugged segments.

**16 & 20 Sept** @ 3.30pm – 6.30pm, 8.30pm – 10pm

**Tickets:** RM70, RM100

[www.tickets.mpo.com.my](http://www.tickets.mpo.com.my)

## PERFORMANCE

## CLASSICAL

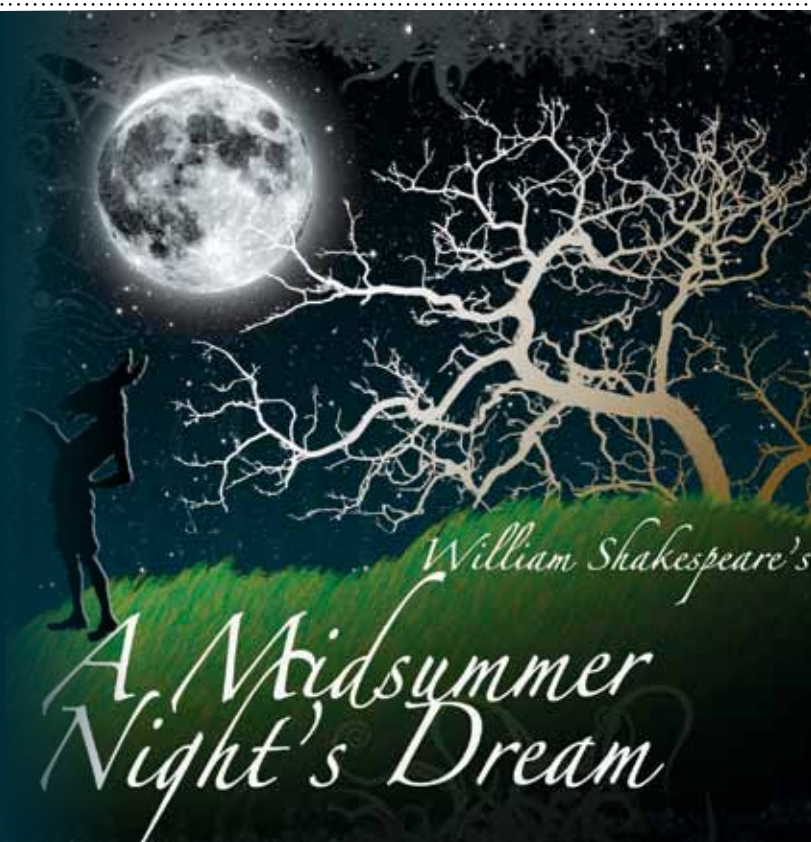
### A MIDSUMMER NIGHT'S DREAM

Indulge in the mesmerising sounds of composers Richard Wagner, Robert Schumann and Felix Mendelssohn. Featuring famous compositions such as Siegfried Idyll, A Midsummer Night's Dream and Symphony No. 1, this event is not to be missed by those who have a penchant for classic literature and music as well.

**12 & 13 Sept** @ Dewan Filharmonik Petronas

**Tickets:** RM50, RM70, RM100, RM130

[www.tickets.mpo.com.my](http://www.tickets.mpo.com.my)







### YOU ME AT SIX LIVE IN MALAYSIA

UK's You Me At Six adds their third show in the region and will also perform in Malaysia this September. The English band released their fourth studio album, *Cavalier Youth*, in January 2014.

**2 Sept** @ KL Live, Kuala Lumpur

**Tickets:** RM98, RM108, RM138, RM148, RM178

[www.ticketpro.com.my](http://www.ticketpro.com.my)



### TAN EVENING WITH JOHN LEGEND: THE ALL OF ME TOUR LIVE IN KUALA LUMPUR

The soulful, romantic R&B singer is set to serenade and win millions of hearts here in Malaysia, after his gig at the F1 Singapore Grand Prix 2014. With his latest single, "All Of Me", John Legend went platinum, selling over four million copies. For those who are big fans, don't miss out on this chance to see all of John Legend.

**23 Sept** @ 9pm @ KL Convention Centre

**Tickets:** From RM195

[www.ticketpro.com.my](http://www.ticketpro.com.my)

## MUSIC

### LEE HOM GALAXY 20<sup>th</sup> ANNIVERSARY LIVE IN MALAYSIA 2014

The Galaxy Group celebrates its 20th Anniversary, and what better to celebrate with than Wang Lee Hom? Multi-faceted and gifted (he can play about ten instruments), this American singer-songwriter based in Taiwan is known for fusing Chinese elements with hip hop and R&B. Active since 1995, he is a four-time winner of Taiwan's Golden Melody Awards and was listed as one of Goldsea's "The 100 Most Inspiring Asian Americans of All Time".

**6 Sept** @ 8pm @ Stadium Merdeka, Kuala Lumpur

**Tickets:** RM138, RM268, RM298, RM328, RM428, RM528

[www.buytickets.com.my](http://www.buytickets.com.my)



## MISCELLANEOUS



### ASIA PACIFIC IRONMAN LANGKAWI

The world's most captivating and challenging one-day endurance test returns with a triathlon challenge comprising a 3.8km swim, a 180km cycle and a 42.2km run. Since its inception 31 years ago, Ironman has been a respected name in triathlon and is said to be the pinnacle of the sport and more than 124, 000 athletes around the world gather and compete for a qualification slot for the Ironman World Championships.

**27 Sept** @ Langkawi, Kedah

[www.ap.ironman.com](http://www.ap.ironman.com)

### SARAWAK REGATTA

One of Kuching's popular events that features a race between traditional longboats, these longboats are bedecked with colourful designs and differ in lengths, with some having 30 paddlers and others with only a few. This practice, dating back to the 1800s, was intended to put an end to the wars between local tribes, now as a means to inspire friendly competition in sports.

**5 - 7 Sept** @ Tebingan Kuching, Sarawak

[www.sarawakregatta.com](http://www.sarawakregatta.com)



### ROYAL PAHANG INTERNATIONAL BILLFISH CHALLENGE

This international-level sport fishing competition is held every year in Rompin, Pahang and it ranks as one of the state's most coveted trophies. Practising the act of "Catch & Release", this billfish fishing event is going to be thrilling, bringing in participants from all over the world.

**21 - 24 Aug 2014**

@ Kuala Rompin, Pahang

[www.rpbic.com.my](http://www.rpbic.com.my)

### MALAYSIAN OPEN KUALA LUMPUR 2014 ATP WORLD TOUR 250

The star line-up include Argentinian great, world No.7 and US Open winner Juan Martin Del Potro, Kei Nishikori, currently ranked #10, and who is the second Asian man to reach the world's top-ten and hard-hitting, big serving Canadian Milos Raonic. Sanctioned by the Lawn Tennis Association of Malaysia, the Malaysian Open is one of the more popular events on the ATP World Tour.

**20 - 28 Sept** @ Putra Stadium, Bukit Jalil

**Tickets:** RM10 - RM160

[www.tourism.gov.my](http://www.tourism.gov.my)







### AFRICA MALAYSIA INTERNATIONAL FASHION SHOW

This fashion show is the first and biggest African event of its kind in Asia, showcasing a unique blend of innovation and inspiration from both African and Malaysian fashion designers. The event features 19 fashion designers from Africa, 5 top designers from Malaysia, an exclusive gala dinner and enriching discussions.

**24 – 28 Sept** @ Avenue K Shopping Mall, Kuala Lumpur

[www.africa-malaysiafashionshow.com](http://www.africa-malaysiafashionshow.com)



### LANTERN FESTIVAL

The exciting event is celebrated during the full moon of the Chinese Calendar, showcasing numerous and convolutedly designed lanterns with many motifs. For a fantastic display of lights, colours and creativity, swing by and join in the festival.

**19 Sept** @ Central Market

[www.motour.gov.my](http://www.motour.gov.my)

## AROUND MALAYSIA

### MALAYSIA DAY CELEBRATION

Held annually, this day is celebrated to commemorate the establishment of the Malaysian federation in 1963. This day marked the union of Malaya, North Borneo and Sarawak to form Malaysia. Declared a public holiday since 2010, this means that Malaysia has two celebrations related to its independence.

**16 Sept**



# JOHN LEGEND

Only talent and music matter.

By Jane Bee

John Legend does not sing catchy or funky tunes. And he has neither fancy and happening music videos nor any tricks of the trade – fireworks or laser lights – to entertain the crowds during live concerts.

Instead, he captures and charms the audience with his soulful, mellow voice as he belts out the love songs.

At a tender age, Legend showed his interest in music and he started learning the piano at the age of seven. By the time he was in college, his versatility in music was recognised by many people. He worked as a management consultant at day and sang in small clubs during the night. However, it wasn't until he was introduced to the up-and-coming hip hop artiste at that time, Kanye West that his career as a singer-songwriter-producer went on a new path.

Legend started recording and adding vocals to an impressive list of chart-topping hits such as Kanye West's All of the Lights, Jay-Z's Encore and You Don't Know My Name by Alicia Keys. Despite that, no one took any notice of Legend's own music until West's debut album, The College Dropout, was released in 2004 in which Legend played the piano, sangs back-up and had a prominent vocal part in Jesus Walks, the single that was up for the record of the year Grammy.

His debut album, Get Lifted in December 2004 shot him to fame and scored multiple Grammy Awards in 2006 for himself including the Best R&B Album, Best New Artist and Best Male R&B Vocal Performer. His second album, Once Again that was released in 2006 secured him another Grammy Award

for the Best Male R&B Performance for his single, Heaven. The album also includes his collaboration with well-known artistes such as Kanye West, Will.I.Am and Raphael Saadiq. Legend has since continued releasing more award-winning albums and soundtracks such as Wake Up in 2010.

His latest single, All Of Me in 2014, however, surpassed the success of all his previous records. All Of Me peaked at number one on the Billboard Hot 100, knocking off Pharrell Williams' Happy, which topped the chart for ten weeks. The song also topped the charts in Australia, Canada, Ireland, Portugal, Sweden, Switzerland and the Netherlands.

Unlike most concerts which involve things like a number of dancers and their quirky dance moves, laser lights and colourful costumes, Legend usually keeps his live performance simple. He is usually backed by a smaller band such as a four-piece, guitarist or string quartet with Legend himself playing the grand piano. There's nothing fancy going on on stage, but just Legend serenading the crowds with his powerful yet, mellifluous vocal.

Legend is not your ordinary musician as not everyone will embrace his music. To appreciate his music, one would need to love the soulful R&B and chances are, he isn't going to change his style of music or convert to mainstream pop just for the sake of making everyone like his music. But, for those who have caught the R&B music bug, they are certainly there to stay for John Legend for a long time.

An Evening with John Legend – The All of

Me Tour concert will take place at the Plenary Hall, KL Convention Centre on Sept 23 at 9.00pm. Tickets will be on sale starting from RM195 and can be purchased at authorised TicketPro outlets or online at [www.ticketpro.com.my](http://www.ticketpro.com.my). For more information, visit [www.prworldwidelive.com](http://www.prworldwidelive.com) or call 03-7493 3010.





# WANG LEE HOM

The shining star from the best of both worlds.

By Jane Bee

One can dispute almost everything in the world, except perhaps Wang Lee Hom's talents. After all, how many celebrities out there within your knowledge can actually assume the role of singer, songwriter, multi-instrumentalist and movie star at the same time?

Wang's talents have shoot him to international pop stardom. Instead of singing the usual pop songs, Wang decided to create his very own blend, 'chinked out' music by fusing and incorporating the folkloric and classical Chinese elements and instrumentation into the cutting-edge Western popular music styles and beats, resulting in unique, catchy and intriguing yet, impactful songs that reflect the best of Asian and Western music while remaining relevant to the current music trend. His artistic depth and breadth certainly is the one thing that has made him stand out from the rest of the artistes.

He has since released more than 20 albums and shared the stage with well-knowned artistes such as Kenny G and Usher. His last tour that spanned 2 ½ years across 56 cities saw him performing for more than two million fans. Wang also endorsed products that include Nikon cameras and Coca-Cola and thus, it is not unusual to see his face splashed across so many billboard. It is undeniable that Wang holds a big influence in the Asian entertainment industry. However, with a Hollywood movie, a 3-D concert film and a new album under his belt, Wang is slowly but definitely expanding his influence to the Hollywood scene.

Such popularity and stardom is a far cry from Wang's background. Raised in Rochester, New York, the second of three sons to Taiwanese immigrants, he grew up in a family of doctors. Wang picked up the violin along with other instruments such as the electric guitar as a youth and would often perform in musicals at junior high school where he learned to sing, dance and act. In fact, many would find it surprising that Wang actually

grew up fully immersed in American culture and English as his primary language before he started learning Chinese in his later years. He also recorded his very first album when he was merely a freshman in high school.

It is hard for his talents to go unnoticed by many and Wang became the youngest artiste at the age of 22 to win the Golden Melody Award, Taiwan's equivalent of the Grammy, for both Best Male Artist of the Year and Best Producer of the Year in 1998. The following year, he set records again by being the youngest recipient for Best Producer of the Year and Best Male Vocalist at the Golden Melody Awards presentation. His album sells really well and his concerts attract a large number of fans across cities including Singapore, Bangkok, Hong Kong and Japan. It is also common to see crowds of young girls gathered near shooting scenes just for to catch a glimpse of Wang and some of them would actually go hysterical and crying when they fail to do so.

With Wang's latest concert taking place in Kuala Lumpur this month, it is unlikely that fans from all walks of life would give it a miss. Afterall, not everyday you can get to see Wang showcasing his ability – be it in singing, dancing or playing the piano, violin, electric guitar and erhu, live on stage.

So, be sure to join in the excitement at the LeeHom Galaxy 20th Anniversary Live in Malaysia on Sept 6 at Stadium Merdeka, Kuala Lumpur. Tickets at RM138 to RM528 can be purchase online at [www.buytickets.com.my](http://www.buytickets.com.my). For more information, call the Galaxy Group hotline at 03-2282 2020 or visit [www.galaxy.com.my](http://www.galaxy.com.my).





# HEURISTIC HANOI

## The crowning jewel of Vietnam

By Siti Wajihah Kholil



Vietnam is one country that is rich with colonial history having been occupied by first, the Chinese, then by the French and followed by the Americans once upon a time. This season, the city of Hanoi has been selected as Golden Holiday's next destination of choice. For a millennium, the city has served as a royal capital and is considered the crowning jewel of Vietnam.

Golden Holidays offers you a trip with quality accommodation, bringing you the experience of utmost comfort at Mercure Hanoi la Gare. Known for its prominent landmarks of hospitality, this 3-star city hotel is the ideal place to stay as it is located in the Hoan Keim district which is in the heart of Hanoi. However, you can opt for other partner hotels such as Hotel Melia Hanoi, Movenpick Hanoi Hotel, Sheraton Hanoi Hotel, Sofitel Plaza Hanoi Hotel to Sunway Hotel Hanoi.

### Hanoi – a city with an abundant history

A half day tour of Hanoi is essential as customers will be given a brief orientation of the significant landmarks and where-to-visit places. The complimentary sightseeing tour serves the purpose of ensuring that customers are familiar with the city so that they are able to explore on their own. You will see that this historical, opulent country gives you a fusion of cultural architecture with ancient temples standing alongside French-built villas and government buildings.

The Ho Chi Minh Mausoleum or fondly known as **Lăng Chủ tịch Hồ Chí Minh** in Vietnamese is one of the places that you should drop by. It is a large memorial located in the centre of Ba Dinh Square, which is where Vietnam leader Ho Chi Minh, Chairman

of the Communist Party of Vietnam read the Declaration of Independence on September 2, 1945, establishing the Democratic Republic of Vietnam. They actually preserved the body of Ho Chi Minh in a glass case in an enclosed space with dim lights. The gardens surrounding the mausoleum have nearly 250 different species of plants and flowers, all from different regions of Vietnam. Ba Dinh Mausoleum was ranked as the "6th most ugliest" building in the world by CNN International in 2012.

Specially designed to resemble a lotus blossom, which is a Buddhist symbol of purity, since a lotus blossoms in a muddy pond, the One Pillar Pagoda is a must-see temple built of wood on a single stone pillar of 1.25m in diameter. It was originally built by Emperor Lý Thái Tông, who ruled from 1028 to 1054. However it was demolished in 1954 by the French Union, but was rebuilt again afterwards. Another noteworthy temple is one that is dedicated to Confucius, sages and scholars, the Temple of Literature. It was built in 1070 at the time of King Lý Nhân Tông during the Trần dynasty (1225–1400). For nearly two centuries, the temple has endured many wars and chaos, safeguarding ancient architectural styles of many dynasties and precious relics. Another not to be missed site is The Vietnam Museum of Ethnology, a museum that exhibits the 54 officially recognized ethnic groups in the country.

### It's shopping time!

One of the most attractive sites that tourists get hyped up about is none other than The Old Quarter, the hotspot where goods are sold along narrow, scooter-choked lanes and has been doing so for hundreds of years. The Quarter's maze of streets offers a wealth of

cheap shopping goods, yummy eats, and essential travel services. The city of Hanoi is a shopping haven, be it quality textiles, clothes and handicrafts, you will not be disappointed. Walk about the city with confidence and do no limit yourself to sightseeing as exploring is highly encouraged. Experience the full circle of Vietnamese lifestyle and bargain your way through the day and night markets. Visit Hang Bac Street for silver goods, its roots in silver making dates all the way back to the 13th century. Hang Dau Street is swarmed with footwear, it is no doubt a retail heaven for shoe-lovers. Take your time to browse through Little Hanoi which covers Nha Tho Street or 'Church Street' and Xuan Dieu Street for chic souvenirs, unique pieces of home furnishings, silk, quality lacquer ware, art, trinkets, propaganda objects and cartoon memorabilia.

Golden Holidays is always meeting its travellers' expectations, providing satisfying holiday combinations. This exclusive package includes a return economy class flight on Malaysia Airlines, 4-day and 3-night accommodation with breakfast, meet-and-greet at the airport, return airport transfer and complimentary Half Day City Sampler for MYR1,885 per person on twin-sharing basis.

This package is available now until Dec 31, 2014. Visit Golden Holidays preferred agents, <http://holiday.malaysiaairlines.com> or call 7863 4000. For customised tour, e-mail [goldenholidays@malaysiaairlines.com](mailto:goldenholidays@malaysiaairlines.com).

**Golden Holidays is now closer to you.**  
**Visit Service Centre @ KL Sentral**  
(around the corner of MAS Journey office.  
Call: +603 2272 2160 / 2163)

# ABSOLUTE ALTITUDE

By Kathlyn Ursula D'Souza

*"The modern airplane creates a new geographical dimension. A navigable ocean of air blankets the whole surface of the globe. There are no distant places any longer: the world is small and the world is one."*

*- Wendell Willkie*

*It is true that with the advent of these flying machines, the world now seems smaller and even the remotest of places are now reachable. Once, human beings looked to the sky and envied the birds, but now adventures are made possible, cultures are coalescing and people are more connected than ever before. On that note, let us get to know our Malaysian flight fleet a little better, these wonderful winged machines that take us a thousand miles up and away from home and back again.*



1

## Airbus A330-300

Seats: 295 - 440  
Route Type: International Medium Haul

Length: 63.69 m  
Weight: 124,500 kg  
Maximum cruise speed: 913 km/h  
Maximum range: 11,300 km  
Maximum fuel capacity: 97,530 L  
Engines: General Electric CF6-80E1, Pratt & Whitney PW400, Rolls-Royce Trent 700

## 2 Airbus A380-800

Seats: 525 - 853  
Route Type: International Long Haul

Length: 72.73 m  
Weight: 276,800 kg  
Maximum cruise speed: 945 km/h  
Maximum range: 11,300 km  
Maximum fuel capacity: 97,530 L  
Engines: General Electric CF6-80E1, Pratt & Whitney PW400, Rolls-Royce Trent 700



## 3 de Havilland Canada DHC-6-300 Twin Otter

Seats: 20  
Route Type: Short Haul

Length: 15.77 m  
Weight: 3,363 kg  
Maximum cruise speed: 314 km/h  
Maximum range: 1,434 km  
Maximum fuel capacity: 1,421 L  
Engines: PT6A027





## 4 *Airbus A330-200F*

Seats: 246  
Route Type: International Short-to-Long Haul

Length: 58.82 m  
Weight: 109,000 kg  
Maximum cruise speed: 913 km/h  
Maximum range: 15,700 km  
Maximum fuel capacity: 323,546 L  
Engines: Engine Alliance GP700, Trent 970/B, Trent 972/B



## 5 *ATR 72-500*

Seats: 68-74  
Route Type: Short Haul

Length: 27.2 m  
Weight: 12 950 kg  
Maximum cruise speed: 510 km/h  
Maximum range: 1 330 - 1 650 km  
Maximum fuel capacity: 6 400 L  
Engines: P&WC PW127F, 2 x 2750 hp



## 6 *Boeing 747-400*

Seats: 416 - 660  
Route: International Long Haul

Length: 70.6 m  
Weight: 178,800 kg  
Maximum cruise speed: 988 km/h  
Maximum range: 13,450 km  
Maximum fuel capacity: 216,840 L  
Engines: PW 4062, GE CF6-80C2B5F, RR RB211-524H



## 8 *Boeing 777-200ER*

Seats: 314 - 440  
Route Type: International Medium-Long Haul

Length: 63.7 m  
Weight: 138,100 kg  
Maximum cruise speed: 950 km/h  
Maximum range: 14,310 km  
Maximum fuel capacity: 171,177 L  
Engines: PW 4090, RR 895, GE90-94B



## 7 *Boeing 737-800*

Seats: 160 - 189  
Route Type: International Short-Medium Haul

Length: 39.5 m  
Weight: 36,400-44,700 kg  
Maximum cruise speed: 876 km/h  
Maximum range: 5,765 km  
Maximum fuel capacity: 40,530 L  
Engines: CFM 56-7B27



# MAKAN-MAKAN PREVIEW

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## DAPHNE IKING

Pursuing passion and  
pushing boundaries

*By Jane Bee*

**Chynna at Hilton Kuala Lumpur**

Address: 3 Jalan Stesen Sentral, 50470 Kuala Lumpur

Tel: 03 – 2264 2405

Website: [www.life.hiltonkl.com](http://www.life.hiltonkl.com)



Everything about Daphne Iking seem to be glowing – her personality, smile as well as her bubbly and energetic self that charm almost everyone at first sight. When I met her at one of her all time favourite restaurants, Chynna at Hilton Kuala Lumpur, she brought along waves of excitement and had everyone riding along as well. Simply because the thought of indulging in her favourite dim sum overwhelmed her with much anticipation and happiness.

When asked what she would like to have for the meal, Daphne brightened up instantly and exclaimed, “Oh, I love the dim sum here! Now, can I have my favourite egg tart please?”

Dim sum always reminds her of her home back in Sabah. It was a special treat to the family when something good happened and it would leave her feeling nostalgic whenever she think of it. Perhaps, that explain why she is extremely particular about the taste and texture of dim sum, and she was on cloud nine when she discovered Chynna at Hilton Kuala Lumpur eight years ago.

“I don’t like my dim sum to have thick skin or too floury. And Chynna has everything that I look for! The Chee Cheong Fun, for example, is so

thin in texture and the shrimp in it is so juicy and crunchy. It is a must for me to have Chee Cheong Fun, Siew Mai, Shanghai Dumpling and Chicken Char Siew whenever I dine here. And oh, my meal must end with none other than its egg tart that is so soft and crispy at the same time,” she said.

Daphne would actually make it a point to visit Chynna whenever she could and be more than willing to sacrifice her heavy breakfast just for the sake of indulging at Chynna. “I’m a breakfast person and can’t kickstart the day without a proper and heavy breakfast. But, if I know I would be dining at Chynna, I would have just fruit juice and brace through the hunger until the restaurant opens at 12.30pm. Reservation is made earlier to avoid any disappointment and to ensure that the ‘kungfu sifu’ is there to serve us red date drink. There was once the sifu was not around and my husband got really grumpy and upset throughout the meal,” she said with a chuckle.

“So yes, our visit here must come in a package – good seat, my must-have dim sum and last but not least, our Mr Kungfu Sifu,” she added.

## Upclose & Personal with Daphne Iking

### 1. How’s 2014 been treating you so far?

2014 is really good for me. After being both journalist and TV host with Media Prima for 12 years, I decided not to renew my contract that ended in July and took a leap of faith. Rather than just focusing on women’s issue in Bella, I want to report on hard core issues that I believe require attention as well. And this is a good opportunity for me to push my limits instead of just settling for mundane routine.

### 2. How do you plan to achieve that?

I’m currently doing my own show called Daphne where we explore issues like transgender, mistress’ point of view or men who are victimised in a marriage or domestic abuse. Issue like these will never make it in the mainstream media as they are deemed too controversial by our society. For now, we will put the show on online platform such as YouTube.

### 3. You converted to Islam five years ago. What prompted you to make that decision?

When I was dating with my husband, both of us knew that I would have to convert to Islam if we were to get married. In fact, we were ready to leave the country together so that we could be together legally without me having to convert my religion. But, when we were in India and spending some time strolling in front of the Taj Mahal, something got into me and I just told my husband that I was ready to convert to be a Muslim. So we had an unofficial ceremony right there. I believe that this was between me and God and it involved no one else.

### 4. How did your parents react to your decision?

My mother supported my decision but my father was sceptical and took some time to warm up to that idea. However, things changed during a family visit to Australia. We were visiting an old aboriginal cave and suddenly, my one-month-old daughter started crying non stop. Believing that there was a spirit disturbing my baby, both my husband and father quickly came forward, placed their palm on the baby’s forehead and started praying to their own God. And that was the turning point to the relationship between my father and husband. They are on a really good terms now.

### 5. What is your view of Islam now?

I believe that my conversion to Islam is my personal relationship with God. I wanted to learn and understand the religion at my own pace instead of letting people tell me what to do. For now, I want to make sure I practise the five pillars of Islam, including praying on time. And I wanted to focus on being a good person first.



# KOMPASSION

Introducing a new twist of flavours to Thai cuisine.

Non-Halal

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*By Jane Bee*



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5 Jalan SS20/11, Damansara Kim, Petaling Jaya  
Opening hours: Everyday at 11.30am to 2.30pm & 6.00pm to 10.30pm  
Tel: 03-7731 9256





Green Curry Grilled Chicken

Given that almost each time I discovered any delicious Thai food especially tomyam, I would go for it and eat it as often as possible. Thus, when I first heard of Kompassion, I couldn't help myself from checking it out almost immediately.

Instead of going through the menu with excitement and anticipation, I actually frowned and raised my eyebrows at the list of the dishes. Some of what were written on the menu sounds bizarre –who would actually combine a lobster with a rambutan salad? Nevertheless, it did intrigue me.

I started off my meal with Double Cook Double Dip (RM25) that came with the chef's original recipe sauce, the spicy tomato puree and chilli mustard sauce. The three-layer pork

belly was boiled with herbs and salt before it was kept frozen for two days and fried upon request. Not only it did not have the pungent smell, it retained the original flavour as well as the smooth and juicy texture of the pork. Despite its look, the pork did melt in my mouth.

For a more refreshing starter, I opted for the Bean Sprout Avocado Salad (RM15.90). Using only blended olive oil, garlic, ginger, honey, lemon juice and salt as dressing, it blended nicely with the beansprouts, sunflower seeds, cherry tomatoes, purple cabbage and carrot as it harmonise the flavours for each vegetable. The avocado also makes the salad naturally creamy and tantalising.

The Lamb Shank Hang Laey Curry (RM50) was an eye opener. The combination of lamb shank, lychee, avocado and hang laey

curry might sound like a disaster on the menu. However, it certainly raised eyebrows when I took a bite of it. In order to retain the original texture of the lamb, it is boiled, baked, deep fried and frozen for a week before it is baked upon request. The hang laey curry, on the other hand, is cooked with cooking cream instead of the usual coconut milk. Not only it preserves the taste of the ingredients, it also gives a smoother texture. Pair the curry with the avocado and you'll get a creamier curry. Brilliant, isn't it?

The Green Curry Grilled Chicken is another example of exceptional fusion between Thai and Korean cuisine. The chicken is marinated with bulgogi sauce before it is grilled, thus, giving off a more relishing and smoky taste. Oh, if you savour the chicken and take a sip of the curry after that, you'll be surprised with a zest of curry-like sweetness that is left lingering in your mouth.

However, the Super Spicy Shabu-Shabu Tomyum was my favourite dish of the night. Unlike your normal tomyam, it was cooked with smoked chilli flakes that left a spicy sensation from my throat down to my stomach. Pair it with ingredients like three different kinds of mushroom, basil and fresh chilli, you'll get a clear yet savourish soup that offers you a zest of spiciness. The shabu-shabu (thin sliced pork belly) absorb the flavour of the soup, thus, making it appetising and delectable. Word of advice, never underestimate the spiciness level of this soup.

After a hearty and heaty meal, I wrapped up the session with the Pandan Gelato With Mango Sticky Rice (RM18) and Coconut Gelato With Red Ruby and Jackfruit (RM10) for a cooling and refreshing feel.

I definitely look forward to trying more dishes during my next visit to Kompassion.



Avocado Bean Sprout Salad



Coconut Gelato with Red Ruby and Jackfruit &amp; Pandan Gelato with Mango Sticky Rice



Double Cook Double Dip





## AYAM PENYET WONG SOLO

Bringing you the authentic taste of Java

*By Siti Wajihah Kholil*

you are a fan of spicy food. Top your dish with more sambal belacan for more spice, if you can handle it, or you can add soy sauce to add a little sweetness. If beef is your preference, have a go at empal sapi instead. All the mentioned dishes come in a set that includes chilled water, costing only RM10.90 per set.

At Wong Solo, you can also create your own variety of dishes with its ala-carte menu. Other than ayam penyet, ayam goreng, ayam bakar, pecel lele and empal sapi, there are also other dishes to choose from such as ayam or daging lada hitam (RM16.90), sup ekor (RM12.90), sup ayam (RM8.50), ikan bawal or siakap bakar (RM19.90) and ikan bawal or siakap tiga rasa (RM19.90) to eat with your rice. You can also top up with delicious side dishes that will entice your palate such as the balado udang petai (RM13.90), cumi or udang goreng tepung (RM13.90), balado terung (RM7.50), sambal tericabe hijau (RM8.90), cah kangkung (RM7.50) and cap cay (RM11.90).

Is the spiciness too much for you? Be sure to rejuvenate your taste buds with Wong Solo's range of juices. Its special hot seller drinks are jus buah or mix fruit juice (RM6.00), jus wortai susu or carrot milk juice (RM5.50), jus nanas or pineapple juice (RM5.50), jus alpukat or avocado juice (RM6.00) and jus semangka or watermelon juice (RM5.50).

Wong Solo has a very lively atmosphere. Hustling and bustling, the restaurant is filled with friends and families of all ages who are eager for their ayam penyet. The walls are coloured in banana leaf green and its interior displays natural elements of wooden tables and chairs. There is also a section where patrons can sit on the floor and enjoy the eating experience the Javanese way. The waiters and waitresses are all uniformed in traditional Javanese batik wear. Traditional and appetising, Wong Solo brings you the authentic taste of Java.

As Malaysia is a cultural melting pot, its variety of food inevitably is ever growing. Wong Solog, for example, is an eatery that brings the best of Indonesian cuisine, gaining major popularity with the locals. The term 'Wong' means person, while 'Solo' is a place in Java, Indonesia. With 30 franchises in Indonesia and four branches in Malaysia, Wong Solo fans keep increasing in numbers.

If you ask local foodies on where is the best ayam penyet in the Klang Valley, surely they will tell you it is ayam penyet of Wong Solo. Ayam penyet is a traditional Javanese cuisine from Surabaya where the chicken is marinated with its in-house special spice mixture and herbs, then pounded and flattened, hence the term 'penyet'. It is then deep-fried until light golden brown. So when you eat it, it is crispy on the outside, and juicy and flavourful on the inside. There is also regular fried chicken if you do not like the 'penyet' version. If you are not into deep-fried chicken, you can opt for its ayam bakar where the chicken is grilled instead. These dishes come with fragrant rice, a piece of fried bean curd and tempe, fresh cucumber and salad, sautéed eggplant and blazing hot sambal belacan. It is actually the sambal that bursts the flavours. Spicy, simple and delicious, once you try you will return for more.

Pecel lele is also another must-try. The dish is similar to ayam penyet, but the only difference is that its protein is a 'lele' or catfish that is specially marinated and fried. Pecel lele is highly favoured by many patrons because of its soft fish-meat and crunchy skin. Not to mention, it is also incredibly delicious. Also served with aromatic rice, fried bean curd and tempe, fresh cucumber and salad, sautéed eggplant and sambal belacan, the overall dry-concept dish will surely get you hooked, especially if



No. G18 & 19, Jalan Dagang B/3A,  
Taman Dagang, Wilayah Persekutuan,  
55100 Kuala Lumpur  
Tel. 03-4270 1947

K.L. Cumi Goreng Tepung



## MARBLE 8 STEAKHOUSE

Rare and well-done to perfection

By Kathlyn Ursula D'souza

We were told there was going to be a lot of meat. But what they didn't tell us was that we would fall in love. This exclusive bungalow-restaurant brought by the Marini group that specialises in beef (but also offers more than that) is unsurpassed in terms of steaks, luxury, elegance and fine dining, all wrapped in one delicious bundle with a great view of the Petronas Twin Towers.

Marble 8, incidentally, is the name of the steak cut solely and exclusively made and handpicked for the restaurant from Stanbroke, one of the best beef-producing chains in Australia. The restaurant specialises in dry-aged beef but there is also the option of wet-aged, with the drying room equipped with salt bricks and set to specific conditions in full view on the left the very second you walk into the space.

We started off very frivolously with pastries (polenta bun, pretzel with poppy seeds and scrolls with basil pesto and kalamata olive) – in-house, hand-rolled, prepared and baked in the restaurant itself. They melted in the mouth and despite the fair warning that we should save our stomachs for what was to come, we couldn't resist reaching out for more. We openly gushed about how they should rightfully start their own bakery, with us as their most frequent and adamant customers, but they maintained that they would like to keep them very special, very exclusive and exquisite.

The amuse-bouche was the roasted bone marrow served with lemon parsley gremolata, mushroom duxelles and porcini balsamic jus and our starter, the Summer Heirloom Tomato Salad, served with basil, burrata cheese and arugula. These two dishes were light and delicate, and since everything in here had a propensity to melt in your mouth, these too took a similar path, a welcome piquant taste enough to make us anticipate our next dish.

As mentioned earlier, Marble 8 is a virtuoso in beef but it offers many other dishes as well,

as our first main course was the Live Blue Normandy Lobster. These kind of lobsters are wild and cannot be farmed, so they are fresh out of the cold-water seas. Cooked in Thermidor style with mushrooms and parmesan, the dish was superb – firm, sweet and velvety.

Onto their forte; the beef. The dry-aged Boneless Ribeye made its entrance. Taken out of the bag and kept under specific conditions, the juice evaporates out of the beef, and this intensifies the flavour, whilst breaking down. The cut is very tender and the medium fat distribution gives it that very lovely, lavish and – as you might have guessed – the melt-in-the-mouth consistency and flavour.

We were spoiled next with the New York Short Loin on The Bone. With minimal fat covering and a hearty chew, the bone and fat add to the flavour. It does require more work, but it ends up in more flavours, which we definitely loved, as we ravenously gobbled it up.

The Prime Rib on The Bone was definitely something to behold – weighing at about 1.1 kg, our eyes were popping out of their sockets as we were presented with this. This was not only huge, but very, very juicy and bursting with flavour and had a very distinctive aroma. Ideal for sharing, perhaps between two to four (or for one very hungry person, as the chef suggested).

We had the Black Angus Centre Cut Tenderloin (wet-aged) next, very lean meat but so, so soft. This process is different, as explained, as the beef is marinated in its own juices inside the bag. As a result, the meat is ultra moist, although the flavour and texture are not so distinct as the dry-aged. Still, we were not disappointed. Eyes were shut and mouths were groaning after every tantalising bite.

Our last fill of beef was the Special Reserve Rib Eye, aged 60 days – the extended ageing period on this cut lends a unique flavour and complexity to the beef. Served with baked

portobello mushrooms and green asparagus with egg mimosa, this was very complex and intense in flavour as well as tougher and drier in texture. Marvellous, nonetheless. The steaks are exceptional, teamed with three choices of salt – the Himalayan pink salt, rosemary salt and sea salt for which you can tap your meat on and get the best out of your meal.

Dessert was fun – a treat dubbed Chocolate Soil. It was named after the texture, and it is served with kirsch, coffee and vanilla cream jelly, cherry stone gelato with pistachio and chamomile. Our departing treat was the hand-made Chocolate Pralines and Orange Madeleine. The chocolates are complimentary for all guests, and was a lovely finishing touch to our content stomachs and dazzled smiles.

For those who wish to pop by for drinks instead would not be disappointed, as the M8 bar offers quite a selection of concoctions. Take for example, the Sueño Mexicano (tequila, homemade watermelon syrup and lime juice), the Wolfberry 8 (gin, wolfberries, grapefruit juice, passion fruit pulps and simple syrup) and the Peach Manhattan.

At the end of the banquet fit for a king, we found ourselves already hopelessly devoted to steaks, and we would never ever look at beef or taste them the same way again without ever comparing them to what we had here, and our hearts (and stomachs) are Marble 8's to have from now on. There are not enough gastronomic words to describe these dishes fittingly. Swing by and you will understand what I mean. Take a break, have a steak. Marble 8 is clearly a force to be reckoned with, make no missed-steak.

Marble 8 Steakhouse & M8 Bar by Marini's  
Jalan Binjai, Persiaran KLCC, Kuala Lumpur.  
reservations@marinigroup.com  
Tel: 03-2386-6030



## SHELL OUT

The conventional, fun-filled dining experience

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*By Jane Bee*



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16-1, Jalan PJU 5/15, Dataran Sunway Damansara, 47810 Petaling Jaya  
Opening Hours: Daily from 12.00pm to 3.30pm & 5.30pm to 10.00pm  
Tel: 03-7497 1137



Forget fork, spoon and plate, for at Shell Out, diners are supposed to indulge in the food in the most conventional way – by using their hands!

Opened in 2013, Shell Out has been offering an entirely new dining experience for its customers. The nautical ornamentation of fishing nets, lifebuoys, shellfish-themed wall artwork and the wooden furniture decorating the entire place certainly made us feel like we were in a ship instead of a restaurant. There were also colourful scribbles and words everywhere, from the tables, chairs, walls, windows and ceiling in the whole restaurant. It seemed to us like a really fun-filled place to be.

As we were seated at our place, a large and thick white sheet was placed on the table and we were given plastic bibs with the words, 'Life is too short to be serious. Let's eat!' printed on it. We first thought that we had no use after the bib, but we decided to put it on for the fun of it and boy, we sure glad we did that – dining is actually a messy business here!

Forget about chicken, rice and meat here for just like its name, Shell Out serves only fresh seafood. Instead of the usual way of serving, the dry food is served in a wooden basket while the seafood is served in a plastic bag. No tray is used as the seafood is carried in a steel pail instead. There's nothing fancy here for everything in the restaurant is all about simplicity.

We started off the meal with Shishamo Fish (RM13.90), Sweet Potato Fries (RM9.90) and Calamari Rings (RM13.90) that were fried to perfection. The sweet potato fries were crispy and crunchy while the Calamari Rings were savourish and satisfying. There were no traces



Octopus in Original Lemon Pepper Sauce

of excess oil and it certainly pulled the trick in kickstarting our appetite by enticing our taste buds with the straightforward flavour. And oh, do make sure you try scribbling the table with the sauce before indulging in the food. It may sound cliché but then again, it is not an everyday occasion where we get to play around with our food without being judged by people.

We were then served the highlight of the day. Being greedy and wanting more than we could chew, we decided to heed to the waitress suggestions and settled for the crab, crawfish, giant scallop, clam and octopus. Each of the seafood was cooked with the specialty sauce from Shell Out that comes with three levels of spiciness – mild, medium and OMG.

We had the clam and the octopus cooked in the original lemon pepper sauce, giant scallop in the butter garlic Malaysia-style

sauce, and both the crab and crawfish in Original Shell Bang sauce that consists of a combination of lemon pepper, butter garlic and Cajun sauce. We were excited as little children as all the seafood served were so fresh and meaty, definitely making it worth getting our hands dirty in scraping out every bit of the moist morsel. According to Shell Out, most of the seafood here are kept alive, thus, retaining their flavour and texture when it was cooked.



Giant scallop in butter garlic Malaysia style sauce

The crawfish and crab certainly stole the limelight with their juicy and tender meat. We were also pleased with the extra ingredients added into the seafood upon request; the broccoli, corn on con and potato. It was ideal for us as we could chew on the vegetables when we needed a break from the seafood.

At the end of the meal, our hands and mouth got really messy and the table was filled with the empty shells of the seafood. Surprisingly, we didn't mind all the mess at all, after all, who knew that eating with hands with food served on the table would be this much fun?



Shishamo Fish



# Handmade Noodles

Non-Halal

We live in a time where almost everything is available readymade especially when it comes to food, thanks to the advanced technology and booming industry. While this does offers more convenience, nothing would be able to replace handmade food that was made from scratch. In this issue, we will be sharing some of the places that sells handmade noodles that definitely charmed your every tastebuds.

By Jane Bee



## Wantan Mee (RM4.50)

Wantan mee is available everywhere but locating the good ones is pretty much like looking for a needle in a haystack. Hidden in Kepong Wet Market is a small stall that sells wantan mee that taste so superd. The wantan noodles are made daily and each strand of noodles is so chewy and springy in texture, unlike some of the lumpy and soft wantan noodles. The noodles also adsorb the flavours from the gravy, making it even savourish. If you are all for spicy food, be sure to request for their spicy wantan mee!

*Spicy Wantan Mee  
Kepong Wet Market, Jalan Ambong Kanan 1,  
Off Jalan Ambong, Kepong Baru, 52100 Kepong  
Opening hour: 6.30pm till late night*



## Chicken Soup Lamian (RM7.50)

If you are looking for something simple and straightforward and yet, retaining its chewiness texture, Chicken Soup Lamian is one of the best available options to satisfy your craving. Not only that, the noodles will be prepared right in front of you and the whole process will leave you amazed at how one can transform a dough into a noodles. Considering the portion and the texture of the noodles as well as location, we would said the price is pretty decent for what we are getting.

*Chinese Hand-Pulled Noodles  
Mid Valley Food Court  
Lingkaran Syed Putra, 59200 Kuala Lumpur*



### Hakka Mee

(RM5.50)

Having been around for more than eight decades, this stall is known for its handmade hakka noodles. The noodles are all made in-house and each bowl of hakka mee are only when cooked when order. It comes in the usual minced pork, char siew slices and lard oil. Despite it looking so ordinary, this bowl of noodles will entice your tastebuds with its aromatic and flavourful fragrance.

*Pudu Hakka Mee*  
446 Jalan Sayur, Off Jalan Pudu,  
55100 Pudu, Kuala Lumpur

### Hokkien Mee

(Price Varies)

This restaurant does not only offers traditional Teow Chew pastries, it is also famous for its delicious Hokkien Mee. Unlike most places where they used ready-made hokkien mee, the owner of the restaurant insists in taking no shortcut by making the noodles from scratch with a long bamboo rod just like the olden days. Instead of the rounder and fatter strands, the noodles here are much more flatter. This resulted in exceptional fresh noodles and adsorbs the flavours better as they are free from any alkaline taste.

*Setapak Teochew Restaurant*  
283 & 285 Jalan Pahang, 53000 Setapak  
Opening Hours: Monday to Saturday 7am to 5pm



### Pan Mee

(RM5.00)

Pan mee is perhaps our personal favourite among all the other noodles. We like our pan mee to be hand-pulled and in clear soup version and the stall at Kedai Makanan & Minuman Hoi Kee always hit all the right button. The hand-pulled pan mee is so smooth and silky that it easily slipped pass the chopstick. But nevertheless, the texture was fantastic and the pork broth compliments the flavours further. If we are looking for extra kick, we will always eat it together with sambal belacan or chilli sauce.

*Kedai Kopi & Makanan Hoi Kee*  
No 2 Jalan Segambut Tengah, 51200 Segambut  
Opening Hour: Monday to Saturday 6.00am to 12.00pm





## Medan Selera Taman Melawati Lama

To think that we have covered all the street food in the avenues of the Klang Valley, yet there are still many waiting to be explored and exposed. In Taman Melawati alone, there are three food courts located within the commercial area, just walking distance from each other. Of course, KL Lifestyle decided to go for the oldest, Medan Selera Taman Melawati Lama in Jalan Bandar Melawati. The food here is so cheap and awesome!

*By Siti Wajiah Kholil*

### Daging Pad Kapau

RM5 (dish only)

There is no denying that Malaysia has adopted all sorts of foreign food, especially from the neighbouring countries. Daging (beef) pad kapau actually originates from Thailand and called 'pad kra pow', which is beef (or chicken) cooked, stir-fry style with basil, chilli and other condiments. The dish itself is very fragrant due to the natural sweetness of the basil. In most places, the chilli gives it a little kick of spiciness. But the one here at the Melawati Tom Yam stall, is mild, so it is suitable for all. This dish is best eaten with rice which comes separately.



### Chicken Wings

RM1.70/piece

At the outer part of the food court, you will find a stall called Metro Tomyam. Right in front of where the patrons sit, you will find a few young gentlemen working a rotisserie filled with chicken wings. Served hot, these chicken wings are to die for! They are different from the ones you usually eat at a bazaar or night market. They are sweet, but not overpowering. You can taste the faint pepper as well. So savoury, the marinated ingredients blend really well. Tender with a slight crisp of the skin, the chicken wings are incredibly delicious.







## Nasi Campur

Price depends on dishes

At the end corner of the food court lies a stall called Nasi Campur Gantino by Hajah Erma Farida. The stall has a rich selection of Malay traditional home-cooked meals that are mouthwatering and just waiting for you to indulge. Be it pajori nenas, hati masak hitam, ikan keli goreng, ikan goreng sambal, ikan masak lemak cili api, ikan patin masak asam pedas, beef rendang, chicken rendang, sayur kangkong, sayur kacang and more. So grab a plate of rice and enjoy.

## Tauhu Bakar

RM4 (Regular)

Right next to the chicken wings stall is a tauhu bakar (grilled tofu) stall. It is dried tofu that is grilled on a charcoal fire and is stuffed with shredded cucumber, carrot and jicama. It is then topped with crushed peanuts and its special sauce. The sauce has a very complex pungent taste, but it blends well with the tauhu bakar. It also adds moist to the dry grilled tofu. Tauhu bakar is healthy and delicious. It makes a great opening to your palate. Do note that one regular tauhu bakar comprises eight pieces.



## Air Batu Campur (ABC)

RM2.50

Air Batu Campur or ABC or Ais Kacang is one of Malaysia's most popular and sought-after desserts. It literally translates into 'mixed ice' as most of its content is shaved ice. Usually ABC is served in a bowl, but this one is served in a long cup. What is certain is that this ABC beckons. The ingredients are colourful with red beans, sweet corn, multicoloured big and small sago, cendol and raisins mixed with syrup, gula Melaka and others. What makes it unique is that there are actually peanuts in the ABC. The taste is not overly sweet. It is refreshing, just right and highly recommended.





# Mooncakes

*Unknown to many, the mooncake is not just your ordinary must-have delicacy during the Mid-Autumn Festival. Legend has it that mooncakes were once used as a medium to convey messages by the resistance force against the late Yuan Dynasty. In this month's issue, we share with you our pick of mooncakes – some of which were created from out-of-the-box recipes and presentations.*

By Jane Bee



## Shangri-La Hotel, Kuala Lumpur

When it comes to Shangri-La Hotel Kuala Lumpur, we absolutely loved everything about its mooncake – from the unique packaging to its bold mooncake flavours. Its latest mooncake addition, the Pandan Lotus Seed Paste with Single Yolk and Mini Black Sesame with Yolk might look like any ordinary mooncake, that's it, until you took a bite of it. The mooncake are so flavourful and along with its smooth texture that melts almost immediately in your mouth and delicate mooncake that is baked to perfection, there is no way one can resist these sapid mooncakes! And oh, we loved the smoky-like sensation that was left lingering in our mouth that leaves us wanting more of it. Also, there is no way we gonna give its unique oriental mooncake box a miss, are we?

Tel: 03 – 2074 3560

Website: [www.shangri-la-specials.com](http://www.shangri-la-specials.com)



## Tai Zi Heen, Prince Hotel & Residence Kuala Lumpur

*(non-halal for Mini Snow Skin Chocoate and Whisky mooncake)*

If you think that one can't be adventurous when it comes to mooncake, Tai Zi Heen will certainly prove you wrong with its latest mooncake creations. Whisky and chocolate can't taste any better than the Mini Snow Skin Chocolate and Whisky mooncake. It is so rich and chocolaty and yet, at the same time, the flavour of the whisky slowly makes its presence felt and lingers in the mouth long after the chocolate melts. On the other hand, the Mini Snow Skin filled with Yam Paste and Japanese Red Bean Compote mooncake made us feel like we were eating a real mochi instead. The chewy yet smooth texture and the flavourful yam paste and Japanese red bean that are combined to perfection certainly make this mooncake unforgettable.

Tel: 03 – 2170 8888

Website: [www.princehotelkl.com](http://www.princehotelkl.com)

Email: [restaurants@princehotelkl.com.my](mailto:restaurants@princehotelkl.com.my)

## Chynna, Hilton Kuala Lumpur

*(Non-halal for Blue Moon mooncake)*

There is always something new and interesting in the mooncakes made by Chynna that not only entice our taste buds, but blow our mind away with their unique flavours as well. This festive season will see not only its iconic Durian Musang King and Blue Moon (Snow Skin Amaretto Lotus Paste with Blueberry Cheese Feuillantine), pleasing both durian and cheese lovers, but also the introduction of the Autumn Jade, a brand new exquisite creation that infuses both traditional and modern flavours. It has a close-to-perfect texture – the thin snowskin melts almost immediately in the mouth, revealing robust yet, distinctive flavours with the combination of savoury parmesan cheese, pandan paste and fragrant mandarin orange infused with chocolate as the filing.

Tel: 03 – 2264 2405

Website: [www.life.hiltonkl.com](http://www.life.hiltonkl.com)





# SHOPPING PREVIEW



TOD'S AUTUMN/WINTER 2014

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## CELEBRATING THE SCHOOL HOLIDAYS WITH DORA THE EXPLORER

School holidays are never this joyous at the Curve

Say 'Yeah!' to school holidays! Instead of the usual school holiday activities, the Curve decided to pump in lots of excitement for a fun-filled treat for kids by bringing in to life Dora, the main character in Dora The Explorer series. Now, how could anyone not know Dora, the adventurous Latina girl who often finds adventure as she explores new places with her talking purple backpack, the anthropomorphic monkey companion named Boots, and Diego?

So be sure not to miss the chance for your kids to see as well as interact with their favourite character in the Meet-and-Greet sessions with Dora and Diego at the Curve's Centre Court, from Sept 12 to 21. The Curve will be depicting one of the episodes in Dora The Explorer, Dora Rocks!, which sees one of Dora's friends throwing a Sing-Along party as she seeks to have "the time of our lives" moment.

Armed with the "rock star" as the theme of the event, the occasion sees Dora dressed to the nines, complete with a rock star party outfit and hair accessories. A medley of Dora's songs will feature throughout the episode as well.

Dressing up in one of Dora's attire to be part of the party is every child's dream and the Curve assumes the role of fairy godmother by making the dream come true for every kid. With makeover booths that are complete with makeup artists, hair stylists and choices of fancy costumes, children under 12 will have the opportunity to dress up for the party and have their pictures taken on the red carpet.

What's more, the makeover and photo session is available on a complimentary basis when shoppers spend RM80 and above at the Centre Court or RM200 and above at any outlet in the Curve. Children can also indulge in more fun in the Colouring Corner and Game Booth that are available during the session as well. Not only that, the children will be able to keep the memory they have with Dora The Explorer in a memento in the form of Dora Plush Hand Puppet Bolster. The bolster will be redeemable with no charges incurred when shoppers spend RM200 and above in a maximum of two receipts.

Jazmi Kamarudin, centre manager of the Curve believes that school holidays should be all about fun time for children. "Dora the Explorer has been a long-time favourite for the young ones and a "Dora Rocks!" party just makes the holidays extra memorable. Giving the children a chance to meet their favourite characters in person and have fun with all the activities in store will surely make this an experience they won't forget," he said.

The session will be held everyday except on Wednesday, starting at 6.30pm on Monday and Thursday and separated into three sessions from 2.30pm onwards for Friday to Sunday. It is definitely not an event to be missed this coming school holidays.

For more information, contact the Curve's Customer Care officers at 03-7710 6868 or visit [www.thecurve.com.my](http://www.thecurve.com.my) or the Curve's Facebook page at [www.facebook.com/theCurveShoppingMall](http://www.facebook.com/theCurveShoppingMall).

*the Curve*  
A breath of fresh air

**nickelodeon**  
**DORA ROCKS!**

12 - 21 SEPTEMBER 2014

**Dora & Diego**  
**Meet 'N' Greet Sessions**

Fridays – Sundays & Public Holiday  
2.30pm, 4.30pm, 6.30pm  
Monday & Thursday  
6.30pm Only

Find us on Facebook: [www.facebook.com/theCurveShoppingMall](http://www.facebook.com/theCurveShoppingMall)  
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nickelodeon™  
**DORA! ROCKS!**™

12 - 21 SEPTEMBER 2014

**Dora & Diego**

**Meet 'N' Greet Sessions**

Fridays – Sundays & Public Holiday  
2.30pm, 4.30pm, 6.30pm  
Monday & Thursday  
6.30pm Only

**All Day Rock Stars**

Get a makeover, strike a Dora pose and  
snap a photo on the red carpet for free,  
for purchases of  
-RM80 and above at the Centre Court  
-RM200\* and above at any outlet in the Curve

**Redemption\***

Redeem a 'Dora Plush Hand Puppet Bolster'  
when you spend a minimum of RM200 (maximum of 2 receipts)  
at any outlet in the Curve.  
(Only applicable on Fridays – Sundays and while stocks last)



www.facebook.com/theCurveShoppingMall  
Facebook is a registered trademark of Facebook, Inc.

\*Terms & Conditions apply

the *Curve*



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## 1. The Right Pick

So, you are looking for shades that would literally fit and compliment any face shape. Sounds daunting but if you know where to find, it is easy like ABC. The latest Carrera 6000 sunglasses have everything you are looking for in ideal shades – refreshing, stylish, versatile and outstanding design.

## 2. Timeless Statement

Certain clothes, jewellery and accessories are meant for specific occasions. But, a timepiece never works that way. Doesn't really matter if you are in a dress or formal wear, a timepiece will never fail to add a touch of class to your attire. Classic, lasting and enduring – just these reasons alone are more than enough to convince yourself to invest in an excellent timepiece like Jarger-LeCoultre's Rendez-Vous Night & Day.

## 3. More than ordinary

Black and white is versatile, but for some, it might be boring. Well, not exactly. The Fierce Tiger Print Skinny No. 1 and Daria Blouse from GUESS by Marciano collection certainly works its magic in adding elegance and style to the wearer. One can basically choose any style- from fashionista to casual attire or a little mix and match to the attire, and still look classy.

## 4. The Vow

The day you say 'I do' to your significant other is the day where an intimate bond is formed. There is a reason why couples seal their vow with a ring – as a symbol of their eternal love for each other and togetherness through thick and thin in life. Garrard's Classic polished triangular profile with diamonds at the side from the Bridal Collection reflects just that. It's simple, yet magnificent jewellery piece that will be cherished forever.

The rings comes in white gold, yellow gold, rose gold and platinum with 3mm, 4mm and 5mm width.

**Price: Ranging from RM12,800 to RM27,300**

## 5. Back to Basic

Every lady must own at least one pair of black heels. And let's just say it is one of the unspoken rules in the must-have list for every woman. Not only it boosts confidence, we love how it flaunts our legs and hence, enhances the look. All you need is a pair of simple, suede heels like Cole Han's Prieta Pump to do the trick – basic never goes wrong in the first place!

# GOING GREEN

## 1. It's a Wrap

Like necklaces, the right scarf can switch up your look, smoothly transitioning your look from basic to anything you want. Flexible, adaptable and easy to wear, scarves can change the mood of your outfit without overwhelming your entire ensemble. Think few basic outfits but plenty of scarves, all having their own use; formal, fun, casual and many more. It acts as a lovely finishing touch as well.

**Dandelion Flower Print Scarf – RM23.90**

## 2. Watch Out!

Accentuate your wrist with a modish and eye-catching watch. This Casio watch features a combination of digital and analogue and is ideal for a casual look. Tough, bulky and strong, this is ideal for men who enjoy sporting the laissez-faire attitude while looking good at the same time.

**Casio Watch Green – RM 239**

## 3. In the Jeans

Seasons and styles change, and now it is time to put those reliable black and blue jeans to the side and make way for other colours. Lurid, striking colours worn on the bottom half of the body is the trend now, take for example, the Levi's Chinos in Green. Although muted, it definitely stands out enough to catch the eye and give your look a distinct, modern air.

**Levi's Chinos Better – RM169**

## 4. Deck the Neck

Necklaces have been worn since ancient times. It brings charisma, style and classiness to your overall look. A statement necklace paired with a simple outfit can glamourise it without making it seem like too much is going on.

**Sze Accessories – Necklace RM46**

## 5. Dress to Impress

It was Coco Chanel who said that if one were to dress shabbily, they remember the dress, but if one were to dress impeccably, they remember the woman. Make yourself memorable by choosing a unique green dress to add to your wardrobe. After all, the human eye is most sensitive to this colour and it symbolises luck and the cue to go forth.

**River Island – Asymmetric Slip Dress RM195**

## 6. Dignity in de feet

"A woman can carry a bag, but it is the shoe that carries the woman" – Christian Louboutin

It is true that a pair of pumps has the ability to make any woman feel powerful and confident. So while people are going green with envy and wishing they were in your shoes, why not make your choice of said shoes eccentric, outstanding and sophisticated all at once?

**Ashleigh Pumps in Emerald Green RM149**



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### 1. Master the light

"Master the light" is the new concept of BOSS' current eyewear collection which focuses on those who are sophisticated in personality and never fail to tap into their full potential of success in life. Introducing the BOSS 0595/s, this model is especially made for men who enjoy the comfort of lightness, innovation and design. Most importantly, the ultralight materials of the eyewear ensure a perfect visual control at any occasion, providing utmost comfort throughout the day. **Price: RM970**

2



### 2. Safe and secure

Regardless of any circumstances, it is always important for men to ensure that their pants are safely and securely intact. Extracting the Scandinavian style into its designs, Selected Homme has always provided a great level of intricacy and quality in their products, including the Larson leather belt IDX from the brand's Identity Collection. The belt is made of 100% leather and is a timeless piece that is ideal for formal occasions. **Price: RM163**

3



### 3. Casually cool

Inspired by the beauty of nature, when clouds appear after the rain with many shades of beautiful blue, BONIA introduces the sleeveless retro knit 08815-0078-30 top as part of its most current casual wear collection. The classic slipover collection features horizontal, cool stripes. It can be worn on its own, or you can mix and match under a suit or a sports jacket.

**Price: RM169**

4



### 4. Boot up!

Having produced menswear for five decades, Ben Sherman brings you a seasonal classic of its Baxter black leather brogue boots. Its unique features are the hole detailing as well as the traditional fringe, hence the design makes it suitable for a smart or casual look. It also includes pull tabs to make it easy for its wearer to slip it on. It has a chunky cleated sole finish and is durable for long term use. So what are you waiting for? Boot up with Ben Sherman's Baxter black leather brogue boots today!

**Price: RM713**

### 5. Functional finesse

A look that is bound to capture the eye is definitely one that shouts utter finesse. What better way to bring out one's masculinity and confidence than with Hackett's Mayfair collection of luxury knits this season. With transitional and functional pieces, this look of sophistication will definitely bring out your inner poise. **Price: RM4800 (suit)**

5



# ART & LIVING PREVIEW

Khali Ibrahim [B. Kelantan, 1934] Portrait of A Lady in Red, 2003, Acrylic on canvas 28 X 38.5 cm, RM5,000 - RM14,000

**KLAS ART AUCTION**  
MALAYSIAN MODERN & CONTEMPORARY ART



SUNDAY, SEPTEMBER 28, 2014 | 1.00 PM | [CONNEXION@NEXUS](mailto:CONNEXION@NEXUS), BANGSAR SOUTH



# KLAS ART AUCTION MALAYSIAN MODERN & CONTEMPORARY ART EDITION XI



**AUCTION DAY : SUNDAY, SEPTEMBER 28, 2014 | 1.00PM | CONNEXION@NEXUS, BANGSAR SOUTH**

Calling all art aficionados, collectors and bidders, get ready to mark your calendar! KL Lifestyle Art Space will present eleven edition of KLAS Malaysian Modern & Contemporary Art auction, scheduled for Sunday, September 28, 2014 at Connexion @ Nexus, Bangsar South City at 1.00pm.

A variety of art masterpieces awaits all art enthusiasts as the auction is promised to feature the greatest modern and contemporary artists as well as emerging artists in Malaysia and the region.

The auction will be featuring the bold and the beautiful artworks of Abdul Latiff Mohidin, Datuk Ibrahim Hussien, Yusof Ghani, the elegant, artistic tales of Syed Thajudeen, and the enchanting fantasy pieces by Ismail Latiff. Those who yearn for the exquisite artworks of Khalil Ibrahim's beautiful batik will not be disappointed. And known for producing soothing-to-the-eye pieces, Jolly Koh's "The Red Dreaming" of 2004, which was chosen as KL Lifestyle's cover for August 2014 issue, will also be available for the auction. So do not miss this opportunity! Other familiar and emerging names whose works will be exhibited include Awang Damit Ahmad, Tajuddin Ismail, Cheong Soo Pieng, Ong Kim Seng, Ng Eng Teng, and more.

Those who would like to take a sneak peek at the mesmerising art pieces may do so as the full preview is available at KL Lifestyle Art Space from Sept 11 to 27, in 150 Jalan Maarof, Kuala Lumpur. The gallery opens daily from 10am to 7pm.

Interested bidders or if there are any enquiries on the auction, you may contact Lydia Teoh +6019 260 9668 or Shamila +6019 333 7668.

Whether you will be coming to observe or to purchase, all are welcome to liven up the KLAS Art Auction of Malaysian Modern & Contemporary Art Edition XI. See you there!



**Abdul Latiff Mohidin (B. N. Sembilan, 1941)**  
Mindscape - 27, 1983  
Oil on canvas 89.5 x 90 cm  
RM 160,000 - RM 280,000



**Abdullah Ariff (B. Penang 1904 - 1962)**  
Chinese Junk, 1956  
Oil on canvas 61 x 54 cm  
RM 170,000 - RM 250,000



**Awang Damit Ahmad (B. Sabah, 1956)**  
Marista-Ingatan Yang Tersisa II, 2001  
Mixed media on canvas 110 x 107 cm  
RM 10,000 - RM 18,000



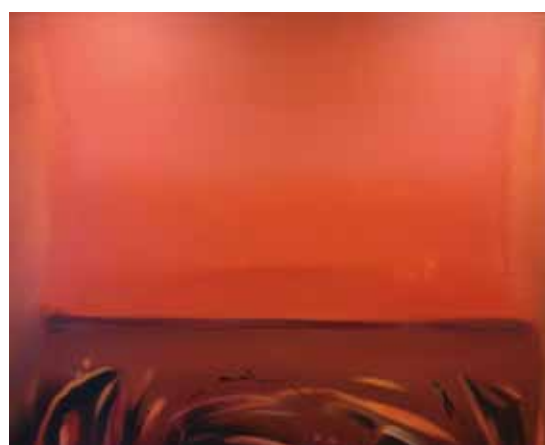
**Yusof Ghani (B. Johor, 1950)**  
Siri Tari, 1989  
Oil on canvas 122 x 122 cm  
RM 30,000 - RM 45,000



**Ibrahim Hussien, Datuk (B. Kedah, 1936 - 2009)**  
Untitled, 1974  
Acrylic on canvas 60 x 50 cm  
RM 60,000 - RM 120,000



**Khoo Sui Hoe (B. Kedah, 1939)**  
Call of the Wild, 1966  
Oil on canvas 100 x 100cm  
RM 55,000 - RM 95,000



**Jolly Koh (B. Singapore, 1941)**  
The Red Dreaming, 2004  
Acrylic and oil on canvas 179 x 220 cm  
RM 70,000 - RM 120,000





**Wu Guanzhong (B. China, 1919 - 2010)**  
Roofs, 1997  
Lithograph 44.5 x 48 cm  
RM 7,000 - RM 11,000



**Lim Tze Peng (B. Singapore, 1923)**  
Thian Hock Keng Temple, Undated  
Ink and watercolour on paper 67 x 66.5 cm  
RM 18,000 - RM 35,000



**Tang Da Wu (B. Singapore, 1943)**  
Take Off, 1987  
Ink and watercolour on paper 55 x 76.5 cm  
RM 4,000 - RM 9,000



**Le Pho (B. Vietnam, 1907 - 2001)**  
Floral Still Life, Undated  
Oil on canvas 81 x 60 cm  
RM 50,000 - RM 75,000



**Ong Kim Seng (B. Singapore, 1945)**  
Himalayan Panorama, 1982  
Watercolour on paper 77.5 x 113 cm  
RM 10,000 - RM 19,000



**Thomas Yeo (B. Singapore, 1936)**  
Mountain Village, Undated  
Mixed media on paper 59 x 59 cm  
RM 3,000 - RM 6,000



**Tong Chin Sye (B. Singapore, 1939)**  
Street in China, Undated  
Watercolor on paper 72 x 108 cm  
RM 5,000 - RM 9,000



**Yang Zhengxin (B. China, 1941)**  
Ducks, Undated  
Ink and colour on paper 46 x 70 cm  
RM 11,000 - RM 18,000



**Cheong Soo Pieng (B. China, 1945)**  
Fishing Village - Johore, 1961  
Ink and colour on paper 91 x 45 cm  
RM 26,000 - RM 42,000



**Ling Jian (B. China, 1963)**  
Abstract, 1994  
Mixed media on board 200 x 40 cm  
RM 11,000 - RM 16,000





## DANIEL DE GRUIJTER

### Inciting positivity throughout the world

By Siti Wajihah Kholil

Having worked in restaurants at the age of 13, then pursuing a degree in Tourism & Leisure Management, as well as in Commercial Economics, then travelling to Southeast to join the marketing team of Mindvalley Malaysia, and now, being one of the pioneers of Malaysia's most rapidly growing global youth movement called Incitement, Daniel de Gruijter has sure come a long way from his home in the Netherlands. At only 30, Daniel and his Incitement partner, Mohd. Zikry, have already made a strong impact by spreading positive change across the world. With Malaysia being the central headquarters, Incitement is active in more than 30 countries such as Canada, South Africa, Jordan, Russia and Palestine.

#### 1. Where are you originally from and how was your hometown?

I was born in 1984 in a small village called Harmelen, kind of comparable to the Malaysian kampung, but in the Netherlands. At the age of two, I moved to an equally small village called Ermelo where I lived until I was 22, besides living for about eight months in Italy. I moved to a small city near my hometown called Harderwijk. I lived there for three to four years before I decided to pack up everything I owned and move to Kuala Lumpur to work for a company called Mindvalley.

#### 2. When did you arrive in Malaysia and what was your first impression?

I arrived in Malaysia in January 2011. Well, first of all it was very, very warm. I had never been to Asia before, and I didn't do any research at all. All I remember is searching on Google for Kuala Lumpur and seeing the Petronas Twin Towers. Besides that, I had no expectations of what Malaysia was supposed to look like. Over the first couple of weeks I was surprised by how much it rained, how good the food was, how well-spoken everyone was in English, how "different" the service was in restaurants and in the mamak eateries, how cheap the food was compared to where I'm from, where it is expensive to go out and have a beer, and how green the city itself was.

#### 3. Have you tried any of the local food? Where else in Malaysia have you visited?

I love the local food although it's kind of unhealthy, so I try not to indulge too often. My first six months here, my breakfast was Nasi Lemak with Teh Tarik pretty much every day. It goes without saying that after a year of being here, I gained 8 kg. I'm also very keen on Beef Rendang. The best one I've had so far was homemade by my good friend, Zikry's grandma during Hari Raya. I love the variety in the food here. The Indian, Chinese food, and also the wide variety of Arabic dishes are amazing. I've visited Pangkor, Cameron Highlands, Ipoh, Taman Negara, Perhentian Island, Tioman Island, Melaka, Langkawi, and a other places I don't recall right now. My favourite places I think so far are Taman Negara and Perhentian Island.

#### 4. Tell us about your family.

My mom and dad, Christa and Onno, are amazing people. They are very loving and caring. Even though they find it difficult that I live so far away, they are happy knowing that I am happy. My mom is the sweetest person alive, and my dad, well, he's not just my dad, he's also one of my best friends. My older sister, Josien, has always been a true older sister to me. She is wise, knowledgeable, responsible and supportive. My younger brother, Christian, is pretty much an exact replica of me, but probably smarter than me, with a better sense of humour. My brother-in-law, Martijn, is always high on life, positive and optimistic and enjoying every



group photo incitepreneurship program

minute. My brother's girlfriend, Marlous, is super smart, ambitious and fun to be around. And then of course there is my sister's two-year old daughter, my little niece. Always smiling, sharing, talkative, and exploring the world. It's sad I don't get to see her grow up as much as I'd like to. But I do catch up with all of them regularly on Skype, and even though a high-five with my little niece through webcam isn't the same as in real life, it's still a high-five.

#### 5. You are one of the co-founders of Incitement. How did the idea come about?

It started when Zikry (the other co-founder) and I applied for something called AwesomenessFest, an event organised by Mindvalley every year sending volunteers to help. Unfortunately we got rejected, so we decided that if we couldn't go to AwesomenessFest ourselves, we would just bring it to the office. We brainstormed and organised it with some people, which eventually led to O-Fest, short for Office Fest. It was simply some talks given by employees, but people really liked it. The people who were initially involved in organising it very soon dropped off. Zikry and I kept it going every twice a month. The CEO of Mindvalley saw the enthusiasm received and told us, "Hey, why don't you open it up to the public?"

The first time, only seven people turned up, but later it grew rapidly. We continued improving the quality of the talks and threw in some cool exercises, and added an MC. At that point, we called it Speedation – short for Speed Presentation, I know, it's even lamer than O-Fest. Then Zikry came up with Incitement, because it sounded nice and incitement is always about spreading positivity and creating value. We thought one day, if you Google for 'incitement', it's going to be nothing but positive search results, as opposed to what it is today, just bad news. So that was when Incitement, the brand, was born.

#### 6. What is Incitement all about?

We started attracting people who were genuinely interested in impacting the world positively. Then a guy named Yu Jin reached out to us, asking if we could start something together to help refugee kids in Malaysia. This was when Incitement Growth was created, which has been a powerful social initiative in Malaysia ever since, and is all about empowering under-privileged youth to grow through telling their stories. The social aspect of Incitement is deeply-rooted in its DNA, and we really want to build something that impacts lives rather than something that is built to just make money – and this is exactly what Incitement is all about nowadays.

#### 7. Incitement started with no fund and now it has spread worldwide. What is the secret to Incitement's success?

INTEGRITY. We didn't grow because of the talks we do, or the events we run. We grow because we believe in something that many others believe in, too. We grow because it shows that we believe in something, and even though we might fail, it's something worth

failing for. People can see that we're not in this for the money, that our motives are genuine, and that all we want to do is help wherever we can.

#### 8. What is your current project with Incitement?

Well, currently we're trying to give Incitement a somewhat more entrepreneurial touch. We are well on our way to becoming the world's largest movement for young entrepreneurs. We want to help create entrepreneurs who start businesses that define success by the impact they're having, not the amount of money they're making. We ran a business accelerator programme once, under the Incitement umbrella – we called it the Incitepreneurship Programme. This was a huge success, out of 20 participants, seven companies were born – companies that are now still running, all initiatives with the social aspect ingrained in their DNA. And these are all youths aged 18 to 29. The very core of entrepreneurship is to create value, and not just for its customers, but just as much for its environment and community.



Daniel and family cycling trip



Quincy

## Quincy Hotel

*Simplicity at its best.*

By Jane Bee



## FEATURES

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 & reseasy@fareast.com.sg  
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Some travellers are all about adventure and options. While for some, they would prefer to settle for the straightforward-kind-of-travel with their choices narrowed down, hence, saving the trouble of decision-making. If you happen to be the latter type, the Quincy Hotel is exactly the 'It' hotel you are looking for.

If there's one thing we love about the Quincy Hotel in Singapore, it would be that everything is pretty straight to the point – from the design of the hotel to the service itself. The moment we stepped into the hotel, we were greeted with warm and friendly smiles from the staff who were waiting at the door – all ready to help us with our luggage. The checking-in process was completed in no time and by the time we got into our assigned room, our luggage had been arranged nicely for us. Needless to say, we were really impressed by their efficiency.

Our contemporary Studio Room was nothing short of expectation as it has all the hallmarks of a designer hotel. Sleek, stylish and edgy, it is indeed a room designed specially to cater to the needs of discerning leisure and business travellers. The room features a premium king-sized bed draped with feather beddings and 400-thread-count sheets, a 42" LCD TV and a bathroom complete with a separate bathtub and rain-shower and decked with a selection of invigorating Molton Brown's bath amenities. And nothing beats the feeling of being totally relaxed with a cup of tea or coffee with the scenic view of Singapore as accompaniment.

Keeping ourselves entertained throughout the day was not a daunting task at all. Light refreshments by Dean & DeLuca and Modesto's were served all day in the hotel at the club lounge and we would find ourselves chilling out and having a good chat at the lounge whenever we didn't feel like staying in our room. Oh, did we mention that it has an



ice-cream machine too and refreshing fruit juice?

If we felt like getting physical and sweaty, we would hit the fitness centre in the hotel. The fitness centre is like a gym itself, complete with the latest equipment, a wide range of free weights and a multimedia station. Or, we would be more than happy to take a dip in the pool. And no, it's not your ordinary small indoor pool but an

infinity pool that offers you a breathtaking view. There is also a tower bar and drink bar nearby that definitely save us from a lot of hassle.

Couple Art Jamming and baking sessions are available during weekends as well. Despite neither of us possessing any talent in both painting and baking, we were surprised that we were actually having a lot of fun during the sessions. Partly because there was a sifu (master) guiding us throughout the process. It was also a rare occasion where we got to make a little mess without worrying about cleaning up in the aftermath. Plus, it was a good time to unleash our creativity and have a good laugh at how silly our masterpiece looked like in the end.

The Quincy Hotel is also located in a very strategic location – a mere five minutes' walk away from the main shopping belt in Orchard Road. Our shopping trip certainly was made whole lot easier with this!

At the end of the trip, staying at the Quincy Hotel certainly made us feel that every dollar was worth spending. In fact, we were getting additional value on top of the comfort of the room itself.





# Capri by Fraser

## *Your Home in a Hotel*

By Kathlyn Ursula D'Souza

Standing at an impressive 33 storeys, I initially thought it was a residence. The sign "Capri" caught my eyes from a distance, whenever I was on the train or in the car. I was always wondering, always looking. When I caught wind that it was a hotel residence, I instantly decided to have a go. Although relatively new, they certainly did a grand job of turning my stay into a wonderful one.

This 240-studio and apartment hotel is located in the Bangsar South area, surrounded by a plethora of entertainment and recreation options, such as the Nexus mall and a six-acre park. This spacious and modern spot combines a varied range of facilities and services of a stunning hotel with the comfort and convenience of a full-serviced residence. It is a true hotel residence experience, where one can mix business with pleasure and work with play. Here, it isn't just a concept, it is a promise.

Check-in was smooth, and the staff were very welcoming. I was issued my room card

within minutes. Putting in mind the safety of its tenants, Capri made its lifts accessible only with the use of a keycard which limits one to his or her own floor and other specific floors such as the pool, gym, and the likes. I got a room on the 25th floor, and as soon as I entered, I was greeted by a kitchenette comprising a small, cozy table, kitchen counters and cabinets and a microwave cooker. I instantly felt at home.

Towards the centre of the room was a workdesk and to the right, was a large vanity and the bathroom. Further down was the wonderful, tempting bed with a hefty flat-panel LCD television across from it. It was delicately simple and modern, with a touch of home. The view from the top was amazing as well.

This was the perfect getaway, despite being in the middle of a busy and bustling area.

I had time to settle down for a moment, enjoying the room before planning to explore the rest of the hotel before the sun set, which I knew would be stunning. I was not wrong, because as soon as I got up to the 33rd floor, I was sold. This place is marvellous. There was the stunning city view for one, and the infinity swimming pool and private jacuzzis. There is also a rooftop bar right next to the pool – the Ripples Bar, only a month-old but packed with potential and of course, cocktails, wines, margaritas, you name it.

Each floor has a Spin & Play laundrette, where one can have access to a wide range of entertainment while waiting for the laundry, such as the 24-hour gymnasium with a Yoga Room and a Kickboxing Room, and Treat Suite facilities for those who wish to recharge and relax. They have also got an integrated 'PLAY' area with gaming consoles and foosball. Food is also served all-day at the dining restaurant, Caprilicious and their grab-and-go deli called Delite.

To meet the 24/7 on-the-go life of a business traveller, there are meeting and conference facilities available such as The Pod and PowWow, fully equipped with the latest audio-visual means. If one should feel the need to go for retail therapy on top of the business-meets-pleasure getaway, one can always pop by the Nexus shopping mall for that extra bit of happiness.

All things considered, Capri by Fraser was idyllic, strategic and convenient and for the most part, it felt like home. It was comfortable, relaxing and proved to be a great escape while being in the urban jungle itself – with a truly enviable and breathtaking panoramic view of the busy city at night.



**Address:** Capri by Fraser, Kuala Lumpur  
No. 5 Jalan Kerinchi, Bangsar South City,  
59200 Kuala Lumpur  
**Tel:** +603 2386 0888  
**Website:** Capribyfraser.com

# TEST-DRIVE ANY PEUGEOT AND WIN A STUNNING PEUGEOT RCZ WORTH RM248,888

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**Y**es, you heard it right. Nasim Sdn Bhd, the official distributor of Peugeot automobiles, is launching the 'Drive 2 Win' contest where one winner will stand a chance to walk away with the grand prize, a stunning and powerful Rouge Red Peugeot RCZ.

"First launched in May 2011, the Peugeot RCZ has sold over 500 units total. It appeals to a niche premium coupe segment in the market. The futuristic exterior, luxurious interior and powerful engine comes together in perfect harmony to constitute driving pleasure. With all its accolades and state-of-the-art features, 'Drive 2 Win' is a golden opportunity for anyone to own this highly coveted sports coupe," said Dato' Samson Anand George, chief operating officer of Nasim Sdn Bhd.

The contest will be divided into six series and each series will be running for two weeks. Three winners that were selected in the bi-weekly series will walk away with exciting prizes such as the Sony Experia Z2, Samsung Galaxy S5, Samsung Galaxy Note 12.2, Macbook Air and shopping vouchers worth RM500.

To participate in this contest, all you have to do is visit any Peugeot showroom nationwide and test-drive any of the award winning Peugeot's models. Then, fill up the contest entry form and deposit it into the contest box displayed in the showroom. One test-drive will entitles only for one entry, however, if you register for a new Peugeot, you will be eligible for five entry forms that will certainly provide you with more chances of winning.

Not only that, Peugeot Cruisers will be making a stop at local hotspots which includes Taman Tun Dr Ismail, Ara Damansara and Desa Park City, to hand out fun freebies. Aside from Klang Valley, they will be dropping by Bandar Baru Uda and South City Mall, Setia Tropika in Johor Bahru as well as Georgetown and Batu Feringgi in Penang.

The 'Drive 2 Win' contest will kick off on Aug 15 and ends on Oct 31.

For more information on the contest, visit Peugeot Malaysia official website, [www.peugeot.com.my](http://www.peugeot.com.my) or liked its Facebook page, [www.facebook.com/peugeotmalaysia](http://www.facebook.com/peugeotmalaysia) or follow them on Twitter, @peugeotmalaysia.





## Saving Our Ancient Treasure: WWF-Malaysia's Turtle Conservation Efforts

Story by Liew Hui Ling, WWF-Malaysia Marine Programme communications officer



Photo by: ©WWF-Malaysia / Nadiah Rosli

A Green turtle, which accidentally becomes trapped in a power plant's water holding tank, returning to the sea after being rescued by Turtle Guardians comprising WWF-Malaysia staff and local fisherman.

Both the terms "ancient" and "treasure" define an object that has been in existence for a very long time. It represents an object of value, bequeathed to us by past generations so that it may, in turn, be passed on to generations to come and this fittingly describes our marine turtles in Malaysia, and the rest of the world.

Malaysia is home to four of seven existing species of marine turtles in the world, and these are now ranked from Vulnerable to Critically Endangered in the International Union for Conservation of Nature (IUCN) Red List of Threatened Species. These are Green (*Chelonia mydas*), Hawksbill (*Eretmochelys imbricata*), Olive ridley (*Lepidochelys olivacea*) and Leatherback (*Dermochelys coriacea*) turtles.

### Turtles in Numbers

**99%** decline for Leatherbacks

**95%** decline for Olive Ridleys

**70%** decline for Hawksbill Turtles

**20%** decline for Green Turtles

(Based on nesting numbers in Malaysia over the last 30 years.)

### Queens and Their Knights

In the dead of the night when the divers have packed up for the day and the fishermen are telling stories around campfires, the beaches of Melaka, Terengganu and northeast islands of Semporna come alive with the sound of flippers scratching in the sand. By the time the humans return at daylight there is little evidence of the nocturnal visitors, their eggs safely buried in the pristine shores. Turtles are queens of the beach during the breeding season which generally peaks from April to September annually.

In Peninsular Malaysia, WWF-Malaysia works closely with the Department of Fisheries to move away from licensing egg collection and purchasing eggs for conservation to the protection of eggs by constant nesting monitoring on the ground.

WWF-Malaysia is working with local communities who are being transformed into Turtle Guardians in protecting their local heritage.

Our collective presence prevents poachers from getting to the nests before us, resulting in a larger number of eggs being incubated and hatchlings released. The number of eggs incubated has increased significantly by 83% in Melaka and by 126% in Terengganu over the 2003-2012 period.



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!



Photo by: ©WWF-Malaysia / Suan Tan

A Hawksbill hatchling hurrying to the sea in Melaka

In Sabah, WWF-Malaysia works with government agencies, local communities and tour operators in Semporna to promote turtle conservation and establishing turtles as their flagship species for tourism in the state. Records show that there is an increase in nesting at Semporna's northeast islands from June 2006 to December 2012.

The journey from the nest to safe waters is very long, and the hatchlings are vulnerable to not only natural predators but also anthropogenic activities such as light pollution. Once they reach the water, they are a source of food for the big sea predators, like fish and birds. It is a battle for survival even before they hatch.

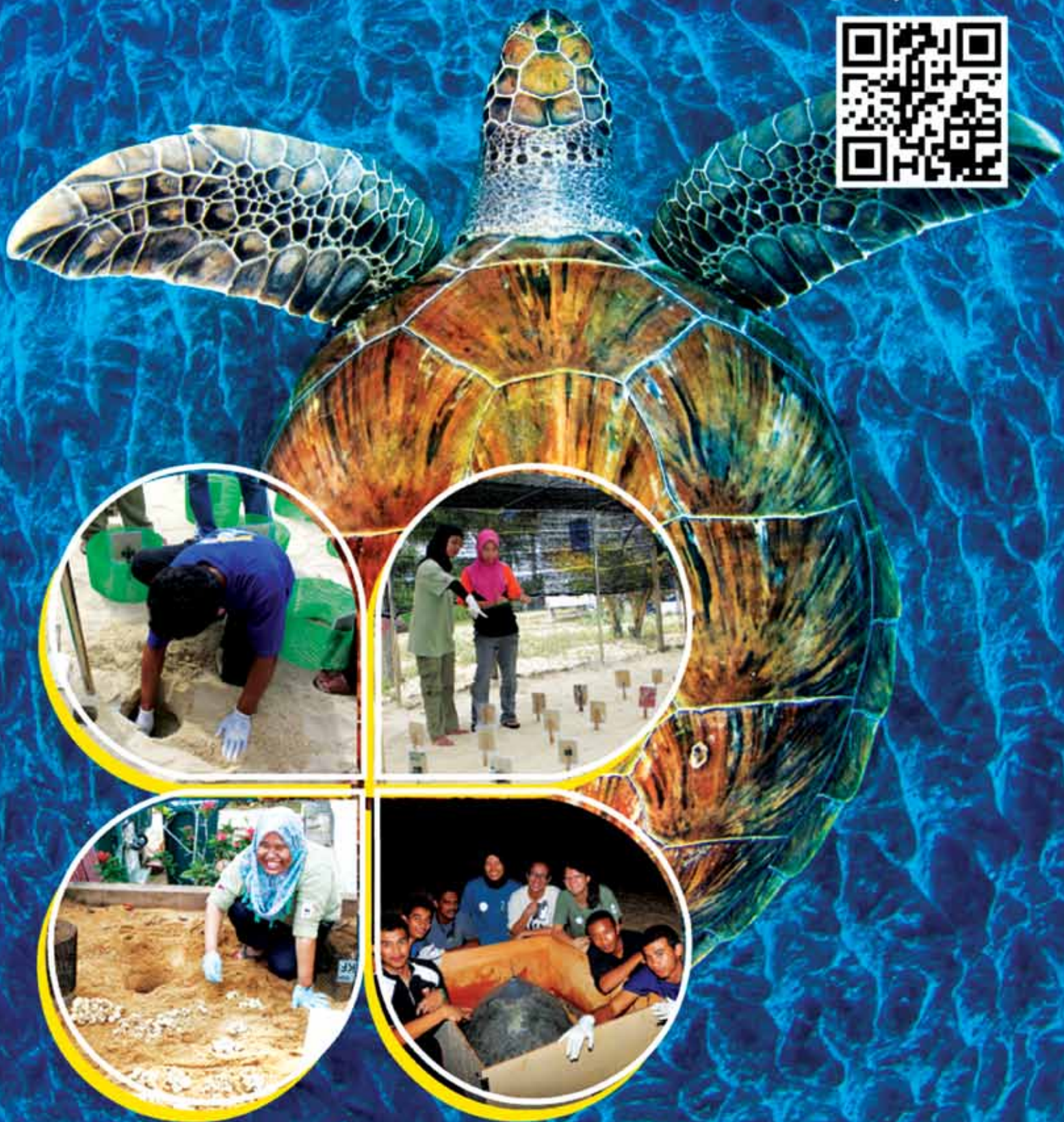
Please visit <http://pandashop.my/turtleguardian/> to donate funds for our Turtle Guardians today!



# TURTLE GUARDIANS NEED YOUR SUPPORT



Visit [wwf.org.my/support](http://wwf.org.my/support)





# HEALTH & BEAUTY PREVIEW



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## IMPULSE STUDIO

### 21st century training for maximum results in minimum time

By Siti Wajihah Kholil

We live in an era where time, is money. Everybody is working hard, day and night, to stabilise their individual economy. Hence, our society is filled with a breed of unfit generations due to the lack of time for fitness. Not to mention the food we eat. So in order to be real fit with a bodily satisfying workout, one needs to spend hours in the gym, a couple of times a week. Unfortunately most people do not have that luxury. Well, great news for busy bees, coming all the way from Germany, Impulse Studio is now in KL to give you the best fitness alternative ever invented.

Upon entering, newcomers will first have to fill in an application form for personal details as well as their health background because the programme will depend on the individual's current fitness status. After a body mass check and consultation, the trainers will design a programme and decide which fitness level suits you. You will then change into their in-house attire and assigned a trainer who will assist you throughout the programme.

Be prepared to be amazed and begin your training with the best fitness technology of the 21st century. Impulse Studio proudly presents the Electrical Muscle Stimulation (EMS) technology with the XBody machine. Your trainer will strap you on the EMS training suit and attach the suit's cord onto the machine. As your session begins, you will feel the bioelectric impulse stimulating your muscles. If you are wondering what it feels like, it is continuous vibration but deep inside, reaching

your muscles. You first start with a cardio workout, then to weight training and end with a massage, each of these phases providing a different impulse sensation. It is great how you do not require much movement, yet you will find yourself exhausted and sweating. The best part of the workout altogether is the fact that the overall session only takes 20 minutes!

Let the EMS do most of the work for you. It is up to 18 times more efficient than conventional gym training. Due to its intensity, a 20-minute session of EMS training is equivalent to six hours in the gym, training a total of 90% of the entire muscular system simultaneously. Since the electrodes are placed specifically onto the body parts of each important muscle group, all the targeted areas receive the impulses, so you will experience the muscles building up. If desired, you can even choose to target a selected muscle group so that it can be strengthened more. Naturally, your body fat will also be reduced as the workout encourages weight loss by transforming how the body uses up calories. Even after the workout session, the stimulation in your body continues, burning your calories in the next 48 hours. Other benefits include the strengthening of tissues, reducing cellulites, toning and shaping body, increasing stamina and activating metabolism.

EMS is not just for training but it could also be used as a means of physiotherapy and rehabilitation. There are also great health benefits. Based on scientific research from Germany, Hungary and the United States, 100% of chronic back pain patients



experienced a significant decline or disappearance of back pain. It is also the ideal workout programme for people with joint problems and injuries as EMS does not depend on weights or high-impact training, so there is no strain on the joints. It also prevents bone fracture and osteoporosis as the bigger muscles force the corresponding bones to thicken, which results in strong and resistant bones.

EMS is great for everybody. Even though the studio accommodates only four people in one session, it offers a sense of privacy and you feel comfortable being one-on-one with your trainer. Whether you are a senior citizen, professional athlete, fitness enthusiast or a couch potato, its simplicity, practicality and effectiveness really is worth it. Most importantly, you see maximum results in minimum time. So go set yourself an appointment with Impulse Studio today.



First floor, No. 11A, Jalan Telawi 3  
Bangsar Baru, 59100 Kuala Lumpur  
**Tel:** +603 22021511 / +603 22021611  
**Email:** contact@impulse-studio.asia



# MY BEAUTY COTTAGE

## Where there really is such a thing called natural beauty

By Kathryn Ursula D'Souza

It had been a while since my last facial treatment, possibly years. I did not know what to feel when I walked into the place – lovely English-style interior, feminine décor and a sweet vibe, resembling that of a tea party – excited or nervous. Quite a number of friends have voiced to me their misfortunes with facials, resulting in irritated red skin or massive breakouts right after.

I was greeted warmly and was sat down and served tea in a heart-shaped flowery cup before given the breakdown on the product and what was to happen. My Beauty Cottage uses 100% organic products from Éminence, all handmade organic products from Hungary. Various celebrities use this product (Dita von Teese, Cameron Diaz, Kate Hudson, Paula Patton), and My Beauty Cottage was voted the “Best Organic Spa” by Harper’s Bazaar and Women’s Weekly.

Their new collection, the Artic Berry Peel & Peptide Illuminating system works to reveal your inner radiance naturally. Not by force, not by irritating your skin but to, more or less, coax it out of you. Specifically targetting ageing, hyperpigmentation and sensitive, soacea and acne-prone skin, the skin is awakened in three steps – Exfoliate, Activate, Illuminate.

I was shown the products beforehand, and the smell was completely mouth-watering. The texture was like yogurt, and even smelled like it due to the highly-concentrated fruit pulps and seeds with no added ingredients or chemicals. Feeling confident enough and excited, I was shown to the treatment room where I was advised to disrobe and change

into a tube gown, and to put all my watch, earrings and everything else into a jewellery box. It was all very thoughtful and sweet. I started my session with a welcoming, hot lavender and sea salt foot scrub and then a scalp massage before the main course.

My skin was of course, cleansed first before one layer of the exfoliant was applied. The naturally-derived papain enzyme breaks down and removes dead cells on the skin and the wild cherry bark gently exfoliates and refines the skin’s texture. It was left for two minutes before the activator was dropped on my skin and then was massaged into my skin in a circular motion to peel and remove dead skin. It felt cold and tingly, almost prickly but it was normal, I was assured. The second layer of activator was applied and the feeling returned, but it was gone in mere seconds. During this process, where some other brands are concerned, they are normally invasive, strong and need a recovery period, but since Éminence is a natural organic brand, customers have no need to worry about sensitivity, as the products cater to sensitive skin and reduce inflammation and hyperpigmentation as well.

A soothing, warm towel was used to wipe my skin before a cool, softly textured mask was applied all of over my face. “To calm your skin,” my beautician told me. It smelled glorious, understandably due to the combination of hibiscus seed botanical



peptides, yellow plum, gardenia stem cells and jojoba oil. It was about this time that I was dozing off, owing to the relaxing massage and the easily hypnotising rainforesty music playing in the background. After the calming mask, the radiance cream with face and shoulder massage followed, ending with the moisturiser.

Feeling groggy as I was told the session was finished, I sat up and was handed a mirror. I instantly saw, if not felt, the difference. My skin was radiant, healthy and luminous-looking. The texture also improved – finer, moisturised and more elastic. It felt and looked great, and what was better was that it was all natural. I was advised to reduce exposure to the sun for the next seven days, but for those who love to venture outdoors a lot, sunblock is imperative.

I was well-taken care of while at My Beauty Cottage. I felt pampered, spirited and energised. I walked in, and floated out.

Spoil yourself with this Artic Berry collection treat, where natural beauty is not only skin deep, but also a lifestyle.



### My Beauty Cottage

K-1-3, SohoKL @ Solaris Mont Kiara;  
Tel/Fax: 03-6204 9322

S328B, 2nd Floor Oval, 1 Utama Shopping Centre; Tel/Fax: 03-7726 9186

163D-5-45A, 5th Floor, Gurney Paragon Mall;  
Tel/Fax: 04-218 9322

**Coming Soon:** IOI City Mall, Putrajaya  
(end of 2014)





## DEPENDANT PERSONALITY DISORDER (DPD)

The intent of this article is to bring about awareness regarding the existence of certain personality traits that predispose to depression.



Associate Professor  
Datin Dr Sharmilla  
Kanagasundram

**M**rs A is a married lady who faces impending divorce. She develops clinical depression fearing that after the divorce she will have to “fend” for herself. All her life she has had some one to “guide” her.

Dependent personality disorder affects mainly women.

Individuals with DPD see relationships with significant others as necessary for day to day living. They feel insecure when alone and are unable to function independently. They have to be in supportive relationships to be able to manage their lives. In order to establish and maintain these life-sustaining relationships, people with DPD will go to great lengths to avoid any form of conflict for fear of losing that support. Frequently they will appear as admiring, loving, and willing to give their all for the sake of the relationship. They tend to be unquestioningly affectionate.

Dependent individuals will play the inferior role to the “superior” other who is often the husband or boyfriend. With

these methods, individuals with DPD are often able to get along with sometimes unpredictable, isolated, or unpleasant partners. Engaging in minimization, denial, or distortion of both their own and others’ negative, self-defeating, or destructive behaviors to maintain an idealized relationship on which they can depend. They often deny their individuality and ask for little other than acceptance and support.

Individuals with DPD subordinate their needs to those of others. They will meet unreasonable demands and even submit to abuse, verbal, physical or maybe even sexual to avoid abandonment. At work, they may volunteer for unpleasant tasks if that will bring them the support they need. They will make extraordinary self-sacrifices to maintain important bonds. Frequently they also have difficulty initiating projects or doing things on their own. This may impair their occupational functioning. Many suffer in silence as they are non assertive.

### Do you have DPD?

#### Characteristics of a person with DPD:

- Does not trust her own decision-making ability
- Is devastated when a relationship ends
- Does not express disapproval for fear of loss of support
- Does not initiate projects due to lack of self-confidence
- Goes to excessive lengths to obtain nurturance or support from others
- Has exaggerated fear of not being able to care for themselves
- Urgently seeks another relationship when one ends

It is important to note that individuals with DPD, in spite of the intensity of their need for others, do not necessarily attach strongly to specific individuals, i.e., they can become attached to others when they have lost a significant relationship. The strength of the dependency needs is the issue to be addressed. Attachment figures therefore are basically interchangeable.

The importance of this from the psychiatric point of view is that these individuals are highly susceptible to depression in the event they are left to care for themselves. They may become so depressed that they may develop suicidal thoughts or attempts.

However with treatment prognosis is very favorable. Treatment consists of helping the patients understand their behavior and the driving force behind this behavior. The need to become self reliant and assertive. Problems may arise also if a patient is encouraged to change the dynamics of a pathological relationship.

Although the exact cause of DPD is not known, an authoritarian or overprotective parenting style as well as chronic childhood illnesses and prolonged hospitalization in childhood is thought to predispose to its development.

For further information please e- mail to [sharmilla\\_kanagasundram@yahoo.com](mailto:sharmilla_kanagasundram@yahoo.com)

## O'Rose! – The Bold and The Beautiful



### The Healing Power (RM245)

The rose is not only a famous symbol of love, but it is known for its healing, regenerating and soothing qualities. And Eve Lom's TLC Radiance Cream certainly fully utilises all these qualities. Despite it being in a cream form, it has a very smooth texture that your skin almost instantly absorbs without leaving any trail of greasiness. It also leaves the skin looking healthier while smoothing the fine lines and leaving behind a trail of pleasant rose scent.

### The Colour of Spring

(RM245 for 50ml & RM319 for 80ml)

Lanvin ME L'Eau reminds you of the smell of the rose during spring – one that is so pleasant, refreshing and yet, enticing at the same time. It brings spring to you, anytime and anywhere, all while leaving you feeling calm and happy. The frosty and tender pink on the other hand, is a colour that resembles the sweetness in life and a person's individuality – the exact representation of what this perfume is all about.

### My Kind of Red (RM150)

My kind of red is the one that would make me look perfectly. It got to be a bold red, one that would make a statement without losing its edge and class. And I found all this in Sisley's Phyto Lip Twist No 6. Designed in a shape of a crayon, it is so easy for me to navigate and contour the colour and shape the lips. While most red lipsticks would highlight the chapped lips, Phyto Lip Twist gives me desirable, healthy-looking, supple lips.



### One perfume but a million aroma (RM270 for 50ml, RM350 for 100ml)

What can be better than the dreamy scent that is left lingering on your man's skin? Paco Rabanne's 1 Million Intense perfume carries the rosy yet refreshing fragrance that makes one feel masculine and sexy – trapping the lady in a dreamlike land of romance. Depending on the mood you are in, the scent camouflages itself with its many facades on your man.



### Flawless and Natural (RM80)

Mentioned Anna Sui and one would immediately associate it with elegance, sophistication and perfection. Its popular Rose Cheek Color N303 depicts exactly all the Anna Sui elements. The six vivid and pastel colours will leave you with a very original blush, the kind of blush that compliments your skin and highlight your cheeks. Its texture is so fine and delicate that the blusher blends perfectly with your skin.



### Rose At Work (RM193)

Nothing works better than rose when it comes to rejuvenating, rehydrating, firming and toning the skin all while reducing fine lines and wrinkles at the same time. And Peter Thomas Roth just make it possible for each of us to pamper our skin with the optimum result with its Rose Stem Cell gel mask. Light and easy on the skin, the mask works its wonder in breathing a new life to the skin almost immediately. And oh, we love how we still smell like a fresh rose long after the application as well.



## Sin City: A Dame to Kill For

FRANK MILLER'S  
**SIN CITY**  
A DAME TO KILL FOR



**Opening: September 4**

This upcoming American crime thriller film with a great ensemble of stars is the sequel to the 2005 film, *Sin City*. Mainly based on the second book by Frank Miller, this movie is split into four sub-stories, "A Dame To Kill For", "Just Another Saturday Night", "The Long Bad Night" and "The Fat Loss", all concentrating on different characters and aspects of the film.

**Cast:** Jessica Alba, Josh Brolin, Jamie Chung, Rosario Dawson, Joseph Gordon-Levitt, Eva Green, Lady Gaga, Jeremy Piven, Mickey Rourke, Bruce Willis

## Life of Crime

**Opening: September 4**

A corrupt real estate developer's wife is kidnapped by two ordinary criminals, who aim to extract inside information about his twisted and unethical business and off-shore accounts. The husband, however, decides not to pay the ransom for his wife, setting off a sequence of scandalous double crosses and twists of plot.

**Cast:** Jennifer Aniston, Tim Robbins, Isla Fisher, Mos Def, John Hawkes, Mark Boone Jr., Will Forte



## The Maze Runner

**Opening: September 11**

Based on a 2009 book of the same name by James Dashner, this science-fiction, mystery, action and thriller film follows Thomas, who wakes up trapped in a massive maze with a group of other boys with no collection of how he got there as well as memories of the outside world. By piecing together fragments of his past with clues, he begins to discover his true purpose and a way to escape.

**Cast:** Dylan O'Brien, Thomas Brodie-Sangster, Kaya Scodelario, Will Poulter



## Planes: Fire & Rescue

**Opening: September 11**

This comedy-adventure animated film by Disney is about second chances, featuring a crew of elite firefighting aircraft who are devoted to protecting the historic Piston Peak National Park from a raging wildfire. Dusty, a famous air racer finds out that his engine is damaged and that he may never race again. However, he joins forces with veteran fire and rescue helicopter Blade Ranger, a heavy-lift helicopter Windlifter, ex-military transport Cabbie and a bunch of vehicles known as The Smokejumpers. Together, they fearlessly battle a wildfire, and Dusty eventually learns what makes a true hero.

**Cast:** Dane Cook, Stacy Keach, Danny Mann, Julie Bowen, Brad Garrett, Teri Hatcher



## The Purge: Anarchy

**Opening: September 18**

One night, every year, for 12 hours, all crime including murder are legal. Hours before the Purge, people are either preparing to commit acts of violence or to barricade themselves indoors. One man however, heads out into the chaos, intent on killing thugs as revenge for the death of his son, but ends up rescuing a stranded couple.

**Cast:** Frank Grillo, Carmen Ejogo, Zach Gilford, Kiele Sanchez, Zoë Soul, Michael K. Williams



## The Equalizer

**Opening: September 25**

Robert McCall is an unsocial ex-special ops and a reclusive figure who loathes discrimination and dedicates himself to helping the victims of crime. He works at a small home improvement store by day, and during his off-time at a diner, he becomes friends with a girl who was nearly killed by gangsters. After an early encounter, he learns that they are members of the Russian mob, leading him into a one-man war against them and their partners.

**Cast:** Denzel Washington, Chloë Grace Moretz, Marton Csokas, Melissa Leo, Robert Wahlberg, Bill Pullman

**DENZEL  
WASHINGTON**

