

# KLlifestyle

FEBRUARY 2015



**Najwa Mahiaddin**  
Breaking Barriers





FEBRUARY 2015



16 *Cover Story*

NAJWA MAHIADDIN

Rising star with power voice



44



46



88

76



COVER



Cover:  
Najwa Mahiaddin  
Wardrobe:  
Rick Owens  
Photography:  
JoePrinernational  
Make-up:  
Sheng Saw

# Contents

## FAVOURITES

- 8 Calendar
- 10 Goings-On

## FEATURES

- 16 Cover Story: Najwa Mahiaddin
- 22 Features: 2015 Chinese Zodiac Prediction
- 26 Features: Christina Perri
- 24 Snippets: New Year Nibbles



36

## MAKAN-MAKAN

- 28 Makan-Makan with Thanuja Ananthan
- 30 Bone & Pot
- 32 Turkish Cafe Istanbul
- 34 Trumpet
- 36 Vladimir's Place
- 38 Food Hunt: Delightful Vegetarian Choices
- 40 Street Food Hunt: Ara Damansara
- 42 Sweet Indulgence: Chocolates

## SHOPPING

- 44 Hotpicks Women
- 45 Hotpicks Theme
- 46 Hotpicks Men

## 47 AIRLINK

## ART & LIVING

- 65 Art Features: Khoo Sui Hoe
- 72 Expatriate Living: Vicki Treadell, British High Commissioner
- 74 Swiss-Garden Hotel & Residences Kuala Lumpur
- 76 WOLO Bukit Bintang
- 78 WWF
- 80 Life & Style: Leo Sayer Concert

## HEALTH & BEAUTY

- 82 The Sloane Clinic
- 84 Callalyn Aesthetics by PrimaNora
- 86 Doc Talk
- 88 Product Feature

## LIFESTYLE GUIDE

- 96 Reelview
- 98 KL Map
- 100 Getting Around KL



# Highlights

## Airport Talk



### AIRPORT MD SPEAKS

The festive phenomenon of air-travel

### Aviation Interview:

Low Siew Lian  
General Manager  
Pacific World Travel

### Airline & Aviation Offices

### Aviation News

HAWAIIAN AIRLINES doing well  
More Connections with XIAMEN AIRLINES  
New Uniforms for ETIHAD  
AIR FRANCE attracts Business Travellers  
MALINDO goes to Kathmandu  
MEGA MALDIVES makes it to Malaysia  
GARUDA INDONESIA rated 5-Star  
BAR hosts Malaysia Airports  
OMAN AIR strengthens in Malaysia  
XPRESS AIR expands in Malaysia  
New App for 12FLY

48  
50

53

54

56

56

57

58

58

58

59

60

61

61

62

63



50



56



57



58



58



59



60



61



62



63

# CELEBRATE THE YEAR OF THE GOAT WITH GOLD

\* \* EVERY PURCHASE OF A NEW  
DS COMES WITH A GOLD BAR  
ANG POW

Usher in the lunar Year of the Goat  
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and your family.

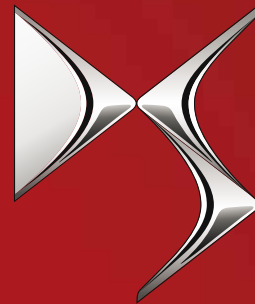


CREATIVE TECHNOLOGIE



\* Price listed is OTR without insurance. The car model depicted is solely for illustrative purposes. As Citroën vehicles are sold worldwide, specifications may vary from one country to another  
\*\* Our offers are not binding. Offer valid while stocks last. Naza Euro Motors Sdn Bhd reserves the right at its sole discretion to substitute any of the items without prior notice.  
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Citroën Puchong 1S. General line: 03-8076 1788

**Johor Bahru :** Citroën Johor Bahru 3S. General line: 07-351 6778

Open Monday - Saturday (9am - 7pm). Sunday & Public Holiday (10am - 6pm)

**Penang :** Citroën Island Glades, Penang. General Line: 04-657 1199 / 8399  
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# Save the Date

## KLAS ART AUCTION

MALAYSIAN MODERN & CONTEMPORARY ART

### AUCTION DAY

SUNDAY, MARCH 22, 2015  
CONNEXION@NEXUS, BANGSAR SOUTH



**YUSOF GHANI, (B. Johor, 1950)**  
Siri Topeng Wayang, 1997  
Mixed media on paper 75.5 x 56 cm  
RM 8,000 - RM 18,000

### Kuala Lumpur Full Preview

March 5 - 21, 2015

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

Open daily from 10am to 7pm

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



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

1



**FEDERAL TERRITORY DAY**

**TROPFEST SOUTH EAST ASIA**

01 Feb  
Georgetown, Penang

8



**CELEBRATING SIBELIUS**

Feb 7 @ 8.30pm  
Feb 8 @ 3.00pm  
@ PETRONAS Philharmonic Concert Hall



☐ Public Holiday



# GOINGS-ON CALENDAR FEBRUARY 2015

Tuesday

Wednesday

Thursday

Friday

Saturday

3



**THAIPUSAM**  
03 Feb

5

**ZAK ZEBRA'S AFRICAN SAFARI  
(CHILDREN'S MUSICAL)**  
pentas 2, klpac  
3-5 Feb @ 11am/2pm  
6-8 Feb @ 3pm/ 8:30pm

6

**DANCE DANCE ASIA –  
CROSSING THE MOVEMENTS  
(DANCE & WORKSHOP)**  
6 Feb @ 8:30pm (Preview night)  
7 – 8 Feb @ 8:30pm

Workshop  
7 – 8 Feb  
Slot 1 & 4 @ 10am – 12pm  
Slot 2 & 5 @ 1pm – 3pm  
Slot 3 & 6 @ 3pm – 5pm

Pentas 1 (Show)  
Studio 5 (Workshop)

7

**TAEYANG WORLD TOUR  
– RISE IN MALAYSIA**  
Feb 7 @ 6.30pm  
@ Stadium Negara

10

**CHAMBER CONCERT**  
Feb 3 @ 6.30pm  
Feb 10 @ 6.30pm  
@ PETRONAS  
Philharmonic Concert  
Hall



**FESTIVAL LAYANG-LAYANG  
SEDUNIA (WORLD KITE  
FESTIVAL)**  
11-15 Feb  
Bukit Layang-Layang, Taman Bandar  
Pasir Gudang, Johor

13

**CASABLANCA**  
Feb 13 @ 8.30pm  
Feb 14 @ 8.30pm

14

**SLASH WORLD ON  
FIRE FEATURING MYLES  
KENNEDY AND THE  
CONSPIRATORS LIVE IN  
MALAYSIA 2015**  
Feb 14 @ 6.30pm  
@ Sunway Lagoon Surf Beach



19



**CHINESE NEW YEAR**  
19-20 Feb 2015



28

**SARAH CHANG & THE TEMPO**  
Feb 28 @ 8.30pm  
1 Mar @ 3.00pm  
@ PETRONAS Philharmonic  
Concert Hall

**ANIU SING A SONG FOR  
YOU 1ST CONCERT LIVE IN  
MALAYSIA 2015**  
Feb 28 @ 8.30pm  
@ Arena of Stars, Genting Highlands





### TROPFEST SOUTH EAST ASIA

Tropfest is the world's largest short film festival. It started more than 20 years ago in a small cafe in Sydney, to a very small but passionate audience. The Australian festival today commands a live audience of 150,000 people in a single night, and receives an average of 700 entries annually. Internationally, the festival has been supported and judged by distinguished industry professionals like George Miller, Naomi Watts, Elijah Wood, Toni Collette, Salma Hayek, Russell Crowe, Nicole Kidman, Baz Luhrmann, Ewan McGregor, Darren Aronofsky, Will Smith, Bryan Singer and many others.

01 Feb 2015  
Georgetown, Penang

<http://tropfest.com/sea>



### FESTIVAL LAYANG-LAYANG SEDUNIA (WORLD KITE FESTIVAL)

This annual World Kite Festival is held in Pasir Gudang, allowing kite makers from over 30 countries to showcase their colourful and creative kite designs as well as their incredible flying skills.

11 - 15 Feb 2015  
Bukit Layang-Layang, Taman Bandar  
Pasir Gudang, Johor

<http://www.jcorp.com.my>

### THAIPUSAM

A truly spectacular event, Thaipusam is an annual Hindu festival where devotees perform various rituals as acts of devotion and penance. The main venue is the world-renowned Batu Caves temple.

03 February 2015  
Batu Caves, Selangor



### ZAK ZEBRA'S AFRICAN SAFARI (CHILDREN'S MUSICAL )

Zak Zebra's African safari tells the vibrant and exciting story of a plucky band of young animals embarking on a daring adventure to defeat a Big Game Hunter whose sinister plans threaten their home, the Serengeti. By facing their fears and working together, only they can restore freedom for the animals of the African Savannah.

pentas 2, klpac

3-5 Feb @ 11am/2pm  
6 - 8 Feb @ 3pm/ 8:30pm

Tickets: RM33

<http://www.ticketpro.com.my>

### CELEBRATING SIBELIUS

Celebrating the 150th anniversary of the birth of Finland's most famous composer, Finnish conductor Hannu Lintu conducts two works by Jean Sibelius – a suite of gentle, melancholic passages from his incidental music to the play *Pelleas and Melisande*, and his last symphony. Mozart's Linz Symphony, written at breakneck speed en route to Linz, is perfectly proportioned and representative of Mozart's genius.

7 Feb @ 8.30pm

8 Feb @ 3.00pm

@ Petronas Philharmonic Concert Hall

Tickets: RM130, RM100, RM70, RM50

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



### CHAMBER CONCERT

Join MPO musicians for an hour of chamber music: Chopin Sonata for Cello & Piano Berry Heliospheric II for Cello & Vibraphone Turina Piano Trio No. 2 Sollima Violoncelles, vibrez!

3 Feb @ 6.30pm

10 Feb @ 6.30pm

@ PETRONAS Philharmonic Concert Hall

Tickets: RM20

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

### CHINESE NEW YEAR

Chinese New Year is a time for celebration and merrymaking. Family reunion feasts and open houses are a common feature and children receive 'ang pow' or little red money packets from the elders. Don't miss the exciting lion and dragon dance performances at shopping malls and homes.

19 - 20 Feb 2015

Nationwide







### **DANCE DANCE ASIA – CROSSING THE MOVEMENTS (DANCE & WORKSHOP)**

The Japan Foundation Asia Center and PARCO Co., Ltd. are collaborating to produce the "Dance Dance Asia" project to foster the original production in theatre based on and inspired by street dance, and promote the exchange by street dance in Asia. It aims to play a vital role for a new cultural creation in the Asian region.

Performers: Wrecking Crew Orchestra, Time Machine & Blue Tokyo

#### **Show**

6 Feb @ 8:30pm (Preview night)  
7 – 8 Feb @ 8:30pm

#### **Workshop**

7 – 8 Feb  
Slot 1 & 4 @ 10am – 12pm  
Slot 2 & 5 @ 1pm – 3pm  
Slot 3 & 6 @ 3pm – 5pm

#### **Venue:**

Pentas 1 (show)  
Studio 5 (workshop)

#### **Tickets:**

##### **Show**

RM43; RM23 (Preview night, student, senior citizen, disabled, JFKL member and TAS card member)

##### **Workshop**

RM10 per slot (RM60 for all workshops)

<http://www.ticketpro.com.my>



### **SARAH CHANG & THE TEMPO**

Virtuosic violinist Sarah Chang returns to KL to play Dvořák's Violin Concerto, music full of lyricism and Bohemian dance spirit. Shostakovich's Tenth Symphony is a tremendously powerful and persuasive musical statement, one that sweeps the listener through a vast landscape of emotions from deep sorrow to immense joy.

28 Feb @ 8.30pm  
1 March @ 3.00pm

@ Petronas Philharmonic Concert Hall

Tickets: RM200, RM160, RM120, RM90

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



### ANIU "SING A SONG FOR YOU" 1ST CONCERT LIVE IN MALAYSIA 2015

Aniu (Tan Kheng Seong) is well regarded as a songwriter, actor and performer in Asia. His audience and fans perceive him as an earthy and humorous songwriter. Standing out as the first and only Chinese singer of popular tunes, he is the one that truly represents Malaysia with his creative music production. Aside from being talented in song composing, acting and drawing, he is also very good in directing and entertaining.

28 Feb @ 8.30pm

@ Arena of Stars, Genting Highlands

Tickets: RM353, RM283, RM223, RM183, RM123, RM83

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



### SLASH WORLD ON FIRE FEATURING MYLES KENNEDY AND THE CONSPIRATORS LIVE IN MALAYSIA 2015

The top-hatted musician and songwriter will be touring with his band Myles Kennedy and the Conspirators in support of his new album *World on Fire*. Slash featuring Myles Kennedy and The Conspirators will be performing in Kuala Lumpur at Sunway Lagoon Surf Beach on Feb 14, 2015.

Feb 14 @ 8.30pm  
@ Sunway Lagoon Surf Beach

Tickets: RM328, RM278, RM168

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



### CASABLANCA

Celebrate an unforgettable Valentine's Day with the MPO as they provide the live score to a complete screening of *Casablanca*. Starring Humphrey Bogart and set in the exotic Moroccan city, Casablanca, during World War II, the film won Academy Awards for Best Picture, Best Screenplay and Best Director. Composer Max Steiner was nominated for Best Music Score.

13 Feb @ 8.30pm  
14 Feb @ 8.30pm

Tickets: RM200, RM170, RM140, RM100

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

## VALENTINE'S DAY

Many people around the world celebrate Valentine's Day by showing appreciation for the people they love or adore. Some take their loved ones for a romantic dinner at a restaurant while others may choose this day to propose or get married. Many give greeting cards, chocolates, jewellery or flowers, particularly roses, to their partners or admirers on Valentine's Day.

It is also a time to appreciate friends in some social circles and cultures. For example, Valentine's Day in Finland refers to "Friend's Day", which is more about remembering all friends rather than focusing solely on romance. Valentine's Day in Guatemala is known as Day of Love and Friendship. It is similar to Valentine's Day customs and traditions countries such as the United States, but it is also a time for many to show their appreciation for their friends.

Who, being loved, is poor?  
- Oscar Wilde

14 Feb



## TAEYANG WORLD TOUR – RISE IN MALAYSIA

Taeyang's 2nd solo album Rise unveiled this year swept across music charts all across the world. His title track "Eyes, Nose, Lips" was even ranked #1 on Korea Gaon's Karaoke Chart for 9 weeks in a row, which is the longest for any artiste. His first solo tour kicked off on Aug 12 in Japan, covering 6 cities with 13 concert and about 70,000 spectators, and it ended in incredible success. At MAMA 2014, Taeyang won The Best Vocal Performance Male, Best Male Artiste and Song of the Year.

7 Feb @ 6.30pm  
@ Stadium Negara

Tickets: RM599, RM499, RM399, RM299,  
RM199

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





# NAJWA MAHIADDIN

## Rising star with power voice

By Jane Bee

In *The Hunger Games*, Katniss Everdeen represents the mockingjay, a symbol of revolution for the people in their quest for freedom and peace. Najwa Mahiaddin, in a way, resembles a mockingjay too. Except that she fights a different war – she is set to revolutionise the local music industry with her powerful voice and unique talent in music.

### Early fascination for music

Music, for Najwa, is her calling.

She has always been fascinated by music even at a very young age. "I used to watch my older sister play the piano the age of three. And I remember being so fascinated by it," she said.

Her mother took notice of her interest in piano and wasted no time in enrolling her for piano lessons. She was three at that time but it didn't take her long to realise that singing while playing the piano was a natural affair for her. She might be young, but Najwa knew at that time that she wanted to be involved in music field, whether behind the scene or at the forefront.

When the songstress released her debut album, *Innocent Soul*, in 2011, it immediately became a hit and took the local music industry by storm. The song, *You Got To Go*, received a lot of good reviews and people couldn't help but to fall in love with the catchy tune that proved to be addictive and memorable. She set a new bar for the English song sector and left many people astounded with her unique interpretation and singing style that clearly defied the trend of the local music scene at that time.

"I was inspired by the likes of Jill Scott and Erykah Badu – that's the kind of vibe that I wanted to capture for *Innocent Soul*," she said.

The very same year, she clinched the Best English Song (for *You Got To Go*) and Best New Artiste titles at the Anugerah Industri Muzik. She was a new sensation in the music industry – her sultry vocals, versatility, music style and empowering lyrics breathed a new life into the local music scene.

Anticipation was building up and people were eager for more music from her. However, Najwa who earlier studied engineering in Melbourne, Australia has another plan in mind – she decided to pursue music studies at Berklee College of Music in Boston instead.

It left many people surprised with the decision. However, for Najwa, the real deal had just begun.

"It has always been a dream of mine to further my studies at the prestigious Berklee College of Music. There was so much more I wanted to learn about music – I wanted to gain as much experience as I could before expanding my career in Malaysia," she said.

### Learning Experience

Upon graduating, she decided to move to New York, the city that never sleeps to gain more experience and knowledge in music. Life in the Big Apple, she revealed, was not all about glam and glitz. The competition was ferocious – talented musicians were everywhere and making herself stand out from the rest would not be an easy task.

"Being surrounded by so many talented people actually drove me to work harder. And it was inspiring – everyone wanted to be different and you would see people doing a lot of interesting things in the creative line," she said.

The quest to be a successful singer is never an easy ladder to climb. It requires hard work, tenacity and steely determination. She started from scratch – performing at various places in front of different sets of audience. From there, she learned to analyse the audiences' response to her performance and constantly fine-tuned it.

And no, she didn't perform at places like Radio City Music Hall and Madison Square Garden – one just couldn't expect to perform at such places straight away. During one of her performances in Brooklyn, New York, she found herself having to perform in a less-than-conventional setting. There was a heat wave going on at that time and having to play near the exhaust fans certainly didn't help to make them look good as all of them were sweating.

And Najwa took all this as a learning experience for her – one where she would be able to look back with fondness in the future.

The whole journey was not entirely easy for the singer. "I remember feeling so lost when I was at Grand Central Station. I had just moved from Boston to New York at that time and it was overwhelming. I actually broke down and questioned my decision to move to the city.

"But, I soon discovered the beauty of the city and had a better understanding of my



## COVER STORY

Photo by WSVS.Co  
Make-up by Sheng Saw  
Wardrobe by Joe Chia & Hatta Dolmat



**"I've always been the kind who would want to make it on my own. Just like everybody else, I had to work hard. When I first started, I had to do a lot of small shows that basically paid next to nothing. I've never asked my parents to pull strings when it comes to my career."**

- Najwa Mahiaddin

purpose. I got to know and worked with a lot of great musicians when I was there. And it was memorable," she continued.

### **Making a name in homeland**

When Najwa decided to return to Malaysia, again she had everyone raising their eyebrows. No doubt, the grass is always greener on the other side and naturally, one would think that pursuing a career in New York is much more promising.

"I felt like it was the time for me to return to Malaysia. I wanted to play my role in contributing to the local music industry," said Najwa.

Najwa didn't waste any time in announcing her return with the release of her new album, *Aurora*. Unlike *Innocent Souls* which was a predominantly R&B, Jazz and Soul album, *Aurora* saw her tapping into a much darker side with her songs heavily weaved with electronic influence and arrangements.

"I suppose that surroundings played an important role in the sound of *Aurora*. I was still in Boston when I was working on the

album – Boston is generally pretty cold and mellow. And that definitely influenced me to write differently," she said.

One can find a lot of power songs like *Got To Go* in *Innocent Souls*, but in *Aurora*, the songs were mellow and soothing despite the electronic influence. She sings about escaping to an alternate reality in the Alice in Wonderland-inspired *Wonderland* with her lover while she offers a friend who has just broken up a shoulder to cry on in *Broken*.

*Aurora* also includes one special Malay number, *Seri Mersing*, a remake of the classic Malay ghazal song rendered in Najwa's own interpretation. Originating from Malaysia's southern state of Johor, *Seri Mersing* is a timeless classic song that has been performed by singers including two of the nation's biggest pop divas, the late Datuk Sharifah Aini and Datuk Siti Nurhaliza who have recorded their own versions of this old hit.

Najwa first rearranged this song for a class assignment when she was in college. Being part of the band that consisted of members from various countries, she decided to share *Seri Mersing*, one of Malaysia's most

traditional tunes with her group members. And she got all her group members falling in love with it.

The album also carries a message on its own. "Even through the darkest moments in your life, there will always be light at the end of the tunnel. Everything will turn out to be fine. That's the message that I would like to deliver through the album," said Najwa.

### **Striking it on her own**

Najwa chose not to rely on her family's standing when it comes to establishing herself as a singer in the music industry.

"I faced a lot of criticisms from people – they just refused to acknowledge me as a musician. Instead, they chose to link everything I did to politics. It was hard because people would just assume that my current achievement was because of my background.

"I've always been the kind who would want to make it on my own. Just like everybody else, I had to work hard. When I started, I had to do a lot of small shows that basically



paid next to nothing. I've never asked my parents to pull strings when it comes to my career," she revealed.

It took her parents a while for them to come to terms with her choice of career as well. "Initially, they were a bit reluctant to allow me to pursue a career in music. However, they realised how much it meant to me after seeing my determination and passion. Now, they are supportive with my career choice," said Najwa.

Being a singer has also taught her a lot of things in life. In the entertainment industry where there is pressure to be small-sized and skinny, Najwa learned the importance to be comfortable in your own skin. As she said, "When one is feeling comfortable, one's confidence will shine through naturally.

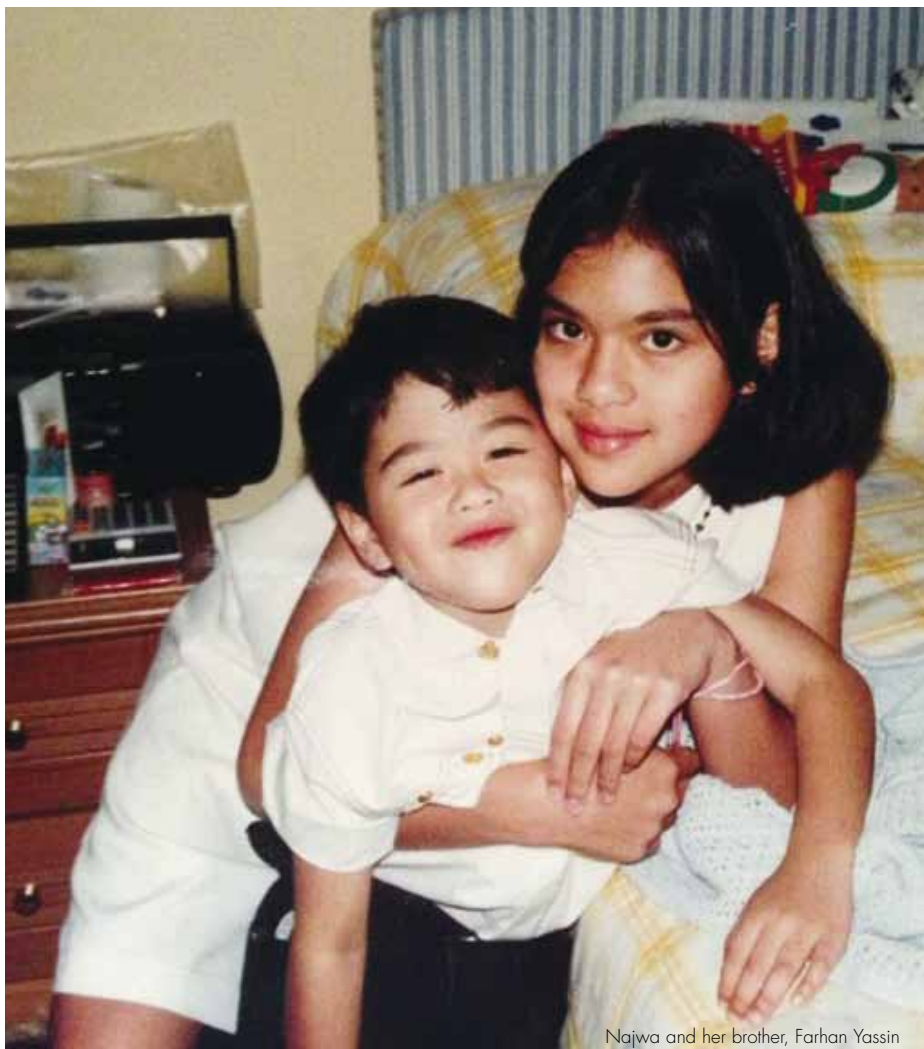
Not only that, walking down the path to be a singer has taught her to be more disciplined. It's all about finding the right balance between practising her craft and looking after herself. She learned the importance of taking care of her body and health. Health is wealth and for a vocalist, and her body is her instrument. One can only produce good music if one has a good instrument.

Najwa is looking at expanding her career internationally in the future. Instead of charging ahead like a bullet train, she prefers to make her progress one step at a time. She also dreams to collaborate with Little Dragon and Emily King in the future.

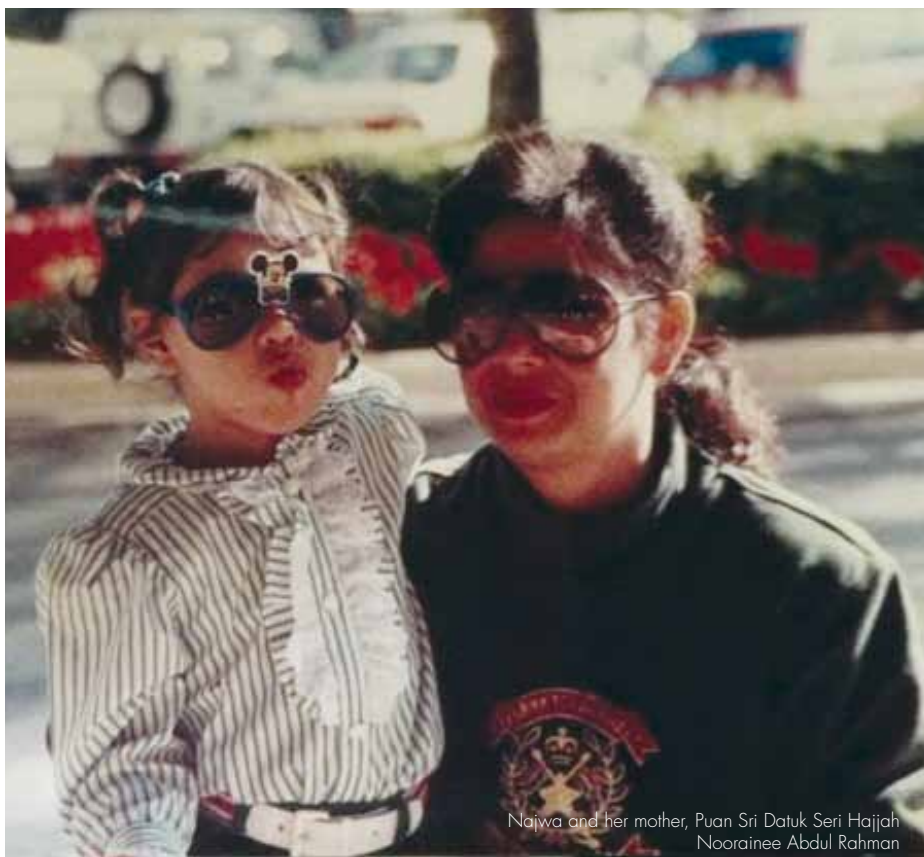
After all, big things usually start off with a dream.

**"Even through the darkest moments in your life, there will always be light at the end of the tunnel. Everything will turn out to be fine. That's the message that I would like to deliver through the album."**

- Najwa Mahiaddin



Najwa and her brother, Farhan Yassin



Najwa and her mother, Puan Sri Datuk Seri Hajjah Noorainee Abdul Rahman

## 2015 CHINESE ZODIAC PREDICTIONS

With Chinese New Year around the corner, many of us are eager to know what 2015 holds for us. In this issue, we've made a compilation of Chinese zodiac forecasts by grand master Tan Khoon Yong, who is a well-known feng shui practitioner in Singapore.

by Jane Bee



### Rat

Year: 1948, 1960, 1972, 1984, 1996, 2008

2015 will be an auspicious year for those born in the Year of the Rat. Be sure to make the most of the good fortune, especially in career advancement as 2015 promises you a smooth progress in everything that you do. However, do remember to stay humble and pay attention to your health and expenditure. You may be tied down with studies and work commitments, but do make sure you make time for exercise as well as maintaining a healthy diet and lifestyle.



### Ox

Year: 1949, 1961, 1973, 1985, 1997, 2009

Those born in the Year of the Ox are expected to face a lot of obstacles this year. Not only you have to pay attention to your health, it is advisable for you to refrain yourself from making any high-risk investment. Do remember to put in extra effort in improving your interpersonal relationships. Also, be sure to watch your words – particularly during the times of bad mood, and do not vent your frustrations on your partner.



### Tiger

Year: 1950, 1962, 1974, 1986, 1998, 2010

Those born under tiger zodiac can look forward to a rewarding year with many great achievements awaiting them this year. It is advisable for you to set clear goals and strive to attain them this year. However, do watch out for unexpected problems and health worries. It is crucial for you to ensure that you have sufficient rest to maintain your physical and mental health. 2015 will be a good year for lovebirds to get married and have babies, while the singles can definitely anticipate romantic opportunities this year.



### Rabbit

Year: 1951, 1963, 1975, 1987, 1999, 2011

2015 is an ideal year for you to realise your dreams. If you are a budding entrepreneur, business owner or career pursuer, you should take this chance to strive for greater financial rewards as well as a career boost. However, do make sure that you discuss and reach a common understanding with your partner should you intend to focus only on carving out your career. This will help avoid or minimise tension and anxiety.



### Dragon

Year: 1952, 1964, 1988, 2000, 2012

The "dragons" will be enjoying a prosperous year. Thus, it is recommended for them to make the most of this auspicious period by striving towards their desired success. Be sure to do more good deeds for it will further improve your luck. However, it is advisable for you to stay away from gossips and disputes that may lead to unnecessary misunderstanding. It is recommended for singles to attend more social activities to enable them to make more new friends.



### Snake

Year: 1953, 1965, 1977, 1989, 2001, 2013

2015 will see an improvement when it comes to luck. Thus, those born under the snake zodiac should continue to work hard and strive for advancement. 2015 also marks a good year in making long-term investments or purchasing properties. One can also look forward to potential overseas work opportunities as well as ample holiday trips. However, do pay attention to the health of the elderly at home and be sure to spend more time with your family.





### Horse

Year: 1954, 1966, 1978, 1990, 2002, 2014

Your attitude will be the determining factor on whether this year will turn out to be a good or bad year. This is the time where you should be bold in exploring new ventures as indecisiveness will cause you to miss out on opportunities. For those who are married or attached, it is advisable for you to communicate with your partner to avoid unnecessary disputes. As for the singles, do give a chance for the other party for further development should you meet your potential partner.



### Goat

Year: 1955, 1967, 1979, 1997, 2003, 2015

2015 will see your path paved with challenges and obstacles. It is advisable for you to refrain yourself from making unnecessary comments and being meddlesome to avoid disputes. Do not feel discouraged if your effort is not recognised as unexpected rewards shall come by if you embrace a positive attitude and work hard on realistic targets.



### Monkey

Year: 1944, 1956, 1968, 1980, 1992, 2004

Those born under the monkey zodiac will be enjoying a smooth sailing year. You will come across plenty of lucrative business opportunities. However, do keep an eye on potential money worries. Also, good management in finance will keep money-related predicament at bay. 2015 is also a good year for those who are planning to get married as well as for the singles to enjoy higher success in pursuing their dream man or woman.



### Rooster

Year: 1945, 1957, 1969, 1981, 1993, 2005

Unexpected changes and challenges are predicted to take you by surprise. So, you should be mentally prepared for them. Keep a low profile and it is advisable for you to stick to the usual rules and focus on the things that you are good at. Individuals who are in a relationship would have to ensure that they manage their emotions well and communicate effectively with their spouse. As for the singles, it is best to be patient when it comes to romance – take your time to know him or her better before you jump into a relationship.



### Dog

Year: 1946, 1958, 1970, 1982, 1994, 2006

The outcome for this year will depend on your ability in managing love and interpersonal relationships. 2015 will also see plenty of external temptations awaiting you, thus do remind yourself to be faithful to your partner and stay on the right path. For those who are in a stable relationship, you can consider marriage and start making plans for your wedding.



### Pig

Year: 1947, 1959, 1971, 1983, 1995, 2007

2015 will be a challenging year for you as you will have to handle problems that are related to finance, relationship and health. Thus, it is crucial for you to continue to work hard and refrain from gossiping as well. You are advised to be extra cautious where money is concerned to avoid loss.





# CHRISTINA PERRI

## Collecting your Jar of Hearts next month

by Kathryn Ursula D'Souza

Four years ago, Christina Judith Perri was just a struggling singer-songwriter and musician. Her life-changing moment happened when she was asked to perform her brutally honest and defiant break-up song, "Jar of Hearts", on *So You Think You Can Dance*, during which her raw, emotional quality connected with the audience and catapulted her onto the spotlight. Viewers began downloading the song from iTunes in multitudes, sending that very song into the Top 10 on the iTunes pop chart and into the Top 15 on the overall chart overnight.

This impressed the producers of *So You Think You Can Dance*, and they invited her to perform once more two weeks later. After Perri performed the song, it landed at no. 25 on the Billboard Hot 100 chart, at no. 1 on Amazon's digital singles chart, and landed Perri a deal with Atlantic Records.

Her bittersweet voice and expressive piano tells her own story of love and strength, laying herself bare for the world to relate to.

"Writing about love is just who I am. I've tried to write about other things, but ultimately this is what comes out of me," said the former café manager-cum-artist.

Although her hits are heart-wrenching and poignant, some tracks like "Arms"

and "Penguin" take on a more hopeful and blissful note, or fun and lighthearted like "Mine". Her songs take on different moods but they have one thing in common:

"They're all songs I felt I needed to give away," she said. "I have been writing songs since I was 15, so I reached into my arsenal and picked the ones I felt others should hear. My intention for my music is pretty simple: I want to make people feel less broken and alone."

Perri is described as a "petite, tattooed ball of energy with an engaging smile" and has been on so many adventures such as touring the world as an assistant to a rock band, spending a year at a prestigious university, producing popular music videos, making olive oil in Italy, and a fashionista barrista in Beverly Hills.

When her big break came, the singer had a tough time grasping it, stunned. "While all of this was happening, I barely slept because I was afraid it was just a dream; that I'd wake up and none of it would be real. One minute I didn't exist in the music world and the next minute I did," she said.

She had unknowingly been preparing for this as a child. Perri first sang in public at her Holy Communion at age six. Piano lessons began at age 8, but her piano teacher "fired" her because she would

change the endings to the songs when she didn't like the way they were written. Eventually, she picked up the guitar and taught herself to play. She was in London working as a gofer for her brother's band *Silvertide* when she got word that she had been accepted to Philadelphia's prestigious University of the Arts with a scholarship. She attended for a year, but took a leave of absence to visit her father's extensive family in Italy, to soul search. She was still writing music, but did not know what to do with her life.

Perri then moved to Los Angeles with a suitcase and a guitar and recommitted herself to being a singer and a songwriter. She posted YouTube videos of herself performing her own songs, as well as covers, and shared her struggles in her uniquely humorous way. Her videos caught the attention of Bill Silva Management, which signed on to represent her.

"Every day something happens that blows my mind," she says. "Being able to wake up and play music is more than I've ever dreamed my life could be. I'm looking forward to sharing my experiences, my hopes, my strength, my guts, and my heart with the world."

Fortunately, she begins her "The Head or Heart Tour" and she will share all of that with us next month, March 3, 2015 at KL LIVE @ LIFE CENTRE.







# NEW YEAR NIBBLES

By Kathryn Ursula D'Souza

*There is nothing nugatory about the items on the Chinese New Year table. They are all traditional, and each item is synonymous with a particular wish for the upcoming year.*

*This exuberant celebration is packed with bonding, coveted red envelopes and riveting lion dances, and at the crux of this festivity is the food – all of which are compiled here, with the significance behind them all.*

## 1. Long noodles (mian tiao 麵條)

Often called longevity noodles, this dish signifies just that – which is why they are always served uncut. Since they symbolise long life, it is considered very unlucky to cut up a strand.

## 2. Turnip cake (luo buo gao 蘿蔔糕)

This is a must-have for the Cantonese during the New Year. Turnip cakes originate from Guangdong province and is highly embraced in Taiwan. This is because the Taiwanese pronunciation for turnip cake – 菜頭粿 cai tao gui – is a homonym for fortune and associated with the phrase “hao cai tao” 好彩頭, which means good luck.

## 3. Dumplings (jiao zhi 餃子)

This custom dates back to the Ming and Qing Dynasties, where families spend the eve of New Year preparing ingot-shaped dumplings (which signify wealth) that are to be eaten at midnight. These dumplings are associated with the saying “gen shui jiao zhi” 更歲交子” which means “ring out the old year and ring in the new”. It is also said that the more dumplings you eat during the new year, the more money you will make. Sounds like a fair deal, no?

## 4. Rice cake (nian gao 年糕)

The Chinese word for rice connects with the phrase “nian nian gao sheng 年年高升” and that means “increasing prosperity year after year”. Rice cakes, be they sweet or savory, are also consumed in celebration of the beginning of the rice harvest in spring and is a tradition that is about 3,000 years old.

## 5. Spring roll (chun juan 春卷)

Named after the Spring Festival, this Cantonese dim sum dish literally means spring and roll. This dish also symbolises wealth due to its golden colour that represents gold bars. Rich food, indeed.

## 6. Fish (yu 魚)

“Nian nian you yu” 年年有餘 – “may the year bring prosperity” – is the saying that goes with the Chinese New Year fish dish. The word prosperity, or yu 餘, is a homophone for the Chinese word for fish, 魚. Typically steamed with ginger and light soy sauce, families buy whole fish to symbolise unity and leave leftovers for the next day so that the prosperity will overflow.

## 7. Fruit (shui guo 水果)

Mandarin oranges are a familiar sight during the New Year. In Teochew, the word ji 吉 means lucky or fortunate, and it is a homophone for the Chinese word for oranges, ju 橘. Apart from oranges, pomelos are also present as the Chinese word for it is zhi 柚子, which sounds like the word for “to have” in Chinese, you 有.

## 8. Mustard greens (changnian cai 長年菜)

Considered a standard vegetable dish for the New Year celebration, they are known as jie cai 芥菜. Contextually, they are called chang nian cai 長年菜 which translates into enduring vegetables. They can never be overcooked, so they are ideal as the symbol of long life and one is expected to eat the entire vegetable. The homonym for this dish is chang chang jiu jiu 長長久久, or longevity.

## 9. Chicken (ji 雞)

During the celebration, the chicken must be served with the head and feet still attached, as a connotation of unity and good marriage between families. The common way of cooking it is to marinate the chicken, air-dry it for about three hours until the skin is like paper, flash-fry it and coat with spices. Ducks are also an option.

## 10. Sweet rice balls (tang yuan 湯圓)

Consumed during the 15th day of the celebration, during the Yuanxiao Festival, the 15th day is the first night a full moon is apparent during the lunar year. The roundness of these rice balls signifies harmony and unity within the family. They are usually served in a soup and traditional fillings include sesame paste, red bean or peanuts.

# PREVIEW

MAKAN-MAKAN



Herring Under a Fur Coat Salad, Vladimir's Place

- 28 Makan-Makan with Thanuja Ananthan
- 30 Bone & Pot
- 32 Turkish Cafe Istanbul
- 34 Trumpet
- 36 Vladimir's Place
- 38 Food Hunt: Delightful Vegetarian Choices
- 40 Street Food Hunt: Ara Damansara
- 42 Sweet Indulgence: Chocolates



# THANUJA ANANTHAN

Larger-than-life beauty, activist  
and cili padi enthusiast

*By Kathlyn Ursula D'Souza*

## **Erawan Thai & Fusion restaurant**

Address: 22, Jalan PJU 5/16, Pju 5, 47810 Petaling Jaya, Selangor  
Tel: 03-6141 2393

Opening Hours: Lunch: Friday - Sunday 12pm - 3pm,  
Dinner: Tuesday - Sunday 6pm - 10.30pm. Closed on Mondays



Standing at 183cm, this cheerful ball of energy is not hard to miss. All that energy is teamed with a head of raven curls and a bright, toothy grin and she is very friendly. This bubbly Miss World Malaysia beauty describes herself as an animal lover first, carefree, simple and happy most of the time. She loves being outdoors and insists that a beauty queen is only a title, and it does not define who she is.

"Being boisterous, loud and very opinionated, my parents thought that Law would be the perfect career for me. I liked it as well, but then Miss Malaysia happened," Thanuja said.

Her experience at the Miss World Malaysia pageant was definitely life-changing and eye-opening, and it was a dream come true for her. "I grew up wanting to be a beauty queen. I used to watch the Miss World contest every year on television. I joined the pageant and didn't expect to win, but it happened. It was a once-in-a-lifetime experience, the mixing of cultures, meeting different people and now I've got a friend in every country.

"You'd think that given the language barrier, things would be difficult. However, at the end of the day, we were all just ... normal girls with normal girl problems," she added.

Currently, Thanuja is full-on into emceeing, hosting and television work. She had just completed a travel show, which required her to travel around Malaysia. "The show is called Best in Town, aired on ntv7. I travel around and eat," she explained with a laugh. She simultaneously shot a game show for Astro. "I'm doing a lot of emceeing – all that and the TV shows keep me busy. I love what I do, I'm lucky – counting my blessings every day."

Thanuja is an ambassador for SPCA and PETA. She works closely with them as her innate passion and love for animals made her start doing rescue work at the age of five. It is something that she won't stop doing, she says, as what she feels for animals is strong. As for her aspirations? "Perhaps in the future some business, or something having to do with animals – something in which animals can gain at the same time – animal consciousness, I call it. I am truly passionate about this," she said.

Apart from animals, Thanuja loves a great spicy meal. Dubbing herself the "cili padi enthusiast", we had a meal at Erawan Thai & Fusion restaurant, run by brothers Anan and Chef Korn. Everything in this place is homely and has many personal touches. Chef Korn, a sweet, soft-spoken person with a magnificent

cooking prowess cooked us four lovely dishes – Green Curry Seafood, Mangosteen Salad (the bestseller), Sea Bass in Galangal Soup with tuberose flowers and the Codfish with Wild Ginger.

Every dish we had was met with an exclamation from Thanuja, as she proclaimed, "This is so good! Really authentic Thai!"

The chef's passion shows through his food, one that he personalises for the customers. He is also very creative with his food – adding flowers and stuffing chicken into rambutans and such, for example. The dishes tickle your palate with that original taste, maintaining the Thai flavours. As all Thai food lovers would know, the food involves a lot of flavours and sometimes it can go a bit wrong and overpower the senses. At this restaurant, however, there is no such thing. One can tell that so much detail has been put into the food, such care so as to not go overboard with certain flavours and kill the taste. If you are ever on the lookout for some truly wonderful, authentic Thai food, then Erawan is the place to be.

Her thoughts? "One of the best Thai food I've ever had!"

And we agree.

## Facts

### **What makes a person beautiful?**

Genuineness. A true person is real and that is what makes a person beautiful. A combination of self-confidence (that does not border on arrogance) and humility is what makes a person real and true.

### **Who do you admire?**

My mum. She is the true epitome of beauty. Courageous, intelligent, innately elegant, true to herself regardless of the situations and incredibly loving!

### **What do you like to do or would like to do?**

Relax on the beach, learn scuba diving, getting close to nature and observe marine life. There is no alcohol involved, but I like mocktails when chilling out with friends. I keep myself well-hydrated with water and green tea.

### **Quotes?**

Mahatma Gandhi said that "the greatness of a nation can be judged by the way its animals are treated" and I believe this is so true.



Green Curry Seafood, Mangosteen Salad, Sea Bass with Galangal Soup & Tuberose flowers and Codfish with Wild Ginger



## BONE & POT

A new twist to steamboat

Non-Halal

by Jane Bee







The Interior of the Restaurant

Most of us love steamboat, regardless of the occasion and weather. After all, what could be better than the joy of fighting over that one particular fishball when you have a plate of it or the satisfaction of indulging in it despite getting all sweaty?

When we first discovered Bone & Pot, we were on cloud nine. Instead of the usual steamboat, Bone & Pot decided to go the extra mile in introducing the taste of Hong Kong in Malaysia.

To kickstart the meal, we decided to opt for some snacks imported from Hong Kong. The Deep-Fried Bean Curd Skin (RM7.80) is simply irresistible. It makes a perfect snack – it is crunchy and yet, melts easily once it's in your mouth. The Golden Bean Curd (RM5.80), on the other hand, savourish. It retains its crispiness without ruining the tofu's original taste or its smooth texture.

Do not miss the Deep Fried Salt & Pepper Soft Boned Chicken (RM12.80). We would be lying if we say that we were least surprised when we were introduced to it. After all, it never crossed our mind that soft boned chicken could be made into a snack. It's pretty much the same as eating potato chips, except that

it has a thicker and crunchier texture. Plus, there is no stopping once you start eating it – it's that addictive.

One thing for sure, we loved how the snacks were not greasy despite being deep-fried.

The broth holds the key to a good steamboat. Bone & Pot did not fail us when it came to the broth. The Signature Pork Bone Broth (RM15) and Tomato with Potato Broth (RM15) were packed with flavours and ingredients that further enriched the taste of the broth. The two types of broth were made from scratch, using only fresh ingredients instead of ready-made soup paste. The soup also tasted equally good on its own.

If you are all about being healthy, be sure not to miss the Collagen Soup (RM22). The milky, white collagen jelly is derived from deep-sea marine sources and are imported from Japan. When cooked with the pork bone soup base, the collagen jelly melts instantly, giving the soup a thick and creamy texture as well as a sweet and refreshing flavour. The taste of the soup did not stay static, instead it changed according to the ingredients added into the soup while charming our taste buds. Since this soup has

limited servings per day, earlier reservation is recommended to avoid disappointment.

Instead of the usual ingredients that are easily available in the market, Bone & Pot serves food that easily got us going gaga over it. Ingredients such as crispy cheese sausage (8 pieces for RM8.80), crab roe ball (4 pieces for RM6.80) and taiwanese meat ball with mushroom (4 pieces for RM6.80) were imported from Hong Kong. These certainly introduce entirely different textures and flavours to its patrons.

The sausages and meatballs retained their crunchiness and chewy texture despite being cooked for a long time. We also loved how we could actually taste the crab roe, bursting in our mouth when we took a bite of it. The



The Many Types of Mushroom

cheese ball (4 pieces for RM6.80) and sea urchin ball (4 pieces for RM6.80) are not to be missed as well.

The restaurant's homemade pork ball (4 pieces for 6.90) and homemade shrimp ball (4 pieces for RM8.90) are equally unforgettable as well. Each ball in the size of a ping pong ball and is made entirely from fresh pork and shrimp. The homemade fish paste noodle (RM9.90) amazed us with its unique texture and flavour. The fish roe that was added to the paste gave off a popping sound when chewed. Plus, waiting time was cut short for we only had to cook it for 20 seconds.

Meat lovers would love the Fresh Pork Neck Slices (RM15.90) and Canada Fat Beef (RM18.90). While pork neck slices might sound foreign to us, we actually enjoyed them more than the usual pork slices as the pork neck was much more chewy, crunchy and did a better job in absorbing the flavour of the broth.

Mouth-watering broth and savourish ingredients, steamboat certainly wouldn't get any better than this!



Collagen Jelly When Cooked



## TURKISH CAFÉ ISTANBUL

The best Turkish treats

*By Kathlyn Ursula D'Souza*



Grilled Sea Bass

Turkish Cafe Istanbul TTDI  
12, Jalan Wan Kadir 1, Taman Tun Dr Ismail, Kuala Lumpur.  
Open morning through night everyday (closed only for Friday afternoon prayers)  
+603 7731 1644





Cheese Pizza

You know how they say every dark cloud has a silver lining? Well, this silver lining comes in the form of a Turkish restaurant discovered quite unexpectedly in the middle of an extremely busy corner in TTDI. Despite the hustle and bustle going on outside (what with the very narrow roads and cars aplenty), this cozy café seems like a haven. It is relatively new, having been set up not more than three months ago by Deniz Alkoch who, with his wife, fell in love with Malaysia after eight long years of running a similar restaurant in Japan.

We started light with the Feta Cheese Salad (RM16). This blend of cheese, olives, tomatoes, cucumber, lettuce and olive oil was a beautiful contrast of taste. There is that easygoing crunch of colourful vegetables and the sharp, pungent flavour of the cheese. It can get quite addictive – which is not a bad thing, as it is a healthy mix.

The Assorted Kebab (RM39) came next, and our eyes bulged out of their sockets. It was a dish fit for a king (actually, fit for two) with grilled chicken and lamb kebabs flavoured



Assorted Kebabs

with special spices, rice, bread, salad, fries and garlic sauce – a dish loaded with lots of proteins and carb. The meat was tender, juicy and bursting with flavours.

The uniquely-shaped Cheese Pizza (RM19) piqued our interest, both in terms of its size and shape. The taste was light enough to enjoy it to the fullest without feeling sick in the stomach, unlike some pizzas. This pizza is a combination of two cheeses.

We also tried the Grilled Sea Bass (RM19), a dish with that distinctive fresh fish taste combined with a grilled flavour, resulting in a lovely, hearty meal for those who prefer to have fish instead of meat.

Last but not least, we had the Wrapped Lamb Kebab (RM22), which, honestly speaking felt like neatly gift-wrapped treats and we were more than happy to open them. Wrapped in thick swabs of bread with light dustings of golden-yellow colours on the top, this lamb kebab was hidden just enough to have its sides poke out at the end for you to catch a glimpse of how juicy and tempting it is. Accompanying the lamb are fries, garlic sauce and salad.

“If I had to have any last meal, this would be it. I will die happy,” said one of our colleagues, as all of us looked around the café in a daze, fully satiated and romanced by the

soothing, bewitching Turkish melodies in the background.

The food here is exceptionally indulgent but healthy – and it will make you very happy, in a goosebumps-inducing way. Not only is it substantially satisfying, but the food here gives you value for money. It will leave no room for any distaste or dislike. While the experience may move you to tears, it is not due to its price as the dishes here are well beyond reasonable, but you will feel at awe once you’ve tasted these wonderful dishes.

Afiyet olsun!



Wrapped Lamb Kebab



# TRUMPET - BANGKOK STREET EATS

Bringing the Best of Thailand to You

*by Siti Wajihah Kholil*



Grilled Squid

A-G08, Oasis Square, Jalan 1A/7A, Ara Damansara  
47301 Petaling Jaya, Malaysia  
Tel: 03-7859 0773



Glass Noodle Salad



Deep-fried Thai Chicken Wings



Tab-Tim Krob

After only a few months since its opening, Trumpet is unquestionably gaining a lot of attention from the mass and media. Living up to its motto, 'Where trumpet goes, treble follows', its growing success is no surprise. The eatery is located in the rising hub of multicultural cuisine of Oasis Square in Ara Damansara, which is strategic and ideal to attract patrons. It is not just the location, but the food as well is undeniably exquisite.

The ambience is comfortable and very relaxing, therapeutic almost. The music played in the eatery is jazzy and soulful, which reflects the owners' style whose family comes from a line of musicians. To link their love for music and Thai cuisine, the name 'Trumpet' was given to the restaurant as trumpet is not only known as a musical instrument but it is also the resounding call of an elephant, an animal that signifies Thai culture.

The interior of the restaurant is rather simple, contemporary and modern. The overall colour combination of the white walls with occasional banana leaf green in certain parts of the restaurant, dim lights, wooden floors, decorations of small-framed pictures of colourful flowers and elephants; and how the tables and chairs in all parts of the restaurant are all white emits a very calming vibe. There is also a separate section for private occasions where the interior is slightly darker with hanging light bulbs off the ceiling however, it does not disturb the atmosphere.

There are a number of starters available at Trumpet, however, the highlight would be the deep-fried Thai chicken wings, which

costs RM15. Its crispy golden skin is crispy, it is to die for. The white meat is well cooked, yet juicy and tender. The seasoning is very well infused in the chicken that every bite is flavourful. It is also served with vegetables on the side along with Thai chili sauce, which adds a little tinge of sweetness and spiciness. Here is a dish that you can share with friends and family that you can simply leisurely enjoy as an introduction to your appetite.

One of the best dishes is the Yam Woon Sen or best known as the glass noodle salad. Not only is it healthy as the ingredients are freshly mixed, but the tastiness is absolutely phenomenal. The salad consists of glass noodle, some fresh greens with chopped tomatoes and chicken bits and prawns. What creates the taste is of course the sauce that detonates your palate with strong, soury flavour of absolute oriental deliciousness. The best part of it is that the dish is light, in other words it does not make you feel nauseously full, so you eat until you empty the plate. If you are a salad lover, this is the one type of salad that you will not allow to go to waste. Served in a generous amount of serving that can be eaten by two persons, the Yam Woon Sen is only RM15.

Last but not least, another dish that is unforgettable is the Phad Thai (RM13.90). This particular dish is a special one for the restaurant because this was the dish that convinced the owners to hire the current chef serving in Trumpet and is the pride of the restaurant. Even though this stir-fried rice noodle looks somewhat similar to what Malaysians know as fried kuay teow, but Phad Thai is certainly different. The rice noodles are thinner and longer. It is stir-fried with sliced tofu, bean sprouts, dried shrimp and tamarind

pulp along with other ingredients and sauces accompanied with roasted peanuts to create a distinct taste that brings out the essence of Thai flavours to the noodles. The taste itself is mildly spicy mixed with a tinge of natural sourness and sweetness. With its de-shelled fat, juicy prawns, the Phad Thai is a must-try.

There are many other dishes to explore as well such as the Muak Yang or grilled squid (RM18) with sweet chilli sauce dip which is incredibly delicious, the Tom Yam Talay or mixed seafood Tom Yam (RM18 for medium and RM24 for large) and Kapao Nue or stir-fried minced beef with hot chilli basil (RM22). To quench your thirst, be sure to try Trumpet's specialty drinks which are the Thai iced tea (RM6.50), Thai iced coffee (RM6.50) and ice-blended lime and fresh mint (RM8). Be sure to complete your meal with Trumpet's range of yummy desserts such as the Tab-Tim Krob which is red rubies with coconut milk and jackfruit (RM10), Kaw-Niew Manuang which is mango sticky rice (RM12) and upcoming new addition to the menu, Bua Loi.

The great thing about Trumpet is that its menu is based on the popular street foods that you find in the streets of Bangkok which is hard to come by in Kuala Lumpur. The recipes are guaranteed authentic as the dishes are cooked by a Thai chef who originated from Bangkok and is an expert in Thai cuisine. So instead of having to go to Thailand, Trumpet is here to bring the best of Thailand to you.



## VLADIMIR'S PLACE

Authentic Russian cuisine – where surprises and adventures await

Non-Halal

By Kathlyn Ursula D'Souza



Culet Kiev Chicken Fillet with Boiled Buckwheat with Fried Onions and Mushrooms

32, Jalan Inai, Off Jalan Imbi, Bukit Bintang, Kuala Lumpur.  
Operating Hours: 11am – 3am  
Tel: 03-2144-5636



Apart from Pavlova and Borsch, we did not have an inkling of what was in store for us when we got to Vladimir's Place, created by a man's ode to his Russian wife, quietly tucked in a corner in Jalan Inai. If you are ever in need for something different, and if you are up for pleasant surprises, then you need to make a trip here.

It was the oddest thing – it was as if Vladimir's place was a box of illusions. The place was set up in a way that only diplomats and ambassadors would go for their dinner meetings and such (which do happen here), what with the elegant, regal interior with paintings, red carpets and curtains, solid black seats, Doric pillars and chandeliers. But it gave off a cozy, comfortable feeling. And from the first impression, we were expecting the prices to be sky-high. But they weren't. See in what direction this is going?

We tried the signature dishes, the customers' favourites. The first was the Meatball Slavonian (RM11) – minced meat, rice, onion, sauce tomatoes. Our first impression was that it was going to be quite a heavy meal, rich in taste and probably quite difficult to finish, judging from the size of the meatballs. But, the magic happened again, and it was healthy, light and not sickening to the stomach and tongue despite the heavily loaded meat and assortment of ingredients blended until everything was seamless. Next was the Moscow baked fish (RM21.50). It was like your typical fish on a platter and just when you thought it was going to taste typical as well, it didn't. These compact, smooth fish fillets were zesty and flavourful, and the taste comes a little later, just when you thought it was all over.

The "Olivier" salad (RM13) arrived, a colourful, generous, dainty-looking dish in a bowl with a myriad of different colours. And as all things bright and colourful, we



Borsch Siberian

associated them with sweetness. But this hodgepodge of beef, potato, cucumber, pickle cucumber, carrot, egg, salad, shrimp and mayonnaise surprised us with its light, fresh and non-invasive taste. The same thing happened with the Vinaigrette salad (RM6.50), a dark purple-red dish that credits beetroot for giving it its exuberant colour and exquisite taste. There were light tones of sweetness and sourness, and every bite was a mystery. It was as if the taste changed, and one would not know what to expect upon the next chomp. One moment it was soft, then crunchy, then the sharp tang of onion introduced itself to your taste buds.

The "Herring under a fur coat salad" (RM12.80) was next, and it was astounding to say the least. We were not expecting the taste and the fish that was hiding among the potatoes, carrot, mayonnaise and the lot. The fish was wonderfully delayed, waiting for the rest of the salad to sink in before it graced the

palate with its presence. The next dish was an unhurried transition of flavours – the Cutlet Kiev Chicken Fillet (RM17.50) with Boiled Buckwheat with Fried Onions & Mushrooms (RM7.50). This dish made us very happy. It was an adventure, yet again, as the taste changed with each bite – buoyant first, and then piquant before ending gracefully with a flowery and aromatic eruption, the dill finishing the taste off with a flourish.

What's Russian food without Borsch? And so that was next, the Borsch Siberian (RM18), a bright purple consommé that is mouthwateringly sour-sweet and serves as a humble remedy for hangovers. The Meat Solyanka (RM22.50) is another broth made from an extravaganza of ingredients as well, all blended to perfection in this warm bowl of bliss.

Our last dish was the Aspic Jelly (RM13.50), and this dish is proof that one should never judge a book by its cover, or rather, never judge food by its appearance. Don't let its nondescript, beige appearance deceive you for this jelly-like offering is soft and meaty in consistency and you get to taste everything from the beef, pork feet, carrot, onion, garlic, and every so often the slight prickling of spice will invade the tongue before disappearing. Here's a little trick for the party people: we were told that this was the best companion for vodka, as one would not get drunk. Vladimir's place also serves fresh vegetables and desserts, and if you get the chance, try the Sliced Honey Cake for it is absolute paradise.

Well, this was quite an adventure, so if you truly love variation and surprises then this is the place to go. Vladimir's Place is the epitome of 'looks can be deceiving', but for what it is worth, we were all happily and satisfactorily deceived.



Olivier Salad



## Delightful Vegetarian Choices

Meat lovers are usually under the impression that vegetarian food (or even vegetables, for that matter) are dull in taste and lacking in variety. They are, nonetheless, the healthier choice – and not everything healthy is unexciting to the taste buds. Not a vegetarian? No problem. Try these, they will surprise you.

*by Kathlyn Ursula D'Souza*



### Pickle & Fig Portobello & Hummus

Lovers of Panini would love this delicious vegan sandwich made of Portobello mushrooms, tahini hummus, roasted bell peppers and infused oil. You may even choose between whole meal or white bread for your meal. With this, you can truly enjoy a fulfilling yet healthy meal.

**RM18**

26, Jalan Tun Mohd Fuad 2, Taman Tun Dr Ismail,  
60000 Taman Tun Dr. Ismail

### Cauliflower Manchurian & Rava Kesari

At first glance, this dish may seem like Chinese-style stir-fried chicken. However, the Cauliflower Manchurian is considered one of the best starters one can have, be it as a snack or an accompaniment for dinner. Even non-vegans cannot resist this, as these florets showered in spicy sauté is addictive and will work well on its own or paired with rice, plain noodles, roti or naan. Top it off with Rava Kesari – who can resist that?

**RM11, RM6**

52, Jalan Maarof, Bangsar Baru,  
59100 Kuala Lumpur



## Corn Tikkis

"Tikki" as we all know, is a small cutlet or croquette but there is nothing small about this serving. Served in twos, these Corn Tikkis are substantial in size and served with coriander-mint sauce. Made with spicy and sweet corn paste, garlic, ginger and chillies, this meal is guaranteed to tease your palate.

RM6

WTF Restaurant – What Taste Food  
98, Lorong Maarof, Bangsar Park,  
59000 Kuala Lumpur



## Hazel Chocolate Crunch

Vegans avoid milk, eggs, cheese or honey and therein lies the problem – most cakes and desserts require dairy products. Perfecting cakes without all these things are indeed a challenge but lucky for us, there are eggless cakes that taste wonderful (or even better than those with eggs), like this one. Simply delectable and just right in sweetness and texture, this cake is a win.

RM7

No. 54, Jalan Tun Mohd Fuad 1,  
Taman Tun Dr. Ismail,  
60000 Kuala Lumpur



## WTF Special – Bombay Vada Pau

Dubbed the 'poor man's burger', this popular vegetarian fast food dish is native to the Indian state of Maharashtra. The compound word batata vada refers to 'potato fritter' and Pav refers to unsweetened bread or bun. The patty is made of potatoes, spiced up, dipped in batter and deep-fried. It comes with special chutney. It is a must-try if you love that fiery aftertaste of the chilli peppers.

RM7

WTF Restaurant – What Tasty Food  
98, Lorong Maarof, Bangsar Park,  
59000 Kuala Lumpur





## Ara Damansara

Ara Damansara is uniquely interesting – its attractive retail mix, particularly in the food and beverage scene offers a lot of surprises. From affordable price to tantalising food, there is always a little something for everyone here.

*By Jane Bee*

### The Boss RM25.90

The Burger Factory certainly introduces a whole new experience when it comes to burgers. With The Boss racking in close to 3.5 inches in height, dining is indeed a messy affair here. It comes with housemade charcoal-grilled bun, grilled patty, grilled chicken breast, double cheddar cheese, pepperoni, bolognese, grilled pineapple, beef bacon and sautéed mushroom. You will be surprised at how juicy and tender the patty is. Figuring out how to chew down the burger is pretty interesting as well.

*The Burger Factory  
R-10, Central Piazza, 2, Jalan PJU 1A/7A, Oasis  
Square, Ara Damansara, 47301 Petaling Jaya*



### Anchovies Aglio Olio RM10.00

Purple Pasta is probably the only place where you can get a plate of pasta for RM5 or RM10. Despite the relatively affordable price, you are assured of getting a decent plate of delicious and no-frill pasta in a generous portion. Our pick is the Anchovies Aglio Olio – despite the fact that it is tossed with garlic basil evoo, chilli flakes, ikan bilis and anchovies, it is equally flavourful and filling. Plus, we don't think you'll find another place that serves pasta for RM5 or RM10!

*Purple Pasta  
7 Jalan PJU 1A/1C, Ara Damansara,  
47301 Petaling Jaya, Selangor*





## Strawberry Popsicle

RM6.90

What can be sweeter than sharing a popsicle with your loved one this Valentine's Day? While MiniMe Café offers a variety of flavours, ranging from flavours such as durian, orange grape fruit, green tea red bean and kiwi but our favourite is the strawberry popsicle. Not only it's homemade, each bite leaves us feeling like we are eating real strawberry. The portion is also perfect for sharing and oh, it takes the shape of a heart as well.

*MiniMe Café*

*E-G-02, Capital 5. No.2, Jalan PJU 1A/7A, Petaling Jaya, Malaysia*

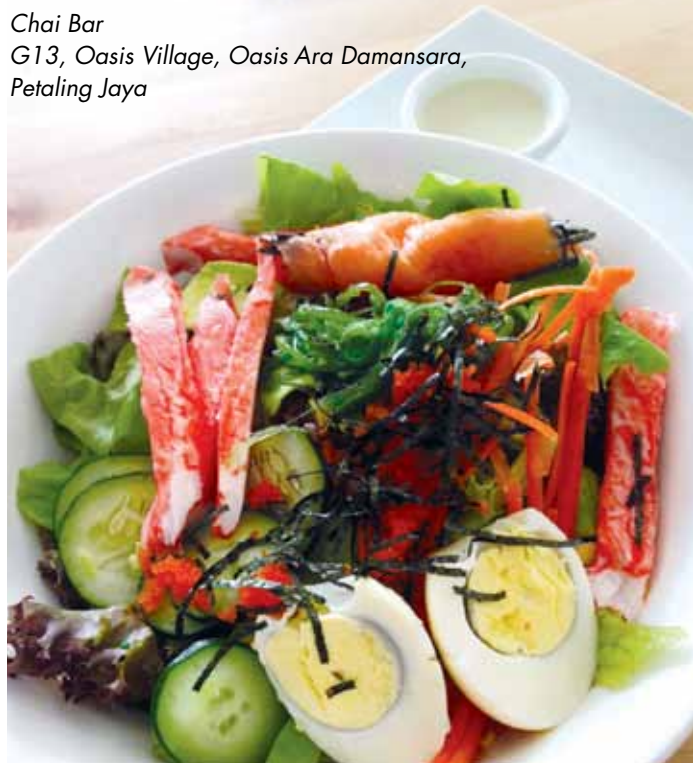
## California Girls

RM21.00

Mention salad and most of us would immediately think of the usual boring greens tossed in thousand island sauce. But at Chai Bar, healthy food is never boring. In fact, they breathe a new life in salads by introducing a playful and unique mix and twist – such as California Girls, the Japanese-influenced salad. It consists of mixed lettuce with brown rice, avocado, carrot, cucumber, pickled seaweed, kaori hako, and dusted with roasted seaweed and ebikko before tossing the salad with their housemade wasabi mayo sauce. If Japanese is just not your thing, be sure to go for their Bibimbap or Porntip salad!

*Chai Bar*

*G13, Oasis Village, Oasis Ara Damansara, Petaling Jaya*



## Creamy Chilli NZ Green Mussels

RM21.90

Simplicity is evergreen. And that does not only apply to fashion, but to food as well. This dish makes a perfect main course for those looking for something light and yet filling. The fresh mussels, each the size of half a lime, when paired with the tantalising creamy broth that carries a hint of spiciness, is simply savourish and satisfying. Dipped the toast in the broth and you might find yourself requesting for a second serving of toast!

*Jac's On The 8th*

*G-G-8, Jalan PJU1A/20E, Dataran Ara Damansara, Petaling Jaya, Malaysia*





## Valentine Variety: Chocolates

*It is said time and time again that love and chocolate share the same sensational feeling: passion. Hence, on Valentine's Day, there will be a deluge of flowers and chocolates being sent out to loved ones. However, if you are in need of suggestions for gifts or for purely personal pleasure, here are some wicked, sweet and seductive treats. Oh, sweet Valentine, indeed.*

*By Kathlyn Ursula D'Souza*



### **Patchi, No Added Sugar Line**

**RM80**

The Lebanese chocolatier's philosophy delivers a feast for the eyes before the mouth, and that is true. If you are caught in a dangerous romance with chocolate or if your love interest is health-conscious, this would be the perfect type of chocolate for her or him. Sweetened with Maltitol, it allows you to enjoy these beauties without worrying too much.

*Patchi Chocolate,  
Bangsar Shopping Centre,  
Jalan Maarof, 59000 Kuala Lumpur  
Tel: 03-2095 1093*



### **Royce's Au Lait**

**RM50**

Made from fresh Hokkaido cream and a touch of Cherry Marnier liqueur, these also incorporate full-flavoured Morello cherries. The cocoa-dusted lovelies melt in the mouth with a fresh, creamy flavour. No wonder they were rated number one in Japan!

*ROYCE' Chocolate,  
Mid Valley, Bangsar Village  
Tel: 03-2201 5877, 03-2282 5052*



### **Guylian, Milk Chocolate Seahorse Truffles with Soft Caramel**

**RM70**

Guylian artisanal Belgian milk chocolate truffles with soft caramel filling are made with 100% pure, silky smooth Belgian milk chocolate. These chocolates are beautifully crafted into the shape of a seahorse and the inside filled with luxuriously soft caramel. Everything is blended sublimely and lusciously. These chocolates are guaranteed to warm your heart and melt your soul.

*SOGO,  
190, Jalan Tunku Abdul Rahman,  
50100 KL*



### **Godiva, Chocolate Luxury Gift Box**

**RM368**

Once opened, one will find it filled with assorted chocolates and truffles, mixed with the classics like hazelnut praline and extra dark chocolate and going bolder with key lime and Neapolitan. This is definitely for those who love the luxurious, sinfully delicious types of chocolates.

*Godiva Chocolatier & Café,  
Pavilion Kuala Lumpur  
Tel: 03-2142 5252*

# SHOPPING PREVIEW



GUESS Jeans and Marciano Spring 2015 collection

44 Hotpicks Women  
45 Hotpicks Theme  
46 Hotpicks Men





1



2

### 1. Top Coat

A women's blazer is a versatile piece of clothing that can be worn as a casual light jacket or as part of a more conservative business outfit. The wide range of styles that women's blazers are available in makes it possible for any woman to find a blazer that is both flattering to her body and appropriate for whatever event she may be attending. Long blazers can cover a woman's hips completely, or they can even reach past over her backside. These blazers are extremely fashionable, and while they are often more formal than shorter blazers, they are very chic, modern and stylish. **H&M Draped Coat, RM249**

### 2. Sparkle and Bedazzle

Dress in this fabulous pop-art sequined stretch mesh top. It is truly versatile as it is neither here nor there in terms of being too casual and too formal. Pair it up with a simple pair of black skirt or leggings, and you'll be set to shine and glimmer, quite literally so. **Farah Khan, RM1,977**

### 3. Watch Me

This feminine timepiece reveals a round 38 mm steel case, with or without diamonds, featuring asymmetrical lugs evoking the shape and curve of a stirrup – a motif that has become a signature of Maison Hermès. Upon a shimmering white mother-of-pearl dial, the hours are elegantly marked off on sloping Arabic numerals reflecting the original model and extending a graceful invitation to discover time. The Arceau Petite Lune displays the hours and minutes along with two complications: moon phases and date indication. The moon phases appear on a deep blue disc with a silvered moon and stars elegantly complimented by the deep blue date hand.

**Hermès Arceau Petite Lune RM34,820 (without diamonds) and RM75,880 (with diamonds).**



3



4



5

### 4. Best Foot Forward

The premium, sexy ECCO Shanghai Peep-toe pump will make anyone fall for Miss Independent. The pump's soft leather and cow fur uppers, beautiful contours and 75mm leather-covered heel create an elegant silhouette that elongates the leg and accentuates curves. Flexible, slip-resistant soles and leather-covered interior deliver morning-till-night comfort. Jeans or dress – whatever you choose, this will add irresistible flair to your look. **ECCO Shanghai Peep-toe, RM539**

### 5. A Bag Difference

Channel your inner rugged and tough cookie by accessorising yourself with this sleek, jagged bag. It is a unique cross between stylishly elegant and reckless. **Stella McCartney 3-Chain Falabella Shaggy Faux Deer Bag, RM3,002**



# THE MANY FACES OF *Pink*

1



## 1. Playful Statement

Inspired by the colourful world of national flags from various countries, this shades from BOSS Eyewear is nothing short of making a bold yet, playful and fun statement. The strong colour combinations and mirrored lenses will certainly draw attention. Plus, with its light, square-shaped metal frame and flexible and adjustable bi-injected temples, it is definitely a comfortable and perfect fit for anyone.

**BOSS Eyewear**

2



## 2. Simple Magic

A bracelet works magic. It silently compliments or adds an extra touch to the look, making a statement on its own. Regardless of any style, this pink belt-bracelet from Charles & Keith will sure to soften any look. You know you can always count on a bracelet to work wonders. **Charles & Keith, RM69.90**

3



## 3. Fit for a Queen

Lalique's Red Gold Psyche's Wing earrings certainly portray a different facet of pink. Instead of the usual girly, sweet or floral aura, this pair of earrings emits nothing but opulence, class and grandeur. The pink sapphires, paved in red gold along with yellow sapphires, orange sapphires and fire opals create an extraordinary pair of earrings worthy for a queen. **Lalique**

4



## 4. Essence of Lotus

Just like a lotus, Titan's Lotus in the Bloom is all about delicate simplicity. The two ethereal lotuses blossoming on each side of the dial and each petal made with pearl finish enamel and Swarovski crystal on the bezel create a timepiece that is simply evergreen. A touch of class without being too complicated. **Titan, RM415.00**

5



## 5. Soft Kind of Edge

Charles & Keith's Cut-Out Jagged Sole Mary Jane certainly knows how to work the sweet-but-edgy style. Made from man-made leather, this pair of shoes will sure rock your outfit in style and edge, all while looking sweet at the same time.

**Charles & Keith, RM159.90**





1



3



### 1. Change Your View

Dare to be different and unconventional with this rimless Aviator Light Ray 2.0 shades. The temples and bridge are sleekly constructed from gunmetal titanium and truly unique and classy in its own way.

**RAY-BAN, RM1,015**

### 2. Suit Yourself

A gentleman will never fail to catch plenty of gazes when dressed up in a suit. Gucci's classic-fit suit, the signoria, features squarer, more assertive shoulders for an elegant style that transcends seasons. **Gucci Check Wool Signoria Suit, RM8,600**

### 3. Black Belt in Fashion

Wearing a belt well is one of those litmus tests of fashion: the simple task, done right, confirms you as a man who knows his clothes. Pair your highly polished pair of shoes with this sleek black belt from Topman. Sometimes, simplicity is the greatest height of sophistication. And, trousers without belts always look a little less polished and very slapdash. Selected

**Homme Black Belt, RM186**

### 4. Carry On

Long gone are the days of man-bag dilemma. This season sees the weekend bags sitting with both contemporary and heritage designs. These give you enough room for your work/college essentials or even gym kits and weekends away. **H&M Weekend Bag, RM149**

### 5. Goody Two-Shoes

Brushed full-grain leather and sophisticated details convey a sense of achievement and polished yet easy-going style. Removable, leather-covered inlay soles, a supportive midsole, and an extra-wide interior create a comfortable environment that allows feet to breathe, and make the dress shoe especially airport-friendly. A light, flexible direct-injected outsole with shock absorption elevates all-day comfort to new heights. **ECCO BIARRITZ, RM789**



2



4



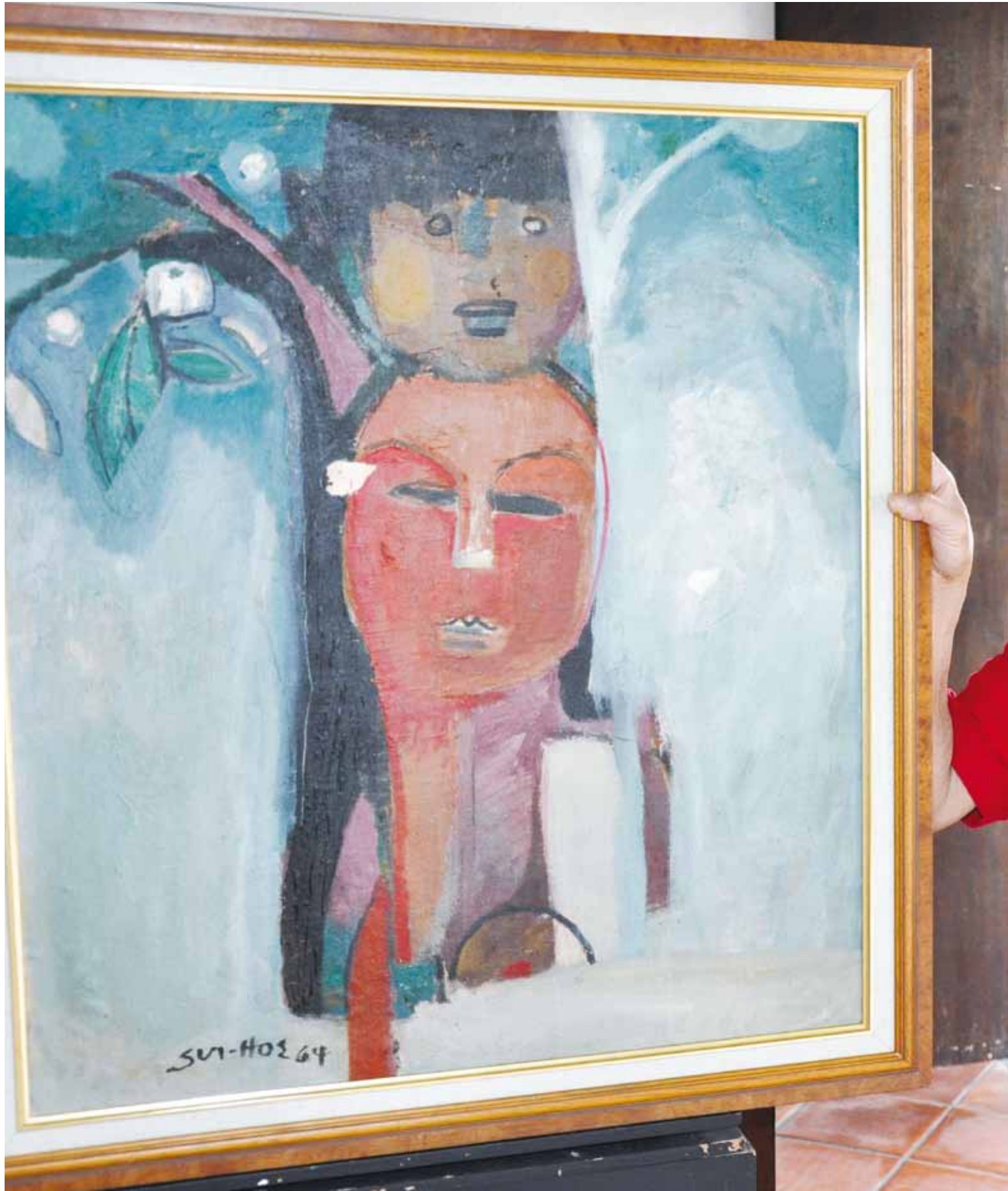
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# PREVIEW

ART & LIVING









## KHOO SUI HOE

Conveying bliss and spirituality through representational elements

by Kathlyn Ursula D'Souza

"I paint to glorify the gift bestowed upon me. Art is like a religion," said Khoo Sui Hoe, and true enough, there is an omnipresent and resilient spiritual presence and aura in his paintings. Anyone familiar with his works would most definitely say that Khoo has a way with the emotive power of colours and compositional qualities. It is his trademark.

He communicates and paints harmony, beauty and tranquillity.

Most of his works relate to his life journey, as he himself has said that, "My paintings are my memory, my recollections during my childhood days in the kampung." These paintings were the documentations of his struggles (such as his rebellious years at the Nanyang Academy of Fine Art), his dreams, courtships, marriage, children, wedding, travels (as seen in his Cameron Highlands and Bali landscapes), before settling into a period where there were many rainbow hues present in his paintings ... perhaps hinting at the settled and secure feeling in life.

Among all the writers and fellow artists who have debated about his work and tried describing his masterpieces, his closest and oldest friend Datuk Seri Lim Cheong Keat does it the best:

*"He created a cosmos populated with myths, tantalising messages, fascinating beasts, people and himself – transfigured in spontaneous imagery and creative morphology. The environment and natural forms are part of his visual language and form-making; hills, trees, sun, moon and atmosphere are woven into his compositions, unrealistic – but credible within his world in art. The artist often expresses a subtle humour within the plastic game of merging forms, and more obviously with postures and situations."*

And we, especially those who are true followers and admirers of Khoo's works, find this to be absolutely true.





**Affection, 1964**  
Oil on canvas laid on board 73 x 64 cm  
KLAS Art Auction Edition IX, June 21, 2014  
**SOLD RM 24,200**

### His Life and Career

Khoo Sui Hoe was born in 1939, in Baling, Kedah, the third of seven children. His father was a fine tailor who ran a general store before becoming a rubber planter. He studied at the Seng Yok Primary School in Kedah from 1945 to 1951.

At the age of 12, he moved to Penang and studied at the Chung Ling High School, then Green Lane Normal School and four years later at the Han Chiang High School. Due to a misunderstanding (he, as the class monitor, was sent by his classmates to convey their unhappiness with their algebra teacher. As a result of this, he was wrongly labelled as a troublemaker), he was asked to leave the school.

**In 1957**, he taught in Pei Chye School, a primary school in Kedah for three months. The Kedah Education Department offered him a place at the Teachers Training College, but was asked to leave mere weeks later without reason, wrongly blacklisted for his alleged communist inclination. He then aspired to be a journalist in Singapore (for Sin Chew Jit Poh or Nanyang Siang Pau), as he had been writing poems and short stories since junior high. However, due to job unavailability with the press, he worked as a concrete labourer and finally, when pressed by his parents to give up working as a labourer and to further his studies in any field, on a whim he mentioned art.

They say the things that happen by accident always turn out to be the greatest occurrences in your life. Also, great discoveries are often made through accidents. However, for Khoo it might be a cross between an accident and fate.

**In 1959**, He enrolled at the Nanyang Academy of Fine Art (NAFA) and studied under two widely acclaimed artists – Cheong Soo Pieng and Georgette Chen. This was never a serious pursuit, but Chen taught him perspective and Cheong encouraged his students to explore watercolour and oil (and influenced his students to use palette knives). Lai Foong Moi also coached Khoo in the technique of the brush.

**In 1962**, Khoo invited three of his classmates to organise an art exhibition at the Singapore National Library. These classmates were Lee Ming Thong, Tan Chew Ming and Cheah Yew Saik, who, later on became the founder and principal of the Kuala Lumpur College of Art. Khoo was initially denied entry as he did not have any appointments. However, due to his persistence and efforts, the Ministry of Culture finally gave in and allowed them to carry on with the show, and were kind enough to open it. The exhibition was a hit and definitely boosted the spirits of these four young artists. A year later, another show – a five-man show this time – was held at the British Council in Kuala Lumpur, with Goh Chong Thar joining the group.

**In 1964-65**, Khoo returned home to Kedah but due to differences with his father, eventually left for Penang. There, he met Yeo Hoe Koon, an ex-classmate from Green Lane Normal School. Yeo gave him shelter, food and a spot in his studio – an attic of a coffee shop. He loved painting water, having grown up surrounded by it. He also painted on hard board, the cheapest material he could get at the time and never had any problem with inspiration. After moving and staying at Galleri de Mai, an art supply shop owned by watercolour and batik artist Tay Mo-Leong, he painted “Two By The Lake”. This piece won him the 1st prize at the Malaysian Art and Craft Competition. It was around this time that he helped Tay launch Salon de Mai, an



**Two at the Top, 1982**  
Oil on Canvas 76 x 88 cm  
Christie' Hong Kong Asian 20th Century Art (Day Sale)  
**SOLD RM 43,313 (US\$ 12,084)**



Face in Gold, 1996  
Oil on canvas 90 x 90 cm  
KLAS Art Auction Edition XIII, January 18, 2015  
**SOLD RM 29,120**

international art exhibition which attracted many artists from South-East Asia.

At the same time, he took a job as a temporary worker to paint a mural-size painting, *Fishing Village*, for the Penang State Museum. He was given a daily wage of RM15.

His first one-man show was held in 1965 at the British Council in Kuala Lumpur, where he was dubbed "a Poet in Paint" by Frank Sullivan. Lim Chong Keat bought two of his paintings and they both forged a lasting friendship, and Lim offered to hold an exhibition for Khoo. For this, he painted two 8 x 8 foot paintings: "Children of the Sun" and "A Day in 1946" (now lost), one 12 x 6 foot "The Golden Wedding" (now in the collection of the United Overseas Bank) and another painting that was also lost. Khoo held his second exhibition a year after.

**In 1967**, the Art Council of Malaysia sponsored a one-man show at the Balai Ampang, AIA Building, Kuala Lumpur and opening the show was the Minister of Finance, Tun Tan Siew Sin. Kington Loo, the chairman of the Arts Council of Malaysia, said that there was no

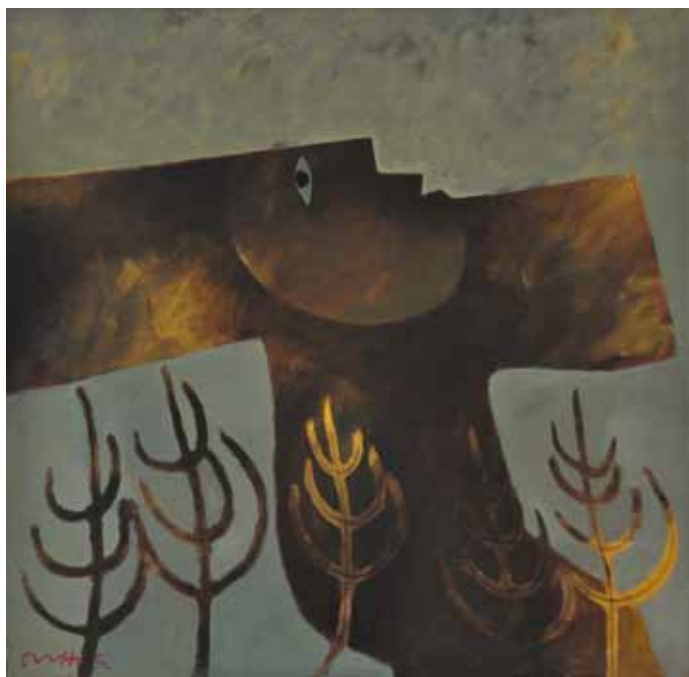
doubt that Khoo was an artist who had earned a worthy place in Malaysian art.

**In 1968**, Khoo held his fifth one-man show at the National Library, Singapore, a show that was opened by the Singapore Minister for Culture, Jek Yuen Thong. He stressed that Singapore needed artists like Khoo, who were "bold and unconventional, and had the courage to explore new vistas." Khoo also painted "One Fine Day" here, but a dog destroyed it after being exhibited. He experimented with batik, but found it too laborious and did not like it. He met fellow artist Prateung Emjaroen, with whom he built another lasting friendship.

**In 1969**, 19 out of 23 paintings from his exhibition from the year before were sold and Khoo then flew to Japan for two months. He made friends with photographer Anzai Shigeo. This was also the year Khoo held his 7th one-man show in Taipei.

**In 1970**, he held another one-man show at the National Library in Singapore. Professor DW Notley, the dean of Architecture at the University of Singapore opened the show. Singapore Chinese





**Wind Dance, 2003**  
Oil on canvas 80 x 80 cm  
KLAS Art Auction Edition XIII, January 18, 2015  
**SOLD RM 31,360**

art critic Ma Ko wrote, "Khoo Sui Hoe found his own style since 1965. He was seen as an artist of modern primitivism and one would relate him as our Henry Rousseau in the east." A three-man exhibition with Thomas Yeo and Yeo Hoe Koon followed, and after much encouragement and support from Lim Chong Keat, he set up Alpha Gallery.

**In 1973**, he was invited to be a resident artist at Mekpayap Art Center in Bangkok, a complex set up by Princess Chumpot. He held a one-man show and the world-renowned Belgian artist Hundertwasser came to the exhibition. Khoo lived in Cameron Highlands at this time and started doing paintings of the place.

**In 1974**, he was given a grant from the JDR 3rd Fund, awarding him with the opportunity to study development of contemporary art in New York. Before he left, he held various shows. This grant provided him with the chance to visit many important museums and view many great artists' works. He also studied at the Pratt Graphics Center in New York, where he learned and produced different artistic mediums such as print making, etching and silkscreens. After a year in the US, he visited Europe's contemporary art museums.

**In 1977-89**, he started the Utara Group, comprising artists such as Lim Kung Chooi, Lim Chee Boon, Syed Salleh Mustaff, Yeong Chee Cheong, Tang Hon Yin, Chong Hip Seng, Sharifah Fatimah Zubir, Judin Ahmad, Sulaiman Jamalludin and Askandar Ungleht. They held yearly exhibitions at the Penang State Art Gallery and had many shows in Kuala Lumpur and Singapore.

**In 1978**, he held a show at the Raya Gallery in Melbourne and Newton Gallery in Adelaide. This was the time he returned to



**Woman and a Man, 1993**  
Oil on canvas 82 x 82 cm  
KLAS Art Auction Edition XIV, March 22, 2015  
**ESTIMATE RM 25,000 - RM 35,000**

his figures – figures that are usually set peacefully in the air or above water. The Advertiser reported: "A naïve figurative painter with overtones of surrealism, Sui Hoe paints scenes but mysterious dream-like figures, unmistakably oriental, in the bold and vibrant colours so typical of South-East Asian art."

**In 1981**, the Art Society of the International Monetary Fund in Washington DC presented a one-man show by Khoo. In the brochure, it was written: "Thus, although Khoo Sui Hoe's mysticism and frame of reference are regional, the charm of his colour and mood make his appeal transcend boundaries and become truly international. His work stands alone. It is above all haunting. His paintings will always stay with you."

Simultaneously, Renee Phillips wrote: "To view Sui Hoe's paintings is to enter a world of enchantment and mysticism, to be embraced by nature's ethereal magic, to transcend, much like an experience in meditation."

**In 1982**, Khoo and his wife made the decision to immigrate to the US, in order to provide for his children better education. For many more years, Khoo held many exhibitions in the US.

**In the 2000s**, Lim Chong Keat organised Sui Hoe @ Bellevue, a solo show-cum-symposium in Penang. John Lee Joo For wrote: "His more recent artworks show a significant departure from Man languishing placidly and complacently languishing in the midst of nature to a tighter enclosure of Man in deep thought, in an indulgent spell of introspection and contemplation."

The following years saw Khoo actively taking part in shows, joining exhibitions and travelling.



Girl with a Flower, 1968  
Oil on board 61 x 81 cm  
KLAS Art Auction Edition VIII, April 6, 2014  
**SOLD RM 66,000**

## KHOO SUI HOE: AN OVERVIEW PART II - THE PATRON, DATUK SERI LIM CHONG KEAT'S COLLECTION FROM 1960S TO 1980S

Last month, an exhibition of artist Khoo Sui Hoe's works from the collection of Datu Seri Lim Chong Keat opened at The Private Museum, Singapore in honour of artist Khoo Sui Hoe's great legacy.

The exhibition runs from Jan 21 to March 8 in conjunction with Singapore's 50th anniversary of independence and the Singapore Art Week. This Collector's Platform was presented by The Private Museum. As the name suggested, the museum invited Khoo's biggest patron, Datuk Seri Lim Chong Keat to exhibit his collection of the artist's works spanning from the 1960s to the 1980s.

A selection of 16 significant paintings were showcased, both in honour of the friendship and patronage of the artist's foremost collector.

The collection encompasses Khoo's works at the beginning of his artistic career in South-East Asia, and follows his unadulterated

artistic explorations of figures and landscapes, for which Datuk Lim had coined the term "Inscapes". For these paintings in "Inscapes", Khoo drew inspiration from the rivers, rubber estates in Kedah, abstraction of mountains in Cameron Highlands and the cloud compositions in Thailand.

The highlight of the exhibition was undoubtedly his most notable piece to date, "Children of the Sun", which was mentioned earlier in the article. It is the artist's first monumental painting which was commissioned for the Singapore Conference Hall in 1965. It is also the painting's 50th anniversary since its creation.

It was at this show also that Datuk Seri Lim shared his collecting habits, making this event an opportunity for collectors and art lovers to meet the renowned collector in person and to find out more about his South-East Asian art collection.





# VICKI TREADELL, BRITISH HIGH COMMISSIONER

## Malaysia close to her heart

By Kathryn Ursula D'Souza

*Her air arrived before her person – there was something about the air, it was calm and it was grace. A lovely, smiling face crossed the threshold and I admired her almost instantly, for that quiet confidence was really something truly rare to experience. “You can call me Vicki” – and that was a mark of palpable modesty, in spite of the stature she holds at the British High Commission Kuala Lumpur. Born in Ipoh but grew up in the UK, Vicki has Malaysia close to her heart.*

### 1. You stayed in Malaysia for eight years before emigrating to the UK with your family. Can you share with us some of your early memories here?

Well, I remember most weekends with a lot of cousins. My mother was one of nine, and there was a lot of aunts, uncles and cousins. You know that typical Malaysian family way – lots of gettogethers, just having a lot of fun growing up in Ipoh.

### 2. How did you feel about being back in Malaysia after so long?

Of course, I felt happy. Let's be clear – this was a job that I had wanted. We have a competitive process, there were a lot of jobs being advertised, so you apply for them. I thought it was a good opportunity to use my knowledge of Malaysia and my cultural understanding of this country – and I thought it would be the perfect job for me. I applied for it, got shortlisted and I persuaded the selection panel I was the best person for it.

### 3. What did you pitch to them that made them choose you?

I thought of two things from my career – I have a very strong economic trade investment background, of course that is a very important part of our relationship with Malaysia. So my credentials on that side of my career are strong. And they needed someone with commercial understanding of the opportunities and how British and Malaysian businesses could achieve that together. Politically, this is a very important period in Malaysia, a Muslim-majority country and multicultural, so understanding the dynamics in Malaysia is very important for the role that Britain can play. And of course, this country has long-standing ties with Britain, and that needs to be refreshed and reenergised, you need to appeal to the younger generation, to understand the relevance of a modern Malaysia – that excite and interest me, to try and develop that narrative to engage with younger people as well as the senior and experienced people. That is part of my role.

### 4. How did you feel when you found out that you were appointed the British High Commissioner to Malaysia?

I was delighted. You know, you get a little bit anxious. Our process took a while, as the recommendation had to go to the foreign minister, then the prime minister so that took a little bit of time. After that, the British government had to present the recommended person to the Malaysian government. They had to agree to that person. That's what we technically call an 'agreement', a French word. That took about five months to complete. It was a relief at first, and then when it had sunk in, I was really very happy.

### 5. What would you hope to achieve as the British High Commissioner?

Improving trade investment relationships, creating jobs for economic development and I think that fits with the Malaysian agenda to diversify

the economy. Help Malaysia become a regional hub in ASEAN. Also there is some good work to be done with younger people and gender, the place of women in society. If I can help advance gender issues here in Malaysia, I'd be delighted to do that. I would also like to help with moderation as well.

### 6. About food, what would you say are your most favourite and least favourite local dishes?

Ah, so many! What a cruel question to ask! [laughs] But if I had to choose the top three ... *Char kuey teow*, *curry laksa* and *beef rendang*. As for disliking ... I'm a lover of food. There isn't any type of food that I hate.

### 7. Any favourite holiday destination in Malaysia?

I love Penang. Because there is a lot of history and heritage there. And, you can always do that beach thing if you want. So you can have a cultural experience and that whole summer, sun and sand experience as well. And of course, going back to the food. [laughs]

### 8. What is the one thing you truly love about Malaysia?

Multiculturalism and the friendliness of the people. That has always been here, and I think it's important for it to continue.

### 9. Been back to Ipoh yet?

I haven't been back yet, they've been keeping me too busy at work! But I will be going back soon.

### 10. You love to read, write and even draw and do photography. Any specific places that you love to draw or take pictures of in Malaysia?

I love markets. Pudu Market, to be specific. It is because markets are so colourful, full of life and bursting with fruits. I like wandering around back alleys and streets and kampungs as well. I tend to sketch photographs too. I think that creative side came from my mother, who was a fashion designer and had her own business here in Malaysia.

### 11. Any philosophy that you live by in your life?

I'll take one from each of my parents. From my mother – have the conversations you really ought to have, have no regrets, you have to live life and take opportunities, be conscious of your decisions, so you don't have to wake up regretting yesterday. Do what you have to do and enjoy it. From my father, he said you should never give up. If you don't succeed at first, try again. Also, never worry about failure because you need to learn from it.

### 12. Any advice for women wanting to pursue a similar career or any other career for that matter?

3Cs. Women should have the Confidence to have ambition, the Conviction to pursue it and the Courage to realise it.



# Swiss-Garden Hotel & Residences Kuala Lumpur

*A home away from home*

By Jane Bee



For those who are looking for the best of both worlds, Swiss-Garden Hotel & Residences Kuala Lumpur got it all sorted out for you.

Here at Swiss-Garden Hotel & Residences Kuala Lumpur, guests are given the opportunity to make their pick between wanting to feel homey, on board travelling or both. The earthy tone of the hotel gives off the rustic charm – leaving the travellers feeling like they are transported back in time. The residence, on the other hand, is so cosy and comfy just like a safe haven. It provides the escape from the hustle and bustle of the city without sacrificing the comfort at home for the travellers.

Given how we were feeling homesick, we decided to opt for a stay at the Swiss-Garden Residences. And boy, it was the best decision ever.

Stepping in Swiss-Garden Residences, we are greeted by the contemporary blend of design that sees the infusion of both





modernity and heritage. It feels comforting and the helpful and attentive staff certainly made the whole experience better. Checking in was a breeze and in less than 10 minutes, we found ourselves at the assigned 1-bedroom executive apartment that is located on the 24th floor.

We were in awe and smiled ear to ear – Swiss-Garden Residences Kuala Lumpur certainly did not disappoint. The apartment felt airy and homey – providing us the needed escape away from everyday worries. It comes with a kitchenette equipped with microwave oven, electric stove complete with exhaust hood, toaster and refrigerator. And this, provide us the luxury to pack our favourite food and enjoy it at any time of the day.

The living room and bedroom overlook the same city – it is simply breathtaking and refreshing that it frees our mind from almost everything. Our favourite spot was the daybed that is located just next to the working station. Day time was spends mostly with us tucking ourselves away that corner – with us either snuggling on the bed with a book or doing our work.

It may sound cliché but the sunken bathtub our other favourite spot in the room. We can't help but to be in awe – the idea of designing a sunken bathtub is simply brilliant. Plus, it is spacious where it can fit in two adults. The spacious apartment also makes it a perfect



Flavors Restaurant

place not only for couple, but for family vacation, gathering or business meetings as well.

It is here that we were given the luxury of enjoying the best of home and travelling at the same time. Definitely a total plus point!

The leisure days spend at the Swiss-Garden Residences is simply heavenly. Aside from chilling in the room, we are kept occupied

with facilities that includes gymnasium, infinity swimming pool that over looks the city, jacuzzi, sauna, squash court or playing games in the games room. Not only that, there is a mini playground and outdoor workout station for the elderly and children as well.

There isn't a need for us to worry about the food as well. We were pampered with a breakfast buffet spread that features a selection of food such as Asian cuisines and pastry at T@ste6. Lunch was spend at Flavors Restaurant where we indulged in a luxurious spread of main course and desserts in its weekend high-tea buffet.

As for dinner, nothing would make us happier than a hearty meal at T@ste6. The menu might be limited but each item is cooked to perfection. It took only the first bite to get us hooked on the chicken wing, Salmon Nicoise Salad and Roasted Chicken Breast with us ended up having the same food for two days straight. Plus, the restaurant is cosy that we don't mind spending hours sitting there, admiring the view while sipping a cup of coffee or tea.

It's location in the heart of the city means everything is made convenience, from the public transport to the access to the town. Tourist attraction spots such as Jalan Alor, Sungai Wang Plaza and Lot 10 are within the vicinity of the residence. Public transport such as taxis is easily available and it is located very near to Pudu Raya Bus Terminal.

We found ourselves a home, despite us being away from home. And we still miss a lot of little things that we encounter during our stay at the Swiss-Garden Residences. Long holidays is just weeks away and we will probably find ourselves staying at the same place, same room again.



Swimming Pool





**Address:** Corner of Jalan Bukit Bintang  
and Jalan Sultan Ismail,  
55100 Kuala Lumpur, Malaysia  
**Tel:** +603 2719 1333



# WOLO Bukit Bintang

*Where east meets west, and  
adventure meets comfort*

By Kathlyn Ursula D'Souza

The Bukit Bintang area, as we all know, is constantly teeming with people and is always bursting with life and vibrancy. The area is also home to an understated modish boutique hotel named WOLO, smack dab in the heart of this busy area. The name is as unique as the concept – “happy living” – and the idea behind its furnishings and interior design. There is a cross between creativity and modernism with a dash of European feel of a hotel.

There are black glitter walls that shine in the light, a reception that is grand and spacious, and a team of smiling and friendly attendants that, above all else, care about how your day went.

Despite being small – boutique hotel as it is – it is every inch luxurious. The rooms, too, are impressive as they employ a fresh fusion between East and West. Simply put, the rooms are a blend of the Eastern simplicity with the grandiose style of the West. The black glitter walls are once more present in the room, hinting at the innovation again, but the rest are evidently infused with Japanese influences. For instance, the conventional beds and doors are substituted with floor-beds and sliding doors. Even the wardrobe and the sink are cleverly concealed by a wall-sized sliding mirror. Apart from that, the sleek black walls that take up half of the room contrast with the wooden floorings.

Everything is a lovely hybrid of modernism and traditionalism. It is compact, cozy and neat.

There is a playful cheekiness that is present in the hotel, as the products have been creatively named and described; the shampoo is dubbed ‘for hairy situations’, the soap ‘bodyguard’ and a tiny soap bar at the sink is given the honour of ‘the shower gel’s ancestor’. That same humour makes its way into the room during the hours that you choose to explore the city outside, as you come back to your room finding charming notes from the staff and a gift (an umbrella for rainy days) and a special pendrive.

WOLO is located in such a highly strategic spot that you can find everything just a few steps away. Lot 10? Right across the hotel. Sungei Wang Plaza? Check. Pavilion? Just down the street. The Monorail Station? Right



Our Room



Wine & Cigar Lounge



Reception

before your eyes. Hungry but not up for much walking? Tous Les Jours is just downstairs at the lobby.

If, however, you find yourself tired from your adventures in the city, you may drop by the Wine & Cigar lounge that is located on the same floor as the reception. The furnishings here are once more classy, with armchairs and hanging lights and an entire gallery dedicated to cigars and wine for you to choose from. The wines are sold by the bottle but you may drop in whenever you like to finish it off or, if you plan to get sloshed in the comfort of your own room, you can take it with you.

For those who want to mix business with pleasure, there is a meeting room here called “Classroom”. It was named to match the setting

of the meeting room, which, as you may suspect, is like a classroom. For the fitness people, fret not. “Hard Work” is their gym here, so you need not worry about missing a day of exercise.

With everything being taken into account, WOLO is ideal for those who want to have loads of adventure but still come back to a cozy and luxurious place to rest. Location is obviously key to exploring KL, and WOLO has that too.

Should you feel the need to enjoy the heart of the city, then WOLO – coincidentally an acronym for “We Only Live Once” – will welcome with you with open arms.



## Empty Seas

By John Tanzer, WWF International Marine director

Photo by: ©WWF-Malaysia/ Mazidi Abd Ghani



Fish being caught in the proposed Tun Mustapha Park are getting less plentiful and smaller in size, hence the need to put in place better fishing management practices and to engage local communities in conservation efforts.

I like fish. I have spent my career protecting them and the places where they live. I also like to eat them. I want to see healthy fisheries provide food and jobs for people around the world. That's why what I saw at the fish landing docks in Kudat is so disturbing.

At the northern tip of Sabah, Kudat is surrounded by extensive coral reefs, and a host of emerald green islands dot the horizon. These waters should be alive with turtles, sharks, dugongs and groupers the size of small children. Instead, it looks like an aquarium that's had the fish removed – the water is clean and the coral mostly healthy, but nobody's home.

The docks, however, are busy. Every creature that swims, floats, wriggles or

simply lies quietly on the sandy bottom is here being sorted and trucked off to meet its destiny as somebody's dinner. There is no regard for any limits based on size, species or sex. It's no holds barred and winner takes all.

Nature is definitely not winning. But, sadly, it doesn't look like the men on the docks are doing so well, either. Many are foreign workers, at sea for a week or more straight, and getting paid based solely on what they catch. With families back home depending on them, they have no incentive to use less harmful fishing methods. "Saving fish for future generations" rings hollow when people need to eat today.

And yet, based on what I saw on the docks, crashing fish stocks isn't some future threat. When the majority of the fish are

juveniles – not much bigger than my hand – we simply aren't leaving enough in the sea to make more fish.

The people closest to the issue – 80,000 coastal and island residents – are already feeling the effects. With the disappearance of high-quality predator fish, they have had to adapt their diets to include lower order herbivorous fish and stingrays. Pretty soon, there will be nothing left to adapt to.

"nurseries" of the sea. If these crucial areas are allowed to recover and flourish, they can form the foundation of a vibrant, sustainable economy based on fishing and tourism.

The people and government of Sabah must seize the opportunity to establish Tun Mustapha Park. It's their best chance to ensure good jobs, food security and a healthy environment. I look forward to visiting the Kudat docks in a couple of years to see what has changed.

**Overfishing threatens food security and economic development in Malaysia. A planned marine park, such as the proposed Tun Mustapha Park, could help return the empty sea to health. To support WWF-Malaysia's conservation efforts, visit [wwf.org.my/support](http://wwf.org.my/support)**



Christopher Kong, deputy chairman of Persatuan Pemilik Kapal Nelayan Kudat/Kudat Fishing Boat Owners Association (right), shows John Tanzer the day's catch at Kudat Esplanade.

WWF is working with communities that are trying to reclaim their seas by establishing marine sanctuaries to help fish populations rebound. But it's difficult for communities to police and protect these "no-take" zones by themselves. They need back-up.

That's where the planned Tun Mustapha Park comes in. Projected to cover almost a million hectares, once established, Tun Mustapha Park would be Malaysia's largest marine protected area. It would still allow for commercial and community fishing, but it would also protect the



Juvenile fish



# LEO SAYER CONCERT

## 40 Years at the Top

by Kathlyn Ursula D'Souza

Good music from the 70s and the 80s withstand the test of time, and Leo Sayer's music is a testament to that fact. After all, who could get tired of singing "When I Need You", "You Make Me Feel Like Dancing", "The Show Must Go On", "I Can't Stop Loving You", "Thunder In My Heart" and "More Than I Can Say"?

The British-born Australian performer, song writer, recording artist and Grammy Award winner graced his Malaysian fans with his presence last month. He has more than twenty top ten singles and five top ten albums in his famous recording career. He has also appeared with the Muppets and the Wiggles.

Apart from singing, Leo has also written songs for Roger Daltrey, Cliff, Three Dog Night, Tina Turner, Gene Pitney, Jennifer Warnes and both Stella and Dolly Parton. It proves his prowess as an internationally acclaimed and talented songwriter throughout his 40 plus years career.

It was Leo's first time in KL when he serenaded his fans at the Plenary Hall in KLCC, singing his smash hits, giving those present a truly awesome performance and getting the audience to reminisce. To hear Leo's songs are a beautiful experience indeed, but to hear

the legend himself sing live was an unbelievable once-in-a-lifetime treat for the audience.

Leo was born on 21 May 1948 to an Irish mother and English father in Shoreham-by-Sea, Sussex, England. He was initially discovered by musician David Courtney, who then co-managed him with the singer turned manager, Adam Faith.

Upon reflecting on his career, he admitted, "I had to do some pretty awful shows to pay the bills, but that kept me sane and centred. And I gradually dragged myself back up the ladder – something I'm quite proud of ... Now, whenever people call me a 'legend', I think it's my survival against the odds that makes me worthy of the title.

I went right back to the songs I'd written, songs of an earlier struggle, a desire for attention, a striving to mark myself out, to find a place in this new world that I knew nothing about at the time", he confided. "I had to be faithful to those words, those stories, those songs. They were my mantra, so I went back to the places in my mind that forced out those words, and lived and visited them once again. Now I absolutely AM those songs. They are my philosophy."



HEALTH & BEAUTY  
**PREVIEW**

82	The Sloane Clinic
84	Callalyn Aesthetics by PrimaNora
86	Doc Talk
88	Product Feature





## THE SLOANE CLINIC

### Feed your skin and dress your lips

By Kathlyn Ursula D'Souza

I took my skin out for a lunch date at the Sloane Clinic just recently for a lovely Sloan Inc's Skin Superfood meal. It was a luxurious setting, located at the Pavilion Beauty Hall on the 7th floor. It felt very much like entering an opulent hotel. I was received warmly and was told to keep myself comfortable while awaiting my turn for consultation.

After having filled out a form given to me (preferences, allergies, recent sunburns or existing skincare regimes are vital information in order to choose a suitable

treatment regime for your skin type), I had a quick chat with Dr Wong. She explained to me what these treatments that I had chosen would entail. I picked Super Star facial and Lip Fabulosity, mainly because the Super Star facial caters specifically for busy, active skin or basically skin that looks tired and well, hungry. Using natural "food-like" is essentially the idea behind Skin Superfood, and their philosophy is, "if it's good enough to eat, then it's good enough for the skin", so there you have it: feed your skin here and build a firm foundation for a fabulous, healthy complexion.

The Lip Fabulosity is a great add-on for those who love their lipsticks but still want their lips to remain healthy and supple. There may be strains from the weather, lipsticks, food or habits such as lip-licking or lip-biting which may cause your lips to become dull, limp and dreary in colour. You can kiss those sad mouths goodbye here.

I was escorted by a lovely attendant to the treatment room with glass walls overlooking other towers, buildings and the busy city below.

Any makeup on my face was removed and the process began. It started with a pineapple scrub – surprisingly soft and not too grainy – before a warm towel was draped over my face to open my pores and soften the skin in order to help other products to penetrate the skin better. The oxygen boost mask came next and it was quite an amusing experience, as you feel your skin bubbling and popping away. Thereafter, the pumpkin apple spice peel was applied all over the face, including the lip area to get rid of any dead skin cells. A lip scrub was applied simultaneously.

The Skin Superfood mask was the main course, as this part replenishes the skin with Astaxanthin, a super antioxidant that is touted as one of the latest and most powerful superfood in the anti-ageing scene. This mighty antioxidant or “Vitamin X” is produced by the red algae, and here is a little trivia:

These micro-algae are green when they swim freely in water, but once they are dried, they are exposed to intense sunlight and start producing an immense amount



Treatmoon Room

of bright red Astaxanthin as a protective and defence mechanism against free radicals and UV damage, keeping them fresh and youthful. That being said, this antioxidant is 550 more potent than Vitamin E, 800 times more powerful than CoQ10 and 6000 times stronger than Vitamin C.

The next part comprised a lip mask and a radiant mask, both laced with ice-cold sensations before an additional amount of Vitamin C was applied to the skin using sonophoresis, a process that exponentially increases the absorption of semisolid topical compounds through transdermal delivery into the epidermis, dermis and skin appendages.

A Skin Superfood red algae serum was applied next for moisturising purposes and it was topped off with a sunblock with SPF70. I was extremely impressed at the end of it all, both by the state of my skin and my lips. My skin definitely felt and seemed more radiant compared to the time I walked in, and my lips were soft and polished. Not one to leave without a trace of makeup, I was told that The Sloane Clinic understandingly reserves a small alcove armed with a Hollywood vanity mirror and a collection of cosmetics for those who wish to apply makeup after.

The verdict? I think The Sloane Clinic gave me more than what I asked for, and that is extra confidence.

*Using natural “food-like” is essentially the idea behind Skin Superfood, and their philosophy is “if it’s good enough to eat, then it’s good enough for the skin”*



Guest waiting lounge



#### The Sloane Clinic

Bangsar : 79 Jalan Maarof, Bangsar  
Tel: 03 2288 1788

Pavilion : Lot 7.02.04, Beauty Hall, Level 7  
Tel: 03 2110 6488





## CALLALYN AESTHETICS BY PRIMANORA

### The integrative approach to beauty

by Jane Bee

Who doesn't want to be beautiful? While some of people might be lucky enough to be born with good genes that grant them perfectly beautiful skin and looks, most of us find ourselves having to work really hard to attain or maintain it. But, when even sticking to a strict beauty regime offers little relief, we seek help from the professionals. After all, feeling good comes

from confidence and looking good as well.

I once thought that aesthetic medicine was about plastic surgery, botox or fillers. Doing some online research provided minimal help for I often found myself being overwhelmed with information with words such as needles and injections that only instilled fear in me. Horror stories of plastic surgery-goes-wrong fuelled my fear further that I found myself

shying away from any cosmetic clinic that I came across.

When I first heard of Callalyn Aesthetic, I couldn't help to check it out despite the overwhelming fear in my heart. I spent most of the time trying to assure and comfort myself, while feeling miserable about the fact that I was there to try out the skin treatment. Thoughts like "What on earth am



### Callalyn Aesthetics by PrimaNora

B2-13, TTDI Plaza, Jalan Wan Kadir 3,  
Taman Tun Dr Ismail, 60000 Kuala Lumpur  
Tel: 03-7728 6008 / 03-7727 2008  
Website: [www.callalyn-aesthetics.com](http://www.callalyn-aesthetics.com)

with facts about aesthetic medicine— a branch of medicine that focuses on the pathophysiology of the skin while adhering to the scientific based procedure.

Needless to say, I went ahead with the suggested treatments after a detailed explanation on the procedures. And instead of feeling nervous, I was anticipating the treatments at that point of time.

We started off the treatment with Visia Complexion Analysis that examines the condition of the skin. My heart sank when I saw the results – I have always taken pride of my skin but the analysis revealed multiple hidden problems like brown spots, wrinkles and porphyrias.

The treatment room was not as scary as I had imagined, for the clean and sleek design of the room and the presence of the nurse were surprisingly pleasant and comforting.

We started off with the Diamond Microdermabrasion treatment that provides deep exfoliation as well as improving the texture of the skin. It was almost like the physical extraction done during a facial, except that it was painless. The pen with the diamond tip provides a thorough and deep exfoliation – omitting any unwanted residue from the skin. As I caught a glimpse of my face after the treatment, I was in awe by how clean and fresh my skin looked. And no, there wasn't any sign of blackhead or dead skin.

We proceeded with the ultrapeel treatment where essential nutrients are infused into the skin with the aid of a machine. It felt like my face was given a light massage throughout the treatment, leaving me feeling so comfortable while hoping for this treatment to not coming to an end.

Up next was the LED therapy to activate and increase the collagen level in the skin. Think of it as sunbathing, except that you are put under the LED light. The procedure ended with the 24-carat Gold Collagen Mask. By then, I was feeling so cosy that I dozed off.

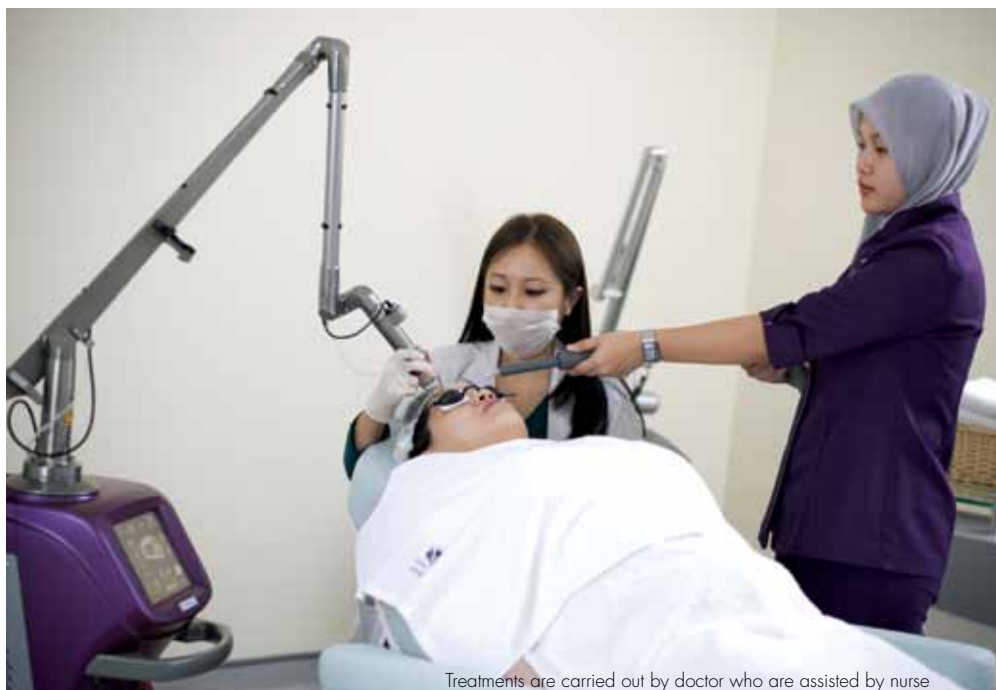
By the time I woke up, I felt like I was given a new face. The once lethargic, dry and lifeless skin was now replaced with a hydrated, glowing, smooth and clear skin that I almost couldn't recognise myself. All these changes took place in only an hour instead of going through gruelling long hours and pain.

I walked into Callalyn Aesthetic like a scaredy-cat, but left the clinic feeling all excited and happy. I couldn't stop feeling my own skin and neither could I resist the temptation to take five-minute breaks to admire myself whenever I saw my own reflection.

Callalyn Aesthetic makes it possible for every woman to be given a second chance to be beautiful under the close supervision of skilled doctors and nurses who offer advice that best suit both your needs and wants.

"I doing here" dominated my mind and had it not been for the nurse attending to me on time, I would have probably walked out of the clinic.

I followed the nurse to the consultation room in hesitation. I dreaded at the thought of the doctor suggesting me to go for some radical treatment, like having long needles poking your face. Dr Liyana Dhamirah Ainuddin who was attending to me at that time must have noticed my shaking self. Upon discovering that it was my first time to an aesthetic clinic, she spent time answering my endless questions and clearing my doubts about aesthetic clinic. Each question was met with solid answers that were presented



Treatments are carried out by doctor who are assisted by nurse



## REALITY DISTORTED

Associate Professor Datin Dr Sharmilla, a psychiatrist in the Klang Valley, clears the air on Schizophrenia.

Schizophrenia is a severe and lifelong mental disorder. People with schizophrenia suffer from hallucinations and delusions. They may hear voices, see things that aren't there or believe that others are reading or controlling their minds. Even though there is evidence to show them that their belief is not true, schizophrenic patients may still insist that what they perceive is real. Many of their beliefs are bizarre ones. Some patients think that their thoughts are being inserted, removed, or even broadcasted by external forces. Sometimes the patient may experience paranoid symptoms such as being followed or poisoned. Other symptoms include poor sleep, irritability, social isolation, neglect of personal hygiene and functional impairments.

Approximately one percent of the population has schizophrenia. It occurs in both males and females. The onset of this disorder begins in adolescence for males, and in their twenties for females. Children can also be afflicted though it is rare.

The main cause of schizophrenia lies in the genes. The concordance rate of identical twins having the disorder is 50 percent,

while for non-identical twins, it is only 15 percent. Therefore, we know that genetics is not the sole cause for the development of this disorder. Stressful life events such as examinations and relationship break-ups may precipitate the onset of the disorder. Generally, there is excessive neurotransmitter called dopamine in the brain, giving rise to hallucinations and delusions.

Medication, such as antipsychotics otherwise known as dopamine blockers in the form of tablets, can be given to suppress the excessive action of dopamine. When used regularly and as prescribed, medication can help reduce and control the distressing symptoms of the disorder. However, compliance to medication is an issue as up to 97 percent of patients do not feel that they require medication or that they even have a mental disorder at all. Problems also arise when families do not recognise this as mental illness and seek to exorcise the "evil spirit" in the schizophrenic sufferer, or think that he/she is charmed.

Nevertheless, many people have improved enough to lead satisfying lives with proper treatment. Therefore, family support is

essential in supervision of medication and providing the patient with sufficient understanding, care and encouragement.

### Schizophrenia Symptoms:

- Unusual thoughts and perceptions
- Abnormal speech and behaviour
- Mood changes
- Poor sleep
- Withdrawal and social isolation
- Difficulty speaking and expressing emotions
- Problems with attention, memory and organisation

The author can be contacted at [sharmilla\\_kanagasundram@yahoo.com](mailto:sharmilla_kanagasundram@yahoo.com)



Associate Professor  
Datin Dr Sharmilla Kanagasundram









## The colour of Citrus



### Le Sweet Lime

Soap & Glory certainly knows what we love most in our daily care. It's Your Own Sweet Lime! spells lime everywhere and is simply irresistible. Not only it comes with its popular sugar crush body wash, butter cream and super-smoothing body polisher – all in lime-crazy fragrance, you can always carry it along on any travel trip, thanks to its take-anywhere size.

**Price: RM72.00**



### Bling and Make Up

We girls love everything with bling. That is why we can never say no to Stila's Glow & Behold Gift Set. It has almost all the essentials needed – the Convertible Colour Dual Lip & Cheek Cream in Magnolia, Smudge Stick in Lionfish and a deluxe Lip Glaze in Gleam. The set is also paired with a sparkling rhinestone headband! You can definitely surprise your lady with this gift set.

*Urbanista*

### Luscious Lips

If you are all for orange, you would definitely love the City Slicker lip crayon by Collection. We love how the colour blends with the lips effortlessly – creating a glossy and radiant look while keeping the lips moist. It carries a hint of sweet and chocolaty smell as well, totally girlish and a plus point.

**Price: RM24.90**



### Valentine, For Her

Looking for the ideal Valentine present? L'Occitane's Fleurs de Cerisier L'eau has got it all sorted out for you. The sweet scent of spring with a hint of lemon is simply pleasant and invigorating – a scent definitely loved by every woman. Plus, this will be a thoughtful gift – the incorporation of cherry blossom in the fragrance, for cherry blossom signifies the beauty of life.

**Price: RM175.00**



## Jupiter Ascending



**Opening: February 5**

Jupiter Jones' birth sign indicates that she is bound for future greatness. But, her reality is nothing more than her being an unlucky caretaker – cleaning other people's houses and having endless bad breaks. When she encounters Caine Wise, a genetically-engineered interplanetary warrior, Jupiter is made aware of her genetic signature that makes her a royalty and the next in line for an extraordinary inheritance that could alter the balance of the cosmos.

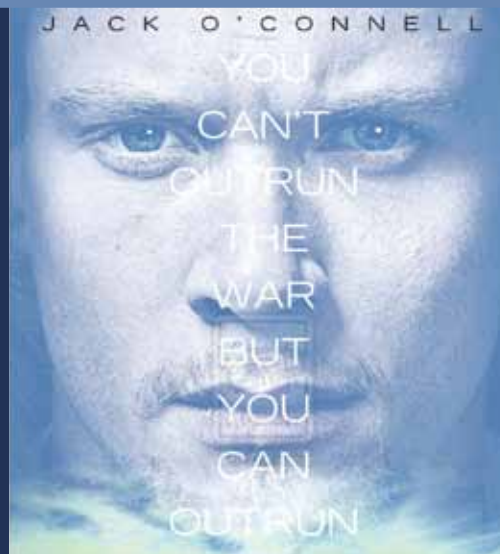
**Casts:** Mila Kunis, Channing Tatum, Sean Bean, Eddie Redmayne, Douglas Booth, Tuppence Middleton.

## Unbroken

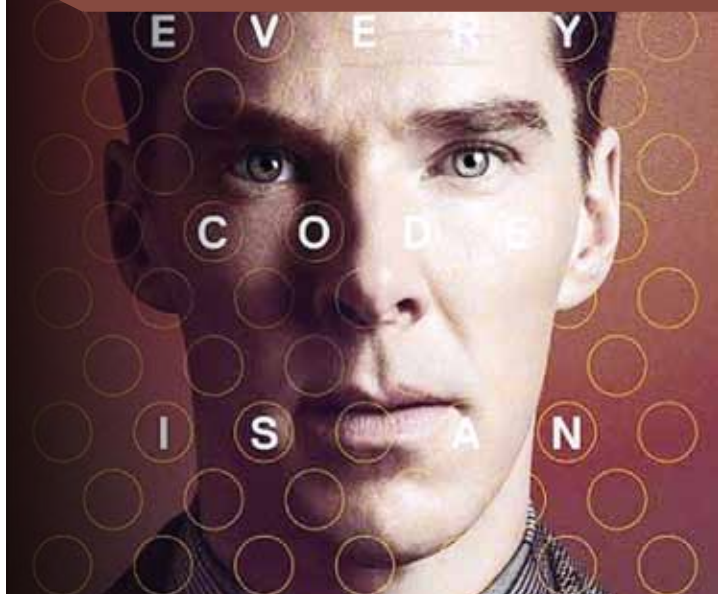
**Opening: February 5**

As a boy, Louis "Louie" Zamperini was always a troublemaker and a disappointment to his parents. With the help of his older brother, Louie decided to channel his energy into running and later, qualifying for the 1936 Olympics. When the war broke out, he decided to enlist in the military. He was in a rescue mission when his plane crashed in the Pacific. He survived the 47 days adrift in the raft before being captured by the Japanese Navy.

**Casts:** Jack O'Connell, Domhnall Gleeson, Miyavi, Garrett Hedlund, Finn Wittrock, Jai Courtney, Luke Treadaway.



## The Imitation Game



**Opening: February 5**

Cambridge mathematics alumnus Alan Turing found himself recruited by the British intelligence agency MI6 in 1939. He was required to crack Nazi codes, including the Enigma that was deemed as unbreakable by cryptanalysts at that time. Turing and the team finally succeeded in deciphering the code and became heroes. And yet, the quiet genius found himself disgraced when the authorities revealed that he was a gay and was put behind bars.

**Casts:** Benedict Cumberbatch, Keira Knightley, Matthew Goode, Mark Strong, Charles Dance, Allen Leech.



## Still Alice

**Opening: February 5**

Alice Howland's life is almost perfect – she is happily married with three grown-up children and a career as a renowned linguistics professor. However, her life is shattered when she receives a devastating diagnosis that reveals she is suffering from early onset of Alzheimer's disease. She struggles in managing her life and family while dealing with the illness.

**Casts:** Julianne Moore, Alec Baldwin, Kristen Stewart, Kate Bosworth, Hunter Parrish, Shane McRae.

## Fifty Shades of Grey

**Opening: February 12**

Anastasia Steele, a literature student, decides to do her roommate a favour and help her to conduct an interview with Christian Grey. When she meets Grey in person, she finds him to be handsome, brilliant and intimidating. She is drawn to his enigmatic persona and character and finds herself desperate to be close to him. Unable to resist Ana's beauty and independent spirit, Grey admits in wanting her as well, but Ana would have to adhere to his term. As both of them get closer, Ana slowly discovers Grey's secrets while exploring her own desires at the same time.

**Casts:** Dakota Johnson, Jamie Dornan, Eloise Mumford, Luke Grimes, Rita Ora, Victor Rasuk.

## Kingsman: The Secret Service

**Opening: February 19**

Despite the fact that Gary Unwin's late father used to secretly work for a spy organisation, Gary finds himself heading to a life behind bars. However, dapper agent Harry Hart recognises the potential in Gary when he first meets him and wastes no time in recruiting him to be a trainee in the secret service. Unknown to them, the villainous Richmond Valentine has launched a diabolical plan to solve the problem of climate change by plotting for a worldwide killing spree.

**Casts:** Colin Firth, Taron Egerton, Michael Caine, Samuel L. Jackson, Sofia Boutella, Jack Davenport.

