

# KL lifestyle

Legend Edition

JANUARY 2016



TAN SRI RAFIDAH AZIZ  
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Photographer - Shelby @ SCCA  
Location - KLAS @ Jalan Utara



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SUNDAY

MONDAY



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**AN EVENING OF INNER PEACE  
CHARITY CONCERT 2016 WITH  
ANI CHOYING DROLMA**  
3 Jan @ 8pm  
Istana Budaya Auditorium



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**EURASIA CUP 2016**  
15 - 17 Jan  
Glenmarie Golf and Country Club  
in Shah Alam

18

**CHICAGO LIVE IN MALAYSIA**  
18 Jan @ 8.30pm  
Mega Star Arena, KL



THAIPUSAM

 - PUBLIC HOLIDAY



# GOINGS-ON CALENDAR JANUARY 2016

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



01

## DANCE, IN RETROSPECT (DANCE)

1 & 2 Jan @ 8:30pm  
2 & 3 Jan @ 3pm  
klpac, Pentas 1



08

## BALLET FESTIVAL - GISELLE

8 JAN @ 8.30pm  
9 JAN @ 8.30pm  
10 JAN @ 3.00pm  
Dewan Filharmonik Petronas

09

## RAISING THE BAR FESTIVAL 2016 (MUSIC FESTIVAL)

9 Jan @ 12pm to 12am  
klpac, Pentas 1

## LAUGH DIE YOU! LIVE IN GENTING 2016

9 Jan @ 7.30pm  
Genting International Show Room



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## BALLET FESTIVAL - ROMEO & JULIET

15 JAN @ 8.30pm  
16 JAN @ 8.30pm  
17 JAN @ 3.00pm  
Dewan Filharmonik Petronas

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## RUN TO SURVIVE 2016 - FOR HEALTH. FOR CHARITY. FOR FUN.

2, 16 and 30 Jan @ 6.30 pm  
Johor Bahru, Selangor, Perak

## MARTELL LA FRENCH TOUCH PARTY

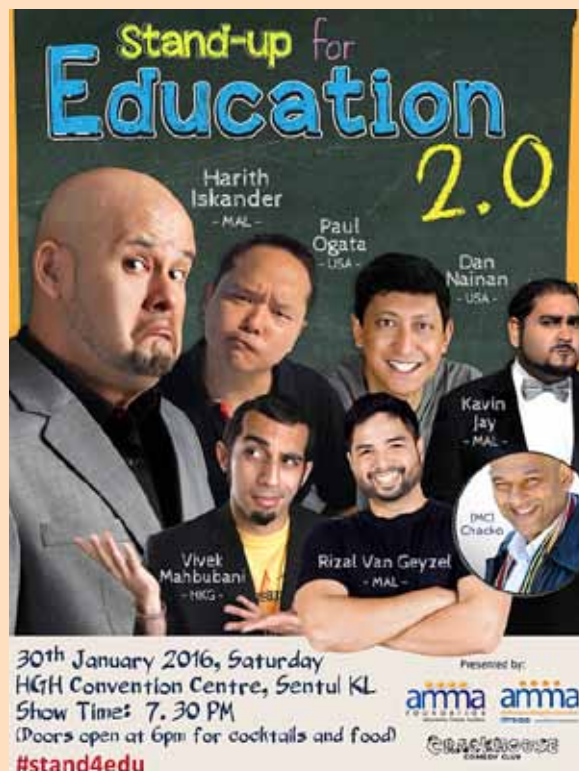
16 Jan @ 8pm  
KL Live, Jalan Sultan Ismail



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## MARBLE HEARTS (THEATRE)

20 Jan @ 8.30pm  
21 - 23 Jan @ 8.30pm  
24 Jan @ 3pm  
klpac, Pentas 2



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## MAHLER'S REVELATION

23 JAN @ 8.30pm  
24 JAN @ 3.00pm  
Dewan Filharmonik Petronas



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## MOZART'S REQUIEM

30 JAN @ 8.30pm  
31 JAN @ 3.00pm  
Dewan Filharmonik Petronas

## STAND-UP FOR EDUCATION 2.0

30 Jan @ 7.30pm  
HGH Convention Centre, Sentul KL

**DANCE. IN RETROSPECT (DANCE)****1 & 2 JAN 2016 @ 8:30PM****2 & 3 JAN 2016 @ 3PM**

Presented by Han Fong Dance Ensemble, 'Dance. In Retrospect' is a retrospective on local artiste and artistic director Justin Wong Cheong Chee, featuring his award-winning works from the past three decades. From humble beginnings, Wong chanced upon Chinese dance in the late 1970s while making ends meet. Despite the lack of formal dance training and through sheer passion, hard work and dedication, Wong is now one of the main proponents of Chinese dance art in Malaysia.

Insisting on original choreography, Wong adopts traditional dance techniques rooted in China and develops a distinctive, localised Chinese dance style. He received many local and international recognitions for his work, including awards at the annual National Chinese Dance Festival, Hong Kong Bauhinia Cup International Dance Championships, and most notably, winning the Best Choreographer award at the 2014 Global Chinese Dance Competition held in Shenzhen, China.

2016 marks the 30th year of Wong's career and the 10th anniversary of the founding of Han Fong Dance Ensemble. To honour his dedication and celebrate his achievements, 'Dance. In Retrospect' features selected award-winning pieces such as 'Court Ladies', 'Painted Face' and 'Rhythm of Wind'.

**Venue: klpac, Pentas 1****Tickets: RM40, RM48, RM56, RM68****RAISING THE BAR FESTIVAL 2016 (MUSIC FESTIVAL)****9 JAN 2016 @ 12PM TO 12AM**

Raising The Bar is a monthly live Hip Hop series that was initiated in 2010 with the intention of cultivating and supporting the young but flourishing Hip Hop scene in Malaysia. What began as an impromptu gig in a 100-capacity restaurant continued to grow from strength to strength, eventually evolving into Raising The Bar Festival – a full-fledged, annual Hip Hop festival whose first instalment in 2013 saw the reunion of Teh Tarik Crew and garnered a crowd of nearly 2,000 people. RTB Fest returns to klpac in 2016 with its most well-rounded lineup to date featuring some of the most interesting and exciting rappers, DJs and musicians in the business. Get your Hotline Bling moves ready, playa.

**Venue: klpac, Pentas 1****Tickets: From RM68 to RM128****[www.klpac.org](http://www.klpac.org)**



### BALLET FESTIVAL – GISELLE

8 JAN 2016 8.30PM

9 JAN 2016 8.30PM

10 JAN 2016 3.00PM

2016 marks the 175th anniversary of Adam's most famous and successful ballet – Giselle, the story of a peasant girl who dies of a broken heart after discovering her lover has been promised to another girl. The MPO and Stars of the Moscow Ballet recreate this moving tale.

**Venue:** Dewan Filharmonik Petronas

**Tickets:** RM360, RM300, RM220, RM150

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



### BALLET FESTIVAL - ROMEO & JULIET

15 JAN 2016 8.30PM

16 JAN 2016 8.30PM

17 JAN 2016 3.00PM

Prokofiev's full-length ballet score powerfully depicts the tragedy of Shakespeare's immortal drama, Romeo & Juliet. The music contains a wealth of memorable themes, passionate lyricism and compelling rhythmic excitement, brought to life by the MPO and Stars of the Moscow Ballet.

**Venue:** Dewan Filharmonik Petronas

**Tickets:** RM360, RM300, RM220, RM150

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



### AN EVENING OF INNER PEACE CHARITY CONCERT 2016 WITH ANI CHOYING DROLMA

3 JAN @ 8PM

Drolma says she believes anyone can benefit from listening to her music. You don't need to understand Tibetan, she says: it is a universal language. She is a 2013 Meeto Memorial Award winner and appointed UNICEF Nepal's first ever national ambassador.

**Venue:** Istana Budaya Auditorium





### LAUGH DIE YOU! LIVE IN GENTING 2016

9 JAN @ 7.30PM

Get ready to laugh your head off with Singapore's best comedians as they converge together for an epic performance that is sure to tickle your funny bone. Introducing Fakkah Fuzz, one of the fastest rising talents within the local comedy scene. Fuzz has performed for almost 5 years and has received positive reviews from the local media such as The Straits Times Life, Berita Harian, The New Paper and Channel News Asia.

And then we have the ever lovable Gurmit Singh, often described as "Singapore's answer to Jim Carrey" with his unique personality that is well loved by many. His versatility and multifaceted talent as a comedian, host, singer and actor makes him a hit with the audience wherever he goes. Starring in the award-winning sitcom "PCK Pte Ltd" as Phua Chu Kang, 'the best contractor in Singapore, JB and some say Batam' he created an icon recognised by all. Also in the cast is Rizal van Geyzel, known for his comedic presence that lands somewhere between the profound and the absurd. He was praised by Malaysian comedy king, Hariith Iskander as "the future of Malaysian stand-up comedy." And finally adding to the already overflowing culinary dish of comedy is Mark Lee, a household name that needs no introduction in Singapore.

**Venue: Genting International Show Room**



### EURASIA CUP 2016

15 – 17 JAN

FOR HONOUR. FOR PRIDE. FOR THE TEAM.

Akin to the Ryder Cup, the EurAsia Cup will be a biennial international match play gold tournament featuring the best available players from Europe and Asia competing in a three day "live" broadcast event.

**Venue: Glenmarie Golf and Country Club in Shah Alam, Selangor, Malaysia**

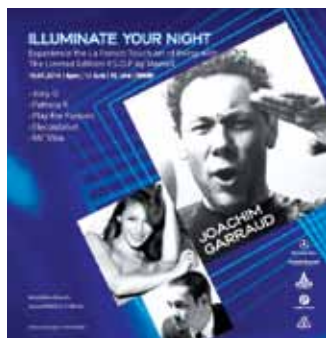


### RUN TO SURVIVE 2016 – FOR HEALTH. FOR CHARITY. FOR FUN.

2, 16 AND 30 JAN @ 6.30 PM

Jointly organized by Delcom Management and JS Entertainment, the Run To Survive 2016 is the very first running event that features a 5 km fun run that includes unexpected zombies' encounters and wild chase, limited-edition race kit and giveaways along the run. Registered runners will receive a branded Micro-dri neon T-shirt from ULTRON, a customised heart-shaped finishing medal (upon run completion), a 2D1N Holiday Getaway at Genting\*, light sticks and also the opportunity for free health-check, special effects make-over by the same professional make-up team engaged by Universal Studios Singapore for Halloween and horror-themed events before.

**Venue: Johor Bahru, Selangor, Perak**



### MARTELL LA FRENCH TOUCH PARTY 16 JAN @ 8PM

Celebrating 300 years of French excellence and the evolution of the French music movement in the last decade, Martell will be hosting a night of Parisian extravaganza on January 16, 2016 at the KL Live @ Life Centre.

Embracing French Art de Vivre, the La French Touch Party will feature Grammy Award nominee, Joachim Garraud, Malaysia's popular DJ, Joey G, Malaysia's sexiest DJ, Patricia Knudsen; Hip Hop International World Bronze Medallist Elecoldxhot, as well as artistes from the celebrated local DJ community - Play for Passion, in a celebration of true French lifestyle by combining electrifying music and contemporary arts.

The event is hosted in conjunction with the birth of a limited edition Martell VSOP: La French Touch by Martell, created by Etienne de Cr cy, pioneer and emblematic figure of the electronic music movement. De Cr cy popularised French House music, a genre that came to be known as 'the French Touch'.

**Venue:** KL Live, Jalan Sultan Ismail



### MAHLER'S REVELATION 23 JAN 2016 8.30PM 24 JAN 2016 3.00PM

Each of Mahler's gigantic symphonic creations is a deeply personal statement, a kind of private confession. In his Ninth Symphony, Mahler bares his soul, forcing us to share the terrifying intensity of his visions and leaving us emotionally exhausted by the end. At the other extreme of Mahler's emotional spectrum are his exquisite, intimate, deeply personal songs, which include five R ckert-Lieder.

**Venue:** Dewan Filharmonik Petronas  
**Tickets:** RM150, RM120, RM90, RM60

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



### CHICAGO LIVE IN MALAYSIA 18 JAN @ 8.30PM

Chicago is an American rock band formed in 1967 in Chicago. The group had a steady stream of hits throughout the 1970s and 1980s. Chicago is one of the longest-running and most successful rock groups, and one of the world's best-selling groups of all time, and, Chicago is the first American rock band to chart Top 40 albums in six decades.

Second only to The Beach Boys in Billboard singles and albums chart success among American bands, Chicago is one of the longest-running and most successful rock groups in history, as well as one of the most commercially successful - with 50 hit songs in the U.S. alone, 18 gold records, a Grammy, and a star on the Hollywood Walk of Fame - Chicago have maintained the unflagging devotion of millions of devoted fans throughout their 37-year career. Begun with the goal of incorporating the diverse musical range of their hometown Chicago, and incorporating the big-band aesthetic that included horns which had been virtually left behind in the world of rock and roll, Chicago went on to create a sound that remains unparalleled in rock music.

The band is now in its 48th consecutive year of touring, without missing a single concert date! Some of Chicago's hits : Make Me Smile, Hard to Say I'm Sorry, You're the Inspirations, I Don't Wanna Live Without Your Love, If You Leave Me Now, and more.

**Venue:** Mega Star Arena, KL





### **MARBLE HEARTS (THEATRE)**

**20 JAN 2016 @ 8.30PM**

**21 – 23 JAN 2016 @ 8.30PM**

**24 JAN 2016 @ 3PM**

Commemorating the 400th anniversary of William Shakespeare's death, The Actors Studio Seni Teater Rakyat's 2016 Shakespeare Festival presents a modern tragedy "playing in the wings" of William Shakespeare's *King Lear*. *Marble Hearts* is a new play that tells the stories of three sisters—Goneril, Regan, and Cordelia—who seek to find their own way in life as their aged and abusive father descends into insanity.

The play intersects with the plot of *King Lear* at key moments but presents an entirely new perspective on the sisters' hopes and fears as well as the relentless pursuit of ambition that drives them each towards seemingly inevitable self-destruction. But are they as calculative as they seem? Who is the victim and which of their stories is true? *Marble Hearts* will feature Shakespeare's original lines from *King Lear* and elsewhere as well as new dialogue in prose and modern blank verse.

**Venue: klpac, Pentas 2**

**Tickets: RM35, RM45**

[www.klpac.org](http://www.klpac.org)



### **THAIPUSAM**

**24 JAN**

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.

**Venue : Batu Caves, Selangor**



### **MOZART'S REQUIEM**

**30 JAN 2016 8.30PM**

**31 JAN 2016 3.00PM**

For the first time, MPO plays Mozart's magnificent Requiem – his incomplete, final composition, but a work that still stands out as one of his most compelling and impactful masterpieces. Similar to the popular Symphony No. 40 in G minor performed in the first half of the concert, the Requiem captures the essence of Mozart's musical genius, expressing intense emotion, both powerful and serene.

**Venue: Dewan Filharmonik Petronas**

**Tickets: RM180, RM130, RM100, RM80**

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

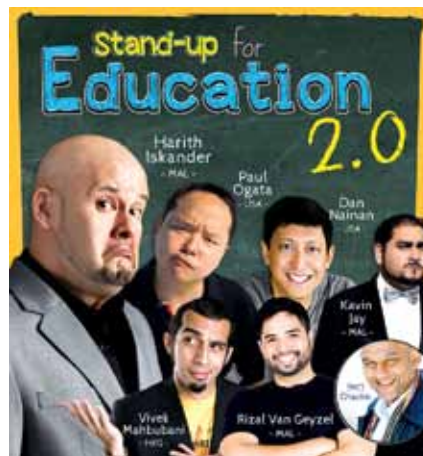
**KLAS ART AUCTION EDITION XIX****31 JANUARY 2016 @ 1PM**

KLAS will present its first auction for 2016 – the KLAS Edition XIX – on January 31, 2016 at Le Meridien, Kuala Lumpur. The auction will feature an outstanding selection of works by Malaysian and Southeast Asian modern and contemporary artists. Art collectors and bidders will expect to see a fantastic array of renowned artists such as Yusof Ghani, Khalil Ibrahim, Abdul Latiff Mohidin, Dato' Tajuddin Ismail and many more.

**Venue: Clarke Ballroom, Le Meridien Kuala Lumpur**



**Abdul Latiff Mohidin** B. N. Sembilan, 1941  
Pago-Pago 1966  
Oil on board 46 x 44 cm

**STAND-UP FOR EDUCATION 2.0****30 JAN @ 7.30PM**

Stand-up for Education is back! Let's kick start 2016 on a charitable note with one of the greatest line-up of comedians ever seen in Malaysia! For the first time ever, the best of the best from both the East and West converge to tickle your funny bone ...all for a good cause! A truly international event!

*Harith Iskander: Godfather of Malaysian Comedy & Asia's Number One Comedian*

*Paul Ogata: "Funniest Asian-American Comedian in the USA"- Takeout Comedy Competition*

*Vivek Mahbubani: Bilingual comedian, winner of Hong Kong's Funniest Person award in 2007 (Cantonese) and 2008 (English)*

*Kavin Jay: Rapid-fire, grumpy joke telling machine, DJ and TedX speaker*

*Rizal Van Geyzel: "Future of Malaysian Stand-up Comedy"- Harith Iskander*

*Dan Nainan: One of President Obama's favourite comedians*

*EMCEE: Chacko (BFM newscaster and Hollywood actor)*  
Surplus proceeds from this event will be channelled towards AMMA Foundation, a non-profit organisation that provides scholarships, interest-free loans and free tuition classes for needy Malaysians.

**Venue: HGH Convention Centre, Sentul KL**



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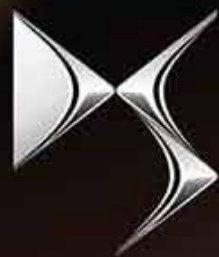


Showroom Locations: Klang Valley - Glenmarie 3S (03-5569 5700) - Naza Automall (03-7960 4900) - Puchong 1S (03-8076 1788) - Johor Bahru 3S (07-04-657 1199 / 8399) - Juru 3S (04-508 4677 / 4900). Open Monday - Saturday (9am - 7pm) Sunday & Public Holiday (10am - 6pm). \* Terms and conditions apply.

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## THE BIG SHORT

7 Jan

Based on the 2010 book of the same name by Michael Lewis, the film follows four outsiders, Michael Burry, Mark Baum, Jared Vennett and Ben Rickert, who predicted the collapse of the credit and housing bubble in the mid-2000s, thus they decided to take on the big banks for their lack of foresight and greed.

**Genre:** *Drama*

**Cast:** *Christian Bale, Steve Carell, Ryan Gosling, Brad Pitt, Melissa Leo.*

## THE 5<sup>th</sup> WAVE

14 Jan

Set in the present day against the backdrop of fear and distrust, four waves of deadly attacks by alien invasion have destroyed most of the human population, pushing them back to the Stone Age. As one of the last survivors on Earth, 16-year-old Cassie Sullivan is on the run, going through multiple obstacles as she desperately tries to save her younger brother Sammy. As she prepares for the inevitable and lethal fifth wave, Cassie meets a young man who may become her final hope.

**Genre:** *Science Fiction*

**Cast:** *Chloë Grace Moretz, Nick Robinson, Alex Roe, Maika Monroe, Liev Schreiber.*

## 13 HOURS: THE SECRET SOLDIERS OF BENGHAZI

21 Jan

On the eleventh anniversary of the September 11 attacks, a group of Islamist militants attack the American diplomatic compound and a nearby CIA Annex in Benghazi, Libya. Four Americans including US ambassador J. Christopher Stevens are killed during the attack. A security team of six members is formed and sent to defend the remaining American survivors.

**Genre:** *Action / Drama / Thriller*

**Cast:** *James Badge Dale, John Krasinski, Toby Stephens, Pablo Schreiber.*



## NORM OF THE NORTH

21 Jan

Norm is a polar bear who is displaced from his Arctic home along with his three lemming friends. The four of them end up in the city of New York, where Norm becomes the mascot of a corporation. He soon finds out the corporation is tied to his homeland's fate.

*Genre: Animation*

*Cast: Rob Schneider, Heather Graham, Colm Meaney, Gabriel Iglesias, Bill Nighy, Ken Jeong.*

## THE REVENANT

28 Jan

A legendary trapper named Hugh Glass is robbed and left for dead by the members of his own hunting team after being mauled by a bear. But Glass survives and is now looking for revenge on those who have betrayed him.

*Genre: Adventure / Drama*

*Cast: Tom Hardy, Leonardo DiCaprio, Will Poulter, Domhnall Gleeson.*

## STEVE JOBS

28 Jan

Directed by "Slumdog Millionaire's" Danny Boyle from a story adapted from Walter Isaacson's biography "Steve Jobs" by "The Social Network's" Aaron Sorkin, this movie is a biographical drama about the late Apple co-founder Steve Jobs played by Michael Fassbender. It pieced together three iconic Apple product launch events that were headed by Jobs while also showing what really took place backstage at these events.

*Genre: Biography*

*Cast: Michael Fassbender, Seth Rogen, Kate Winslet, Jeff Daniels, Michael Stuhlbarg, Katherine Waterston.*









a piece by Kathlyn Ursula D'Souza

# FORMIDABLE RAFIDAH

*In a league of her own*

*Tan Sri Rafidah Aziz is no stranger to us Malaysians. She was once described as the only "man" in the cabinet when she served during the premiership of Tun Dr Mahathir Mohamad. She is someone who doesn't believe in holding back the punches, no kid globes, no fawning – she tells it like it is. Her bold and resilient ways inspire us all to be fearless and upstanding, and many look up to her as someone they can get behind.*

*In light of our January Legend issue, we are honoured to have her on board to grace the cover of our magazine and for an interview that is privy to the force behind this remarkable person as she shares her thoughts on her values and integrity, not just as someone who has served the government for years, but as a normal citizen as well.*

## **Foray into politics.**

"I was invited to come into politics. So, the first time was when Tun Fatimah Hashim, who, without telling me, coopted me into her Wanita Umno economic bureau. It came out in the papers the next day, when I was waiting for (Prime Minister) Tun Abdul Razak to launch our ANGKASA meeting. Everybody congratulated me, and I didn't know why. I thought it was for having the meeting with our vice-president, for organising this big thing with over 3,000 people.

And then when she (Wanita UMNO head Tun Fatimah) came in, she pulled me aside and said, 'I'm sorry I didn't tell you, but please accept it.'

I said, 'Accept what?'

'It's in the papers now, you are in the Biro Ekonomi Wanita Umno, please don't reject it.'

So that's how I got in. I never intended to get into politics, but it's just that when she

invited me, I thought, 'Well, why not? If I could give my little bit.'"

## **If there's a chance for a "do-over" in life.**

"No, I don't do things like that. I'm not a dreamer. I'm a very practical person, very realistic. The past is the past. I don't even ponder on what to regret, I never do that."

## **On the proudest achievement.**

"I don't think I evaluate myself that way. I just do. It's other people who evaluate, I'm just happy that I've done my bit, that's all."

## **If she could have free rein on how the world would want to remember her.**

"I'm not the type to read too much into that. Nor am I the type to go in there for the applause. I just do. If you give me a job, I'll do it. I'll try my best and am happy to be able to. It's up to you to evaluate, but I'll try not to make mistakes. But, I don't stop to consider whether people like me or not."



**A piece of advice for Malaysians all around, especially women.**

"First of all, stop thinking of yourself as a woman. The marketplace is gender-neutral. Unless of course you're in the backwater countries where women are still inferior. But in our country, we are living in an environment where there is nothing that could stop a woman from going to where she wants to go. It's a matter of personal choice.

"However, I'd like to say: do anything without projecting femininity, without projecting your gender. Don't portray yourself in a sense where you're saying, 'I am a woman, therefore ...' I don't like that at all. I've never projected myself like that in my work nor my professional life. I leave that to my personal life.

"So, I think any woman who begins her statement with a 'I'm a woman' before 'I'm a capable person', doesn't deserve that much credit because she's strongly promoting herself as a woman. I would rather have a person do his or her best. This country cannot afford to marginalise anybody. And today, we have so many capable women in many areas, so why should we project that femininity? You should just go there, show everybody you can do it. You should be evaluated by your competence, your capability and the merit you carry with you.

***"Gender is no longer an issue.***

For as long as we continue to talk about gender issues, we're going to come across inane concepts of glass ceiling, inferiority complex and all that. It should purely be on merit. There is a huge number of fantastic women today, the young ones especially."

**On being a leader.**

"You see, for me, being anything at all is not important. It's being a team player. You can have the best prime minister but lousy team members, it wouldn't do much good. You may not be so good yourself, but if your team is strong enough, then they will add value to what you do. I believe in that. I'm a team player, no matter what position I hold."

**Her strongest personal quality.**

"I suppose I am very firm, I have very strong principles. Ethics are number one as well as integrity. When I'm right, I'm right. And I will go to the ends of the earth to prove that."

**Her take on Malaysia now.**

"Well, Malaysia is evolving into its next phase. We have new generations of people here, leaders of society and some of the old culture is no longer there – it has eroded. I wish we can preserve the same cultures and values that made us strong. If you carry on and complement that with new thinking, new strategies, I think we'd be a great country."



Tan Sri Rafidah Aziz with Tun Dr. Mahathir and Tunku Abdul Rahman



Tan Sri Rafidah Aziz at the Commonwealth Parliamentary Association (CPA) office in Westminster where she was on the CPA Exco representing South East Asia

### The best advice she has ever received.

"I don't think I'm the type people would want to advise, but I would say that many people in my life have told me to 'not have such a short fuse' [laughs].

"I have taken note of that since the early days, especially whenever my patience have been tampered with. Some people have also told me, 'Don't respond immediately, even when you're right.' I do try to do that, but sometimes I can't help it!"

### The force behind this iron lady.

"It's just me. I've always been a very competitive person with myself. I want to improve myself all the time. And I don't look at friends – they can do whatever they like, it's up to them. For me, I'm always disappointed if I didn't get an A. I would berate myself for not working hard enough. I am a self-analysing person up to this moment, and I have to justify everything. But if I'm not happy, I will correct myself for the future. **However, I've got no apologies.**"

### Juggling family and political life.

"It was a decision I had made earlier on. I thought that if I wanted to get married, my priorities must be very well set out. At home, I was not a minister, I was just a wife and mother.

"In other words, there's a place for your functions – politics, government, society and at home. You are the same person, nonetheless. You carry the same principles and values, you don't speak differently to different audience.

"There are certain things you have to do in public as a minister, but at home, you can't carry that around. You carry the same time management and ethics at home, but you are not that public person in the house. That is my strongest commitment. My family has to be my priority."

### On considering herself semi-retired.

"I've retired from political and government life, but I am now chairman of four companies. I also

give a lot of talks, sometimes thrice a week. There's no month that passes by without me giving talks all over the place to the private or public sector.

"That keeps my time occupied outside of the home. Sometimes I have to do research on economics and globalisation and I have to keep myself updated."

### On missing politics.

"No, not at all. I'm not the type to miss any of those things. That was it. I'm more of a, 'Today I retire, tomorrow I start a new life!' I'm finished. I do not hanker! [laughs]. Let's not go there.

"A lot of people have asked me about my return but I'll just say, 'Excuse me, I'm gone for good, but that doesn't mean I can't voice my opinions as a citizen.

***"As long as we occupy our minds and time properly, I think we can appreciate life as it comes."***





7th Ministerial Meeting in Santiago, Chile in 1990



Tan Sri Rafidah Aziz at a signing at the Kremlin



Tan Sri Rafidah Aziz with her late husband Tan Sri Mohamed Basir Ahmad

### On the most important thing.

"I always want to instill the culture of ethics, integrity and discipline. It is the key to everything. I remind my staff, 'You cannot feed your family with dirty money despite what everybody else is doing, you just be sure that you are not open to all that misdemeanor.'

"My mother had always told me to live a blessed life. What is most important is integrity. If you don't do anything the proper way, you won't be blessed."

*"If you live a blessed life to the best of your ability, you'll be happy. You'll sleep well."*

"Also, to me, family time is family time. No texts, no calls. I won't answer them."

### What she's most grateful for.

"For all the blessings from the Almighty. He's always opened up doors for me, made my decision-making easier. I've always referred to the Almighty for everything. If I've stumbled upon a wall, I ask for clarity. I don't seek advice from human beings, except my late husband. I don't have friends in politics – my friends are real friends who happen to be in politics, I must emphasise."

### A good day for Tan Sri Rafidah Aziz.

"Well, I can get up late – that's already a good day! [laughs] Have a late shower, eat when I like ... because a typical day would start at 5am if I have talks to conduct. But yes, a lot of TV and mucking around."







# 25 REMINDERS FOR EVERYBODY IN 2016

BY KATHLYN URSULA D'SOUZA

Alright, we're not going to lie – resolutions are meant to be broken. And perhaps why it's often broken is because the word is as daunting as it can get. The word 'resolutions' can either be empowering or frustrating, especially if you can't stick to it. Therefore, we've (hopefully) aptly named this article 'Reminders' instead of 'Resolutions'. So, that means the stress is not there, and instead we mean to tap you gently on the shoulder and tell you nicely, as a friend would, that:

**1. You should quit your job if you detest it.** Most of the time people dread starting a new year because they are often reminded of the perils of their job. Let's face it, if you'd rather watch your office burn down just to escape work, then something's not right somewhere ... Also, make sure you've got another job lined up before you toss that letter.

**2. Don't beat yourself up over nothing.** So you skipped a couple of days of gym because you truly didn't have time. Relax. But this also means that you should go when you actually have the time.

**3. Stop hanging around them if you don't want to.** You spent the last year tolerating people you'd rather throttle, so this time make it a point to be true to yourself. If they wear you out and make you feel less than pleased, then walk away.

**4. You should definitely say hi if you think that girl/guy is cute.** Last year you let it pass, so don't let it happen again this year. You never know. Every relationship you have in your life now started with a greeting, anyway.

**5. Does it really matter how many likes you get on your Instagram?** All that matters is that YOU like it, that's why you posted it, right?

**6. Have your cake and eat it, too.** Sure, most desserts are sinful and would make you feel terribly guilty especially if you're calorie-counting. But remember: a piece of birthday cake is a right, not a privilege.

**7. Blood is thicker than water.** Call your parents and siblings often. There is no such thing as telling them how much they mean to you too frequently.

**8. Be kind.** Because you really want to and not because it looks good on social media.

**9. Conquer that fear.** Fear of water, heights or driving? You can do it.

**10. Turn off your smartphone at dinner.** It's hard, we know. Try a game where everyone has to put their phone on the table and the first person to touch his or her foots the bill.

**11. Don't check your feed while with friends.** It's tempting, in this age, especially after you've checked in a café and would like to know who has taken notice of it. Just don't. Enjoy raw, human connection.

**12. Get organised.** Computer, wardrobe, room, home, car ... get rid of the remnants of 2015.

**13. Stop procrastinating.** Well, it's been a year since you decided that you'd get that thing done. Perhaps now's the time? There's no better time than the present.

**14. Improve a relationship.** Festivities have come and gone, and while you were overjoyed and feeling the love throughout the holidays, most of those feelings may have fizzled out along with the holiday cheer. Put

in extra work to spend time with people who care about you and vice versa.

**15. Learn a new language.** Bonjour. Qu'en est-il apprendre le français?

**16. Have better sleep.** We know they say rest is only for the wicked but rest is good for your health – both mental and physical. Don't push yourself too hard.

**17. Spend less time on Facebook.** Or log out often. Facebook addiction is a serious thing and it can change your perception of the world. Less time on it would do you much good.

**18. Accept yourself the way you are.** What we've learned is that the second you decide not to be too critical of yourself, you will glow. That sort of thing is infectious and a lot of people would like you a lot better, too.

**19. Speak to your neighbours.** We regret to say that there are truly some crazy people out there. While we're not wishing on anything bad to happen to you or anybody else, it's good to say hello to your neighbours every now and then. Sometimes, they are as good as immediate family.

**20. Try an extreme sport.** Canoeing, parkour, kite surfing, bungee jumping, BMX – take your pick. It's good to be reminded how alive you are.

**21. Drink more water.** We're dubbed the dehydrated nation, and nearly half of the population does not drink enough water. There are some useful apps on mobile that would remind you when to drink water, in case you find yourself too busy to remember.

**22. Schedule more "me" time.** It doesn't matter if you're an extrovert or introvert or a strange mix between those two. "Me" time is very important for rebooting your brain, unwinding, improving concentration, self-discovery and aiding in problem-solving.

**23. Enjoy life more.** We don't know how much time we have – enough said.

**24. Get out of debt and save money.** For emergency cushion, retirement, education and lots more.

**25. Manage your stress better.** Breathe in, breathe out. Have a lovely 2016.





## Kicking the post-holiday blues

### *Welcoming reality*

BY NADHIRAH BADARDIN

Ah, the holidays. A great way to rejuvenate, explore a new town or just laze around with a great book. But the horror of going back to work beckons, and you're definitely dreading it. Coming back to work and daily routines after the holidays prove to be an ordeal for most of us. Luckily, we've compiled a list of what to do during and after your holiday to help you kick the post-holiday depression.

#### 1. When you're away, stay away

Many of us feel obligated at some point to check work emails and texts during the holidays as we may feel like it preps us for the upcoming workdays. However, this may not be the best idea. "Many people still work remotely during breaks. If not, they're stressing about what awaits them once they return," said Amanda Itzkoff, a psychiatrist in Manhattan's Mount Sinai Hospital. "This contributes to feeling let down after the holidays because they haven't allowed themselves time to recharge." Our takeaway message from Itzkoff is simple – don't stay connected, stay rejuvenated and recharged.

#### 2. When food comes in play, know your limit

We overindulge either because we feel pressured to put everything on our plate or because we feel blown away by the abundance of food and this leads to the mindset of "It's the holidays, let's just eat junk." Though it maybe fun to be a glutton for a night, the post-binge guilt is actually a real thing. Your body's insulin levels would be spiked when over indulging and it makes it harder for you to get back to your routine of eating clean or moderately healthy. It's got a lot to do with self-control. Let go of yourself for a couple of days but make sure you start reverting to your daily diet, so your body wouldn't be in too much of a shock.

### 3. Cut yourself some slack

Of course, no holiday would be complete without indulging in great food and sweets. This may lead to you feeling depressed when you're about to start up your daily diet again. It isn't the easiest thing to jump straight into that low to no carb diet but cutting yourself some slack would give you the right track to get on. A great tip to follow is to not completely eliminate a food group out of your postholiday diet. Instead, try adding more fibre to balance it out. If you don't like going to the gym or you've always had a sweet tooth, you can't expect to magically be able to cut carbs and hit the treadmill six days a week.

### 4. Stay positive

A huge part of keeping our spirits up after the holidays is about readjusting our attitude toward the positive. "Instead of crumbling under the weight of obligation, remember the good experiences you had during the holidays," says Rosemary Sword, a counsellor who specialises in trauma recovery. "Focus on the beauty of the lights and decorations, the smell of evergreens, the taste of special seasonal foods, and the warmth of love in the family."

Choose a few of your favourite holiday photos to print out and frame. Alternatively, you can keep one of your favourite Christmas or New Year's decorations around for a few extra months as a positive memory throwback. Doing these activities will let you linger in the festive spirit a little longer.





# THE HISTORY OF NEW YEAR

Ever wondered where the celebrations stemmed from?

BY NADHIRAH BADARDIN

The practice of making resolutions for the New Year is said to have first been created among the ancient Babylonians, who made promises in order to earn the good graces of the gods and start the year off on the right foot (they would reportedly vow to pay off debts and return borrowed farm equipment). Besides the resolutions, we've got the Babylonians to thank for the famed New Year celebrations.

## HISTORY OF NEW YEAR'S DAY

The earliest recorded festivities in honour of a new year's arrival date back to about 4,000 years in ancient Babylon. For the Babylonians, the first new moon following the vernal equinox—a day in late March with an equal amount of sunlight and darkness—beckoned the start of a new year. They marked the occasion with an immense religious ceremony called Atiku that involved a different ritual on each of its 11 days. In addition to the New Year, Atiku celebrated the legendary victory of the Babylonian sky god Marduk over the evil sea goddess Tiamat and served an imperative political purpose: It was during this time that a new king was crowned or a new ruler brought to the throne.

## JANUARY 1 BECOMES NEW YEAR'S DAY

The early Roman calendar comprised 10 months and 304 days, with each New Year commencing at the vernal equinox. According to tradition, the New Year was created by Romulus, the founder of Rome, in the eighth century B.C. Later, a king by the name of Numa Pompilius, was credited for adding the months of Januarius and Februarius. Over the centuries, the calendar stopped syncing with the sun, and in 46 B.C. Julius Caesar decided to solve the problem by conferring with prominent astronomers and mathematicians of his time. He introduced the Julian calendar, which resembles the modern Gregorian calendar that most countries around the world use currently.

Caesar inaugurated January 1 as the first day of the year, partly to honour the month's namesake: Janus, the Roman god of beginnings, whose two faces permitted him to look back into

the past and forward into the future. Romans celebrated by offering sacrifices to Janus, gifting one another, decorating their homes with laurel branches and attending wild parties.

## NEW YEAR'S TRADITIONS

In many countries, New Year's celebrations begin on the evening of December 31 and continue into the early hours of January 1. In many parts of the world, traditional New Year's dishes feature legumes, which are thought to resemble coins and bring future financial success. Examples include lentils in Italy and black-eyed peas in the southern United States. Other customs that are common worldwide include watching fireworks and singing songs to welcome the New Year, including the famed "Auld Lang Syne" in many English-speaking countries.

In some parts of Scandinavia, rice pudding with an almond hidden inside is served on New Year's Eve. It is said that whoever finds the almond is to expect 12 months of good fortune.



# PREVIEW

MAKAN-MAKAN



Portofino Ristorante Italiano

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*A short conversation with*  
**KEITH FOO**

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BY KATHLYN URSULA D'SOUZA

There's a heartthrob running loose around KL, and we are on it. Keith Foo, who along with his wife, are known as one of the hottest and stylish couples here in KL are no strangers to the city's society. We caught up with Keith, who has starred in various Indonesian and Malaysian films to date, about his favourite nooks for grub and his specialty dishes (yes, he cooks too!). Although he is currently unavailable in the market for the single ladies, here's what we have on him:

**1. Tell us about yourself.**

Mixture of Chinese and Indian. Thirty-two years old. I speak 7 languages which are English, Bahasa Malaysia, Bahasa Indonesia, Hainanese, Mandarin, Cantonese and Tamil. I am from Gemas, Negeri Sembilan but moved to KL after high school. I also stayed in Jakarta, Indonesia for 10 years before I came back almost 4 years ago. I am a strong believer of love, respect and unity, hence my hashtag #loverespectunity.

**2. How did you get into acting and modelling?**

I have been in the acting industry for almost 15 years now. I started off in Jakarta, Indonesia and was there for the first 10 years of my acting career. After that 10 years, I finally decided to come back and continue here in my home country. Before acting, I did a lot of commercials and modelling. I was even based in Hong Kong for a year doing modelling before I started acting. Actually, I was offered the opportunity to act when I went to Jakarta to shoot a commercial (I was the talent). Someone there offered me an acting role and 15 years later, here I am today.

**3. What's your daily diet like?**

I try to eat a balanced meal, usually meat and vegetables. I keep away from carbs as much as I can. But of course, sometimes your body needs carbs for energy.

**4. And when it comes to guilty pleasures in food, what are your favourites?**

Banana leaf rice is of course my number one and then comes Pan Mein. Not forgetting A LOT of cili padi and sambal belacan on the side!

**5. Name us 3 Malaysian food that you absolutely cannot live without.**

Asam laksa  
Indian food  
Nasi campur

**6. Share with us a few of your favourite dining places, or even coffee haunts.**

**What are your favourite dishes there?**

Mezza9 - I love the oysters, spicy sausage and pizzas.  
Spice of India - Prawn curry  
Daorae - Spicy beef soup

**7. Do you cook? Any signature Keith Foo dishes?**

Yes I do cook! I don't really have any specific dishes but I did come up with the spicy sausage dish in Mezza9 that has now become quite a hit with our customers. Other than that, I love to come up with my own dishes by mixing random things together. Somehow my wife says it always tastes great. I hope she isn't pulling my leg!

**8. What are your tips for eating healthy?**

Never starve yourself to lose weight. Your body always needs food to live. Keep away from oily food and too much sodium.

**9. How do you keep yourself healthy and looking/feeling good?**

I drink a lot of water and I do simple home exercises.

**10. What do you look forward to this year, in terms of career and personal life?**

I am quite happy with where my career is going. In the near future, I hope to venture into directing and producing. Other than the acting industry, I already co-own a restaurant and hope to own a few more. I just got married and I look forward to having a family of my own soon.

**11. Lastly, what fuels and inspires you?**

My family and also my hopes of contributing to my country in any way that I can.



Asam Laksa



Banana Leaf Rice





Fire Balls



Tomyum Mojito



# TIFFIN'S BY CHEF KORN

For the most authentic  
northern Thai food

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*Non-halal*

BY KATHLYN URSULA D'SOUZA



Beef Ball Noodles

While Chef Korn mainly tends to Erawan, the recipe here is 100% his and it is guaranteed that the food here is not subjugated in any way whatsoever. The food here is always fine-tuned and ever-evolving, and people have been flocking to this side of Mid Valley for a taste of Thai. This place is easily garnering more popularity by the day. Speaking of a taste of Thai, this is what we got to try:

#### Fire Balls

Deep-fried minced pork salad with ground roasted rice, dried chilli, spring onion, coriander and shallot served together with fresh vegetables. Now we've been told that this is a must-try, as these 5 pieces are a great appetizer to start your meal. The trick to fully experiencing this dish is to dip the meat in chilli and washing it down with the fresh vegetables. A lovely transition, if you ask us.

#### Grilled Pork Neck

Grilled (own marinated) pork neck served with homemade sauce and steamed glutinous rice. A small area between the shoulder and neck is extracted to leave a lean, thin piece of succulent and juicy meat. We were told to enjoy it better by grabbing a piece of meat along with the rice before dipping it in the sauce. It was delicious and highly addictive, and would serve as something of a light meal or a full-fledged one. We wouldn't blame you if you chose the latter.

#### Beef Ball Noodles

Served with Thai rice noodle, this comes in a huge bowl. They admit here, while they are a bit more pricey compared to other Thai joints, this is certainly worth it because you are getting your money's worth. One huge bowl can easily offer four to five helpings. The beef balls are flown in from Thailand, marinated for three to four hours, and all ingredients used are exclusively Thai. Pure bliss in a super-sized bowl.

#### Tom Yum Clear Soup

The only version of tom yum in this outlet is the clear one, and they make sure that the chilli is separated – just in case you don't tolerate chilli as much or would like to control the spiciness of your food. But a word of advice though, there has to be at least half for the true flavours to come out. The vegetables go in first, then the lime and lastly the chilli. They cook the soup on the pot here – no refills allowed as that might harm the true authenticity of the taste.

#### Pork Knuckle

Stewed and cook for four hours, you are guaranteed to have the softest, most tender meat melting in your mouth. It does taste different from pork meat that has been marinated for a few hours!

#### Green Curry

What do you get when you mix pork meat that has been marinated for a few hours mixed with fresh coconut milk? Something absolutely delightful, fragrant and tender. This dish is guaranteed to get you salivating purely off the aroma alone.

#### Passion Fruit Ice Cream

The difference between other ice creams and the ones that have been homemade is that they melt fairly quickly. But, they also taste heaps better!

All things aside, we can see that Tiffin's by Chef Korn is not about commercialising their food, but the dishes here are delicate and refined, especially as they put a lot of heart into them.

Oh, did we also mention that they serve everything in tiffins? Get yourself and family over here to get the true, rustic Thai experience.



Green Curry

Those who are familiar with the fine dining offerings at Erawan would be amped to find out that Tiffin's is the other brainchild of the chef that runs it – Chef Korn. Considering that Erawan is meant for a booking-only, highly-personalised menu, you may want to drop by Tiffin's for a more casual option. The atmosphere will make you feel as though you are eating at home, which makes it all the better – it is comforting. The good thing is the taste and the quality do not waver despite the change in concept. Chef Korn revisits famous dishes in Bangkok, while adding minute tweaking to them to suit the Malaysian palate.

We'll start with their signature drinks – the Passion Tea and Tom Yum Mojito. Yes, you read that right – Tom Yum Mojito! While it has the same colour and ingredients as the well-loved broth, this drink is guaranteed to leave your taste buds feeling tingly and reinvigorated.

Third Floor Mezzanine, North Court,  
Mid Valley Megamall, Kuala Lumpur





# Morningwood

You would want to wake up for this

73-1, Jalan SS 15/8, Ss 15,  
47500 Subang Jaya, Selangor

BY NADHIRAH BADARDIN

**T**ucked in the enclave of Subang Jaya's SS15 is Morningwood, a popular brunch spot in the area. Suggestive names aside, patrons of this cozy café would definitely think about returning for the coffee, food and ambience.

The café is located on the 1st floor and it is pretty easy to spot from the Asia Café area. Walking up the stairs to the café, we were greeted by impressive wall art that demonstrates the founder's appreciation for the arts. The café also features several pop art pieces available for purchase.

The ambience at the café is laidback though it gets packed even on weekdays. Of course, if you're selling a myriad of awesome hot beverages and dishes that are drool worthy, you're bound to get a crowd following you. The menu doesn't stray from the café's naughty but nice principles. However, be rest assured, the items on the menu are outstanding.

We visited Morningwood on a Wednesday afternoon and was greeted by its friendly crew. Here are the items we had and loved:



Skinny Dip



The Morningwood



Nutella Cappuccino



Bang Cock Pasta

### Caramel Submarine

The Caramel Submarine is presented in 3 parts – a cup of scalding hot milk, a concentrated cup of coffee and caramel sauce in a tiny chocolate cup (completely edible). Once it reached our table, we were told to drop the chocolate cup in the milk and stir in the coffee. The result? A warm, nostalgic and caffeinated version of caramel chocolate milk. We daresay it almost tasted like magic.

### Nutella Cappuccino

The Nutella Cappuccino was literally filled to the brim with the chocolaty hazelnut spread. We enjoyed scraping the Nutella off the insides of the cup and stirring it together with the already great cappuccino for our daily dose of chocolate. Definitely cured our chocolate cravings for the day. Would we come back for this? You bet.

### Bang Cock

The Bang Cock appeared to be the café's specialty. This dish is technically Thai-style pasta with chicken skewers on the side. The pasta itself is full of flavour – the pasta is tossed in a creamy and fragrant sauce. We noticed hints of lemongrass and kaffir lime in the dish and in the succulent Thai chicken skewers served on the side. This hits all the right spots of a fusion dish.

### Skinny Dip

The Skinny Dip is part of the All Day Breakfast menu at Morningwood and is said to be the most photogenic item on the menu. The Skinny Dip is technically a sizzling pan of Shakshuka (a Middle Eastern breakfast dish that has got poached eggs, diced tomatoes, onions and red peppers). The Skinny Dip is served alongside two-buttered brioche toast to "skinny dip" and soak up all the delicious liquids in the dish. They also diced in a few chicken sausages for a meaty touch to the dish. This, to us, is the ultimate breakfast dish. Simple and it does its job of filling you up.

### The Morningwood

This one is definitely a highlight among patrons. This sandwich is a namesake of the café and proves to be a best seller at Morningwood. The sandwich comprises juicy, pan-fried boneless chicken tenders marinated in a secret sauce (we tried prying for the secret but it's grid locked for a reason – it's too good) and served on a freshly baked toasted ciabatta loaf and a side of fries. The ciabatta that sandwiched the chicken was superb – the bread had the right amount of crust and softness, which wouldn't scrape the insides of your mouth when you're chewing.

Incredible food and coffee – what more could you possibly ask for brunch?



# Brunch & Munch

Bacon, eggs and booze

*Non-halal*

BY KATHLYN URSULA D'SOUZA

Well, well, well. A new pet-friendly joint popped up in the middle of Ampang, one that has quite an infectious and rhyme-y name. However, pork lovers are guaranteed to have a field day because everything – and we mean everything is basically made up of egg and pork. Just those two ingredients dominate the entire menu.

A giant egg adorns the middle of the restaurant, an ode to its biggest menu contributor. The décor is most certainly refreshing and lively, which somehow puts you at ease before having the best meal of your life. But first, let's talk about the smoothies that have quite interesting names – with reference to 80s hit songs like "Careless Whisper", "Abracadabra", "Karma Chameleon" and "Beat It". Interesting, no?

And now, on to the food:

## Brunch & Munch Carbonara

We had to try their signature dish and that would be their Carbonara. As mentioned earlier, their main ingredients comprise egg and pork, so naturally their Carbonara is egg-based. Their take on the traditional dish is savoury and light, unlike most Carbonara dishes that would make one feel a little too sick and overwhelmed.

## Egg-cellent Salad

A nice pun to go with a nice dish. If you're a bit too conscious about the amount of pork you are or have been consuming, then this would definitely put your mind (and stomach, and most probably cholesterol) at ease. A healthy dish consisting of egg white, quail egg, carrot, bacon, onion rings, radicchio, rocket with honey citrus dressing and lemon would make you feel a little bit healthier (and lighter)!

## Pork Corn Belly

If you're opting for something that would stimulate your taste buds without going too overboard with the portion, then this is the dish for you. Slices of roasted pork belly are drenched with dark soy



Brunch & Munch Carbonara



Egg-cellent Salad



Pork Corn Belly



Lemony Salmon

sauce, and a side choice of hash brown or rice is guaranteed to tease the tongue and before you know it, you'll be out of meat. Nobody judges here, so there will be no questions if you ask for another.

### Lemony Salmon

Fine – you've come to a place that serves mainly pork but you're itching for something else. If that something else happens to be salmon, then have it pan-seared with lemon, lime, red onions, cherry tomato, broccoli, asparagus, arugula, fine pick-mix greens and honey-citrus dressing. The presentation is fabulous, and all for you to devour.



Cheese Boar-Ger

### Brunch & Munch Cheese Boar-Ger

If the name is any indication as to what you should be expected, this would be the most blatant giveaway. This burger (or shall we say, boar-ger) isn't for the faint-hearted because it's made up of house-made BBQ pork patty, lap cheong, bacon, sunny egg, aged cheddar, pineapple relish, tomato, gherkin, lettuce and coleslaw. Expect to sweat with the overload of effort, desire or both.

### The Pig-za

Did we scare you with the previous dish? Don't be – here's your reprieve in the form of mini slices of pizza aptly named Pig-za for its ingredients – shredded pork, lap cheong, tomato concasse, mozzarella, parmesan, red onion and English mustard mayonnaise topped with arugula. We bet that you cannot resist some pizza, let alone pork ones!



The Pig-za

### Chocolate Choco Crunch and Pineapple Caramelised Cheesecake

You can't say no to dessert because it goes to the other stomach, yes? Have it giant-sized here and bursting with flavours.

If you need some strong drinks to wash down the amount of porky goodness, alcohol is readily available here. Relax, unwind and eat.

---

*Lot G-05, G Village, G Residence Condo, Jalan Desa Pandan, Kuala Lumpur*







# Portofino Ristorante Italiano

## Authentic Italian fare in Bangsar

BY NADHIRAH BADARDIN

I don't know about you but when it comes to Italian food, I always like my meals authentic. Rising up in the culinary scene of Kuala Lumpur is Portofino, an understated, homely restaurant at the corner of Lucky Garden.

Portofino is the brainchild of Chef Keli Josifi and his great friend, Luca Cavallina, after a vacation to the tropical paradise that is Malaysia. Chef Keli, though quite young, has had experience in the culinary field for almost 20 years now with a few involvements with highly coveted restaurants in Italy. After well over a decade's worth of experience, Keli decided to open up a restaurant of his own in the bustling Bangsar district.

The principle at Portofino is simple – serving an authentic piece of Italy on every plate. And that's exactly what we came for. We were told that all its pastas and pizzas are freshly made in house, so you're bound to have a great meal here.

We started off with a platter of bruschetta of four types – pomodoro, garlic, salmon and olive. The bruschetta ala pomodoro is the classic bruschetta we all know – topped with chopped tomatoes, basil, garlic and olive oil. The only difference is this is probably the best bruschetta ala pomodoro I have had the opportunity to sample in Kuala Lumpur. Other notable bruschetta included the bruschetta ala salmon and olive. The bruschetta ala salmon is simple

but definitely one of our favourites. The flavours of the toasted bread complemented the smoked salmon well. As for the bruschetta ala olive, we loved how generously the black olives, Italian anchovies, garlic and olive oil pate were spread across the toast.

For mains, we tried the famed Seafood Ravioli. As the pastas are all made fresh at Portofino, we were psyched to try the ravioli. The ravioli was worth every bit of the hype it gets. The ravioli is filled with a chockfull of lobster and fish meat and served in a rich, delectable lobster bisque sauce. The sauce itself was amazing. You could definitely taste the lobster brewed carefully in the bisque giving it a fragrant seafood flavour. We heard patrons always came back for more of the ravioli. And you know what? We see ourselves coming back for more of the Seafood Ravioli too.

The pizza at Portofino is also a must-try. Keli told us that they made their dough fresh everyday to avoid from air pockets forming during baking. During our visit, we tried the Four Seasons pizza, which had mushrooms, turkey ham, beef pepperoni and black olives. The pizza dough had the perfect balance of fluff and crunch and the cheese was smooth and stringed in all the right places. We loved how each item on the pizza represented the 4 seasons in Italy – or maybe we just enjoyed the pizza in general.



Mixed Bruschetta



Seafood Ravioli

For dessert, we had the crème de la crème of Italian desserts, the tiramisu. And let me just tell you this – it was THE best Tiramisu I have ever had in Kuala Lumpur. My dining partner will vouch for the same too. You can definitely taste the coffee and almond liqueur soaked by the Italian ladyfingers which elevated this dessert to a whole new level. Even the mascarpone cheese used was of high quality – smooth, creamy and delectable.

So, if you're ever in the mood for Italian food, make sure you're rooting for the home team and pay the homely Portofino a visit. The authenticity of this restaurant is definitely worth the trip.

No. 1, Persiaran Ara Kiri, Lucky Garden, Bangsar, 59100 Kuala Lumpur  
+60 3-2094 8490



# CROISSANTS

BY NADHIRAH BADARDIN

Flaky, buttery and rich, and sometimes filled with a medley of delicious stuffing, a good croissant is definitely our way of starting the day. Here's our list of the best croissants in town to go with that cup of coffee you're holding in your hand.

## B'WICHED

Pioneered by The Big Group, B'wiched is a quaint café named after the old sitcom, Bewitched, that names its sandwiches quirkily (Tina Turner, Christina Arugula, you get the picture). Lose yourself in an abundance of glazed, fluffy and fat croissants that are sure to make your mouth water. Besides that, find your way through freshly baked brioches, baguettes, danishes and even scones!

*B'Wiched Ben's Independent Grocer (Publika), Solaris Dutamas, Kuala Lumpur*



## LES DEUX GARCONS BRASSERIE

What's a French bakery without great croissants in tow, right? Containing 84 percent of only the finest butter around, the croissants at Les Deux Garçons will take you back to France. The master bakers here are from prestigious culinary schools and are proud of their craft. You can see this by the hundreds of gorgeous layers of the croissants that never compromise its authentic taste.

*36, Jalan Telawi, Bangsar,  
59100 Kuala Lumpur*



## LEVAIN BOULANGERIE

Levain is housed in a gorgeous European-style bungalow in KL. They've got a wide array of pastries as well but definitely head for the croissants. With a latte on the side overlooking the gorgeous courtyard, we can't think of a better way to enjoy the classic French favourite. Other items to try include their danishes and muffins!

*Levain Boulangerie Patisserie,  
No. 7, Jalan Delima,  
55100 Kuala Lumpur*

## TOMMY LE BAKER

Tommy Le Baker is located in Viva Residency, Jalan Ipoh, and is out to set all our hearts on fire. Here you will find a myriad of finely made pastries and sandwiches that are often sold out after lunch hour because, well, they're arguably patisserie royalty. If you want something stuffed in their heavenly croissants, go for the croissant sandwiches. If you're looking for a twist on a classic, try the cheddar croissant. Flaky, buttery and cheesy. In a good way, of course. Also, here's where you are bound to get probably the best breads in town.

*Tommy Le Baker, Unit A-1-3A, Viva Residency,  
3rd Mile Jalan Ipoh, Kuala Lumpur*



## LE BREAD DAYS

These days, everyone's talking about the highly coveted Salted Egg Croissant from a humble bakery in SS2. Le Bread Days literally broke the Internet when a reputable blogger talked about the most sinful twist of the croissant by far – the Molten Salted Egg Yolk croissant. The croissant itself is great and it's filled with a creamy, custardy salted egg filling that's so rich and luxurious that you would probably faint at the sight of it. Not a fan of salted eggs? Try the Peanut Butter or Chocolate Croissants! They're generous with their fillings over here.

\*Update: Molten Salted Egg Yolk croissants available at appropriated times of the day found on the bakery's Facebook page in limited numbers. Do call or check the page for the schedule.

*Le Bread Days, 68, Jalan SS 2/72, Seksyen 19,  
46300 Petaling Jaya, Selangor*



# New Town, Petaling Jaya

Petaling Jaya is bursting at the seams with eateries and it's safe to say that the folks of Petaling Jaya never really run out of options for food. New Town, Petaling Jaya and its vicinity are filled to the brim with good food and choices. This month, we bring to you the joy and wonders of food in the area:

BY NADHIRAH BADARDIN



## Negeri Sembilan fare

Salero Negori has been around for years now serving scrumptious Negeri Sembilan food that will set your heart on fire. With several branches established, the root of Salero Negori still stems from the start of their establishment in Petaling Jaya. They've got a mix of rice and dishes for patrons here, something quite like how the Indonesians serve their Nasi Padang. Thumbs up for never having to wait for food being cooked! But bigger thumbs up for great food as well. The fried sambal cow lung here is amazing. Add a side of gulai and green chilli sambal to the mix. That's a great meal right there.

**Salero Negori**  
**Level 2, 251 & 253, Amcorp Mall,**  
**18, Persiaran Barat,**  
**46050 Petaling Jaya,**  
**Selangor**



## Nasi Kandar Zainul

Nasi Kandar is probably the closest you get to have an authentic Penang style Nasi Kandar experience. The crowd especially loves this unassuming stall in a food court due to its well-made curry, crisp and juicy fried chicken and an array of other side dishes to have with a satisfying plate of rice. The owners of Zainul Nasi Kandar are more than happy to recommend you what to have for your meal. The best part is, a meal will probably not cost more than RM15 even if you are mixing side dishes like chicken with squid. Talk about Penangite hospitality, right?

**Zainul Nasi Kandar**  
**Medan Selera MBPJ**  
**Lorong Sultan, Seksyen 52**  
**46200 Petaling Jaya, Selangor**



## Roasted or Stewed Duck

Not too far from Jalan Timur is Restoran Kam Heong, a famed restaurant since the '70s in Petaling Jaya's New Town. On weekends, droves of customers will come around for a serving of roasted or stewed marinated duck served with a side of aromatic bowl of rice. Breakfast is great here too with items such as claypot seafood porridge, char koay teow and curry laksa.

**Restoran Kam Heong,**  
**8, Jalan Tengah, PJ New Town,**  
**46200, Selangor**



## Thai Green Curry Chicken Rice

There's a café that runs until late in Jalan Timur which serves the locals as a nice hangout place with good food at reasonable prices. They have a wide array of coffee, a menu that comprises local, fusion and Western food and WiFi. Our favourite here is the Thai Green Curry Chicken Rice. Served with a steaming plate of fluffy white rice, the Thai Green Curry Chicken is bursting with flavour and is more or less the Asian version of comfort food.

**Strawberry Fields**  
**Jalan Tengah, PJ New Town**  
**46200, Selangor**



## Shaker Makers : *Milkshakes guaranteed to shake up your life*

It's been 13 years since Kelis made such a hit with the song that goes: "My milkshake brings all the boys to the yard, and they're like, it's better than yours." Although we don't think she's talking about actual milkshakes, we've got a list of the top 5 milkshake spots in KL that are guaranteed to rock your world (and tastebuds and stomach).

BY KATHLYN URSULA D'SOUZA

### THE ORIGINAL MILKSHAKE CO

Choices, choices! You can get your milkshakes customised here too and they seem to have everything from Carrot to Snickers to Original Malt, Oreos, Marshmallow ... the list goes on!

4-63, Level 4, Quill City Mall, Jalan Sultan Ismail



### EAT WITH MUNE

So you're keeping up with your diet. No problem. This joint caters to healthy eaters.

Jalan Solaris 5, Solaris Mont Kiara



### MILKSHAKE BROS

If you like secrets and mysteries, you should come over and have one of their milkshakes. Nobody knows where they get their ice cream from, but one thing we know is: it's super tasty.

Jaya One, P2, The School



### FAT BOY'S THE BURGER BAR

Ah, so you wouldn't mind a milkshake if it has a bit of alcohol in it? Here you go. They've got vanilla and chocolate with a teensy bit of Bailey's or maybe Kahlua. It's not that potent, so you won't really need to sober up after a drink.

Lot 30, Level G2, Publika No. 1, Jalan Dutamas 1



### THE COUNTER @ PAVILION

Ever thought you might like milkshakes if they get the flavour correct? Or has it always been a matter of "they don't have what I feel like having?" Well, now's your chance to customise your own milkshake. You'll be totally spoilt for choice.

Dining Loft, 7th Floor, Pavilion shopping mall

### SECOND SUNDAY

Get your durian fix here in milkshake form. It's not too over-the-top with its durian flavour. In fact, milkshakes here are as natural as they can get.

31, Jalan SS22/19, Damansara Jaya



### PATTY & PIE

Did someone say peanut butter? Patty & Pie's peanut butter and banana milkshake is pure bliss in a glass. Or try their Oreo milkshake and Fruit Slush.

F-G-40, Jalan PJU 1/45, Aman Suria Damansara



# PREVIEW

SHOPPING



Tom Ford Denim Collections

- 48 Hotpicks Women
- 49 Layering with Knits
- 50 Hotpicks Men



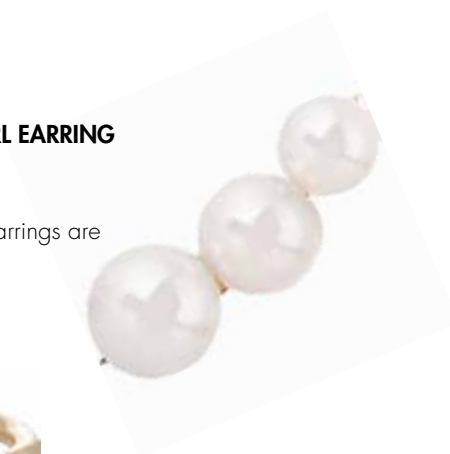


**VICTORIA BECKHAM**  
**BELTED STRETCH COTTON BLEND CADY**  
**DRESS**  
 Approximately RM 6,669

Crafted from navy stretch cotton blend cady, Victoria Beckham's dress is sleek and sophisticated. It's tailored for a figure-skimming fit and comes with a complementing black leather belt to define your waist.

**SOPHIE BILLE BRAHE**  
**TROIS LUNE 14-KARAT GOLD PEARL EARRING**  
 Approximately RM 6,100

Sophie Bille Brahe's 14-karat gold earrings are set with a trio of Ayoka pearls, each graduating in size.



**MIZUKI**  
**14-KARAT GOLD, PEARL AND**  
**DIAMOND RING**  
 Approximately RM 2,431

We love that Mizuki's delicate designs are understated enough for everyday wear. Cast from 14-karat gold, this open ring is punctuated with a lustrous freshwater pearl at one end and a 0.03-carat bezel-set diamond at the other.



**BOTTEGA VENETA**  
**THE KNOT WATERSNAKE-TRIMMED**  
**INTRECCIATO SATIN CLUTCH**  
 Approximately RM 6,841

Topped with its signature knot clasp, Bottega Veneta's watersnake-trimmed clutch is flawlessly woven from satin using the label's iconic intrecciato technique.



**JIMMY CHOO**  
**LANCE METALLIC LEATHER SANDALS**  
 Approximately RM 3,081

Jimmy Choo's silver leather 'Lance' sandals are part of the brand's 24:7 collection of iconic styles every woman should own. Finished with a sleek mirrored heel, the elegant straps support your feet from heel to toe.

## LAYERING WITH KNITS

*It's that time of the year again where everyone's on about layering their knits. So you might as well look fabulous in your knitwear, right? If you're looking for ideas on how to play with the layers, we've laid out for you our favourite layered knitwear look for this year.*



**BURBERRY LONDON**  
**LONDON CHECKED MERINO WOOL CAPE**  
Approximately RM 3,231

Crafted in Scotland, Burberry London's cape is spun from supremely soft merino wool – perfect for wrapping over your favourite fall outfits. We love how this piece is beautifully draped for a flattering enveloping fit.



**SAINT LAURENT**  
**COTTON-POPLIN SHIRT**  
Approximately RM 3,141

Saint Laurent's timeless white shirt is part of the label's 'Permanent Collection'. Wear it to the office, switching up your look for evening with a statement jacket or knitwear for a laidback look.



**MULBERRY**  
**THE BAYSWATER DOUBLE ZIP**  
**TEXTURED-LEATHER TOTE**  
Approximately RM 9,600

Mulberry's brown textured leather tote has three interior compartments, a detachable adjustable shoulder strap and a twill-lined interior. The shiny gold hardware makes this style instantly recognisable and it will fit all your necessities.

**STELLA MCCARTNEY**  
**LOW-RISE SKINNY JEANS**  
Approximately RM 1,237

Made in Italy with a hint of stretch, they deliver a skinny but non-constrictive fit. This style falls to the perfect ankle-grazing length - wear yours with boots or heels.



**GIUSEPPE ZANOTTI**  
**PATENT-LEATHER SANDALS**  
Approximately RM 2,539

Designed with vertiginous stiletto heels, this sleek pair is finished with three straps that will keep your feet secure. Wear them with everything, from cropped pants to party dresses.





**DOLCE & GABBANA  
SILK-TWILL TIE**  
Approximately RM 659

This Dolce & Gabbana piece is crafted from soft silk-twill, which has a smooth handle and lustrous finish.



**TOM FORD  
GREY SLIM-FIT SHARKSKIN-WOVEN MOHAIR,  
SILK AND WOOL-BLEND BLAZER**  
Approximately RM 13,969

This Tom Ford blazer has been precision-tailored in Italy for a slim yet comfortable fit from luxurious mohair, silk and wool blend. The woven 'sharkskin' finish creates an enhanced depth of shade and resists wrinkling.



**TOM FORD  
SLIM-FIT CHECKED COTTON SHIRT**  
Approximately RM 2,089

Tom Ford's version of the slim-fit shirt is finished with clever details that elevate the design. The mitered cuffs, for example, have angled edges which give this piece a smart point of difference.

**TOM FORD  
AUSTIN POLISHED LEATHER  
MONK STRAP BROGUES**  
Approximately RM 6,584

Tom Ford's 'Austin' monk strap shoes are perfect for shaking up your selection of black footwear. They are crafted from immaculate polished leather and detailed with brogue-style perforations.



**SAINT LAURENT  
GREY SLIM-FIT WOOL AND  
CASHMERE-BLEND SUIT TROUSERS**  
Approximately RM 2,375

Saint Laurent is famed for its slick tailoring and these sophisticated charcoal trousers are both contemporary and ageless in equal measure. Cut in a slim fit from a soft, textural blend of wool and cashmere, they cast a modern shape.

# AIRLINK



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GOOD NIGHT • SWEET DREAM

*As Managing Director of Malaysia Airports Holdings Berhad, Datuk Badlisham Ghazali is fast gaining recognition in the global aviation world. A speaker at the World Routes Strategy Summit in Chicago in 2014 and the 22nd Global Airport Development Conference in 2015, he is also Special Advisor to Airports Council International Asia-Pacific. He sits on the Boards of the international airports at Delhi, Hyderabad, Istanbul and Male.*

*Datuk Badlisham begins the year by reflecting on the synergy between tourism and aviation.*



economically-challenged nations like Zimbabwe and Nepal have enough arrivals to consider building new airports? The answer can be found very simply in one word: tourism!

When a destination develops its tourism potential, it generates business for airports and their airline-partners. With the exceptions of nations accessed mainly by land or sea, most tourism destinations in this modern era are reached by air. As such, the successful growth of tourism generates air-travel! In this respect, Malaysia Airports works closely with Tourism Malaysia as we share this common objective of attracting more people to

the various attractive destinations in our country.

## AIRPORT MD SPEAKS

"First of all, let me begin by wishing all Airlink readers a very Happy New Year 2016! Regardless of circumstances, the beginning of a new year is an opportunity to start afresh, a time for hope and optimism, reinforced by planning for the future.

One of the things I have been thinking about recently is the synergy between tourism and aviation – and more specifically, large-volume air-travel and airports. How is it that fairly small destinations with rather small populations like Bali and Barbados generate so much air-traffic to keep their airports busy? How do relatively

With our strategic location earning the name "Heart of Asia", Malaysia has no less than five international gateways, all of which attract tourists by the thousands. Kuala Lumpur, Kota Kinabalu, Kuching, Penang and Langkawi are all world-famous tourism spots, and our airports there are an air-traveller's first impression and last memory of our country. As such, we are committed to enhance the tourism experience at these airports. This time of the year is an ideal example – walk into the main terminals of any of our five international gateways, and you'll see the festive decorations and activities that await visitors to Malaysia, Truly Asia!







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## THE POWER OF TOURISM PARTNERSHIP



Malaysia Airports promotes Malaysia



In recent years, Malaysia Airports has actively worked with tourism organisations like the Pacific Area Travel Association (PATA), Malaysia Association of Tour & Travel Agents (MATTA), Malaysian Chinese Travel Association (MCTA), Tourism Malaysia, Sarawak Tourism Board, Sabah Tourism and other tourism entities of states and local governments in Malaysia. It also works with the tourism-related projects of bodies such as the Langkawi Development Authority (LADA), the Northern Economic Development Corridor, Malaysia Convention & Exhibition Bureau (MyCEB), and Malaysia Major Events.

Why does Malaysia Airports stress this partnership with tourism? Until recently the Chairman for the PATA Aviation Committee, Malaysia Airports General Manager Marketing Mohamed Sallauddin Haji Mat Sah has a very clear explanation. "People fly for various reasons. Business, studies,

family visits, training-courses, special events...the list grows as air-travel becomes more commonplace. Business-travellers, government officials and high-flyers bring prestige, yields and profits to our airline customers, but it is tourism that brings the vital volume in traffic – both for the airports and for the countries involved", he says. "In some ways, tourism is the life-blood of modern commercial aviation."

Tourism Malaysia is equally positive about the role of airports in tourism. "When tourists arrive in a country by air, an airport is the international gateway into a country. The airport is the first impression an arriving tourist gets of the destination," states the Director General of Tourism Malaysia Dato' Mirza Mohammad Taiyab. "First impressions have great significance - and to a tired long-haul traveller, practical implications. Is the airport well-designed so that it is easy to find a toilet, or foreign-exchange facilities or a good meal? Are the transfers smooth and the service efficient? Are the immigration and customs staff courteous and are the airport personnel helpful? Is this a friendly place?"

"Tourism Malaysia is more than happy to complement the fine efforts of Malaysia Airports in welcoming airlines and their passengers to our country", says Dato' Mirza. "Every airline that flies into Malaysia can avail themselves of the services at Tourism Malaysia overseas offices. Every inaugural flight and every important commemoration of an airline's







achievement at Malaysia's airports is enhanced by the presence of Tourism Malaysia's officials and cultural troupes, with informative literature and attractive souvenirs. We strongly support the efforts of Malaysia Airports in welcoming visitors to our country."

The tourism synergy of airports works both ways. From the airport-operator's point of view, tourism is a vital component of the marketing mix. Malaysia Airports participates in Tourism Malaysia promotions at international travel marts, and supports tourism activities locally and abroad. Tourism celebrations are even brought into the airports! KLIA, for example, will give air-travellers and airline personnel exciting experiences of festivities such as the Colours of Malaysia, the Malaysian Mega-Sale and the Flavours of Malaysia. At the airports of Malaysia, airlines and their passengers benefit from the synergy of tourism!

The Langkawi Development Authority is another body that Malaysia Airports has an effective working-partnership with, explains Mohamed Sallauddin. "Prime outcomes of the ongoing collaboration are programmes such as the Langkawi Incentive Programme (LIP) and Langkawi Charter Flight Incentive

Programme (LCFIP) that seek to encourage more carriers to bring a steady stream of international visitors to the island. By working together, we strengthen the effectiveness of our tourism partnership – not just for the specific destination, but for the nation as a whole."

"An exciting precedent was set when the Sarawak Tourism Board and Malaysia Airports jointly hosted Routes Asia 2014 in Kuching. It showcased to the world how effectively we implement the power of tourism partnership in very practical ways", he continues. Sarawak has more airports than any other state in the country, and the Sarawak State Government is fully committed to the synergy between tourism development and commercial aviation."



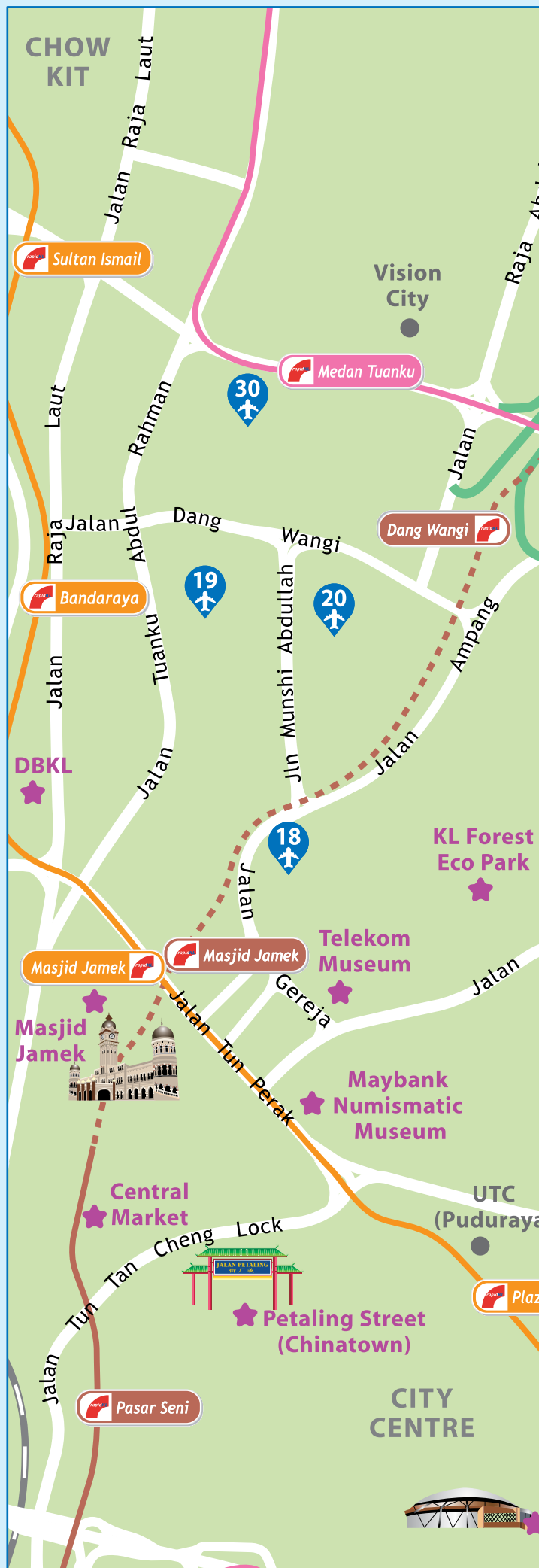
Another state government he is enthusiastic about is in Sabah. "The success of Kota Kinabalu International Airport is significantly influenced by the proactive-policies of Sabah Tourism", he explains. "This year, Malaysia Airports has collaborated with Sabah Tourism for the launch of the Tourism Promotional Fund for Sabah. Amounting to RM10 million, this is specifically to carry out marketing activities to lure more tourists to the state. The fact that they have involved Malaysia Airports so positively, is yet another example of the power of tourism partnership!"



## A Malaysia Airports concept for communication convenience !

1) <b>Aeroflot</b> • Lion Office Tower • 03-2141 4000	10	50) <b>Hunnu Air</b> • Menara Hap Seng • 03-2148 7500	16
2) <b>Aerolineas Argentina</b> • Central Plaza • 03-2144 3288	8	51) <b>Icelandair</b> • UOA Centre • 03-2715 2277	24
3) <b>Aero Mexico</b> • UOA Centre • 03-2715 2277	24	52) <b>Iran Air</b> • Megan Avenue II • 03-2161 1351 / 0411	25
4) <b>Air Arabia</b> • Hotel Maya • 03-2161 0908	31	53) <b>Iran Aseman Airlines</b> • Hotel Maya • 03-2166 7644	31
5) <b>Air Astana</b> • Central Plaza • 03-2144 1571	8	54) <b>Iraqi Airways</b> • Berjaya Times Square • 03-2110 0105	3
6) <b>Air Berlin</b> • Menara Standard Chartered • 03-2687 2222	9	55) <b>Jet Airways</b> • Lion Office Tower • 03-2148 9020	10
7) <b>Air Bagan</b> • Central Plaza • 03-2144 6785	8	56) <b>Jetstar</b> • Amoda Building • 03-2713 3909	2
8) <b>Air Canada</b> • UOA Centre • 03-2715 2053	24	57) <b>Kenya Airways</b> • Menara Hap Seng • 03-2141 7521	16
9) <b>Air China</b> • Plaza OSK • 03-2166 1999	27	58) <b>KLM Royal Dutch Airlines</b> • ParkRoyal Hotel • 03-7712 4555	4
10) <b>Air France</b> • ParkRoyal Hotel • 03-7724 8181	4	59) <b>Korean Air</b> • Menara Hap Seng • 03-2030 0200	16
11) <b>Air India</b> • Wisma Paradise • 03-2072 6066	18	60) <b>Kuwait Airways</b> • UBN Tower • 03-2031 6033	8
12) <b>Air KBZ</b> • Central Plaza • 03-2144 6785	8	61) <b>Lufthansa</b> • Kenanga International • 03-2053 1898	15
13) <b>Air Madagascar</b> • Lion Office Tower • 03-2141 3899	10	62) <b>Mahan Air</b> • Megan Avenue II • 03-2166 7977	25
14) <b>Air Mandalay</b> • Central Plaza • 03-2144 6785	8	63) <b>Malindo Air</b> • Medan Tuanku 1 • 03-7841 5388	30
15) <b>Air Mauritius</b> • Central Plaza • 03-2142 9161	8	64) <b>Mandarin Airlines</b> • Amoda Building • 03-2142 7344	2
16) <b>Air New Zealand</b> • UOA Centre • 03-2715 5020	24	65) <b>Merpati Nusantara</b> • Wisma MPL • 03-2141 1411	12
17) <b>Air Niugini</b> • Central Plaza • 03-2148 4313	8	66) <b>Myanmar Airways International</b> • Central Plaza • 03-2144 6785	8
18) <b>Air Seychelles</b> • Menara Standard Chartered • 03-2687 2222	9	67) <b>Nepal Airlines</b> • Semua House • 03-2698 7933	19
19) <b>Air Serbia</b> • Menara Standard Chartered • 03-2687 2222	9	68) <b>Oman Air</b> • Menara Hap Seng • 03-2145 6123	16
20) <b>Alitalia</b> • Lion Office Tower • 03-2148 0644	10	69) <b>Pakistan International Airlines</b> • Central Plaza • 03-2142 5444	8
21) <b>All Nippon Airways</b> • Wisma Goldhill • 03-2032 1331	11	70) <b>PAL Express</b> • Lion Office Tower • 03-2141 0767	10
22) <b>Amadeus (GDS)</b> • Menara Dion • 03-2302 2100	13	71) <b>Philippines Airlines</b> • Lion Office Tower • 03-2141 0767	10
23) <b>American Airlines</b> • UOA Centre • 03-2715 1122	24	72) <b>Qantas</b> • Amoda Building • 03 - 2713 3911	2
24) <b>Asiana Airlines</b> • Central Plaza • 03-2144 3101	8	73) <b>Qatar Airways</b> • Central Plaza • 03 - 2118 6100	8
25) <b>Association of Asia Pacific Airlines</b> • Menara Prestige • 03-2162 1888	23	74) <b>Regent Airways</b> • Central Plaza • 03-2072 8255	8
26) <b>Austrian Airlines</b> • Central Plaza • 03-2148 8033	8	75) <b>Royal Brunei Airlines</b> • UBN Tower • 03-2070 7166	17
27) <b>Bangkok Airways</b> • Central Plaza • 03-2148 0829	8	76) <b>Royal Jordanian</b> • Menara Hap Seng • 03-2148 7500	16
28) <b>Biman Bangladesh Airlines</b> • Menara Atlan • 03-2164 6270	26	77) <b>Saudi Arabian Airlines</b> • Megan Avenue II • 03-2166 7778	25
29) <b>British Airways</b> • The Intermark • 03-7712 4747	2	78) <b>Scandinavian Airlines</b> • Megan Avenue II • 03-2162 6044	25
30) <b>Cathay Pacific</b> • Menara IMC • 03-2035 2777	22	79) <b>Silk Air</b> • Menara Multi-Purpose • 03-2618 6333	20
31) <b>China Airlines</b> • Amoda Building • 03-2142 7344	2	80) <b>Singapore Airlines</b> • Menara Multi-Purpose • 03-2618 6333	20
32) <b>China Eastern Airlines</b> • Plaza OSK • 03-2161 1666	27	81) <b>Shanghai Airlines</b> • Plaza OSK • 03-2161 1666	27
33) <b>China Southern Airlines</b> • Plaza OSK • 03-2163 9977	27	82) <b>Shenzhen Airlines</b> • MyHabitat One Residence • 03-2166 1999	29
34) <b>Dragonair</b> • Menara IMC • 03-2035 2777	22	83) <b>South African Airways</b> • Lion Office Tower • 03-2141 7456	10
35) <b>Egypt Air</b> • Menara Keck Seng • 03-2145 6867	6	84) <b>SpiceJet</b> • Wisma Paradise • 03-2070 6055	18
36) <b>Emirates Airlines</b> • The Pavilion • 03-2058 5899	7	85) <b>SriLankan Airlines</b> • Menara Hap Seng • 03-2070 1979	16
37) <b>Ethiopian Airlines</b> • Central Plaza • 03-2141 2190	8	86) <b>Swiss International Air Lines</b> • Kenanga International • 03-2053 1898	15
38) <b>Etihad Airways</b> • Menara Standard Chartered • 03-2687 2222	9	87) <b>TAP Portugal</b> • UOA Centre • 03-2715 2277	24
39) <b>Etihad Regional</b> • Menara Standard Chartered • 03-2687 2222	9	88) <b>Thai Airways</b> • Wisma Goldhill • 03-2034 6999	11
40) <b>Eva Airways</b> • Kenanga International • 03-2162 2981	15	89) <b>Turkish Airlines</b> • Menara Prestige • 03-2163 0849	24
41) <b>Finnair</b> • Central Plaza • 03-2145 1155	8	90) <b>Turkmenistan Airlines</b> • G Tower • 03-7728 1044	32
42) <b>flyNiki</b> • Menara Standard Chartered • 03-2687 2222	9	91) <b>Ukraine International Airlines</b> • Hotel Maya • 03-2161 0908	31
43) <b>Galileo (GDS)</b> • Menara Keck Seng • 03-2119 6000	6	92) <b>United Airlines</b> • Lion Office Tower • 03-2161 1433	10
44) <b>Garuda Indonesia</b> • The Intermark • 03-2162 2811	28	93) <b>U.S. Airways</b> • UOA Centre • 03-2715 1122	24
45) <b>Gulf Air</b> • Central Plaza • 03-2141 2676	8	94) <b>Uzbekistan Airways</b> • Wisma UOA II • 03-2162 6488	24
46) <b>Hahn Air</b> • Central Plaza • 03-2148 8033	8	95) <b>Vietnam Airlines</b> • Menara Hap Seng • 03-2031 1555	16
47) <b>Hawaiian Airlines</b> • Lion Office Tower • 03-2143 1533	10	96) <b>Xiamen Airlines</b> • Plaza OSK • 03-2166 8222	27
48) <b>Heli Air Monaco</b> • Lion Office Tower • 03-2141 4540	10	97) <b>Yemen Airways</b> • UOA Centre • 03-2164 3031	24
49) <b>Hong Kong Airlines</b> • UOA Centre • 03-2715 1155	24		

MALAYSIA AIRPORTS HOLDINGS BERHAD (487092-W)  
Marketing Division



[illegible]

**Stadium  
Negara**



## BRITISH AIRWAYS brings Dreamliner to KLIA



Robert Williams, British Airways' head of Asia Pacific sales said, "The Dreamliner is a tremendous, innovative aircraft which sets new standards for environmental performance and operating efficiency, I'm sure our customers in Kuala Lumpur will love it. This state-of-the-art aircraft will become a mainstay of the British Airways fleet over the next few years".

He also mentioned that British Airways' route-network currently serves more than 179 cities in 75 countries. It has direct daily flights between Kuala Lumpur and London; and is the only carrier to offer a four-class cabin configuration on this route. For tickets and reservations, please visit [ba.com](http://ba.com) or call **03-7712 4747**.



The first Boeing 787-900 Dreamliner sporting the livery of British Airways arrived at KLIA last month. Kuala Lumpur is only the third destination on British Airways' global route-network to welcome this latest and most technologically-advanced aircraft which features the newest First suites.

Created especially for the Boeing 787-9, the new First cabin has been painstakingly designed based on feedback from First Class customers, to put comfort at the heart of the experience and make the very best use of the more intimate space.

Specifically designed for the 787-9, the premium cabin has just eight seats, compared to the usual 14; extra storage-

space and a single dial to control seat-recline, headrest, lumbar adjustment and a 'global' lighting control to set both ambient and reading lighting. It also features a larger screen on which to enjoy the latest films and TV programmes, as well as new touchscreen handset.

The bespoke lighting in every cabin can be set to reflect the time of day, helping to lull customers to sleep at night and to wake them in the morning. Customers can also enjoy much larger windows, offering views of the horizon from every seat. With lower cabin air-pressure than traditional aircraft, and increased amount of oxygen and moisture helps to reduce the effects of jet-lag.





## *New Year, New Livery for **EVA AIR***

EVA Air greeted the New Year with the unveiling of the airline's new livery during a delivery ceremony for the carrier's 22nd 777-300ER (Extended Range), says General Manager Malaysia Joe Huang.

"We unveiled a new livery design to herald our continuing commitment to service innovation," he said, quoting EVA Chairman K.W. Chang. "EVA was a launch customer for the 777-300ER in 2005 and the aircraft has become the backbone of our long-haul fleet. These new generation Boeing 777-300ERs have significantly upgraded our in-flight service and cabin environment."

EVA Air's new corporate identity retains its original compass design, borrowed from the logo of its parent company, Evergreen Group,

which symbolizes the airline's seamless network and services. In the livery, the simplified tail-design establishes the compass as the focal point for the EVA Air brand and represents the carrier's commitment to quality service and flight safety.

Currently, EVA Air provides one-stop connections through Taipei's world-class Taoyuan International Airport to more than 60 international destinations throughout Asia, Oceania, Europe and North America; including 29 destinations in China. EVA Air's free mobile app for iPhones, Androids and other smart phones along with flight, schedule and booking information is available at [www.evaair.com](http://www.evaair.com). Alternatively, you can call EVA Air at **03-2162 2981**.





## MEGA MALDIVES strengthens in Malaysia

Mega Maldives Airlines is seeing its Kuala Lumpur route strengthen recently, says Commercial Director Shiin Thomas. Described as the largest international carrier of this scenic nation of islands, Mega Maldives Airlines has seen encouraging sales-performance since it arrived on Malaysian shores, he explained.

Mega Maldives Airlines started in 2010 with a vision to connect the Maldives and the region with new and growing market opportunities around the world. Solutions

for difficult to match schedules, non-stop point-to-point service, the first direct day-time arrivals from Asia, and affordable safe air travel were the hallmarks of the carrier's development in the first two years of operation. A good reputation and year-round load factors above 90% have been attracting reliable partners and devoted customers.

For many Malaysians, the halal inflight cuisine and the convenient connections to Jeddah are additional plus-points. Mega Maldives flights provide significant comfort and ease to air-travellers on Umrah trips.

Mega Maldives aircraft offer better seating-configuration than most other wide-body aircraft. An amazing 85% of seats on their Boeing 767's are either window or aisle - that's 40% fewer middle seats than on competing A330s or 777 aircraft. The airline also has a large Premium Economy section called Style Class with its own set of special services and more leg room on most flights.

Shiin Thomas says that Mega Maldives is currently operating three weekly flights from KLIA to the Maldives and the Middle East using Boeing 757 aircraft. For more information and ticketing, please call **012 - 322 2204**.



The next generation hub is taking shape at KLIA, and it's taking aviation to unprecedented heights.

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





## CATHAY PACIFIC Goes Green



Cathay Pacific Airways recently unveiled its biggest recycling project to date → the environmentally-responsible dismantling of Airbus A340 aircraft that are being retired from its fleet.

The airline is committed to sustainable development, which includes ensuring the effective management of resources and the reduction of energy-consumption and wastage. Now, with the end-of-life solution for its A340s, Cathay Pacific is taking the reduction of waste to a whole new level.

Cathay Pacific Director Corporate Affairs James Tong said: "At Cathay Pacific, we take our responsibility to the environment seriously. Through working with our partners, we are endeavouring to adopt a more environmentally-responsible and systematic approach to dismantling retired aircraft. We are very pleased with the results so far, with up to 90% of the weight of aircraft being recycled and less than 10% going into landfills as waste. We remain committed to improving our environmental performance, making the most of technological advances to help us operate in a more sustainable way."

Cathay Pacific is retiring the A340-300s as part of an ongoing fleet modernisation programme that is seeing the use of new, quieter and more fuel-efficient aircraft. The award-winning airline currently operates 147 aircraft in what is one of the youngest all-wide-body fleets in the world. For ticketing or reservations, please email [kulres\\_tkg@cathaypacific.com](mailto:kulres_tkg@cathaypacific.com) or call **03-2035 2777**.





## A330-200 for KUWAIT AIRWAYS



Kuwait Airways, the national airlines of Kuwait, has taken delivery of its fourth wide-body Airbus 330-200 aircraft recently, says Malaysia Sales Manager Zulkhairi Mohd Radin. With this delivery, the airline has now a new fleet of 11 aircraft consisting of seven A320s and four A330s. The airline began its fleet-upgrade with the first A320 delivered in Dec 2014 out of 37 new aircraft ordered; marking the start of a major fleet-renewal plan, he explains.

Kuwait Airways has received three A330-200s early this year which have been flying to European destinations such as Rome, Frankfurt, Geneva, and Paris. The fourth A330-200 joining the fleet will be used for flights to Bangkok as well as the extension flight from Bangkok to Manila.

The Airbus A330-200 accommodates a three-class configuration of 17 full-sleeper first class modules, 30 high-comfort business

seats and 165 latest economy seats, a combination that shows a clear attention to comfort and efficiency. This is detailed in the features that also include the latest entertainment systems, and connectivity throughout the cabin. The A330 is equipped with phone and Wi-Fi onboard for the convenience of its customers.

Zulkhairi Mohd Radin says that from KLIA, Kuwait Airways connects Kuala Lumpur to Kuwait with 3 weekly flights departing every Tuesday, Friday, and Saturday. The same flight is extended from Kuala Lumpur to Jakarta every Monday, Thursday, and Friday. For more information or to make a booking, please email: [kultoku@pacificworld.travel](mailto:kultoku@pacificworld.travel) or call Kuwait Airways at **03-2031 6033**.



## MALINDO AIR wins Travelport Award

Malindo Air won the Top Performing Airline 2015 award at the distinctive Travelport Appreciation Night recently. Malaysia's newest full-service carrier was recognised for its top performance and exceptional achievements; particularly for its sales growth and passenger volume. The award was presented by the Commercial Director of Travelport for Malaysia, Philippines and Singapore Carole Oh.

"We are extremely honoured and proud to receive this award and the recognition from Travelport for our outstanding sales performance," said Chandran Rama Muthy, CEO of Malindo Air. "To be ranked among the top-performing airlines is highly gratifying, as it further strengthens our continuous efforts to provide the best service for our customers."

Chandran added that Malindo Air's continuous recognition further validates their commitment to providing the best value and unmatched choice for their customers. Malindo Air was recognised as the Airline of the Year (Passenger) at the most recent KLIA Awards.

For bookings and enquiries, visit [www.malindoair.com](http://www.malindoair.com), or call **03-7841 5388** from 7am to 11pm daily.







## FLIGHT CLUB takes off!

Flight Club is a new and innovative brand of restaurants born at the airport and created specifically for the airport environment. Its Official Opening Ceremony last month certainly generated much excitement at Kuala Lumpur International Airport! The event was officiated by Song Hoi-See, Founder and CEO of the Plaza Premium Group, and Datuk Badlisham Ghazali, Managing Director of Malaysia Airports Holdings Berhad.

According to Song Hoi-See, Flight Club is a concept created for the airport – specifically for travellers. This brand of airport-restaurants promotes healthy eating when travelling, a requirement often neglected in the airport environment, he explained. Flight Club provides health-conscious and discerning diners a western and international culinary selection with a concept inspired by the use of herbs and seeds.

The opening of this exciting new eatery was graced by numerous airline-managers, industry leaders, airport-based government officials, and a large contingent of decision-makers from Malaysia Airports and the Plaza Premium Group. Airport-users and international air-travellers can access Flight Club at KLIA's Satellite Building.





## New Year Promotions @ *VOGUE DIVA*



Airport users, hotel guests, MICE delegates and people who live or work in the Sepang area can now enjoy wellness and pampering at special prices! Vogue Diva Beauty & Hair Salon has attractive New Year Promotions. For a limited period only, men, women and children can be cared for from top to toe with these promotional offers.

Located at the Skybridge entrance to Sama Sama Hotel Kuala Lumpur International Airport, this stylish salon is run by the experienced pioneer service-provider who opened with the

hotel and the airport way back in 1998. Together with her team of young and able professionals, Ermawati Sabri will ensure that from the top of your head to the tips of your toes, there is complete care for you at Vogue Diva Beauty & Hair Salon.

This salon, which provides a comprehensive range of services and facilities for airport-users and the surrounding community, has gained an international reputation and is especially popular with air-travellers on transit between Europe and Australia.

The wellness-care services include Assata moisturizing treatment, herbal acne intensive treatment, cell-C intensive whitening treatment, blemish refining treatment, eyebrow shaping, neck and eye lifting treatments, waxing, manicure and pedicure.

The hair-care facilities include scalp treatment, rebonding, styling, tinting, straightening, cut & shampoo, curling and multi-style waving. Guests of all ages and both genders are welcome! For appointments, please call **03-8787 3333** and ask for Vogue Diva Beauty & Hair salon.

## COMMITTED TO THE SYNERGY BETWEEN THE AVIATION AND TRAVEL INDUSTRIES

The current MATTA President shares his vision



Interview with  
**Datuk Haji Hamzah Rahmat**  
President,  
Malaysian Association of  
Tour and Travel Agents

Many people are surprised to discover that the current President of the Malaysian Association of Tour and Travel Agents actually began his working-life as an airline officer, nearly four decades ago. Datuk Haji Hamzah Rahmat started his career with an international airline in 1979. Studying at night, he obtained the coveted IATA/UFTAA Diploma in 1981. Organised by the world's leading aviation body, this training equips students with an understanding of industry regulations, codes, world geography, e-ticketing, visas, health requirements and tour packages, as well as about leading and managing tour groups.

With this academic foundation in hand, he then spent four years as the Regional Sales Manager for Saudi Arabian Airlines – managing Saudi's regional Haj operations which included Malaysia, Indonesia, Brunei and Singapore. He then took his first step into the travel industry by joining the General Sales Agent for another Middle Eastern carrier. In 1986, he started his own travel-agency in Kuala Lumpur, and the rest is history!

In the last thirty years with travel-agencies, Datuk Hamzah has gained a reputation for Umrah tours – a field that requires him working closely with airlines and overseas ground operators. Add fifteen years of active involvement in MATTA, and he has forged

an industry-wide network - being particularly well known by many senior airline sales-managers. "From the first day of my career until today, airlines have been part and parcel of my travel-business. The synergy between the aviation and travel industries cannot be underestimated. Each needs the other to grow and succeed", Datuk Hamzah says candidly.

"I am very happy to see that Malaysia Airports has begun participating in MATTA Fairs – this only strengthens the links between the two industries!" he exclaims enthusiastically. "As airports become destinations in themselves, the national airport-operator will find that MATTA is an excellent industry partner!"

His enthusiasm for the Malaysian Association of Tour and Travel Agents has a solid basis. Over the last fifteen years, Datuk Haji Hamzah Rahmat has served the national body in various capacities, including in the committees for Education and Training, Outbound Travel, and Research & Technology. He was also Honorary Secretary General between 2005 to 2007, and 2012 to 2013. He was elected MATTA President for the 2013- 2017 term.

MATTA itself has an illustrious history. In 1975, a group of travel and tour agents led by the late Loh Yit Lock initiated an association to represent their interests. That association, aptly named Malaysian Association of Tour and Travel Agents, started with 30 members, and Loh Yit Lock as its Inaugural President. Today, MATTA is the national umbrella representative body for the entire travel industry in the country with a membership of over 3100 members.

Operating with a full-time secretariat at its Kuala Lumpur headquarters, MATTA has state chapters in Kedah, Penang, Perak, Federal Territory of Kuala Lumpur, Putrajaya, Melaka, Negeri Sembilan, Pahang, Terengganu, Kelantan, Selangor, Johor, Sabah, Sarawak and Labuan. Its main objective is to promote the interests of the travel and tour industry in Malaysia. MATTA works closely with the Ministry of Tourism and Culture as well as Malaysia Tourism Promotion Board (MTPB), help organise fairs, seminars, convention and workshops both to create public awareness of the tourism industry as well as to benefit its members.

MATTA's listed objectives are to unite, supervise and coordinate the activities of the members; to publicise, encourage, promote and extend the tourist and travel trade; to adjudicate and settle any differences which may arise between members whenever its arbitration is requested by both parties concerned; to develop friendships and common purpose among the members of the tourist and travel industry; to make representations on behalf of members to Government and all organisations with which the Association has common interest; to encourage the highest ethical standards of business conduct within the trade; to study and promote the interest of the tourist and travel trade and profession and to educate the public regarding the function of tours and travel agents; and to discourage unfair competition without in any way interfering with initiative and enterprise based on fair trading.

"Yes, our charter may seem wordy but we have small dynamic committees focusing on specific objectives – in this way MATTA actually achieves a great deal", explains Datuk Hamzah. "The general public, however, usually only seeks us out for the MATTA Fairs. As many airline-managers will readily testify, these iconic events serve the public as a convenient one-stop shopping opportunity, while they reinforce the vital partnership between airlines and travel-agents in their joint sales and marketing efforts. As I have always believed, there is a win-win situation when we work together", he stresses, displaying his continuing commitment to the synergy between the aviation and travel industries.





KLIA



OMG, KLIA is awesome! There's even a real tropical rainforest in this airport. Can't wait to get to the rest of Malaysia ...

## AMAZING SIGHTS AND SOUNDS AROUND IN KL



klia2



Off to Penang from KLIA2. Wow, are we in an airport or a shopping mall? Malaysia is so full of surprises!

Petronas  
Twin Towers



Went on the Skybridge between the two towers. 170m off the ground! I wasn't scared at all.

Central Market



Can't believe this used to be a wet market in the 1800s. Handicrafts, demonstrations, cultural performances, there are so many things going on!

Lake Gardens



Over 150 acres of gardens and greenery. I couldn't walk it all in a day! Fed a Hornbill at the bird park (which they tell me is the largest in the world).

To impress your passengers with a travel destination to remember, include KLIA in your flight route. Contact our Airport Marketing Team at +603-20708606 or email [marketing@malaysiaairports.com.my](mailto:marketing@malaysiaairports.com.my)





# PREVIEW

ART & LIVING



ABDUL LATIFF MOHIDIN B. N. Sembilan, 1941 Gelombang Series "Seascape I", 1994 Oil on board 49 x 52 cm RM 90,000 - RM 120,000

KLAS ART AUCTION  
MALAYSIAN MODERN & CONTEMPORARY ART  
EDITION XIX



**AUCTION DAY : SUNDAY, 31 JANUARY 2016 | 1.00 PM | LE MERIDIEN KUALA LUMPUR**



# KLAS ART AUCTION MALAYSIAN MODERN & CONTEMPORARY ART EDITION XIX



**AUCTION DAY : SUNDAY, 31 JANUARY 2016 | 1.00 PM | LE MERIDIEN KUALA LUMPUR**

**Full Preview**

11 - 30 January 2016

31, Jalan Utara

46200 Petaling Jaya, Selangor, Malaysia.

Open daily from 10am to 7pm



**ABDUL LATIFF MOHIDIN** B. N. Sembilan, 1941

Pago-Pago, 1966

Oil on board 46 x 44 cm

**RM 140,000 - RM 240,000**

Art collectors and bidders will expect another art auction that will be organised by KL Lifestyle Art Space. Mark your calendar for KLAS's first auction this year – the KLAS Art Auction Edition XIX, which will be held at Le Meridien Kuala Lumpur on January 31, 2016.

Featured will be big names and magnificent masterpieces that will go under the hammer.

Among them are splendid works of local artists including Khalil Ibrahim, Awang Damit, Yusof Ghani, Ismail Latiff, Raphael Scott Ahbeng and many others that will catch your eye during the auction day.

There will also be prized works of Asian masters and some modern and emerging contemporary artists that will capture the attention of many bidders.

Art collectors and interested buyers can catch a sneak peek of these artworks from Jan 11 - 30 at KLAS @ 31, Jalan Utara.

To register as a bidder for the auction, please contact Lydia Teoh at 019 260 9668 or Shamila at 019 333 7668. You can also send your requests to [info@mediate.com.my](mailto:info@mediate.com.my)



**ISMAIL LATIFF** B. Melaka, 1955

Tioman Deep Blue.. My Drovine, 2014

Acrylic on canvas 71 x 152 cm

**RM 24,000 - RM 36,000**



**TAWEE NANDAKWANG** B. Thailand 1925-1991

Sampan Boats on River, 1974

Oil on canvas 53 x 67 cm

**RM 20,000 - RM 32,000**





**ZAO WOU-KI** B. China 1921 - 2013  
 Untitled, 1967  
 Colour Lithograph 27.5 x 38.2 cm  
**RM 12,000 - RM 16,000**



**RAPHAEL SCOTT AHBENG** B. Sarawak, 1939  
 Borneo Secret, 2014  
 Acrylic on canvas 90 x 119 cm  
**RM 8,000 - RM 12,000**



**AWANG DAMIT AHMAD** B. Sabah, 1956  
 Marista "Imajan Yang Terasa", 1997  
 Mixed media on canvas 100 x 92 cm  
**RM 28,000 - RM 50,000**



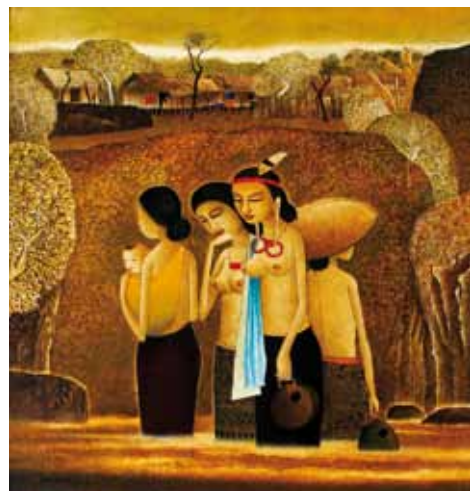
**TAY MO LEONG, DATO'** B. Penang, 1938  
 Rubber Tapper Series  
 Batik 55.5 x 91cm  
**RM 8,000 - RM 12,000**



**ABDUL LATIFF MOHIDIN** B. N. Sembilan, 1941  
 Gelombang Series "Seascape I", 1994  
 Oil on board 49 x 52cm  
**RM 90,000 - RM 120,000**



**YUSOF GHANI** B. Johor, 1950  
 Segerak Series, 2002  
 Acrylic on canvas 124 x 94 cm  
**RM 65,000 - RM 95,000**



**LYE YAU FATT** B. Kedah, 1950  
 By the River, 1985  
 Oil on canvas 97 x 76 cm  
**RM 12,000 - RM 22,000**





**SEAH KIM JOO** B. Singapore, 1939  
Chinatown Singapore, 1970s  
Batik 89 x 50 cm  
**RM 7,500 - RM 11,000**



**AWANG DAMIT AHMAD** B. Sabah, 1956  
Marista "Sisa Semusim", 2001  
Mixed media on canvas 61 x 61 cm  
**RM 8,000 - RM 16,000**



**KHALIL IBRAHIM** B. Kelantan, 1934  
Figurative Series, 1994  
Acrylic on canvas 122 x 122 cm  
**RM 45,000 - RM 68,000**



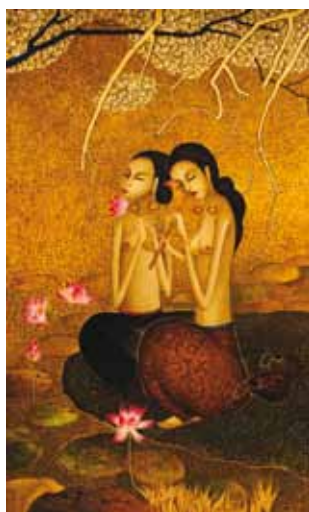
**RAFIEE GHANI** B. Kedah, 1962  
Growth, 1996  
Oil on canvas 73 x 103 cm  
**RM 10,000 - RM 18,000**



**TAJUDDIN ISMAIL, DATO'** B. N. Sembilan, 1949  
Garden of Solitude II, 1991  
Mixed media on board 122 x 122 cm  
**RM 38,000 - RM 42,000**



**MOHD RADUAN MAN** B. Pahang, 1978  
"The Dream Machine" Signature Series, 2010  
Oil and mixed media on linen 140 x 140 cm  
**RM 6,000 - RM 10,000**

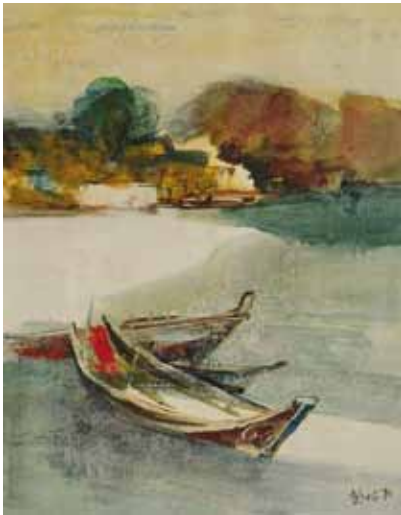


**LYE YAU FATT** B. Kedah, 1950  
Music by the River, 1984  
Mixed media on paper 74 x 43 cm  
**RM 6,000 - RM 9,000**



**DREW HARRIS** B. Canada, 1960  
Fluidity #3, 2013  
Mixed media on canvas 153 x 153 cm  
**RM 12,000 - RM 24,000**





**HO KHAY BENG** B. Penang, 1933-1986  
The Break of Dawn, 1970  
Oil on canvas 50 x 39.5 cm  
RM 4,800 - RM 8,000



**CHUAH SEOW KENG** B. Kelantan, 1945  
Two Cockerels  
Batik 45 x 43 cm  
RM 4,000 - RM 7,000



**SHAFURDIN HABIB** B. Perak, 1961  
Self Portrait, 2004  
Oil on canvas 22.5 x 21 cm  
RM 3,000 - RM 6,000



**KHALIL IBRAHIM** B. Kelantan, 1934  
Pembicaraan IV, 2002  
Watercolor on paper 50 x 65 cm  
RM 22,000 - RM 35,000



**ISMAIL MAT HUSSIN** B. Kelantan, 1938-2015  
Siri Bunga Api, 2010  
Batik 126.5 x 85 cm  
RM 24,000 - RM 36,000



**IBRAHIM HUSSEIN, DATUK**  
B. Kedah, 1936-2009  
Untitled, Undated  
Montage 14 cm (D) 36.5 cm (H)  
RM 12,000 - RM 18,000



**KWAN CHIN** B. Kuala Lumpur, 1946  
Fruit Seller Series, 2008  
Batik 84 x 147 cm  
RM 8,000 - RM 13,000



**PUTU SUTAWIJAYA** B. Indonesia, 1970  
Beda Dalam Damai (Differences Within Peace), 2003  
Acrylic on canvas 140 x 145 cm  
RM 35,000 - RM 50,000





**NIK RAFIN B.** Selangor, 1974  
Ballerinas, 2015  
Acrylic on canvas 20.5 x 181 cm  
RM 8,000 - RM 12,000



**NIZAR KAMAL ARIFFIN B.** Pahang, 1964  
Dalang Series "Dunia Berbisik #3", 2015  
Acrylic on canvas 125 x 122cm  
RM 7,000 - RM 11,000



**ABDUL LATIFF MOHIDIN B. N.** Sembilan, 1941  
Marshland, 1993  
Mixed media on paper 25.4 x 17 cm  
RM 14,000 - RM 17,000



**FOO CHEE SAN B.** China, 1928  
Malayan Landscape  
Chinese ink and colour on paper 50 x 44.5 cm  
RM 2,500 - RM 4,000



**KHALIL IBRAHIM B.** Kelantan, 1934  
Mont Martre - Paris  
Watercolour on paper 54 x 35.5 cm  
RM 6,000 - RM 12,000



**LONG THIEN SHIH B.** Selangor, 1946  
The Monkey and The Coconut, 2015  
Ink on paper 24 x 37 cm  
RM 800 - RM 2,000



**MALANG SANTOS B.** Philippines, 1928  
Vendor, 1997  
Oil on canvas 13.5 x 17.5 cm  
RM 10,000 - RM 15,000





**ZULKEFLI TALHA** B. Selangor, 1972  
Sungai Besar Menangis, 2007  
Acrylic on canvas 80 x 103 cm  
RM 6,000 - RM 9,000



**LEE LONG LOOI** B. Kedah, 1942  
Sunset  
Batik 25 x 34 cm  
RM 1,000 - RM 1,500



**NIZAM AMBIA** B. N. Sembilan, 1969  
Blatik Dancer, 2004  
Mixed media on canvas 147 x 152 cm  
RM 8,000 - RM 12,000



**KHALIL IBRAHIM** B. Kelantan, 1934  
East Coast Series, 1994  
Ink on paper 35 x 40 cm  
RM 11,000 - RM 16,000



**DANG XUAN HOA** B. Vietnam, 1959  
Human Objects, 1998  
Gouache on paper 54 x 74 cm  
RM 5,000 - RM 8,000



**HASIM** B. Indonesia, 1921-1982  
Balinese Dancer, 1965  
Oil on canvas 98 x 68 cm  
RM 3,000 - RM 6,000



**SEAH KIM JOO** B. Singapore, 1939  
Mother and Child  
Batik 90 x 60 cm  
RM 6,000 - RM 9,000



# From Ghana to Malaysia

## PHOEBE DONKO HANSON

Executive Chef, Nook KL Sentral

BY KATHLYN URSULA D'SOUZA

### Where are you originally from and what was your hometown like?

I am originally from Ghana. Born and raised between the port city of Tema and the capital city, Accra.

I grew up in a metropolis that has pockets of unbelievable plush grandeur as well as pockets of abject poverty. And everything in between. It's like any other city.

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

I got here almost seven months ago. I was mesmerised by the diversity of the people. I think at one point I went exploring and was in KL Sentral train station. I just stopped in the middle of the train station and stood there watching the throngs of people go by. I was awestruck as many people of Malay, Chinese and Indian descent passed by. It is a beautiful thing to see and to think that all share one country, one culture and one language.

### What was the transition like moving from country to country? Do you ever get homesick?

I do get homesick, especially around the holidays. The transition from country to country is always a culture shock. As much as you think you are prepared to deal with cultural nuances, there are always things that you learn about a culture that you immerse yourself in and about yourself at the same time. Of course, there is always the perk of fabulous food no matter where you go.

### How did you get into your current career as a chef?

Strangest thing... I used to be an insurance claims investigator until I decided to follow my passion. Food. I worked a desk job, made quite a nice living but felt stagnant. I opted to take the plunge into a culinary career, starting in pastry from the very bottom.

### What was the turning point of your career and your secret to success?

Things changed for me when I had an opportunity to switch from pastry and work the hot line in the restaurant at one of the hotels I worked in. The Chef de Cuisine at the time took me under his wings and started challenging me and pushing me. Actually, he did this with all of the chefs, and cultivated a culture of healthy competition in our little kitchen. It was at this point I realised that pastry had been my first love, but my new love was in the hot kitchen.

### What is it that you love about what you do? Any challenges?

I am at my most relaxed when I have a chance to touch and work with food undisturbed. I also love the camaraderie that develops in a kitchen with good work ethics and when you have a team that is honest with each other and who stand together to get through the tough times. I also find it very satisfying when our guests enjoy the food we serve.

There are always challenges. I welcome them because that is what pushes me to grow. It's all about how you handle the difficulties, rectify the mistakes and gracefully recover that determine a person's level of growth/success.

### Tell us about your family.

I come from a large and colourful family. I have a mom, dad, a step-mom, half brother, half sister, a nephew who is a year younger than me, some very strong aunts from my mom's side, a few uncles and a tonne of cousins who I grew up with like siblings while I lived in Ghana.

I have another family of some of the most amazing people that I have encountered in my travels and formed the strongest bonds

with. Some of my old kitchen colleagues, some whom I met in college and a few other good souls.

### Any funny stories or interesting experience that happened while you've been in Malaysia?

I met a man who recognised me from an article that was written. He came over kept saying "Hakuna matata" over and over to me. This is a song from the "Lion King" animation movie.

### Have you tried any of the local food in Malaysia? Do you have any favourites?

Oh my goodness. I love the cuisine here. I have three favourites.

Char kway teow, Portuguese grilled skate wing with lady's fingers and claypot chicken rice with salted fish.

### Any favourite holiday destinations in Malaysia so far?

Yes. The grocery store in Publika. It is a chef's heaven. Hahahaha. I spend hours in there.

### What is your current project and what is your vision for Nook?

The team and I have just finished working on the new tasting menu and Valentine's menu. My vision for Nook is for it to be a place for anyone to come for great food and service.

### What is your advice to those who would love to pursue your career line or take the plunge into the unknown?

Just do it but be prepared for the worst but keep on believing in the best in people and for the best possible outcome. It all starts in the mind. With the right mindset, you can accomplish anything.



Prosser Donko-Hansen  
Executive Chef



# LUMI

## TROPICANA

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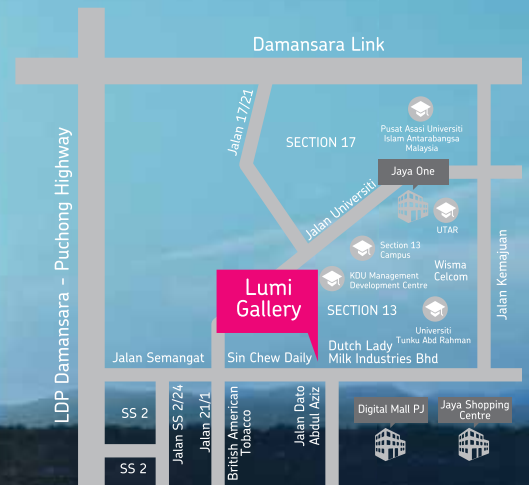
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Petaling Jaya, Selangor  
Tel: 018 605 9999

 Lumi Gallery

**LUMI**  
TROPICANA

• Developer's License No.: 14157-1/11-2017/0941(L) • Validity Period: 10/11/2015 - 09/11/2017 • Advertising & Sales Permit No.: 14157-1/11-2017/0941(P) • Validity Period: 10/11/2015 - 09/11/2017 • Approving Authority: Majlis Bandaraya Petaling Jaya • Approval Plan No.: MBPJ/120100/T/P10/79/2015 • Land Encumbrances: United Overseas Bank Berhad • Land Tenure: Leasehold • Expected Date of Completion: June 2019 • Type of Property: Serviced Residences • Total Units: 372 • Selling Price: RM809,200.00 (Min) - RM1,952,303.00 (Max) • Built Up: 862sqft (Min) - 2,218sqft (Max) • BumiPutra Discount: 10% • Restriction in Interest: This land cannot be transferred, leased or charged without prior consent from State Authority

This art renderings and photographs contained in this circular are artist's impression only. The Developer reserves the right to modify any part of parts of the building prior to completion as directed or approved by the architects and/or the relevant authorities. All plans, layout, information and specifications are subject to change and cannot form part of an offer or contract presentation.



# ROYALE CHULAN

*FOR THAT ROYAL TOUCH IN THE HEART OF THE CITY*

BY KATHLYN URSULA D'SOUZA

Jalan Conlay, 50450 Kuala Lumpur,  
Malaysia  
Tel: +60 3-2688 9688



**T**his hotel is as breathtaking on the inside as it is on the outside. After all, it has been described as “the jewel in the crown of the Royale Bintang Group of Hotels & Resorts”; we cannot disagree. This jewel evokes a sense of the timelessness of Malaysian heritage (ukiran awan larat is part of most of the décor and carvings) while offering services that would rival one of the world’s best hotels.

The foyer greets you with such grandeur that you might forget where you are, for a moment. If you are looking for a castle during your stay in KL or for a short in-country holiday, then this is the place to be. Located right next to Pavilion and Lot 10 (a short ten-minute walk), this leafy oasis is a suitable distance away from the hustle and bustle of the city, but not too close to disrupt your peace and quiet.

Even if the desire to venture out is absent, you need not leave the hotel to experience the best of what luxury has got to offer. The hotel has a dedicated club room – The Royale Club Lounge – for your business meetings or private meeting rooms while having your F&B needs met.

Food isn’t too much of a headache here, as guests would be spoilt for choice with the number of restaurants and cuisines available here such as The Lanai Lounge (premium coffee, tea, snack menus along with live lounge music), Warisan Café (open kitchen and buffet dining that has every single flavour of the world), Bunga Emas Restaurant (KL’s first Malay fine dining restaurant in a 5-star city hotel), Tai Ping Chinese Cuisine (a tranquil ambience that lives up to its name, which means peace) and L’Heritage (for those who prefer cuisines of the Western variety).

After you’ve satiated your hunger, you can drop by The Heritage Club & Cigar Lounge. Complete with a snack bar, cigar divan, sports bar, wine cellar and secluded sections for VIPs – what else would you need to unwind? If a late night drink is what you seek while listening to good music, you need not look any further than just the lobby.

Let’s just say that you’re too tired to even step out of your room. That would pose no problems whatsoever, as 24-hour in-room dining is available upon request, with a comprehensive menu.

Once you are completely rested, heal your body, mind and soul at Telaga Bunga Spa. The spa offers ancient Malay and Javanese healing treatments and rest assured that you will be floating out after your session.

If you’re up for a bit of exploring (after the beautiful courtyard tour, of course), there is a hair salon, a jeweller, a convenience and souvenir shop and a famous wedding designer’s gallery.

You have got all you need right in one place – conference banquets, restaurants, meeting rooms, spa – everything is well-thought of and it makes you not ever want to leave the hotel. Perhaps that is just right, as we felt reluctant to leave when it was time to check out.

So, if you’re ever up for feeling like a royalty, you know where to go.



Warisan Cafe Corner



The Lanai Lounge

Royale Club Room  
KL LIFESTYLE | 79



# INTERCONTINENTAL KUALA LUMPUR

## THE JEWEL IN THE HEART OF KUALA LUMPUR

165 Jalan Ampang, 50450 Kuala Lumpur, Malaysia  
+60 3-2782 6000

BY NADHIRAH BADARDIN

Located right in the heart of the bustling capital of Malaysia on the same row as KLCC, the InterContinental Kuala Lumpur is quite possibly the leading ideal luxury destination for business and leisure travellers alike. The hotel prestigiously presents a finely tuned blend of elegant hospitality and deep connections to a dynamic city by offering its guests a unique and authentic local cultural insights for them to completely immerse in a genuine Malaysian experience.

Walking into the famed hotel, one would notice the elegant mix of traditional and contemporary elements in the décor. Following an extensive refurbishment, the Club InterContinental was just recently opened. The spacious and stylish lounge on level 26 offers a majestic view of the city skyline. The bar is set exquisitely high here at the Club lounge. The Club InterContinental provides personalised service that includes swift check-ins and

checkouts, as well as comfort and facilities that are bound to impress even the most discerning travellers. The Club Lounge serves family breakfast, afternoon tea and cocktail hour while offering complimentary high-speed wireless connection and personalised business services.

The newly refurbished Grand Premier rooms were designed to cater to refined business and leisure travellers. Warm, relaxing tones



Concierge Lounge



are incorporated in the colour scheme as well as plush fabrics and furnishings that strike the perfect balance of elegance and comfort welcome guests every time they step into one of the Grand Premier rooms. The décor takes precedence over inspiration from nature – earthy colour palette, neutral and soothing browns with a tinge of elegance and plenty of natural light to brighten the room. The state-of-the-art features such as an iPod docking station, a spacious and modern work desk, cable TV and a luxurious bed and plush pillows are for the comfort of guests.

Besides the comfort level at InterContinental, the hotel also offers a range of innovative restaurants and bars for guests to choose from. The award-winning Japanese restaurant, Tatsu, offers authentic and traditional Japanese cooking that combines a subtle mix of the old and the new in its aesthetics. Tatsu is well known for offering the best of premium live seafood to satisfy even the most perceptive diner helmed by Japanese culinary extraordinaire, Chef Tadashi Inose. The sashimi platter and Grilled Teriyaki Cod with Foie Gras seem to be notable favourites among patrons here.

Another restaurant worth noting is Tao, a newly opened Chinese restaurant at the premises. Award-winning Chef Wong Lian You conceptualises the menu at Tao as he holds true to traditional Chinese cooking methods with a contemporary presentation. It is decorated with various Chinese teapots in a stylish setting. The restaurant also has 6 private rooms named after the different dynasties in China. With a menu that is exclusively available in the restaurant, Tao is definitely a dining experience like no other.

If guests opt to have a more laidback meal, the Serena Brasserie offers an all-day dining service. Guests can enjoy a wide spread of buffets here with a panoramic view of the lobby's waterfall and lush garden landscape. For a refreshing respite of the day, IVIV lounge offers a wide variety of handcrafted cocktails, iced teas, afternoon tea sets and an extensive range of cigars.

With an array of top-notch services and facilities, the InterContinental Kuala Lumpur is perfect for the discerning business and leisure traveller. The amicable and helpful hotel staff also deserve two thumbs up for being exceptionally hospitable and warm towards their guests. If you're ever in need of an accommodation in Kuala Lumpur with a yearning to be pampered exclusively, look no further than the jewel in the heart of the city – the InterContinental Kuala Lumpur.





# STALKING A RHINOCEROS

*by Albert Sitawin, Field Assistant, WWF-Malaysia Sabah Terrestrial Conservation Programme (STCP)*

I began my career in WWF-Malaysia as a Daily Paid Assistant on 3 January 2007. I was only 21 years old then. In June 2007 I was promoted to a Field Assistant and assigned to Kretam Virgin Jungle Reserve to track down Sumatran rhinoceros and also monitor the area. Some of my tasks included installing camera traps to capture photo and video evidence of Sumatran rhinoceros in areas where they are likely to be found, such as wallows and mud volcanoes.

## **My worst experience in the field**

Having a tropical jungle as your office may sound like a dream come true, but it is not without disadvantages. I remember a particularly terrible day during a field survey. Our team had camped close to a river in Danum Valley in 2007 to look for Sumatran rhinoceros. The weather decided to tease us with light drizzles during the day.

At night, the light rain turned into a heavy storm and the water level in the river started to rise. None of us could cook

anything for dinner, so we ended up eating raw instant noodles while praying for the storm to stop. We could hear tree branches broken by the strong winds. Luckily for us, none landed on the tarp roof of our camp.

By the time the storm ended, it was morning and the skies cleared up. But there was still one problem: the rain had gifted the river with muddy water. Since we had no other water supply, we had no choice but to boil that muddy water for drinking and cooking food.



Albert Sitawin

Photo © STCP / WWF-Malaysia



Albert (left) and Ronny preparing a meal of instant noodles and canned food at their camp.

Photo © Engelbert Dausip / WWF-Malaysia



Tam-Tam at his new home in Tabin Wildlife Reserve.

### Keeping up with Kretam

Our entire team was excited when we finally had photos and videos of a Sumatran rhinoceros in Kretam Virgin Jungle Reserve. I felt vindicated because our team had worked night and day, roasted by the hot sun and drenched by the rain, to locate this magnificent creature and rescue it.

This shy creature, however, continued to play hide and seek with us. So we established a permanent camp near the area where it was last seen. We also conducted daily and nightly patrols to keep poachers away from the area. In October 2009, we received a tip from a palm oil plantation bordering Kretam that there was a Sumatran rhinoceros walking around in the area. We immediately contacted Sabah Wildlife Department to plan its capture to protect it from poachers. Together with the department, our team embarked on patrols along the border of the plantation. It was a successful patrol as we managed to catch a male Sumatran rhinoceros, which was later named Kretam, after the area where it was found. It felt so surreal, seeing a live Sumatran rhinoceros for the first time. Prior to the capture and rescue, I had only seen photos and videos of Sumatran rhinoceros. To meet one face-to-face is an experience that I will always cherish.

Sadly, Kretam or Tam-Tam, is the last known living male Sumatran rhinoceros in Sabah. He is now under the care of Borneo Rhino Alliance (BORA) in Tabin Wildlife Reserve, Lahad Datu. Many parties from Malaysia and overseas,

including WWF-Malaysia, are working together to save Tam-Tam's species from extinction. I hope Tam-Tam and other rhinoceros can be saved so that future generations will get to know this amazing species.



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



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

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

To find out more on how you can play an important part in the conservation of our amazing Sumatran rhinoceros, visit [http://wwwf.org.my/how\\_you\\_can\\_help/](http://wwwf.org.my/how_you_can_help/)





## SAFE IS SEXY: A TRIBUTE FOR WORLD AIDS DAY 2015

ONE® Condoms getting people to play it safe by raising awareness on HIV and AIDS

In conjunction with World AIDS Day, Karex Berhad and WOMEN:girls directed people's attention to the current situation of HIV cases, especially those transmitted through sexual intercourse.

In order to increase the awareness and educate people especially women and girls who are at risk to practice safe sex and also be open to HIV screenings, WOMEN:girls partners with Karex Berhad to kick off the #musthaveONE campaign and start the conversation on HIV and AIDS to be more relevant and talked about within the community.

"In conjunction with World AIDS Day, Karex celebrates an important day of social awareness. HIV / AIDS is not just someone else's problem, it's our problem. I am a firm believer that education is the most efficient tool. We are here to break the taboo and challenge the norms to make a difference," said MK Goh, Group CEO of Karex Berhad, at the World AIDS Day event which also launched the ONE® Condoms in Malaysia. For over a decade, ONE® Condoms has incorporated artistic expression and customer participation, inviting thousands of artists to

submit original designs to be considered for condom wrappers.

In honour of World AIDS Day and to make its debut in Malaysia, ONE® Condoms collaborated with three top Malaysian designers – Sandakan-born graffiti artist, Kenji Chai; founder and creative director of Fearless Ideas & Design, David Liew, and renowned Malaysian digital artist, Muid Latif, to design its limited edition WORLD AIDS DAY ONE® Condoms packaging.

More than 200 people including key opinion leaders and personalities gathered at Makespace, Quill City Mall to mark World AIDS Day. The event also saw the launch of WOMEN:girls' #musthaveONE campaign for 2016 which is to encourage people to always carry protection and be reminded of safe sex practices wherever they go. Personalities such as Jehan Miskin, Datin Paduka Marina Mahathir, Sazzy Falak, Amber Chia and Carmen Soo joined the campaign with a special revelation of their exclusive #musthaveONE box.

# HEALTH & BEAUTY PREVIEW



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88	Hot Yoga
90	Hair Situation



*Beautiful skin begins with exceptional skin care and Biola at*

# MY BEAUTY COTTAGE

Where you will walk in and float out

BY KATHLYN URSULA D'SOUZA

I am a big believer that if you focus on good skin care, you really won't need a lot of makeup. Beautiful skin is a luxury in itself, and these days it's hard to get hold of skincare that does not contain a lot of abrasive chemicals. Thankfully, at My Beauty Cottage, they've got the solution.

The lovely English-style interior, feminine décor and a sweet vibe, resembling that of a tea party, welcomed me once more. I was there last year to have a go at their Eminence products.

I was greeted warmly and was sat down and served tea in a heart-shaped flowery cup before given the breakdown on the product and what was to be used. My Beauty Cottage uses 100% organic products from Éminence, all handmade in Hungary, but this time I was to try the other brainchild – Biola.

Mind you, My Beauty Cottage was voted the "Best Organic Spa" by Harper's Bazaar and Women's Weekly.

Biola Organic Cosmetics Ltd. was originally founded as BIOMED in 1990 by current CEO and lead developer, Dr Viola Gyoval. In 2007, under the name of Biola Naturcosmetics, it started developing its own high-quality natural and organic cosmetics.

Biola is certified to be free of chemicals, synthetic preservatives, pesticides, fertilizers and genetic modification. They employ 95% organic herbal ingredients in their skin care line, with more than 70% for shampoos and shower gels.

Unlike Eminence products (which are more yogurt-like and sweet-smelling), Biola is herbal-based and smells soothing. These products contain agricultural ingredients originating from certified organic farms, and all products contain natural colouring additives. Only preservatives allowed for organic cosmetic products are used in these products in order to maintain the proper microbiological condition. There are no synthetic chelators (EDTA salts), petrochemicals, mineral oil industry ingredients, GMO, synthetic sun-blocking materials, aluminium salts and radioactive/ionizing ingredients used.

Well, if that sounds like the type of thing you'd opt for, then you might want to drop by My Beauty Cottage.

Feeling confident enough about Biola, I was shown to the treatment room where I was advised to disrobe and change into a tube gown, and to put all my watch, earrings and everything else into a jewellery box.

I started my session by soaking my feet in hot water, which played an imperative role in relaxing me beforehand. A scalp massage followed before my skin was of course, cleansed and the treatment began.

During this process, where some other brands are concerned, they are normally invasive, strong and need a recovery period. But Biola is a natural organic brand, so customers need not worry about sensitivity, as the products cater to sensitive skin and reduce inflammation and hyperpigmentation as well.

I was dozing off halfway through, owing to the relaxing massage and the easily hypnotising rainforest-y music playing in the background.

Feeling groggy as I was told the session was over, I sat up and was handed a mirror. I instantly saw, if not felt, the difference. My skin was radiant, healthy and luminous-looking. The texture also improved – finer, moisturised and more elastic. It felt and looked great, and what was better was that it was all natural.

Well? What are you waiting for? In the polite society that we now live in, a well-maintained skincare routine is one of life's great successes, so why not reach that success at My Beauty Cottage? Have fun!

---

## My Beauty Cottage

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

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

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

IOI City Mall, Putrajaya





# HOT YOGA

## *Heating up your sessions*

BY NADHIRAH BADARDIN

There are many physical, mental and emotional health benefits associated with practising yoga. Yoga is widely recognised for its ability to increase strength and flexibility, improve balance and posture and elevate mood and enhance concentration. Yoga also has anti-ageing benefits, but what about hot yoga?

### THE BENEFITS OF HOT YOGA:

#### BURNS FAT EFFECTIVELY

Your heart rate will increase when activity is done in the heat, which creates increased cardiovascular activity and quite simply will cause you to burn more calories quicker. How it works is that the heat increases metabolism levels and speeds up the breakdown of glucose and fatty acids. This helps to tone your body and lose weight. The result is the body will increase the ability to burn fat and increase metabolism.

#### DETOXIFICATION

Practising yoga in a heated room stimulates the lymphatic system responsible for flushing out toxins from your system. This rids your body of harmful substances and makes it healthier. The hot and humid room makes your body sweat, which promotes detoxification and elimination through the skin, the body's largest organ. Your capillaries will dilate in the heat oxygenating the tissues, muscles, glands and organs, and this helps remove waste products.



Practising hot yoga would probably make you reach for that water bottle more times than usual and this will have a healthy flushing and cleansing effect on your body.

#### SAFE AND EASY STRETCHING AND OPENING OF MUSCULOSKELETAL STRUCTURES

While the core temperature of your body may rise no more than a mere 0.5 degree during hot yoga, the superficial soft tissue structures, including the fascia, ligaments, muscles and tendons will warm up quickly and allow you to move further, more comfortably and more safely in all directions than while exercising in a cooler environment. The heat produces a fluid-like stretch allowing for greater range of movement. Your muscles and connective tissue become more elastic and will help you to go deeper into a yoga pose as the body becomes more flexible with less chance of injury. Moreover, the tendons and ligaments are lubricated, thereby increasing your strength, making you tougher and less prone to injury.



### DEEPER PERFUSION OF BLOOD INTO TISSUES AND ORGANS

The heat thins down the blood and allows it to perfuse deeply into body tissues and organs to facilitate healing. Stretching your muscles in the heat stimulates blood flow to different parts of the body, thereby encouraging circulation of blood and improving the functioning of the circulatory system. Increased blood flow also increases oxygen and nutrient content to different body parts, thus invigorating various organs and systems.

### MENTAL FOCUS AND DISCIPLINE

While the practice may appear to be just physical activity, it is also a form of waking meditation. The hot environment demands a sharpening of your mental focus, concentration and determination during the session, which helps in getting you engrossed in the session.

### WHERE TO FIND HOT YOGA

**Bikram Hot Yoga Posture Clinic,**  
True Fitness at Pavilion KL Shopping Mall,  
No. 168, Jalan Bukit Bintang,  
55100 Kuala Lumpur  
+60 3-9206 7777

**Lavabody Asia (Malaysia's 1st Infrared Hot Yoga,**  
42-2, JALAN 27/70A,  
DESA SRI HARTAMAS,  
50480, KUALA LUMPUR,  
+603 2857 4184



## Hair Situation

Hair care is simple, they say. If you want naturally healthy hair, you've probably been advised to not add a touch of colour to your tress every now and then or decide to have an outrageously different hairdo. However, we can't always stray away from the things we want, especially when it comes to our tresses. Thank goodness for great products in the market that will help keep your hair nourished and looking great. Here is our list of our favourite shampoo, hair mask, and hair styling products.

BY NADHIRAH BADARDIN



### MELVITA REPAIRING CONCENTRATED MASK

RM122

The Concentrated Mask is formulated with 3 organic flower oils - Rose Hip, Camellia, Calendula. Enriched with many active ingredients such as shea butter, colza extract and black oat extract, it helps to prevent hair breakage by 2 times after the first application. Lather it up once a week to give your hair the pampering it needs.

### PERCY & REED SMOOTH SEALED SENSATIONAL VOLUMISING NO OIL OIL

RM92

Percy & Reed is known to have styled famous tresses of the likes of Rita Ora and Lady Gaga. Now, with a line at Sephora, you too can have Hollywood-worthy hair! Percy & Reed No Oil Oil For Fine Hair is a marvellous multi-tasker and a true hair innovation. It nourishes and repairs hair, giving smooth, sleek, silky locks whilst also adding volume. What more could you ask for?



### AVEDA DRY REMEDY MOISTURIZING OIL

RM126

The Dry Remedy Daily Moisturising Oil by Aveda features a natural, effective formula which works to deeply hydrate and nourish the hair, leaving it silky smooth and supple. Using natural ingredients such as Buriti Oil to give a stunning shine, this lightweight oil is a must-have addition to your hair care regime.

### PERCY & REED ABUNDANTLY BOUNCY VOLUMISING MOUSSE

RM68

This Abundantly Bouncy Volumising Mousse provides long-lasting volume and height; just what your hair needs if you think bigger is better. This is the perfect mousse to use if you want to create a statement 'do. Percy & Reed have created this mousse to help you on your way to achieving perfection. The texture within this Volumising Mousse is both creamy and moisturising, meaning you won't be stuck with stiff or sticky hair. Instead, it will always feel light and natural!



### PUREOLOGY HYDRATE SHAMPOO FOR COLOURED HAIR

RM83

Protect that awesome dye job with this amazing coloured hair shampoo. Pureology Hydrate Shampoo gently cleanses without stripping colour with this concentrated moisturising shampoo. Its Zero Sulfate formula with the exclusive Anti Fade Complex delivers a rich lather, while infusing hair with essential hydration and colour retention. Pair it with the conditioner for that extra care or use a coloured hair conditioner you're comfortable with.

# LIFESTYLE<sup>GUIDE</sup>



**WE HAVE MOVED**

**We are now located at**

31 Jalan Utara, 46200 Petaling Jaya, Selangor, Malaysia

Tel: +603 2093 2668, +603 2094 2668 Fax: +603 2093 6688  
[www.kl-lifestyle.com.my](http://www.kl-lifestyle.com.my)

**media t e**  
communications

**KLlifestyle**



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





#### the Curve

Mutiara Damansara, PJ  
Tel : 03-7710 6868  
Situating in PJ's golden triangle, this open-air mall boasts 700,000 sq ft of space spreading over 3 floors and accommodating 270 specialty shops. It is connected to Ikea, Ikano Power Centre and Tesco. • 10am-10pm daily.

#### Bangsar Village

Jalan Ara, Bangsar • B Bangsar  
Tel : 03-2282 1808  
Located in happening Bangsar, this neighbourhood mall is vastly popular due to its individual specialist shops offering fashion wear, toys, jewellery, hardware, beauty salons and F&B. Anchor tenants include The Village Grocer. The newer and bigger Bangsar Village II that's connected to this mall offers more local and international brands.

#### Alamanda Putrajaya

Jalan Alamanda, Precinct 1, Putrajaya  
Tel : 03-8888 8882  
Accessibility: ERL Putrajaya & Nadi Putra (bus service) Located at the heart of Putrajaya, Alamanda offers a new resort-style shopping to suit the needs of all - with Parkson & Carrefour as anchor tenants, FOS, Somerset Bay, MPH and Toycity tagged with ARL Bowl.

#### CapSquare

Jalan Munshi Abdullah • M Tuanku  
 Dang Wangi  
Tel : 03-26912036  
Strategically located in the heart of KL's midtown area, CapSquare is an eclectic mix of signature offices, Manhattan-inspired residences, a shopping centre and a vibrant 300-metre retail boulevard. It also houses intimate eateries, chill-out spots and a TGV cinema. • D6

#### Bata

• Sunway Pyramid • LG14 Subang Parade • One Utama PHS 2 • KLCC  
• Mid Valley Megamall • Alamanda Putrajaya • Pavilion KL • Jusco Bukit Tinggi

#### fahrenheit88

179, Jalan Bukit Bintang • B Bintang  
Tel : 03-2148 5488  
A hot spot for Fashion, Food, Gadgets and Entertainment with 200 retail stores over 7 levels of shopping space. Shop at South East Asia's largest Uniqlo store, the latest Shoes, Bags, Accessories on First Floor, or buy gifts and souvenirs. Discover new concept cafes and restaurant or entertain at CEO Karaoke Box and Club Vellin. • 10am-10pm daily

#### 1 Utama

1 Lebuhraya Bandar Utama, Bandar Utama, PJ Tel : 03-7710 8118  
A new generation shopping centre which satisfies all shopping needs under one roof. The old wing has Jusco as the main anchor tenant while the new extension houses many designer brands and has U Parkson, MPH & Jusco as anchor tenants • 10am - 10pm daily.

#### Berjaya Times Square

Tel : 03-21173111  
1 Jalan Imbi • Imbi  
The biggest in Southeast Asia, this mall which measures 7.5 million sq ft, is an integrated shopping-cum-entertainment centre with a hotel, the region's biggest indoor theme park and bowling centre. • 10am - 10pm daily. • F8

#### KLIA Shopping

KL International Airport, Sepang KLIA Ekspres-KLIA Tel : 03-8777 8888  
One of airports with value-for-money shopping, it offers an excellent selection of goods like souvenirs, tobacco, liquors, perfume, chocolates and designer brands.

#### Publika Shopping Gallery

Tel : 03-62079426  
No 1, Jalan Dutamas 1, Solaris Dutamas, 50480 Kuala Lumpur  
Tel : 03-621107877  
www.publika.com.my  
www.facebook.com/publikashoppinggallery

#### Suria KLCC

Petronas Twin Towers • KLCC  
Tel : 03-2382 2828  
Located at the base of the Petronas Twin Towers, Suria KLCC is the premier shopping centre in KL. It offers unique shopping, dining & entertainment experience. It houses exclusive designer brands and provides an abundant choices of goods and services for everyone. • 10am - 10pm daily. • D8

#### Sunway Pyramid

Bandar Sunway  
Tel : 03-74943100  
Impressive giant sphinx statue greets you at the entrance of this Egyptian-themed shopping centre situated next to Sunway Hotel and the Sunway Lagoon theme park. The mall has a variety of shops and restaurants, an indoor ice-skating rink and a cineplex. • 10am-10pm daily.

#### Pavilion KL

168, Jalan Bukit Bintang • B Bintang  
Tel : 03-2118 8833  
The shopping centre blends the best of the international retail world with 450 stores - ranging from fashion to home deco and leisure to culinary delights - over its 7 levels and 6 themed precincts. 20% of its tenants represent debut brands in Malaysia. Anchor departmental stores are Parkson Pavilion and Tangs. • 10am to 10pm daily

#### Bangsar Shopping Centre

Jalan Maarof, Bangsar  
Tel : 03-2094 7700  
Located in the affluent Bangsar suburb, this mall buzzes with a trendy crowd and houses an array of individual specialist shops for every need. Jasons Food Hall is a favourite with shoppers, as it offers an extensive range of fresh and international food brands. 10am - 10pm daily.

#### Maju Junction Mall

1001 Jalan Sultan Ismail • M Tuanku S Ismail Tel : 03-27728500  
Located at the junction of Jalan Tuanku Abdul Rahman and Jalan Sultan Ismail, the five-storey mall has 101 outlets with Giant, Wh by British India, FOS, Nichii Fashion City being the anchor tenants. The mall provides concierge service and has an indoor archery centre, Big-Shot Archery. • 10am - 10pm daily.

#### Bukit Bintang Plaza

111 Jalan Bukit Bintang • B Bintang  
Tel : 03-2148 7411  
Extending into Sungei Wang Plaza, BB Plaza offers an interesting variety of stores selling jewellery, fashion wear, books, AV equipment, etc. Metrojaya department store is the anchor tenant. • 10am - 10pm daily. • F8

#### Pertama Complex

Jalan Tuanku Abdul Rahman  
• M Tuanku  
• Bandaraya • Bank Negara  
Tel : 03-2692 7457  
One of the earliest shopping complexes in KL, this mall consists of many small shops selling an astonishing variety of goods and services appealing to the masses, including sports goods, leatherware, clothes, shoes and stationery. • 9am - 9pm daily. • D5

#### Sogo KL

Jalan Tuanku Abdul Rahman  
• M Tuanku  
• Bandaraya • Bank Negara  
Tel : 03-2698 2111  
This 10-storey shopping mall is well patronised for its quality goods (local and international) ranging from apparel, home furnishing to daily need items. It also has an international restaurant floor on the 6th floor • 11am-9pm daily • D5

#### Starhill Gallery

181 Jln Bkt Bintang • B Bintang  
Tel : 03-2782 3855  
Connected to JW Marriott Hotel and Ritz Carlton Hotel, Starhill houses the largest retail watch floor and a host of top fashion designer boutiques. An exclusive mall with excellent eateries and high-end shops. • 10am-10pm daily • E9

#### Sungei Wang Plaza

Jalan Sultan Ismail • B Bintang  
Tel : 03-2148 6109  
Sungei Wang remains one of the busiest shopping centres for the last 2 decades. Linked directly to the Monorail, it has over 500 retail outlets and eateries. A great place to hunt for electrical and electronic products, mobile phones, fashionable street wear, shoes & accessories. The hip T-Hop zone at the 6th floor caters to trendy teenagers • 10am - 10pm daily • F8

#### Subang Parade

Subang Jaya • Subang  
Tel : 03-5032 9778  
This suburban mall offers an interesting mix of stores with goods ranging from apparels to antiques, and music to jewellery. Anchor tenants include Toy 'R' Us and Parkson. Carrefour hypermarket is located next door. • 10am - 10pm daily.

#### Great Eastern Mall

303 Jalan Ampang  
Tel : 03-4259 8090  
Located along busy Jalan Ampang, this 6-storey mall has a host of shops including a pet shop, Aussino, British India and eateries like Starbucks and Alexis. It has Cold Storage as its anchor supermarket. • 11am - 9pm daily.



## Hartamas Shopping Centre

Plaza Damas, 60 Jalan Sri Hartamas 1  
Tel : 03-6201 6553/ 8353.  
Integrated with Plaza Damas & situated among retail shops, offices, serviced apartments and alfresco boulevards. Features Citi Super, SenQ and many other speciality retailers.

## IPC Shopping Centre (Formerly Ikano)

2, Jalan PJU 7/2, Damansara Mutiara, PJ  
Tel : 03-77207333  
Located near 1 Utama and linked to IKEA, this centre only has XXL size stores. The 11 anchor tenants includes Harvey

## Lot 10

50 Jalan Sultan Ismail • B Bintang  
Tel : 03-2143 6092  
Linked to the Bukit Bintang Monorail station and Sungei Wang Plaza by an overhead bridge, Lot 10 offers an upmarket and wide selection of fashion wear. It has Isetan as anchor tenant • 10am - 9.30pm daily • F8

## Low Yat Plaza

Off Jalan Bukit Bintang • B Bintang  
Tel : 03-2148 3651  
Located next to the Federal Hotel, it has 250 tenants offering goods as varied as cameras, mobile phones, apparel, fashion accessories and antiques. This largest IT centre provides for all your computing needs. BB Park, located across the plaza and consisting of trendy restaurants and alfresco cafes, sees a hive of activities at night. • 10am - 10pm daily • F8

## MINES Shopping Fair

Seri Kembangan • Serdang  
Tel : 03-8949 6333  
Cruise into the heart of a busy shopping mall with a vibrant mix of more than 300 retailers, fashion boutiques, F&B outlets, canal quay alfresco dining, IT & mobile gadgets and also leisure and entertainment facilities like a cinema, bowling alley and snooker centre. • 10am - 10pm daily.

## Mid Valley Megamall

Lingkar Syed Putra • Mid Valley  
Tel : 03-2938 3333  
The shops go on and on in this mall strategically located between KL and PJ. It has Metrojaya, Jusco, Carrefour, Golden Screen Cinemas and MPH as anchor tenants, over 300 specialty stores and 70 F&B outlets under one roof. Adjacent to the mall are Cititel Mid Valley Hotel and Boulevard Hotel • 10am - 10pm daily.

## The Gardens Galleria

Mid Valley City • Mid Valley  
Tel : 03-2297 0288  
This five-star component of Mid Valley comprises a contemporary four-storey shopping gallery with specifically designed floors for straightforward shopping experience. Check out the Roof Garden, touted to be an exciting fine dining destination in KL. Anchor tenants include Isetan of Japan, Robinson and Golden Screen Cinemas • 10am - 10pm daily

## Sunway Putra Mall

(Formerly The Mall)  
100 Jalan Putra, KL • PWTC  
Tel : 03-4042 7122  
Located across the Seri Pacific Hotel and Putra World Trade Centre, the Mall has anchor tenant Parkson Grand together with a host of retailers, offering a full range of products, services, food & amusement to shoppers • 10am - 10pm daily • B5

# DINE



**Brunch & Munch**  
Lot G-05, G Village,  
G Residence Condo,  
Jalan Desa Pandan  
Kuala Lumpur



**Morningwood**  
73-1, Jalan SS 15/8, Ss 15,  
47500 Subang Jaya, Selangor

## Chinese

### Celestial Court

03-2717 9988 • M Tuanku •  
Sheraton Imperial Hotel  
• Halal • Casual Dining • C6

### Chynna

03-2264 2264 • KL Sentral • Hilton KL  
• Halal • Casual Dining • H3

### Dynasty

03-21 62 2233 • B Nanas • East Wing,  
Renaissance Hotel  
• Non-Halal • Casual Dining • D7

### Dynasty Dragon

03-2145 1628 • B Bintang • Time Square  
• Non-Halal • Casual Dining • F8

### Hakka

03-21 431907 • Raja Chulan 6 Jalan Kia  
Peng • Non-Halal • Casual Dining • E9

### Imbi Palace

03-2145 4822 • Imbi • Jalan Barat, off  
Jalan Imbi • Non-Halal • Casual Dining  
• F8

### Kim Ma

03-8946 4888 • Palace of the Golden  
Horses • The Mines Resort City • Halal •  
Fine Dining • Cantonese cuisine

### Lai Po Heen

03-2179 8885 • KLCC • Mandarin  
Oriental Hotel • Halal • Casual Dining •  
Cantonese • D8

### Lee Wong Kee

Bandaraya • 239 Jln Tuanku Abdul  
Rahman • Non-Halal • Casual Dining •  
Cantonese • D5 • 03-2692 2685

### Li Yen

03-2782 9033 • B Bintang • The Ritz  
Carlton Hotel • Non-Halal • Casual  
Dining • F9

### Maju Palace

03-2691 8822 • M Tuanku S Ismail • Level  
5, Maju Junction Mall • Halal • Casual  
Dining • C5

### Xing Zhu

03-8312 7223 • Cyberlodge Resort,  
Cyberjaya. • Halal

### Mandarin Palace

03-2148 9166 • B Bintang • 2/F, Federal  
Hotel • Non-Halal • Casual Dining • F8

### Marco Polo

03-2141 2233 • Raja Chulan • 1/F, Wisma  
Lim Foo Yong, Jalan Raja Chulan • Non-  
Halal • Casual Dining • E8

### Meisan

03-2693 9233 • Bandaraya • Quality  
Hotel City Centre • Jalan Raja Laut  
• Halal • Casual Dining • Szechuan  
cuisine

### Ming Palace

03-2161 8888 • Ampang Park • Corus  
Hotel, Jln Ampang • Casual Dining

### Ming Room

03-2284 8822 • Bangsar • Bangsar  
Shopping Centre • Non-Halal •  
Casual Dining

### Museum

03-4042 9888 • PWTC • The Legend  
Hotel • Halal • Private Dining

### Oriental Noble House

03-2145 8822 • Imbi • 19 Jalan Delima,  
Off Jalan Imbi • Non-Halal • Casual  
Dining • F10

### Overseas

03-2144 9911 • B Bintang • 84-88  
Jalan Imbi • Non-Halal • Casual  
Dining • F8

### Purple Cane

03-2272 3090 • Maharajalela •  
Selangor Chinese Assembly Hall, 1 Jln  
Maharajalela • Halal • Casual Dining  
• G6

### Xin Cuisine

03-2144 2200 • B Nanas • Concorde  
Hotel • Non-Halal • Private Dining  
• D7

## French

### Café Café

03-2141 8141 • Maharajalela • 175  
Jalan Maharajalela • Halal • Fine  
Dining • Fr & Italian • H7

## Fusion

### Cilantro

03-2179 8000 • MiCasa All Suite Hotel,  
368B Jalan Tun Razak • Pork-Free • Halal  
• Fine Dining • D10

### Etoile Bistro

03-2161 7777 • R Chulan • Hotel  
Equatorial • Halal • Casual Dining • E8

### Frangipani

03-2144 3001 • B Bintang • 25,  
Changkat Bkt Bintang • Halal • Fine  
Dining

### Isthmus

03-2282 8112 • Mid Valley • G/F,  
Northpoint, Mid Valley City • Thai &  
Nyonya • Pork-Free • Casual Dining • F8

### Rahsia

03-2144 0059 • 13 Jalan Damai, off  
Jalan Tun Razak • Halal • Casual Dining  
Nyonya, Indonesian, European • C10

### Senses

03-2264 2264 • KL Sentral • Hilton  
KL

### Shooki

03-2719 8535 • B Bintang • Lower G/F,  
Starhill Gallery • Halal • Fine Dining • E9

## Indian

### Estana Curry House

03-2141 1958 • Raja Chulan • 23D, Jln  
Sultan Ismail • Halal • Casual Dining  
• C6

### Kallianees

KLCC • 16 Lorong Yap  
Kwan Seng • Kerala cuisine • Halal  
• Casual Dining • C9  
03-2161 0616

### Khaana Peena

03-6201 3355 • E-01-04, Plaza Mont Kiara  
• North Indian • Halal • Casual Dining

### Passage Thru' India

03-2145 0366 • 4, Jln Delima, kl  
Halal • Casual Dining • E10

### Spice Garden Imperial

03-2142 2220 • B. Bintang • 205 Jln Bkt  
Bintang.

### That Indian Thing

Medan Tuanku • 52 Jalan Doraisamy •  
Halal • Casual Dining • D6

## Indonesia

### House of Sundanese

Sari Ratu  
03-2141 1811 • B Bintang 42-2 Jalan  
Sultan Ismail • Halal • E8

## International

### Essence

03-2717 9900 • M Tuanku • Sheraton  
Imperial • Halal • Casual Dining • C6

### The Resort Cafe

03 - 7495 1888 • Lobby Level,  
Sunway Resort Hotel & Spa  
\*Pork-Free Restaurant

### Eight Gourmets Gala (EGG)

017 948 8684 • Suite G-01, Ground  
Floor, Pinnacle Annexe, Persiaran  
Lagoon, Bandar Sunway, 47500,  
Selangor



## HOTELS & RESORTS

### Maya Brasserie

03-2711 8866 • B Nanas • KLCC  
• Hotel Maya KL • Halal • Casual  
Dining • Nyonya & International • D8

### Melting Pot

03-2144 2200 • B Nanas Concorde  
Hotel, 2 Jln Sultan Ismail • Halal • 24-  
hour • Casual Dining • D7

### Still Water Restaurant

03-27118866 • B Nanas • KLCC •  
Hotel Maya KL • Halal • Casual  
Dining • Japanese & Western • D8

### The Vogue

03-2162 2233 • B Nanas •  
Renaissance Hotel • Halal • Casual  
Dining

### PNB Darby Cafe

03-7490 3333 • Ampang Park • G/F,  
PNB Darby Park, Executive Suites, 10  
Jalan Binjai • Halal • Casual Dining  
• D9

## Italian

### Cellini's

03-2715 1000 • B Bintang • Dorsett  
Regency Hotel • 172 Jalan Imbi • Halal •  
Casual Dining • F9

### il Tempio

03-4256 9300 • Tamarind Springs  
Restaurant • Halal • Fine Dining

### La Risata

03-4252 6269 • 26, Persiaran Ampang  
• Halal • Casual Dining

### Prego

03-2773 8338 • B Bintang • The Westin  
Hotel • Halal • Fine Dining • E9

### Villa Danieli

03-2717 9922 • M Tuanku • Sheraton  
Imperial Hotel • Halal • Italian • Fine  
Dining • C6

## Japanese

### Benkay

03-2782 6118 • Ampang Park • Hotel  
Nikko • Halal • Casual Dining • C9

### Gen

03-4042 9888 • PWTC • Sunway Putra  
Hotel • Halal • Casual Dining • B5

### Genki Sushi

03-2166 6220 • KLCC • 428 Level 4, Suria  
KLCC • Halal • Casual Dining

### Iketeru

03-2264 2264 • Stesen Sentral KL  
• Hilton Kuala Lumpur, 3 Jln Stesen Sentral

### Kampachi

03-2148 9608 • Raja • Pavilion KL

### Kokufu

03-4049 4412 • PWTC • Pan Pacific Kuala  
Lumpur • Halal • Fine Dining

### Komura

03-2161 8888 • Ampang Park Corus Hotel  
• Casual Dining • C9

### Ozeki Tokyo Cuisine

03-2166 4263 • B Nanas • Menara TA One  
• Halal • Fine Dining • D8

### Sagano

03-2162 2233 • B Nanas • Renaissance  
Hotel • Halal • Casual Dining

## Korean

### Da On

03-2141 2100 • B Bintang  
• Pavilion KL • Halal • Fine Dining •  
Korean • E8

### Ko Hiang

03-4251 0492 • 314 Jalan Ampang  
• Non-Halal • Casual Dining

### Koong Jung

03-2166 7181 • Ampang Park • PNB  
Darby Park • Halal • D9

### Koryo Won

03-2143 2189 • Bukit Bintang • Starhill  
Gallery • Halal • Casual Dining • E8

## Thai

### Rama V Fine Thai Cuisine

03-2143 2428 / 03-2143 2663 5, Jalan  
U-Thant, 55000 Kuala Lumpur • Halal •  
Fine Dining

## HOTEL & RESORT

### ★★★★★

### Ascott KL

03-2142 6868  
9, Jalan Pinang • R Chulan • From  
RM380-RM790

### Berjaya Times Square Hotel & Convention Centre

03-2117 8000 • 1 Jalan Imbi • Imbi • Big  
Apple Restaurant (Fusion) Broadway  
Lounge, The Cafe, The Bar, • From  
RM245-RM700 • F8 • www.timesquarekl.  
com

### Seri Pacific Hotel Kuala Lumpur

03-4042 5555 • Jalan Putra • PWTC  
Zende (Int'l), Kokufu (Jap), lounge to Chereza  
From RM198++ to RM3,000 • B5  
www.seripacifichotel.com

### Grand Hyatt Kuala Lumpur

03-2182 1234 • Jalan Pinang  
• KLCC • JP Teres (Malaysian),  
THIRTY8 (International), Poolside  
From RM550 - RM5610  
www.kualalumpur.grand.hyatt.com

### The Westin KL

03-2731 8333 199 • Jalan Bukit Bintang  
• B Bintang • Prego (Ita), Living Room  
(Int'l), Qba (Bar & Grill), Treats (gourmet  
bakery), Eest (Pan Asian) • From RM480-  
RM7,000 • E9 • www.westin.com

### Grand Millennium KL

03-2117 4888 • 160, Jalan Bukit Bintang •  
• Bukit Bintang • Zing (Chi), The Mill (Int'l)  
• From RM300-RM5,600 •  
www.millenniumhotel.com

### Hilton KL

03-2264 2264 • 3, Jln Stesen • Sentral,  
KL Sentral • KL Sentral • Chynna (Chi), Senses (Fusion), Noodle  
Room, Sudu, Zeta Bar, Vintage Bank •  
From RM385-RM605 • G3  
• www.hilton.com

### Hilton PJ

03-7955 9122 • 2 Jalan Barat, PJ • Asia  
Jaya • Toh Yuen (Chi), Paya Serai Coffee  
House, Genji (Jap), Caffè Cino, Uncle  
Chilli's • From RM220-RM1685

### Holiday Inn Kuala Lumpur Glenmarie

03-7802 5200 • 1 Jalan Usahawan U1/8,  
Shah Alam • Fu-Rin (Jap), Kites (Int'l), The  
Mix Restaurant & Bar • From RM290 •  
www.holidayinn.com/glenmarie



### KL Tower

03-2020 5446 / 2020 5444  
• Bukit Nanas • Jalan Punchak, off Jalan  
P Ramlee. • The KL Tower stands at 421  
metres. The tower houses a revolving  
restaurant and an observation deck  
which takes 58 seconds to reach. Catch  
the sunset or experience sky jumping  
from the tower roof. • Opens 9am 10pm  
daily • E7



### Istana Negara, Jalan Duta

Located along Jalan Duta, it is the official  
residence of Malaysia's king since Nov  
11, 2011. Influenced by both Islamic  
and traditional Malay architecture, this  
unique structure is the latest addition to  
the country's architectural wonders.



### National Monument

Jalan Tugu, off Jalan Parlimen  
• Designed by American artist,  
Felix Weldon and cast in Italy, the  
immense bronze structure was built to  
commemorate the servicemen who lost  
their lives during the struggle against  
the communist insurgency in the 1950's.  
The 7 soldiers symbolise unity, strength,  
leadership, sacrifice, courage, suffering  
and vigilance • E3



### Little India

• Masjid Jamek • Jalan Masjid India is a  
colourful street with numerous wholesale  
and retail Indian traders who sell  
everything from Indian brass, jewellery,  
sarees, Indian handicrafts to perfumes &  
spices. • E5



### National Museum

03-2694 4590 • 29 Jalan Raja • Displays a  
unique permanent collection of artifacts  
and materials showcasing the history  
and heritage of Malaysia • Opens 9am  
to 6pm daily • Admission RM1. Free for  
<12 yrs & students



### Jamek Mosque

Jalan Tun Perak • Situated at the  
confluence of the Klang and Gombak  
rivers, this grand old mosque was  
designed by British architect AB Hubbock  
in 1909. It incorporates many features  
of Moghul architecture • Opens 8am-  
1:30pm & 2:30pm-6pm.

**Sheraton Imperial KL**

03-2717 9900 • Jln Sultan Ismail • ❶ M Tuanku • Essence (Int'l), Villa Danieli (Ita), Celestial Court (Chi) • From RM300-RM5,825 • D6

**Hotel Istana**

03-2141 9988 • 73, Jalan Raja Chulan • ❷ R Chulan • Peach Garden (Chi), Urban Bistro (Aus), Taman Sari (Int'l) • From RM299-RM5000 • E8 • www.hotelistan.com.my

**Hotel Maya KL**

03-2711 8866 • Jalan Ampang • ❸ Bukit Nanas • KLCC • Still Waters, Maya Brasserie, Ramah Tamah • From RM325-RM1,800 • D8 • www.hotelmayakl.com.my

**InterContinental KL**

03-2161 1111 • 165, Jalan Ampang • ❹ Ampang Park • Serena Brasserie, Tao (Chi), Tatsu (Jap), Bentley's Pub, Lobby Lounge & The Deli • From RM330-RM12,500 • C9 • www.intercontinental.com

**JW Marriott Hotel KL**

03-2715 9000 • 183 Jalan Bukit Bintang • ❺ B Bintang • 3rd Floor (Int'l), Marriott Café, Shanghai (Chi), JW Marriott Gourmet (Int'l), Havana Club • From RM400-RM8,000 • E9 • www.marriott.com

**Le Meridien KL**

03-2263 7888 • 2, Jln Stesen Sentral 5, KL Sentral • ❻ KL Sentral • One On One (Asian Fusion), Al Nafourah (Middle Eastern), The Conservatory (Lounge & Bar) • From RM 328-RM5,500 • H3 • www.lemeridienkualalumpur.com

**Mandarin Oriental Hotel**

03-2380 8888 • KL City Centre • ❷ KLCC • Lai Po Heen (Ch), Mandarin Grill and Mo Bar (Bar & Grill), Mosaic (Buffet), The Mandarin Cake Shop, Cascades (Int'l), Wasabi Bistro (Jap) • From RM409 (internet)/RM499 (phone) • D8 • www.mandarinoriental.com

**Palace Beach and Spa**

03-8943 6688 • Jalan Dulang, Mines Resort City, Seri Kembangan, Selangor • ❷ Serdang • Abdul and Charlie's (local), Cheng Ho Court (Chi), Beach Hut and Sunset Lounge (drinks and snacks) • From RM200-RM2000

**Sama-Sama Hotel KLIA**

03-8787 3333 • Kuala Lumpur International Airport • ❷ KLIA • Degrees (Int), Traveller's Bar & Grill, Palmz Lounge (Wn) • From RM570++ • www.samasamahotels.com

**Parkroyal Kuala Lumpur**

03-2147 0088 Jln Sultan Ismail • ❷ B Bintang • Chatz Brasserie (Wn), Bossa Nova (Wn), Hot Gossip, Si Chuan Dou Hua (Chi), Klix Lounge • From RM270 • www.parkroyalhotels.com

**PNB Darby Park Executive Suites**

03-7490 3333 • 10, Jln Binjai • ❹ Ampang Park • The 39 Restaurant, Minmax (Chi), Koong Jung (Jap/Korean) • From RM350-RM686 • D9 • www.pnbdarbyparksuites-kl.com

**Prince Hotel & Residence KL**

03-2170 8888 • 4, Jalan Conlay • ❷ Raja Chulan • Tai Zi Heen (Chi), Eccucino (Café), Enju (Jap) • From RM270-RM670 • E9 • www.princehotell.com

**Renaissance KL**

03-2163 6888 • Corner of Jln S. Ismail/ Jln Ampang • ❷ B Nanas • Sagano (Jap), MED@Marche (Med), Vogue (Int'l) • East Wing: Dynasty (Chi), TEMPTationS (Int'l) • From RM215-RM6,000 • D7

**Shangri-La Hotel KL**

03-2032 2388 • 11 Jalan Sultan Ismail • ❷

B Nanas • Shang Palace (Chi), Zipangu (Jap), Lafite (Fr), Lemon Garden Café (Int'l), The Pub • From RM364-RM12,000 • D7 • www.shangri-la.com

**Sheraton Imperial Hotel**

03-2717 9900 Jln Sultan Ismail • ❷ M Tuanku • Essence (Int'l), Villa Danieli (Ita), Celestial Court (Chi) • From RM300-RM5,8250 • D6

**Somerset Seri Bukit Ceylon**

03-2055 8888 • No 8, Lorong Ceylon off Jalan Raja Chulan • NeroTeca (Ita) • From RM250-RM480 • E7 • www.somerset.com

**The Gardens Hotel & Residences**

03-2268 1188 • Mid Valley City • ❷ Mid Valley • The Soread (Int'l), Sage Restaurant & Wine Bar (Fr & Jap) • From RM600-RM2,600 • www.gardenshtres.com

**Sunway Putra Hotel (Formerly The Legend Hotel)**

03-4042 9888 • Putra Place, 100 Jalan Putra • ❷ PWTC • Museum (Chi), Di-Atas Brasserie (Int'l), Gen (Jap), Monkey Bar • From RM188-RM388 • B5 • www.legendhotell.com

**The Ritz-Carlton KL**

03-2142 8000 • 168, Jalan Imbi • ❷ B Bintang • Li Yen (Chi), Rossini's (Ita) • From RM418 • F9 • www.ritz-carlton.com

**The Ritz-Carlton Residences**

03-2142 9000 • ❷ B Bintang • From RM950-RM1,330 • F9

**The Royal Chulan**

03-2688 9688 • Jalan Conlay • ❷ R Chulan • Deli Cafe (Ita), Bunga Emas (Mas), L'Heritage (Fr) • F6 • www.theroyalchulan.com.my

**Aloft Kuala Lumpur Sentral**

03-2723 1188 Jalan Stesen Sentral • ❷ KL Sentral • ❷ KL Sentral • Nook (International), MAI Bar (Bar Menu), w xyz(SM) Bar (Cocktails & Snacks) • From RM270 - RM388 • http://www.starwoodhotels.com/alofthotels

**Ancasa Hotel KL**

03-2026 6060 • Jln Tun Tan Cheng Lock • ❷ Plaza Rakyat • Saffron Brasserie and BabaReebal • Ancasa Spa • From RM165-RM416 • www.ancasa-hotel.com

**Boulevard Hotel**

03-2295 8111/2295 8000 • ❷ Mid Valley City, Lingkaran Syed Putra • Mid Valley • Wild Rice (Int'l) • Rates from RM290Nett - RM420Nett • www.blvhotell.com

**Carcosa Seri Negara**

03-2295 0888 • Taman Tasik Perdana • The Dining Room (Fr), Gulai House (Malay) The Bar • From RM1,100-RM5,500 • F3

**Concorde Hotel**

03-2144 2200 • 2 Jalan Sultan Ismail • ❷ B Nanas • Spices (Western), Melting Pot (Int'l), Xin (Chi) • From RM178++-RM320++ • D7

**Coronade Hotel KL**

03-2148 6888 • Jalan Walter Grenier, Bkt Bintang • ❷ B Bintang • Makan-Makan (Local & Int'l), The Kasturi (Malay), Lobby Lounge • From RM208-RM500 • F8 • www.coronade.com

**Corus Hotel KL**

03-2161 8888 • Jalan Ampang • ❹ Ampang Park • Ming Palace (Chi), Dondang Sayang (Int'l), Komura (Jap) • From RM185-RM390 • C9 • www.corushotell.com

**Dorsett Regency**

03-2716 1000 • 172, Jalan Imbi • ❷ B Bintang • Checker's (Café), Cellini's (Ita), Windows Lounge (Wn) • From RM200



**The Majestic Hotel Kuala Lumpur**  
5 Jalan Sultan Hishammuddin, 50000 Kuala Lumpur, Malaysia.  
03-2785 8000  
www.majestickl.com

onwards • F9  
• www.dorsettregency-kl.com

**Federal Hotel**

03-2148 9166 • 35, Jalan Bukit Bintang • ❷ B Bintang • Mandarin Palace (Chi), The Verandah (Int'l) Revolving Bintang (European) • From RM170-RM600 • F8 • www.fhhotels.com

**Grand Seasons**

03-2697 8888 • 72, Jalan Pahang • ❷ Chow Kit • ❷ KLCC • Season (Café), O'Las (Indian), Lobby Lounge (Wn), Kas Bah Bar (Wn) • From RM150-RM348 • B6

**Impiana KLCC Hotel & Spa**

03-2147 1111 • 13 Jln Pinang • ❷ R Chulan • Tonka Bean Cafe (Int'l) • From RM219-RM368 • D8 • www.impiana.com

**Novotel City Centre KL**

03-2147 0888 • 2 Jln Kia Peng • ❷ R Chulan • Qing Zhen (Chi Muslim), The Square (Int'l), Fun Pub, Al Fresco • From RM260-RM660 • E8 • www.novotel.com

**Pacific Regency Hotel Suites**

03-2332 7777 • Menara PanGlobal, Jalan Punchak • ❷ B Nanas • Soi 23, Luna, Olive & Geo Café • From RM290-RM500 • D7 • www.pacific-regency.com

**Pyramid Tower Hotel**

03-7492 8000 • Persiaran Lagoon Bandar Sunway Petaling Jaya

**Quality Hotel City Centre**

03-2614 8000 • Jalan Raja Laut • ❷ DBKL • Benteng Coffee House (Int'l), Meisan Szechuan (Chi), Club 300 • From RM150-RM550 • C5 • www.quality.com.my

**Swiss Garden Hotel**

03-2141 3333 • 117, Jln Pudu • ❷ Hang Tuah • Blue Chip Lounge (Int'l), Flavours Restaurant (Int'l), Green Treats Delicatessen (Int'l), T@ste 6 Restaurant (Int'l) • From 470+

**The Royale Bintang KL**

03-2143 9898 17-21 Jalan Bukit Bintang • ❷ B Bintang • Sunflowers Brasserie, Cafe Royale & Bar, Rimba Spa • From RM208 • F8 • www.royale-bintang-hotel.com.my

**The Royale Bintang Damansara**

03-7843 1111 • 6, Jalan PJU 7/3, Mutiara Damansara • The Restaurant (Int'l), Mystery Pub & Café • From RM195 • www.royalebintang.com.my

**The ZON All Suites Residences on the Park**

03-2164 8000 • 161D Jalan Ampang • ❹ Ampang Park • Terracotta Restaurant &

Lounge • From RM253-RM396 • D8  
• www.zonhotel.com.my

**Traders Hotel**

03-2332 9888 • Kuala Lumpur City Centre • ❷ KLCC • Gobo Chit Chat, Gobo Upstairs, Sky Bar, Lounge & Grill • From RM270 • This hotel is located in the vicinity of KL Convention Centre • D8

**Vistana KL**

03-4042 8000 • 9 Jalan Lumut, off Jalan Ipoh, Kuala Lumpur • ❷ Titiwangsa • Vistana (Asian) • From RM172-RM230 • A5 • www.vistanahotels.com

**Alpha Genesis**

03-2141 2000 • 45 Tingkat Tong Shin • ❷ B Bintang • Tee Box Café • From RM150-RM380 • F7 • www.alphageneshotel.com

**Cititel Mid Valley**

03-2296 1188 • Mid Valley, Lingkaran Syed Putra • ❷ Mid Valley • Citi Café • Rates from RM205Nett - RM320Nett

**Corona Inn**

03-2144 3888 • 22, Jalan Tong Shin • ❷ B Bintang • Corona Café • From RM130-RM180 • F8 • www.coronainn-kuala-lumpur.com

**Grand Continental**

03-2693 9333 • Jln Bellia/Jln Raja Laut • ❷ PWTC M Tuanku • Grand Star (Chi), Lai Marble Coffeehouse • From RM135-RM800 • C5 • www.ghihotels.com.my

**First World Hotel**

03-6101 1118 • Genting Highlands • Istorante Torcello's (Italian), Lakeview Seafood Restaurant (Seafood), The Patio (Wn) • From RM85 - RM460

**Hotel Malaya**

03-2072 7722 • 162, Jalan Hang Lekir • ❷ Pasar Seni • Malaya Café • From RM120-RM250 • F5 • www.hotelmalaya.com.my

**Midah KL**

03-2273 9999 • 8, Jalan Kampung Attap • ❷ Maharajalela • Attapia Coffee House (Int'l), Rolling Good Times Café • From RM145-RM250 • G5

**Prescott Inn**

03-2713 7887 • 23 Lrg Medan Tuanku 1, off Jln Sultan Ismail • ❷ M Tuanku • Makana Restaurant • From RM110-RM170 • C5



## SIGHTSEEING

### Swiss-Inn KL

03-2072 3333 • 62, Jln Sultan • 📍 Maharajalela  
• Café Petaling • From RM130-RM175  
• G6

### The Plaza Hotel

03-2698 2255 • Jalan Raja Laut • 📍 Sultan Ismail • Pago-Pago Café (Continental), Plaza Court (Chi) • From RM110-RM178  
• C5

## SIGHTSEEING

### Aquaria KLCC

03-2333 1888 • 📍 Raja Chulan 📍 KLCC • All 60,000 sq ft of Aquaria encompasses Evolution, Jewels of the Jungle, Deep Forest, The Coasts and Touch Pool, The Living Oceans and The Living Reef, with over 5000 aquatic and land-bound animals representing over 150 different species. Don't miss the 90-metre underwater tunnel. Opens daily from 11am-8pm. (Including weekends, school and public holidays) Last admission at 7pm. Entry RM38 (adult), RM26 (children) • D8

### Batu Caves

03-6189 6284 • This popular Hindu temple draws hundreds of thousand of visitors during Thaipusam. It consists of three grand caves: the Dark Cave, the Museum Cave and the Temple Cave with brilliant rock formations. The Museum Cave at the foothills has interesting display of Indian mythology. To reach the main Temple Cave, one has to climb 272 steps.

### Bird Park

03-2272 1010 • Located at the Lake Gardens, this 8.4ha bird park is the world's largest free-flight walk-in aviary. It is home to more than 3,000 birds from approximately 200 species. Opens daily from 9am-7.30pm. • F4

### Butterfly Park

03-2693 4799 • Over 120 species of butterflies can be found in this park located at the Lake Gardens' vicinity. Admission is RM9 for adults and RM2 for children. Camera: RM3. Opens 9am to 6pm daily. • F4

### Bukit Nanas Forest Recreational Park

03-2306 3421 / 2064 4741 • 📍 Bukit Nanas • Nestled in the heart of KL, the virgin forest-clad hill is a 10.5 ha park offering a 10-minute & a 20-minute walk trails from the Forest Information Centre at Jalan Raja Chulan to KL Tower. • E7

### Carcosa Seri Negara

03-2282 1888 • Perched on a quiet hilltop overlooking the Lake Gardens, this 19th century colonial mansion used to be the residence of the British Governor and High Commissioners. Today it is an exclusive hotel offering a sense of history and fine dining. • F2

### Central Market

03-2031 0399 • 📍 Pasar Seni Once the city's biggest wet market, it is now a centre for food and cultural activities. Cultural performances are staged during weekends at the riverside amphitheatre. Handicraft, souvenirs, art & portrait paintings are sold at bargain prices. The Annexe Gallery at CM is a progressive art centre. • Opens 10am to 10pm daily. • F5

### Deer Park

03-2693 6661 • Enclosed within a 2-ha ground at the Lake Gardens, the deer, fawns and does roam freely in a cool and peaceful habitat with lush trees and shrubs and ponds. • F3

### Istana Negara

Official residence of Malaysia's King, visitors can witness the changing of the royal guards daily. The Rulers Conference, various royal and national ceremonies, investitures and official banquets are held at this palace. • H5

### Little India

📍 Masjid Jamek • Jalan Masjid India is a colourful street with numerous wholesale and retail Indian traders who sell everything from Indian brass, jewellery, saris, Indian handicrafts to spices & spices. • E5

### Jamek Mosque

📍 Masjid Jamek • Jalan Tun Perak • Situated at the confluence of the Klang and Gombak rivers, this grand old mosque was designed by British architect AB Hubbock in 1909. It incorporates



### Craft Complex

03-2164 8344  
📍 Raja Chulan • 63, Jalan Conlay. • Showcases ethnic handicrafts, batik printing and pottery from the 13 states of Malaysia. • Opens 9am-6pm daily. • E9 FREE



### Telekom Museum

03-2031 9966  
📍 Raja Chulan • Jalan Raja Chulan • Displays interesting exhibits of telephones and evolution of their designs over the years. • Opens 9am-5pm. Closed on Mondays • E6 FREE



### Sultan Abdul Samad Building

📍 Masjid Jamek • Jln Sultan Hishamuddin • Also known as the Big Ben of KL, this historical landmark and heritage building is well known for its Moghul architecture dating back to 1897. Originally the offices of the Colonial Secretariat, it then housed the Supreme Court. • E5



### PETRONAS Twin Towers

03-2615 8188  
📍 KLCC • KL City Centre • The 88-storey Petronas Twin Towers stand at 451.9 metres. Seated in the heart of KL and amidst a 50-hectare landscaped park, a skybridge on the 41st floor is open to visitors between 9am-7pm daily, closed on Monday • D8

many features of Moghul architecture a • Opens 8am-1:30pm & 2:30pm-6pm. • E5

### Lake Gardens

Jalan Parlimen • Located near the city centre, this 9.2ha landscaped garden is built around a lake. Several attractions are found within the park including an Orchid Garden, Hibiscus Garden, Butterfly Park, Bird Park, Deer Park, National Monument and the Asean Sculpture Garden • F3

### Malaysian Tourism Centre

03-9235 4848 • 📍 B Nanas • 109 Jalan Ampang • This is a one-stop tourist service centre comprising the information counter (7am-10pm) Transnasion Executive Coach counter, domestic tour booking counter, money changer, restaurant and craft demo centre. Built in 1935, the building was the home of wealthy tin-miner and planter, Eu Tong Seng. Cultural shows are on Tues, Thur, Sat & Sun 2-2.30pm. • D7

### Merdeka Square

📍 Masjid Jamek • Jalan Raja • Opposite the Sultan Abdul Samad Building, this is the site where the independence of Malaya was declared

on 31 August, 1957. The 100m high flagpole is the tallest in the world. Live entertainment and cultural shows are staged here on festive occasions. The Royal Selangor Club and St. Mary's Cathedral are located nearby. • E5

### National Mosque

03-2693 7784 • 📍 KL • Jalan Perdana • This mosque embodies contemporary designs, together with traditional Islamic art, calligraphy and ornamentation. The main dome with its 18-point star, represents the 13 states of Malaysia unified by the Five Pillars of Islam. Visitors must dress conservatively and remove their shoes before entering the mosque • Opens 9am to 12noon; 3pm to 4pm; 5:30pm to 6:30pm daily. • F4

### National Planetarium

03-2273 4303 • Lot 54 Jalan Perdana • Located close to the National Mosque, the attractions include space science and astronomy exhibits, a theatre screening 3-Dimensional movies, a viewing gallery and an observatory • Admission is RM1 for adults and children over 12 years [extra charges for all shows]. Opens 9:30am to 4:15pm daily. Closed on Monday except public & school holidays • G4

### National Science Centre

03-2089 3400 • Persiaran Bukit Kiara • Houses 9 galleries with different scientific themes. Offers interesting interactive displays for learning and entertainment. • Opens 10am-5pm. Closed on Friday.

### National Zoo

03-4108 3427 / 4108 3422 • Located in Hulu Kelang, 12km from the city centre, the zoo is home to 400 species of local birds, mammals, reptiles and fishes. • Opens 9am - 5pm daily. Night Zoo is on Saturdays 7.30am - 10.30pm. Admission : RM10 for adults and RM5 for children under 12. Videocam RM15.

### Old KL Railway Station

Jalan Hishammudin • Built in 1910, the Moghul-inspired building was a hub for Malaysian rail transport until it was replaced by the new KL Sentral Station. It remains a landmark and the refurbished Heritage Hotel is still open for business. Across the road, the Malaysian Railway administrative building is also a breathtaking architectural showpiece • G5

### Petrosains, The Discovery Centre

03-2331 8181 • 📍 KLCC • Petronas Twin Towers, Level 4 Suria KLCC • Focusing on

Malaysia's oil and gas industry, it offers an interactive approach to learning. It takes you through a unique voyage of discovery of science. • Opens daily 9.30am to 6pm. Last admission 4.30pm. Closed on Monday • D8

### Royal Selangor Visitor's Centre

03-4145 6000 • 4, Jalan Usahawan Enam, Setapak Jaya • Located 15 minutes from the city centre, the Royal Selangor which is internationally known for its fine designs and craftsmanship, offers a complete visitor experience, enabling them to see, hear, touch and learn how pewter is made. • Opens daily from 9am-5pm.

### Royal Selangor Club

03-2692 7166 • 📍 Masjid Jamek • Jalan Raja • Once nicknamed 'The Spotted Dog' during the colonial days, this club which features Mock Tudor architecture, is one of the oldest membership clubs in KL. • E5

### Thean Hou Temple

03-2274 7088 • 65 Persiaran Endah, off Jalan Syed Putra • A beautiful blend of Chinese and contemporary architecture, this is one of the largest and most ornate Buddhist temples in the region and a venue for major religious festivals. Also

check out the herbs garden, wishing well and souvenir stall • Opens 9am to 7pm daily.

#### Museums

##### Asian Arts Museum Universiti Malaysia

03-7967 3805 • Uni. of Malaya • A unique collection of Asian art & sculptures, ceramics, including Islamic & Malay art and textiles • Opens Mon - Sat. Closed on Sunday & public hols.

##### Bank Negara Money Museum

03-2698 8044 • Bank Negara • Bandaraya • Block A, Bank Negara Malaysia, Jalan Dato' Onn • A repository for Malaysia's numismatic heritage, the museum displays an impressive collection of coins, bank notes, barter trade currencies & traces the evolution of the Malaysian currency • Opens Mon-Sat. Closed on Sunday • E5

##### Forest Research Institute Malaysia

03-62797 000 • Kepong • Located within the 1,500 hectares of natural land reserve, the institute showcases Malaysia's rich forest heritage. • Opens 8am-4pm, Fri 9am- 12pm.

##### Heritage Centre

03-2144 9273 • 2 Jin Stonor • Showcases Malaysia's architectural heritage, the centre also conducts 2 guided tours a day (11am & 3pm) of the Rumah Penghulu or Village Head's abode which has been furnished to reflect a house in the early thirties • E10

##### Islamic Arts Museum

03-2274 2020 • Jalan Lembah Perdana • Opened in 1998, the museum focuses on the rich diversity of Islamic arts and culture. Miniature replicas of Taj Mahal and other Islamic architectural wonders are on display • Tickets at RM12 (adults), RM6 (under 18, students & senior citizens) • Opens 10am to 6pm daily. • G4

##### Maybank Numismatic Museum

03-2070 8833 • Plaza Rakyat • Menara Maybank, 100 Jalan Tun Perak, KL • A fascinating display of coins dating back to the early history of the Malay Sultanate. • Open 10am-6pm daily • F6

##### Museum Orang Asli

03-6189 2122 • Km 24 Gombak • Displays a collection of over 3,000 artifacts showcasing the history, culture & lifestyle of indigenous tribes of Peninsular Malaysia. • Opens 9am-5pm. Closed Fri. FREE

##### National Museum

03-2282 6255 • 29 Jalan Raja • Displays a unique permanent collection of artifacts and materials showcasing the history and heritage of Malaysia • Opens 9am to 6pm daily • Admission RM1. Free for <12 yrs & students

## ARTS & CULTURE

##### National Library

03-2687 1700 • 232 Jalan Tun Razak. • This 7-storey building which blends traditional design with modern architectural elements houses more than 1.5 million books, some of them extremely rare. • Opens daily except Monday • A8 FREE

##### Galeri Petronas

03-2051 7770 • KLCC • Level 3 Suria KLCC. • Exhibits artworks by local and international artists. • Opens 10am to 8pm. Closed on Monday. • D8 FREE

##### National Theatre (Istana Budaya)

03-4026 5555 • Jalan Tun Razak • Designed by Malaysian architect Muhammad Kamar Ya'akub, this

modern theatre is one of the world's most sophisticated theatres with state-of-the-art stage equipment. It holds drama, dance and musical performances regularly. • A7

##### Petronas Philharmonic Hall

03-2051 7008 • KLCC • Located within the Petronas Twin Towers, it is home to the Malaysian Philharmonic Orchestra and the National Choir. It features performances of highest quality by visiting orchestras and world-renowned soloists, besides performances by the MPO which now ranks among the top orchestras in the region • D8

## OTHER FUN-TASTIC THRILLS & SPILLS

##### Cruises

03-3101 1313 • Star Cruises, Pulau Indah, Klang

##### Casino

03-2718 1118 • Genting Highlands Hotel

##### D'Paradise

063, Jalan Solok Uban, Kampung Brisu, Lubok China, 78100 Melaka. 06-552 8010/0611 (Resort), 03-4256 0381 (KL Sales Office) www.d-paradise.com.my

##### Flying

03-2141 1934 • Royal Selangor Flying Club

##### Horse Racing

03-9058 3888 • Selangor Turf Club, Jln Sungai Besi

##### Horse Riding

03-4256 4531 • Royal Selangor Polo Club, Jln Ampang Hilir

03-9058 3888 • STC Equestrian Centre, Jln Kuda Emas

03-209 35211 • Bukit Kiara Equestrian Club, Jln Bukit Kiara, Kuala Lumpur

##### Theme Parks

03-288 8888 • Colmar Tropicale, Bkt Tinggi

03-71188338 • Desa Water Park, Trm Desa

03-8942 5010 • Genting Resort

03-8942 8942 • The Mines Wonderland



##### Bank Negara Malaysia Museum and Art Gallery Sasana Kijang

No. 2, Jalan Dato Onn, 50480 Kuala Lumpur  
Opening Hours: 10am to 6pm daily  
For Enquiries Call: +603-9179 2742



##### University of Malaya Art Gallery (UMAG)

Tingkat 5, Bangunan Canselor, Universiti Malaya, Petaling Jaya  
Tel: 03-79671061  
Opening Hours: 9.00am to 4.00pm  
Closed on: Saturday and Sunday



##### Galeri Tenaga

Wisma TNB, Jalan Timur, Petaling Jaya  
Tel : +603-2296 5566  
Fax : +603-2282 3274  
Opening Hours: Monday – Friday : 10 am – 3 pm.



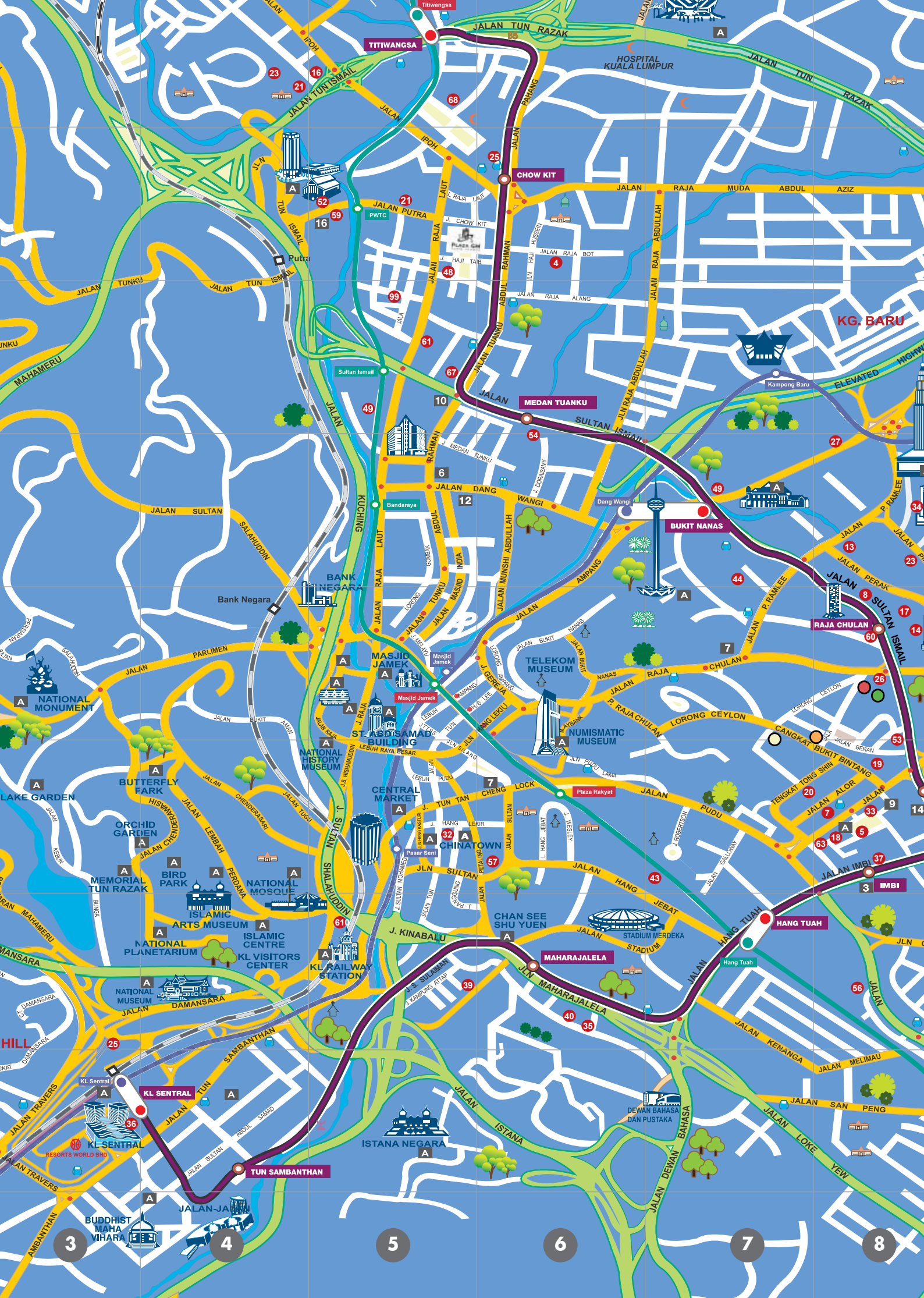
##### KL Lifestyle Art Space

31 Jalan Utara, 46200 Petaling Jaya, Selangor, Malaysia

Tel: +603 2093 2668, +603 2094 2668  
Email: info@mediate.com.my

Open Monday - Friday, 10am - 7pm  
(Closed on Weekends and Public Holidays)





# EXPLORE KUALA LUMPUR

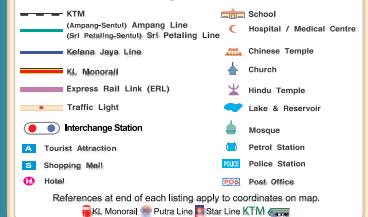


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|---|--|---|
| 1 <b>Agora Hotel</b><br>Tel: 2142 8133 <b>F8</b>  | 25 <b>Hilton KL</b><br>Tel: 2264 2264 <b>G3</b>                                  | 48 <b>Quality Hotel</b><br>Tel: 2693 9233 <b>C5</b>                             |
| 2 <b>Alpha Genesis Hotel</b><br>Tel: 2142 6868 <b>F7</b>                                | 26 <b>Hotel Istana</b><br>Tel: 2141 9988 <b>E8</b>                               | 49 <b>Renaissance Kuala Lumpur Hotel</b><br>Tel: 2162 2233 <b>D7</b>            |
| 3 <b>Berjaya Times Square Hotel &amp; Convention Centre</b><br>Tel: 2117 8000 <b>F8</b> | 27 <b>Hotel Maya Kuala Lumpur</b><br>Tel: 2711 8866 <b>D8</b>                    | 50 <b>Residence Hotel</b><br>Tel: 2693 3333 <b>C5</b>                           |
| 4 <b>Brisdale International Hotel</b><br>Tel: 2694 8833 <b>B6</b>                       | 28 <b>Impiana KLCC Hotel &amp; Spa</b><br>Tel: 2147 1111 <b>D8</b>               | 51 <b>Ritz-Carlton Kuala Lumpur Hotel</b><br>Tel: 2142 8000 <b>F9</b>           |
| 5 <b>Capitol Hotel</b><br>Tel: 22143 7000 <b>F8</b>                                     | 29 <b>JW Marriott Hotel</b><br>Tel: 2715 9000 <b>E9</b>                          | 52 <b>Seri Pacific Kuala Lumpur</b><br>Tel: 4042 5555 <b>B5</b>                 |
| 6 <b>Carcosa Seri Negara</b><br>Tel: 2282 1888 <b>F8</b>                                | 30 <b>Kuala Lumpur International Hotel</b><br>Tel: 2697 8833 <b>B6</b>           | 53 <b>Shangri-La Hotel</b><br>Tel: 2032 2388 <b>D7</b>                          |
| 7 <b>Cardogan Hotel</b><br>Tel: 2144 4883 <b>F8</b>                                     | 31 <b>Le Meridien KL</b><br>Tel: 2263 7888 <b>G3</b>                             | 54 <b>Sheraton Imperial</b><br>Tel: 2717 9900 <b>D6</b>                         |
| 8 <b>Concorde Hotel</b><br>Tel: 2144 2200 <b>D7</b>                                     | 32 <b>Malaya Hotel</b><br>Tel: 2072 772 <b>F5</b>                                | 55 <b>Stanford Hotel</b><br>Tel: 2691 9833 <b>B6</b>                            |
| 9 <b>Corona Inn</b><br>Tel: 2144 3888 <b>F7</b>   | 33 <b>Malaysia Hotel</b><br>Tel: 2142 8033 <b>F8</b>                             | 56 <b>Swiss Garden Hotel</b><br>Tel: 2141 3333 <b>F7</b>                        |
| 10 <b>Coronade Hotel</b><br>Tel: 2148 6888 <b>F8</b>                                    | 34 <b>Mandarin Oriental Hotel</b><br>Tel: 2380 8888 <b>G6</b>                    | 57 <b>Swiss Inn Hotel</b><br>Tel: 2072 3333 <b>G6</b>                           |
| 11 <b>Corus Hotel</b><br>Tel: 2161 8888 <b>C9</b>                                       | 35 <b>Mandarin Court Hotel</b><br>Tel: 2273 9933 <b>G6</b>                       | 58 <b>The Heritage Station Hotel</b><br>Tel: 2273 5588 <b>G5</b>                |
| 12 <b>Doubletree Hilton Kuala Lumpur</b><br>Tel: 2172 7272 <b>C10</b>                   | 36 <b>Maradian Oriental Hotel</b><br>Tel: 2380 8888 <b>D8</b>                    | 59 <b>The Legend Hotel</b><br>Tel: 4042 9888 <b>B5</b>                          |
| 13 <b>Crown Regency Hotel</b><br>Tel: 2162 3888 <b>D8</b>                               | 37 <b>Melia Kuala Lumpur</b><br>Tel: 2785 2828 <b>F8</b>                         | 60 <b>The Lodge</b><br>Tel: 2142 0122 <b>E8</b>                                 |
| 14 <b>Crowne Plaza Kuala Lumpur</b><br>Tel: 2148 2322 <b>E8</b>                         | 38 <b>Micasa All Suite Hotel</b><br>Tel: 2179 8000 <b>D10</b>                    | 61 <b>The Plaza Hotel</b><br>Tel: 2698 2255 <b>C5</b>                           |
| 15 <b>Dorsett Regency Hotel</b><br>Tel: 2715 1000 <b>F9</b>                             | 39 <b>Midah Hotel KL</b><br>Tel: 2273 9999 <b>G5</b>                             | 62 <b>The Ritz-Carlton Residences</b><br>Tel: 2142 9000 <b>F9</b>               |
| 16 <b>Dynasty Hotel</b><br>Tel: 4043 7777 <b>A4</b>                                     | 40 <b>Mirama Hotel</b><br>Tel: 2148 9122 <b>G6</b>                               | 63 <b>The Royale Bintang</b><br>Tel: 2143 8000 <b>F8</b>                        |
| 17 <b>Equatorial Hotel</b><br>Tel: 2161 7777 <b>E8</b>                                  | 41 <b>InterContinental KL</b><br>Tel: 2161 1111 <b>C9</b>                        | 64 <b>The Westin KL</b><br>Tel: 2731 8333 <b>E9</b>                             |
| 18 <b>Federal Hotel</b><br>Tel: 2148 9166 <b>F8</b>                                     | 42 <b>Novotel Kuala Lumpur City Centre</b><br>Tel: 2147 0888 <b>E8</b>           | 65 <b>The Zon All Suites Residences on the Park</b><br>Tel: 2164 8000 <b>C9</b> |
| 19 <b>Fortuna Hotel</b><br>Tel: 2141 9111 <b>F8</b>                                     | 43 <b>Olympic Sports Hotel</b><br>Tel: 2078 7888 <b>F7</b>                       | 66 <b>Traders Hotel</b><br>Tel: 2332 9888 <b>D8</b>                             |
| 20 <b>Grand Central Hotel</b><br>Tel: 4041 3011 <b>B5</b>                               | 44 <b>Pacific Regency Hotel Suite</b><br>Tel: 2332 7777 <b>D7</b>                | 67 <b>Tune Hotels.com</b><br>Tel: 7692 5888 <b>C5</b>                           |
| 21 <b>Grand Continental Hotel</b><br>Tel: 2693 9333 <b>C5</b>                           | 45 <b>Parkroyal Kuala Lumpur</b><br>Tel: 2147 0088 <b>F8</b>                     | 68 <b>Vistana Hotel</b><br>Tel: 4042 80000 <b>A5</b>                            |
| 22 <b>Grand Millenium KL</b><br>Tel: 2141 8000 <b>E8</b>                                | 46 <b>PNB Darby Park Executive Suites</b><br>Tel: 7490 3333 <b>D10</b>           |   |
| 23 <b>Grand Pacific Hotel</b><br>Tel: 4042 2177 <b>A5</b>                               | 47 <b>Prince Hotel &amp; Residence Kuala Lumpur</b><br>Tel: 2170 8888 <b>D10</b> |   |
| 24 <b>Grand Seasons Hotel</b><br>Tel: 2697 8888 <b>B6</b>                               |  |   |

## Shopping Malls:

- |  |   |  |
|--|---|--|
| 1. <b>Ampang Park</b><br>Tel: 03-2161 7006 <b>C10</b>          | 8. <b>Low Yat Plaza</b><br>Tel: 03-2162 1176 <b>F8</b>      | 15. <b>The Weld</b><br>Tel: 03-2162 3580 <b>E9</b>         |
| 2. <b>Avenue K</b><br>Tel: 03-2166 7888 <b>C9</b>              | 9. <b>Maju Junction</b><br>Tel: 03-2772 8550 <b>C5</b>      | 16. <b>Yow Chuan Plaza</b><br>Tel: 03-2142 9701 <b>C10</b> |
| 3. <b>Berjaya Times Square</b><br>Tel: 1-300-888-988 <b>E9</b> | 10. <b>Pertama Complex</b><br>Tel: 03-2691 6599 <b>D5</b>   |  |
| 4. <b>City Square</b><br>Tel: 03-2162 1566 <b>C10</b>          | 11. <b>Starhill Gallery</b><br>Tel: 03-2148 1000 <b>F8</b>  |  |
| 5. <b>KL Sogo</b><br>Tel: 03-2698 2111 <b>D5</b>               | 12. <b>Sungei Wang Plaza</b><br>Tel: 03-2148 6109 <b>F8</b> |  |
| 6. <b>Kompleks Kotaraya</b><br>Tel: 03-2072 2562 <b>F6</b>     | 13. <b>Suria KLCC</b><br>Tel: 03-2382 2828 <b>D8</b>        |  |
| 7. <b>Lot 10</b><br>Tel: 03-2141 0500 <b>F8</b>                | 14. <b>The Mall</b><br>Tel: 03-4042 7122 <b>B5</b>          |  |

## LEGEND





Getting around in Kuala Lumpur is easy. The transit systems are efficient, taxis are plenty and buses are cheap. The public transportation usage peak hours are from 7am to 9am and 4.30pm to 6.30pm during the working days.



#### By Transit systems

The KL monorail and LRT coaches are air-conditioned and comfortable and run from 6am to midnight. The systems are connected to each other at several points and the network covers most parts of the city. Fares range from RM0.70 to RM2.80 per single journey.



#### By Taxis

Taxis are easily available at hotels or at taxi stands. Fares start at RM3 for the first kilometre and RM0.10 for every 115 metres thereon. There is a 50% surcharge on the metered fare from midnight to 6am and a baggage charge of RM1 per piece stored in the boot. There is also an additional RM1 for 3rd passenger (maximum 4 in a car). For an extra charge of RM2, you can book a taxi by phone.



#### By Ecovans

Ecovans can accommodate up to 5 passengers. They serve mainly guests at major hotels and follow the fare structure of taxis but charge RM4 instead of RM2 for the first kilometre.



#### By Buses

Buses serve all parts of Kuala Lumpur with fares beginning from RM1. Some hotels also offer free bus shuttle services to major shopping malls in the city.



#### KL Hop-on/Hop-off Bus Service

Links you to 40 attractions around the city with 22 designated stops. 8.30am to 8.30pm. Ticket: RM38 with discounts for locals, senior citizens, students and children. 03-2691 1382

#### Getting to the Airport



**KLIA Ekspres:** The journey takes about 30 minutes from KL Sentral and the fare is RM35 per person per way. There is also check-in facility at KL Sentral for some airlines.



**Taxi:** The fare from the city centre to the airport is RM60 – RM90 per taxi.



**Eco Transit:** Eco Transit can accommodate up to 5 adults and has a fixed fare of RM130/ trip.



**Limousine:** Can be arranged with the hotel concierge and fare range from RM100 – RM200.

#### Coaches To KLIA and/or LCCT

The 1-hour journey costs between RM9 and RM25 per person.

- Airport Coach - 03-8787 3894
- Sky Bus - 03-6201 2742
- Aerobus - 017-363 3255
- The Star Shuttle - 03-4043 8811

## RAIL TRANSIT NETWORK OF KUALA LUMPUR



#### Transportation



##### Air Travel

- **KL International Airport Sepang** 03-8776 2000
- **LCC Terminal - KLIA** 03-8777 8888
- **Domestic Airport - Subang** 03-7846 7777
- **KL CAT (City Air Terminal)** 03-2267 8000



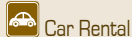
##### Domestic Airlines

- **MAS** 03-7843 3000
- **MAS Reservation Number** 1 300 88 3000
- **AirAsia** 03-8775 4000
- **Berjaya Air** 03-7846 8228
- **FireFly** 03-7845 4543
- **Fly Asian Xpress (fax)** 03-8660 4343



##### Rail

- **KL Sentral** 03-2274 7435
- **KLIA Ekspres** 03-2267 8000
- **KTM** 03-2267 1200
- **Rapid KL** 03-7625 6999
- **KL Monorail** 03-2273 1888



##### Car Rental

- **Apex** 03-2142 1926
- **Avis** 03-2142 0166
- **Orix** 03-2142 3009
- **Hertz** 03-2148 6433
- **Mayflower** 03-2279 1188
- **Sintat** 03-2145 7988



##### Taxis

- **Radio Cab** 03-9221 7600
- **Airport Limo Meet & Greet** 03-8787 3678
- **Saujana Cab** 03-2162 8888
- **Comfort Taxi** 03-8024 2727
- **Eco Transit** 03-5512 2266
- **Supercab** 03-7805 5333
- **Outstation Taxi** 03-2078 0213

#### Emergency Services

- **KL Tourist Police (24 hours)** 03-2166 8322
- **Police & Ambulance** 999 or 112 (mobile phones)
- **Fire & Rescue** 994
- **KL City Council** 03-2691 6011

#### Tourism Offices

- **Malaysia** 1-300-88-5050
- **Tourism Centre (24-hour)** 03-2164 3929
- **Kuala Lumpur** 03-2693 6661
- **Penang** 04-261 9067
- **Johor** 07-222 3591
- **Terengganu** 09-622 1433
- **Sabah** 088-248 698
- **Sarawak** 082-246 575
- **Kedah** 04-731 2311
- **Pahang** 09-747 7520

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