

# KLlifestyle

JUNE 2016

## SASHA BASHIR

KEEPING UP WITH THE KIDS



### KLAS ART AUCTION MALAYSIAN MODERN & CONTEMPORARY ART

SUNDAY 26 JUNE 2016, 1.00 PM  
LE MERIDIEN KUALA LUMPUR

FULL PREVIEW 16 - 25 JUNE 2016  
KLAS @ 31 JALAN UTARA

KHALIL IBRAHIM Abstract "Opus", 1969  
Acrylic on canvas 107.5 x 94.5 cm RM 38,000 - RM 70,000





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JUNE 2016



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Sasha Bashir with Ghibran Suleiman Hijias and Ghibrael Darius Hijias

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# CALENDAR

SUNDAY

MONDAY

TUESDAY

WEDNESDAY



05

GABRIEL IGLESIAS: BREAKS EVEN WORLD TOUR 2016  
5 Jun @ Sunway Pyramid Convention Centre



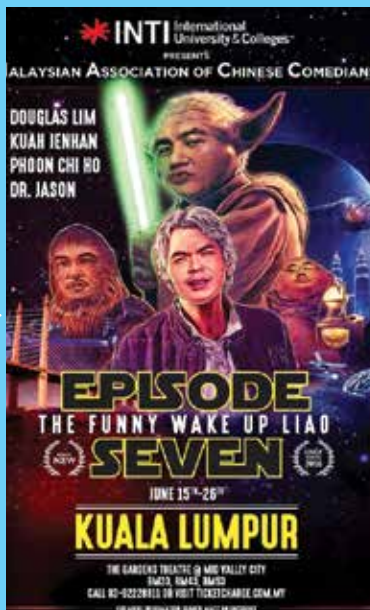
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MUMM CHAMPAGNE TASTING  
7 Jun @ Ritz-Carlton's The Library



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EVERYTHING JAPANESE (ORCHESTRAL CONCERT)  
11 - 12 Jun @ Pentas 1 & Indicine, klpac



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YVES SAINT LAURENT LA NAISSANCE D'UNE  
LÉGENDE PHOTOGRAPHIE DE PIERRE BOULAT  
1 - 25 June @ Galeri PETRONAS



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INTI PRESENTS "M.A.C.C. EPISODE 7 - THE FUNNY  
WAKE UP LIAO"  
15 - 26 Jun @ The Gardens Theatre, Mid Valley City





# JUNE 2016

WEDNESDAY



THURSDAY

02

**POTTED POTTER – A HARRY POTTER PARODY BY WEST END LONDON**

2 – 5 Jun @ Pentas 1, klpac

**SHREK - THE MUSICAL**

2 – 5 Jun @ Istana Budaya, Kuala Lumpur

**HARI GAWAI OPEN HOUSE CELEBRATION**

2 Jun @ Sibui, Sarawak

09

**MARTELL COGNAC TASTING**

9 Jun @ Elegantly, Solaris Dutamas

16

**CARPE DIEM**

16 – 19 Jun @ Pentas 2, klpac



FRIDAY

03

**MPYO PLAYS DVOŘÁK**

3 Jun @ Dewan Filharmonik Petronas

**DATO' SERI**

1 – 5 Jun @ Pentas 2, klpac

**COOKING CLASS**

3 Jun @ Alliance Française de Kuala Lumpur



SATURDAY

04

**BRANFORD MARSALIS WITH THE MPO**

4 & 5 Jun @ Dewan Filharmonik Petronas

11

**IFTAR @ KL**

11 – 26 June @ Merdeka Square, Kuala Lumpur

**LE FRENCH FESTIVAL YARD SALE**

11 Jun @ Alliance Française de Kuala Lumpur

18

**FÊTE DE LA MUSIQUE ET EURO CUP 2016 FRANCE**

18 Jun @ Publika, The Square

25

**BAND OF BROTHERS**

25 Jun @ Arena of Stars, Genting Highlands



1-5



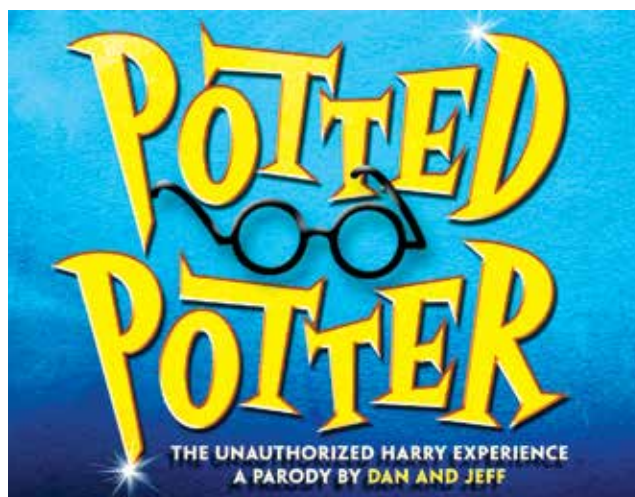
## DATO' SERI

1 – 5 JUN @ PENTAS 2, KLPAC

For fame, fortune, and power. Obsessed with ambition, a man of noble birth and standing abandons his honour and, ultimately, his own sanity. Follow the struggle – both in thought and action – of Dato' Seri Di Kajang, as he deals with the choices he makes, and the consequences that follow suit.

Dato' Seri is a localised Malay adaptation of William Shakespeare's *The Tragedy of Macbeth*, set in a re-imagined Malaya of the early 60s. Featuring Radhi Khalid, Safia Hanifah, Na'a Murad, Redza Minhath, Megat Sharizal, Ashraf Zain, Yusuf Amin, Siti Farrah Abdullah, Mark Beau de Silva, Ho Lee Ching, Nawfal Zamri, Fatin Syazwanie, Amanda Ang, and Aiman Asmawar with a special appearance by Datuk Faridah Merican.

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



## POTTED POTTER – A HARRY POTTER PARODY BY WEST END LONDON

2 – 5 JUN @ PENTAS 1, KLPAC

Potted Potter: The Unauthorised Harry Experience — A Parody by Dan and Jeff is a West End London Production. It is a stage show parody that combines the elements of the original books from Harry Potter and the Philosopher's Stone to Harry Potter and the Deathly Hallows into a 70-minute production.

The production has toured successfully in Edinburgh, Scotland and in a number of venues throughout the United Kingdom and the wider world, including a number of West End seasons culminating in a 2012 Olivier Award nomination as "Best Entertainment and Family Show" for the 2011 season at the Garrick Theatre. Potted Potter opened its North American debut season at Toronto's Panasonic Theatre in February 2012, and in November 2012, it began a tour in Chicago, Illinois in the United States. The production has received glowing reviews from a number of major media sources, including The London Times, The New York Times, and the Toronto Star.





## SHREK - THE MUSICAL

2-5

2 – 5 JUN

@ ISTANA BUDAYA, KUALA LUMPUR

A Shrektacular experience awaits at Istana Budaya this month. Based on the Oscar®-winning DreamWorks Animation film, this award-winning musical brings the beloved Ogre to life. With more than 60 scene changes, you can expect a world-class production packed with belly-busting laughs.

This unlikely fairy tale stars a princess, an Ogre and a witty donkey. The musical features lyrics by Pulitzer Prize® winner David Lindsay-Abaire and music by Olivier Award-winner Jeanine Tesori. The childhood fav is choreographed by Chris Bailey and directed by Stephen Sposito. The beautiful costumes are by Tony Award®-winning designer Tim Hatley.

This production of DreamWorks studios SHREK THE MUSICAL is brought to you by Broadway Entertainment Group FZ LLC and NETWORKS Presentations, LLC and presented by Base Live Entertainment Sdn Bhd, a subsidiary of Base Entertainment Asia- both of which are under the Tremendous Entertainment Group.



## MPYO PLAYS DVOŘÁK

3 JUN @ DEWAN  
FILHARMONIK PETRONAS

Join Ciarán McAuley and the MPYO with a programme that includes music of prevailing happy spirits, idyllic moods and evocations of nature in Sibelius' Finlandia and Dvořák's Symphony No. 8. MPO's Timothy Peters and Mátyás Major share the stage as soloists in Brahms's Double Concerto – a work of ardent lyricism and soaring beauty.

Tickets: RM180, RM160, RM100, RM60

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



## HARI GAWAI OPEN HOUSE CELEBRATION

2 JUN @ SIBU, SARAWAK

Experience the Hari Gawai festivities in an open house celebration, a programme that brings people together in multiracial and multireligious Malaysia.



4-5

## BRANFORD MARSALIS WITH THE MPO

4 - 5 JUN @ DEWAN FILHARMONIK PETRONAS

Saxophone superstar Branford Marsalis stars in the MPO's Season Finale, lending his luminous sound to cinematic master John Williams' *Escapades* and Milhaud's sprightly *Scaramouche*. To top it off, he plays the saxophone solo in Mussorgsky's majestic *Pictures at an Exhibition*, which never fails to enthrall in Ravel's colourful orchestration.

Tickets: RM350, RM280, RM200, RM150

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



5

## GABRIEL IGLESIAS: BREAKS EVEN WORLD TOUR 2016

5 JUN @ SUNWAY PYRAMID CONVENTION CENTRE

This is a big one!

Gabriel Iglesias aka Fluffy is coming to Malaysia with his latest World Tour #FluffyBreaksEven. Don't miss him, June 5 at Sunway Pyramid Convention Centre (SPCC).

Fluffy is one of the world's biggest comedians (in more ways than one) with over 220 million YouTube views and was recently on Lip Sync Battle. He was also featured on both Magic Mike and Magic Mike XXL. Sexy!



## TASTINGS – OF MARTELL COGNAC & MUMM CHAMPAGNE, MIXOLOGY WORKSHOP AND COOKING CLASS

MARTELL COGNAC TASTING  
9 JUN @ ELEGANTOLOGY,  
SOLARIS DUTAMAS

MUMM CHAMPAGNE TASTING  
7 JUN @ RITZ-CARLTON'S THE  
LIBRARY

COOKING CLASS  
3 JUN @ ALLIANCE FRANÇAISE  
DE KUALA LUMPUR

Mumm champagne and Martell cognac tastings are a privileged rendezvous for the epicureans of Kuala Lumpur. Discover how to highlight the richness of their aromas, when to best serve them and a lot of other useful advice for your future refined evenings during the three tasting sessions organised at Neo Tamarind restaurant in Bukit Bintang, Elegantology restaurant in Publika and at the Ritz-Carlton Hotel.

The Martell House – the oldest of the great cognac houses, was founded in 1715 at the height of French Art de Vivre. From that moment on, gastronomy, tasting and craftsmanship have always been part of its history.



## LE FRENCH FESTIVAL YARD SALE

11 JUN @ ALLIANCE FRANÇAISE DE KUALA LUMPUR

Come to spend a day in the green surroundings of the Alliance Française garden to discover a yard sale and a mini-market of French amateur designers. Whether expatriates on their way back or recently settled and needing to purchase equipment, or the simply curious are all invited to come and buy or sell second-hand objects or clothes as well as unique artsy creations by talented hobbyists.

The day will be animated by short shows performed by the students of the Alliance Française. Visitors are encouraged to come back in the evening at 8pm for a cabaret night with more performances. In addition, they can look forward to the delicious lunch and dinner options there.



## IFTAR @ KL

11 – 26 JUNE @ MERDEKA SQUARE, KUALA LUMPUR

Celebrate Ramadan in true Malaysian style by observing Iftar (breaking of fast) amidst the backdrop of the historic Merdeka Square. This Islamic-themed festival will also feature a bazaar and religious activities.



## EVERYTHING JAPANESE (ORCHESTRAL CONCERT)

11 – 12 JUN @ PENTAS 1 & INDICINE, KLPAC

Konnichiwa! Get ready for the musical ride of your life as the klpac Symphonic Band (klpac SB) joins hands with the award-winning Tshung Tsin Wind Symphony (TTWS) from Sabah to bring you Everything Japanese.

This tribute to some of the most talented Japanese composers will be conducted by klpac SB music director and resident conductor, Cheryl Mah and TTWS band director and conductor, Ho Chee Kiang, as well as two renowned Japanese composers and conductors, Satoshi Yagisawa and Kazuyasu Kaminaga.

From the dramatic Fanfare: Flight to the Unknown World to the delicate melodies of the Sakura Song, it will lift you to great heights and make you fall in love with wind music. Yagisawa's latest work, Sipadan – Inspiration from Peaceful Land, will also be premiering at the concert. Besides the main concert, there will also be an open rehearsal, an exclusive chamber music masterclass with Yagisawa and a chamber concert by five ensembles.

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



## INTI PRESENTS "M.A.C.C. EPISODE 7 - THE FUNNY WAKE UP LIAO"

15 – 26 JUN @ THE GARDENS THEATRE,  
MID VALLEY CITY

The Malaysian Association of Chinese Comedians returns with a brand new stand-up comedy show for 2016.

Cheekily titled "Episode 7 – The Funny Wake Up Liao", this stand-up performance showcases the comedic talents of Douglas Lim, Kuah Jenhan, Phoon Chi Ho and Dr Jason Leong. It features observations, anecdotes, theories and even song parodies, all from the point of view of the four established comedians.

Reviews of their shows have ranged from "It's OK" to "OMG, this is the pinnacle, the apex of comedy". Come find out for yourselves. M.A.C.C.'s "Episode 7 – The Funny Wake Up Liao" promises to be a laugh-out-loud affair for the whole family providing that your family is - English speaking.



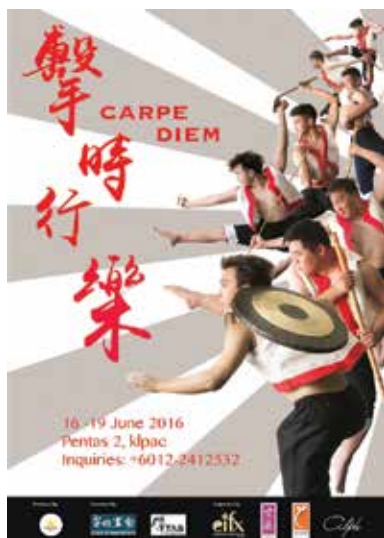
## FÊTE DE LA MUSIQUE ET EURO CUP 2016 FRANCE

18 JUN @ PUBLIKA, THE SQUARE

On the occasion of the Fête de la Musique and Euro Cup 2016 France, the French Festival wants to recreate a French atmosphere in KL in partnership with Publika for a whole day dedicated to football and music.

Join us on the day when the magical gift of music and love for football are celebrated worldwide. Watch or take part in activities such as football freestyle performances, lucky draws and live music performances. From 5pm to 11pm, ten Malaysian bands and one French band will play on the open-air stage at The Square, including a performance by the famous French-Malaysian artist Sona One. This amazing day will end with a live screening of the Iceland vs Hungary match at 11.30pm.





## CARPE DIEM

16 – 19 JUN @ PENTAS  
2, KLPAC

Carpe Diem – a Latin phrase which means living with joy and pleasure at the present moment and let the future take its course.

Watch Carpe Diem Percussion Concert and feel the excitement of the percussionists from Souls Impact Percussion and fascinating visual images in collaboration with ChiFei Soong, a renowned projection mapping artist from Expresso Infusion FX.

16-19



## YVES SAINT LAURENT LA NAISSANCE D'UNE LÉGENDE PHOTOGRAPHIE DE PIERRE BOULAT

1 – 25 JUNE @ GALERI  
PETRONAS

The exhibition casts light on the emblematic figure of French couturier Yves Saint Laurent, as seen through the lens of iconic photographer Pierre Boulat.

Pierre Boulat, a regular collaborator of Life magazine and Paris Match, maintained a very close relationship with Yves Saint Laurent throughout the years, which gave him unlimited access not only backstage, but also within the intimacy of the designer's Paris home. In this sense, Boulat's photos, many of which have never been displayed before, offer us a unique testimony of Saint Laurent's life and career, making the exhibition a definite not-to-be-missed event.



## BAND OF BROTHERS

25 JUN @ ARENA  
OF STARS, GENTING  
HIGHLANDS

Band of Brothers is a Hong Kong 'man band' comprising four C-pop veterans. They are Richie Jen Hsien-Chi, Edmond Leung Hon Man, William So Wing Hong and Steve Wong Ka Keung. Richie Jen is a popular Taiwanese singer and actor who had become popular throughout Asia, after he released his album with the hit single, Heart Too Soft. Edmond Leung is a multi-talented singer-songwriter, record producer, actor and television host from Hong Kong. He made his recording debut in 1990 with his track, Listen to the Edge. William So began his musical career by participating in the New Talent Singing Awards in 1985 and was making waves with his hit song, Kiss More, Sad More. Steve Wong is best known as the bassist and occasional vocalist for Hong Kong rock band, Beyond.

## JUNE

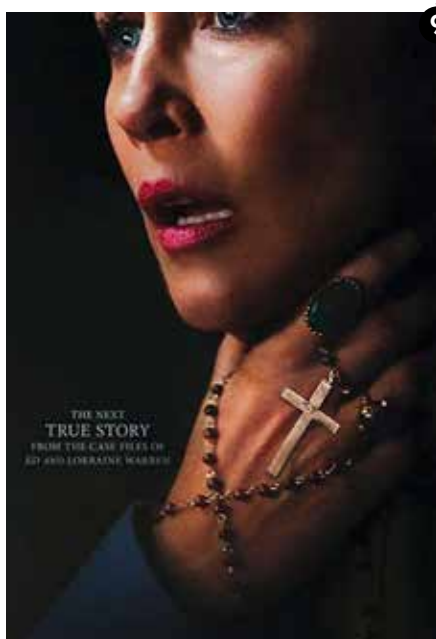
**ME BEFORE YOU**

2 Jun

Will Traynor's motorcycle accident has left him paralysed and taken away his desire to live. Louisa "Lou" Clark needs a job and becomes Will's caretaker but she is upset that he doesn't like her. Will has no idea that the quirky 26-year-old will bring so much light to his dark life and neither of them predicted the bond they will eventually have.

*Genre: Drama*

*Cast: Emilia Clarke, Sam Claflin, Jenna Coleman, Charles Dance, Matthew Lewis.*

**THE CONJURING 2**

9 Jun

After handling the case of the disturbing farmhouse in Rhode Island, paranormal investigators Ed Warren and his wife Lorraine Warren are back, and this time they travel to England where something sinister is suspected to be festering at a council house in the London Borough of Enfield.

*Genre: Horror*

*Cast: Patrick Wilson, Vera Farmiga.*

**WARCRAFT: THE BEGINNING**

9 Jun

The movie focuses on the story of Anduin Lothar versus Durotan, Human and Orc heroes from the original real-time strategy games, as the Dark Portal opens to connect the peaceful realm of Azeroth with the dying world of Draenor. The civilisation of Azeroth faces destruction as the Orc Warriors try to colonise their world in an attempt to avoid extinction.

*Genre: Action / Adventure / Fantasy*

*Cast: Ben Foster, Travis Fimmel, Paula Patton, Dominic Cooper, Toby Kebbell.*

**MONEY MONSTER**

3 Jun

Financial TV personality Lee Gates offers great insider tips on his hit show "Money Monster", making him the money guru of Wall Street. When one of his viewers, Kyle Budwell, loses all of his family's money on a bad tip, he holds Lee and his entire show hostage on air, threatening to kill Lee if he does not get the stock up 24 and a half points before the bell. Ratings of "Money Monster" begin to soar as the entire country tunes in to find out just how much a man's life is worth.

*Genre: Drama / Thriller*

*Cast: George Clooney, Julia Roberts, Jack O'Connell, Dominic West, Caitriona Balfe.*





# Movies

16



## FINDING DORY

16 Jun

Taking place six months after the events of "Finding Nemo", amnesiac character Dory suddenly remembers her childhood. Accompanied by Nemo and Marlin, she sets off on a personal journey to find her family. She ends up at the Monterey Marine Life Institute, where she meets a white Beluga whale named Bailey, a whale shark named Destiny and an Octopus named Hank.

*Genre: Adventure / Animation / Comedy*

*Cast: Ellen Degeneres, Ed O'Neill, Ty Burrell, Kaitlin Olson, Albert Brooks, Eugene Levy, Diane Keaton.*

16



## NOW YOU SEE ME 2

16 Jun

A year after breaking free from the FBI, the Four Horsemen are now set to pull off a more dangerous heist. They hope to expose the unethical practices of a tech magnate by performing one last unprecedented stunt to clear their names, and at the same time reveal the mastermind behind it all.

*Genre: Action / Comedy / Thriller*

*Cast: Daniel Radcliffe, Jesse Eisenberg, Dave Franco, Mark Ruffalo, Michael Caine, Jay Chou.*

16



## CENTRAL INTELLIGENCE

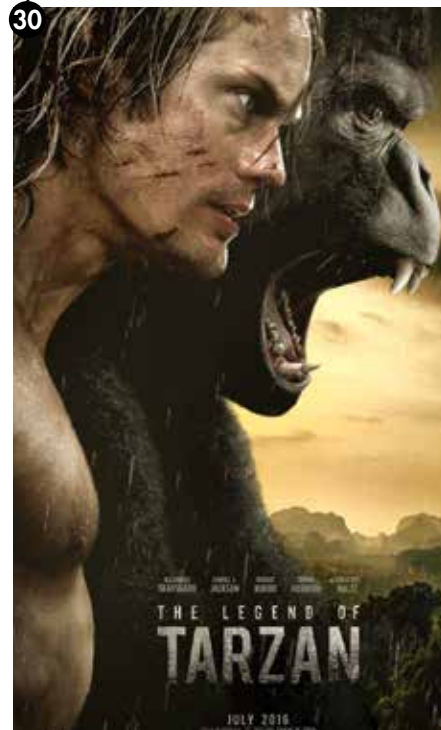
16 Jun

A mild-mannered accountant who used to be a "big man on campus" meets up with his old pal, a one-time bullied geek who is now a lethal CIA agent. Before he knows it, he gets pulled into the world of shoot-outs, double-crosses and espionage that could get them both killed anytime.

*Genre: Action / Comedy*

*Cast: Dwayne Johnson, Kevin Hart, Ed Helms, Amy Ryan, Danielle Nicolet.*

30



## THE LEGEND OF TARZAN

30 Jun

For years, Tarzan has been out of the African jungle where he once grew up. Living a civilised existence as John Clayton III, Lord Greystoke with his wife, Jane Porter, he is asked to travel to Congo to serve as a trade emissary of Parliament. Little does he know that he is part of Belgian Captain Rom's plan to exact his greed and revenge.

*Genre: Action / Adventure*

*Cast: Alexander Skarsgard, Margot Robbie, Christoph Waltz, Samuel L. Jackson, Djimon Hounsou.*

23

## INDEPENDENCE DAY: RESURGENCE

23 Jun

An ancient portal has opened and the nations of earth have to collaborate to fight against the return of a ruthless alien species. Ill-prepared Earth works on an immense defence programme using recovered alien technology to protect the planet. With the devastation brought upon Earth, only a few brave men and women can possibly save humankind from extinction.

*Genre: Adventure / Science Fiction*

*Cast: Jeff Goldblum, Bill Pullman, Judd Hirsch, Jessie Usher, Liam Hemsworth.*



# FAMILY FIRST, ALWAYS

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CRÉATIVE TECHNOLOGIE



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y features to put your mind at ease.



### ACTIVE SEATBELTS

Active seatbelts vibrate when the vehicle senses that you've accidentally crossed the white lines, and for ESC and cruise control alerts. They also pre-tension if a collision is anticipated.

### BLIND SPOT MONITORING SYSTEM

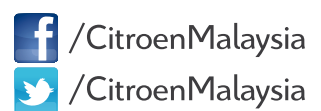
This sophisticated safety system detects vehicles approaching from up to three metres behind, and triggers an orange light in the wing mirror on the relevant side.

### PARK ASSIST 360

Park Assist 360 provides all-round vision from four cameras. It's perfect for hassle-free parking manoeuvres in the tightest spots and further enhances the automated Park Assist system.

[citroen.com.my](http://citroen.com.my)

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*Chronicle of a supermum*

# SASHA BASHIR

She can do it all – she's a devoted wife, a loving mother and she juggles everything while still keeping a full-time job at Media Prima. We sat down with supermum Sasha Bashir this month where we had the pleasure of being privy to her (hectic) life during a lovely, hilarious chat followed by a photo shoot with her two very cooperative sons.

WRITTEN BY KATHLYN URSULA D'SOUZA







### About herself

"I hate talking about myself!" Sasha joked, followed by a real, hearty laugh. "Life story *lah ni*. I come from a mixed marriage, my mum is Australian, and my father is a Malaysian from Penang. I was born in Malaysia though and went to school here."

### Still a kid at heart

"I have very fond memories of my childhood, of spending every Raya in Penang with my cousins, and playing with Pop-Pop. I still buy it, for myself. My kids are a bit scared of it but I love it. I remember when I was a kid, we used to throw only one or two at a time. Now I throw two packets at a time for maximum effect. Now it's very liberating because when we were kids we used to hide our Raya money, and we had to buy Pop-Pop without our parents knowing or we'd get an older cousin to buy it. But now I don't need to ask anybody – I could buy a whole box."

### On her mother

"My mum's a very vivacious person. She has a lot of friends, and she's got a really good sense of humour. At the same time, she's very sensitive of other people's plight."

### What she learned from her mother

"Always brush your teeth. Don't dye your hair. Eat lots of vegetables. All the usual mum things. But I think one thing I learnt most from my mum was just being there. She was a stay-at-home mum until Highland Tower happened (the apartment building that collapsed in 1993). We used to live there. After that, she had to go back to work and I know it wasn't easy for my parents during that period too, because it took a while for my mum to find some work, a steady job. I suppose what I saw with my mum was how when the going got tough, you've just got to toughen up and keep going."

### Her kids

"Ghibran is four; he's a little bit sensitive. But he's a typical boy in a sense, as he

loves cars, trains, fire-engines, building train tracks, creating little scenes where the train would fall off the track and then the ambulance and fire engines have to come over to help. He likes to draw a lot now – we've had instances where the walls in the house got drawn on as well. And also the sofa. We have to keep all the marker pens away on a high shelf, because we once found artwork on the sofa.

"And of course Ghibrael, he's one now. He wants to do everything that his brother is doing. Whatever his brother is holding or doing, he wants to hold or do as well. So there are always screaming and crying matches."

### A home soccer mum or a do-it-all working mum?

"I do my best to be a do-it-all working mum. I don't know how well I'm doing but I try. I continued working throughout my pregnancies. I've been working with Media Prima for 10 years now. I started with them before I got married, and I am still with them after marriage and two kids."

### On pregnancy

"No, I didn't enjoy my pregnancy and I'll tell you why. I'm very envious of these women who said they felt fabulous and they were glowing all the time. It was disastrous for me. With Ghibran, morning sickness was quite bad and I had bleeding at about three months. I had to stay at home for 10 days and not move. I only got up to go to the toilet and each time that happened, I was nervous. Late into the pregnancy, I had to take early medical leave because my doctor was worried, as I already had bleeding. Ghibran's head got stuck during labour, and so I had to have an emergency Caesarian. After that, he would not take breast milk."

"Yes, I understand that breastfeeding is the best for baby – we all know that. But there are situations where it just doesn't suit. I think that there is not enough support for women who are

going through difficult breastfeeding issue. I tried so hard – I had the lactation consultant come to the house, I went to the hospital a lot of times ... at three months old, he was still the same weight as when he was born. It got to the point where the paediatrician said that we had to start giving formula. It happens. It doesn't make you any less of a mother. It doesn't make you any less of being able to care for your child."

"With Ghibrael, it was a very unexpected pregnancy. I got a really bad flu, which became a bad bacterial sinus infection. I was constantly going to the emergency room at the hospital. That was an extremely difficult pregnancy and I was still working. I was still trying to finish working on a documentary. After that was done, I was relieved that I could focus on delivery. Also, I had planned for Ghibran's birthday party, which I had to miss as I was going through labour. I just didn't want him to miss his birthday party, so I was at the hospital with the baby."

"I actually didn't take painkillers during contractions, and it was another emergency Caesarian."

### Food cravings

"With Ghibran – nothing, I had no food cravings whatsoever. I was very easygoing. But with Ghibrael, watermelon, specifically red watermelon, seedless and cold."

### On preparations for pregnancy – if there were books, classes, etc.

"No lah! Winging it all the way. I had seen enough friends who do all this birth preparation things, but when it all happens, you can't do it by the book. I felt I learnt more from friends who already have kids. Just because one thing works for one child, doesn't mean it would work for another. It's experimenting and trying to find the best solution."







All photos were taken at Lumi Sales Gallery, Petaling Jaya. THRIVEN GLOBAL Bhd recently won StarProperty.my's The Best Touch and Feel Award Winner 2016.



### Married life with kids

"I think what happens after you have kids is that as anybody would tell you, your priorities will change so drastically. So does your lifestyle. You can still do things that you want to do, but you just have to schedule them and it is very difficult to make on-the-spur-of-the-moment decisions, especially if kids are in kindergarten. You have to be up at a certain time, get them ready, and have them fed. We have to adjust our schedule to suit them. Also, my husband and I don't have a maid or a driver – we do everything ourselves. So we have to really keep in touch with each other about what's going on.

"If I was supposed to pick them up from daycare and kindergarten but something happens at work, I would have to let him know. The same thing happens when my husband is outstation for work. There are times when I have to pick the kids up and take them to the office with me.

"You have this structured routine in your life, but at the same time you're going to have to be so flexible about how things can change so quickly.

"The other day, Ghibrael was sick – he was throwing up for days and I was exhausted. We sent him to daycare when we thought he got better, but then the daycare called and said that he was still throwing up. My husband had to take him straight to the specialist at the hospital.

"So yes, it's crazy.

"And I know I'm not alone in this. It's a tale as old as time. And I think ever more so now for working mums – not just working mums but parents, trying to juggle things and keep everything going like twenty glass balls in the air at any one time. On top of that, there's everything else like grocery shopping, making time to take the kids out somewhere interesting. There are also the school holidays and crazy things will happen like your fridge breaking down.

"My husband is also a very hands-on father, so I think that's why I am able to do a lot of things like my projects, Dansa books and children's books for charity and all that. I know I'm not the only one doing everything at all."

### First thoughts after giving birth

"They were both really big babies, so when I first saw them I thought, 'Oh my God, no wonder I couldn't breathe!' But most of all, it was relief because they were born safely."

### The kids' favourite things to do

"They both love swimming and jalan-jalan."

### 'Guess what my kid did' stories

"Oh, plenty. Ghibran was once building train tracks and when he saw the baby coming he just shouted, 'Oh my God, mum! The wrecking ball is coming, do something!' And once, during an event where I wore a pink ruffled dress, he told me I looked like a pink flower. The other time was when I wore a nice Oscar de la Renta dress and he had asked me, 'What kind of dress is that?' I said I would call it mummy's princess dress. He immediately said that I wasn't a princess, but Anna from Frozen was.

"Also, once he was trying to negotiate with me about having ice cream before dinner. Obviously, I was against it and said, 'What would daddy say if he found out?' And he said, 'So we just don't tell daddy!'"

### To make the kids smile

"A new toy. Or a new hot wheels car."

### On giving

"I had everything that I wanted as a kid, really. What I want to be able to give my kids is what my parents actually gave me – which is a lot of time with them. No matter how busy my parents were, I never felt like I had absent parents. They were always around, we did things

together ... so that's what I hope to recreate with my kids. My parents gave everything they could. I'm trying to do that for my kids."

### Biggest fear as a mother

"Of course, if anything happens to them. Any irreversible damage," she said. "Not finding their way in the world, I think is my fear."

### One thing missed before motherhood

"Unscheduled sleep!" she said, longingly.

### What motherhood taught her

"How much you are willing to give up and do to make sure your kids would be OK. How much you do think about them. About putting them before you. You would give up something you'd want for yourself to put a smile on their faces. Something new for them that puts a smile on their faces means something to me. A new dress for me, means nothing to them," she said with a laugh.

### The easiest thing about being a mum

"Just being able to be with them, really. I'm very happy to just stay at home on weekends and just watch them."

### The hardest thing about being a mum

"Functioning on no sleep and constant worrying."

### A third child maybe?

She laughed – a low, deep sardonic laugh. "That's what everyone's asking! At this stage, no."

### Advice for future mums

"Trust yourself. I know it's hard, worrying and feeling overwhelmed. But trust yourself, and you don't need to do everything perfect. Our house is in a permanent state of mess. You don't need to get it all right. What kids want most is not a clean house, but you more than anything. Sure, they want their toys but they want you."



# DATA ON DADS

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*Fatherhood according to science*

BY VANESSA R. SINGH

**We often neglect our fathers' hard work and devotion to the family because we think being a mother is tough. There is no doubt that being a mother can be life-altering, but being a dad isn't a walk in the park either. Science is here to prove to us that kids turn out better when their fathers are more involved in their lives.**





## We're more like our Dads

The University of North Carolina discovered that when it comes to make-up, mammals are genetically more like their fathers. Although we get the same amount of genetic mutations from both our parents, we actually use more of the DNA we get from our dads. This information can help when studying diseases.

## Hormone Changes

It has been recognised that all women experience hormone changes and emotional episodes when they're expecting.

However, a study conducted with 29 firsttime parents by the University of Michigan showed that there was a drop in testosterone and estradiol (which is a type of estrogen) in fathers that were expecting. These hormone changes happen in the early phase of pregnancy and analysts trust that the progressions happen because of a procedure happening inside a man just by considering turning into a father. The study further found that men with bigger decreases in testosterone answered to being more drawn in with their children and significantly more steady of their life partners.

## Bad at baby talk

We all know that dads always try to connect with babies, but it seems that the one thing they need to practice more of is cooing. According to a study done by Washington State University, fathers don't do it often enough whereas moms have mastered it. A study was done where pre-schoolers carried recorders in their pockets and taped hours of speech directed at them. It was found that fathers spoke to their toddlers the same way they would with adults.

## More chores, more dreams

A recent report published in Psychological Science, observed that parents' domestic actions spoke louder than words. Despite the fact that a father preaches all things feminism, on the off chance that he leaves all the family unit obligations to the wife, as "conventional" families would, little girls will recall that and tend to imagine themselves in customarily female-predominant employment. A study found that fathers who helped around with house tasks had little girls who aimed for less customary and higher paying vocations. So do as John Mayer says, "Fathers, be good to your daughters, and wash a dish or two."

## Postnatal struggles

A study done by a UK charity for parents, NCT, found that a third of dads battled with the mental pressures of being a new father. Leading scientists recognise that postnatal depression and perinatal mental health issues can happen to women as well as men too. It was even found that men who supported women with postpartum depression were likely to experience it themselves.

## A good father sings

Social scientists from the Freie Universität in Berlin found that male nightingales demonstrate their family values through songs. It was found that the better the singing, the more supportive and protective the male would be towards his family.

## Family matters

A study directed in 2008 by the University of Hampshire found that for married white and Latino men, a new born required an increase in yearly income and time spent at work. It was even observed that they earned progressively if their spouses decided on the more conventional route and worked less. In any case, for married black men, the birth of a child was associated with a smaller increase in hourly wages and annual earnings.

## No STDs

Research done at the University of Florida found that female students whose dads were more involved in their lives were more likely to practise safe sex in college. The researchers surveyed 748 college students in an introductory course at a large public south-eastern university, where 60 percent of the population were female. Those who reported that their fathers were actively present in their lives used condoms more frequently, had sex less frequently, and with fewer partners. Researchers believe that it has something to do with male attention. If a father figure is present in a girl's adolescent life, she doesn't need to actively seek male attention outside of home.

## Active fathers, better children

A study published by the Canadian Journal of Behavioural Science, fathers positively influence the development of their children through hands-on parenting. Having a father present in a child's life was found to have a positive influence on a child's problem-solving abilities and a decrease in emotional problems such as sadness, social withdrawal and anxiety. Furthermore, an absentee dad was actually found to be worse for girls. It was found that middle school girls with absent fathers experienced more emotional problems at school than those whose fathers were present.



# Dearest to DADDY

## The Little Things

THE FATHER'S DAY HYPE, ADMITTEDLY, ISN'T AS STAGGERING AS ITS MATERNAL COUNTERPART. HOWEVER, JUST BECAUSE IT ISN'T AS COMMERCIALISED AS ANYTHING ELSE, FATHERS ARE THE UNSPOKEN FAVOURITE (ESPECIALLY IF YOU'RE A DADDY'S GIRL) AND A PRESENCE THAT WOULD ALWAYS LEAVE AN INDELIBLE MARK IN OUR HEARTS. WHILE WE'RE CELEBRATING THE REAL SUPERHEROES (SANS RED CAPE AND BLUE TIGHTS), THE MAN WHO STANDS TALL FOR US SINCE DAY ONE AND CREATOR OF LAME JOKES, WE SPOKE TO A COUPLE OF FATHERS AROUND US, TO ASK THEM WHAT THEIR FONDEST MEMORY OF THEIR CHILD IS. GRANTED, THEY DON'T INVOLVE THE MIGHTY FEAT OF GIVING BIRTH TO A CHILD, THESE SIMPLE THINGS THAT THESE DADS TAKE INTO ACCOUNT WOULD NEVERTHELESS WARM YOUR HEART GREATLY.

WARNING — WHAT YOU'RE ABOUT TO READ WOULD RESULT IN GOOPY SMILES, A FAIR AMOUNT OF 'AWW'S AND FOR THE MORE EMOTIONAL ONES, A TEAR OR TWO.

— BY KATHLYN URSULA D'SOUZA —

1

*"When I first tied her shoe lace, that was when she tied a ribbon on my heart.*

*As I grow older, I realise that I cannot keep her in my arms because she needs to go out there to see the world. I might not be the world to her but she is like the universe to me. Being a father is not just about protecting my girl, not about telling her what is right and what is wrong but to promise her that I will always be there for her even when the world is tumbling down on her. I love you, my girl."*

**- Noor Jan Baharom**

*"My daughter decided she would have things her own way no matter what, before even coming into this world. Her mother had to wait for 12 hours in the delivery room before she made her appearance. Reality dawned on the emotional me then that I was actually holding her for the first time in my arms. Has she got sixth sense even as a baby? Some time in 1992, coming back home from dinner, for no apparent reason she was wailing in the car. Reaching home, the maid rushed out crying to tell us my mother passed away. Until today I am still perplexed. There are many moments, which I can't put down all due to the limited space. Pictures until today play in my mind the time she was in primary and secondary school. Coming back late at night and watching her face while she was deep asleep. Times when I was too hard on her, meaning well but not able to show it correctly. The mixed feelings of joy that she had found love and deep loss I felt the day I gave her hand over for marriage. The times that I disagreed with her but had to keep my opinion to allow her to fall and get back up on her own, so that she would grow independently. The times when I sought her opinion because I trust her, her maturity and her love."*

**- Badardin Ahmad**

2

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*"It's hard to name one as here are many special moments. So I'll just call out a few life's milestones: the moment they were born, when they first smiled at you, when they first called you "Daddy". The moment they walked, their first day at school, and every hug/kiss is precious even today. To every child, their dad is their superhero. That's something that money can't buy."*

**- Freddy Lee**





4

**"The fondest memories that I have with my daughter is when she shows me love without me doing anything or expecting anything from her; like waking me up on a Saturday morning in the happiest tone I've ever heard, "Daddy, wake up! Wake up!" followed by the sweetest, cutest, smallest kiss on the cheek. The perfect way to start my day!"**

**- Joshua Tong**

5

*"Most touching moments to me will always being able to be there and witness my children achieving each milestone of their life, from the simple things like their first smile, the first time they were learning to turn their body, when they learned to sit, stand and walk, their first words, their first day at school, etc."*

**- Ang Luck Soo**

*"Her cuddling/curling up beside me, asking for bedtime stories, riding on my shoulders, running in after school and jumping up on me expecting to be caught, always trying to sneak up and surprise me, seeing her apply things I've taught her, and of course hearing her say 'I love you, daddy' or in notes."*

**- Mike Cheong**

6

*"The fondest memory is spending Sunday evenings with my son at the park. His favourite has always been the swings, and hearing his laughter as I push him is simply priceless. He urges me to push him higher and higher as he squeals away in delight. Every time I pass the park, I simply smile looking forward to our time there together."*

**- Ganesh Venugobal**

7

*"My fondest memory with my son was going fishing with him – we had caught the biggest fish, at least half of his height. That was the first time I had seen him the most excited, and the look on his face once we got the fish out was one I could never ever forget."*

**- Paul Miles**

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# The Family Gathering : A Survival Guide

*Your guide to breeze through family get-togethers.*

BY JACQUELINE BENITA PAUL

Hari Raya Puasa is upon us! Such a joyous celebration is typically accompanied by scrumptious and mouth-watering feast of lontong, lemong, ayam masak merah, beef rendang, ketupat, kuih and more for the invited guests and families to enjoy. Speaking of families, there are some that are the epitome of domestic bliss, while others may not be as picturesque and involve a lot more intrusive questions and awkward remarks. For those already fretting on meeting the usual faces that induce your discomfort - from the uncle who embarrassed you when you were 5, 10, 20, and counting, the cousin who always had a bigger pay than you and always will, the brother-in-law who can't understand why you would want to venture into a start-up, and the aunt who says: "Are you still single?, why arent you married yet , why arent you having kids yet?", we've got you covered. Here is our comprehensive survival tips just for you.







### The major No-No

Politics, sexual orientations and race are just a few of many topics that can spark conflict in a family gathering. Instead of discussing it, save it for your tumblr or twitter account. If you are pushed to a corner to provide feedback on said topics, grab a plate of food and eat. (mother said don't talk with your mouth full).

### Adjust your expectations accordingly

Kids will be kids, some might call you out on the lesser "duit raya" than the year before. We suggest that you not take things like that personally. Also, family drama may or may not come up, so prepare yourself mentally just in case.

### Pretend you're an anthropologist

During conversations that seem to be heading south, it is best to have the most neutral reaction as possible. Just answer "Oh, that is interesting" with minimal expression. Sooner or later, the conversation will move on to greener pastures where you can add in a little enthusiasm here and there.

### Don't be stiff, smile and nod

Emotions run high during family gatherings. Sometime a particular relative has a bone to pick with you, but just pay no mind to it. The key to survival on any discomforting remark is simply to smile and nod. Fighting back would only make for a more awkward reunion the next year.

### Help out in the kitchen or look really busy

This is probably the easiest and most effective way to get through any and all holiday reunions. You win points with the family member who will see you as responsible and caring to tend to the needs of your guests. First dibs on the rendang, lontong and all the delicious delights is also a great incentive. Don't worry, the list will continue throughout the day from doing the dishes, run errands, take care of kids, or help with the cooking.

### Forgive, Forget and Eat

Bear in mind the month of Ramadan unites everyone. The teachings about Ramadhan are to give us happiness and satisfaction when we help others, and the rewards which we receive are bountiful. Even as a non-Muslim, these are values that we can relate to. So let go of past grudges and when in doubt, eat. What could go wrong?



Meet the supergirls of

# DE FAM

*There's a new song that keeps making waves in the Malaysian radio scene, and as KL-ites spend most of their days stuck in a jam and in the car, one wouldn't miss that catchy song featuring American rapper Brandon Beal entitled "With You". These ladies are quickly causing a commotion in the Malaysian music industry, especially after garnering a lot of attention from their previous covers of popular hits on YouTube and their first single #SUPERGIRLS. Now, after landing a five-year deal with Tune Studios, De Fam is ready and steady to make an even bigger name for themselves locally and internationally. This month, we spoke to the 'Spice Girls of AirAsia' (as said by Tan Sri Tony Fernandes) to get to know them a little better.*

BY KATHLYN URSULA D'SOUZA





**Tell us about yourselves.**

We are a group consisting of three members who are Azira, Sophia and Manggis. We've known each other for about six years. Each of us has our own personality; Azira is the bubbly one, Manggis is the crazy one and Sophia is the sweet one. 'De Fam' means 'The Family' as we were from a dance crew called the Funky Fresh Family, and F.A.M is actually the initials of our names – Fya, Azira, Manggis. So the name De Fam represents who we are and where we came from.

**How did you get into your current career?**

It all started after we did a cover video of 'xdehalbro' and immediately the video became viral. Since then, we decided to do our own cover songs on YouTube. Tune Studios saw our potential and approached us and the rest is history.

**What are your daily diets like?**

To be honest, we don't have specific diets! [laugh] We all love food, and we don't mind eating all day long but we always try to avoid eating at night, and we always drink a lot of water.

**When it comes to guilty pleasures in food, what are your favourites?**

Sophia loves pasta, Azira cannot resist chocolates and Manggis can never get enough of pizza with loads of cheese.

**Three Malaysian food that you can't live without:**

Sambal ikan bilis petai, cendol and udang sambal.

**Favourite dining places and what are your favourite dishes there?**

Greenhouse: It's our favourite sushi place; their salmon sashimi is so delish! Suki-ya: You can go all out to eat the best Japanese steamboat there.

**Do any of you cook? Any signature dishes?**

**Azira:** Yes I do. I can cook spaghetti Bolognese and Ayam Goreng Berlada

**Manggis:** American Macaroni Salad. My husband loves it so much.

**Sophia:** Udang sambal and I love baking, especially cupcakes and cookies.

**Tips for eating healthy?**

Try to avoid oily food, eat a lot of vegetables and drink loads of water.

**How do you keep yourselves healthy and looking/feeling good?**

We always have dance practice, do our own workout routines at home and take some supplements.

**What do you girls look forward to this year in terms of career and personal life?:**

**Azira:** As for me, we want to go further in our career and go global. If possible, we want to enter the Indonesian market and produce more songs there. We also want to be exposed to other countries.

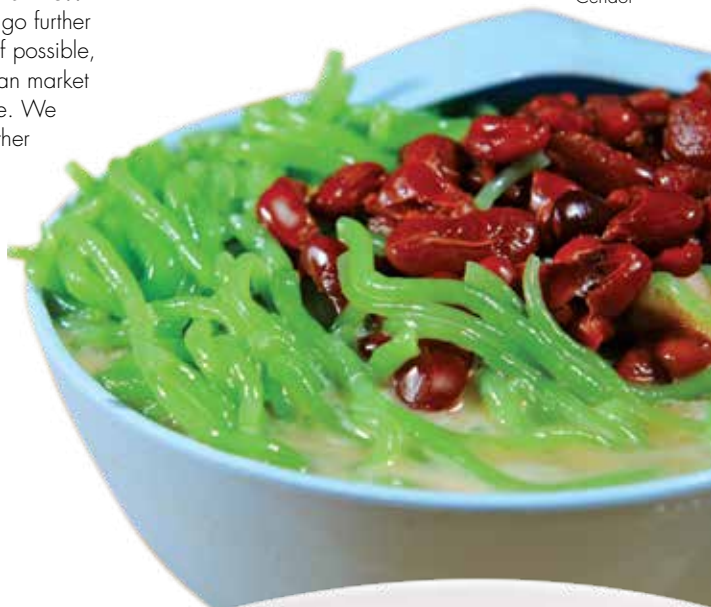
**Manggis:** To go regionally/ globally, we have to be fit in terms of vocal and body. So we're looking forward to having an intensive vocal training and gym session, making it our weekly routine. As for personal goals, I want to be mentally and physically strong while living a healthy lifestyle.

**Sophia:** I'm looking forward to go big regionally, especially in Indonesia and collaborating with big artistes in different countries. Personally, I would love to kick-start my own business in the beauty field.

**What fuels and inspires you?**

Learning new things everyday fuels us, as that will make us better people. Being creative in what we do makes us happy. Empowering each other, writing and singing songs and getting positive feedback from the listeners really inspire us to keep moving and do what we love.

Cendol



Udang Sambal



38, Jalan Bedara, Bukit Bintang,  
50200 Kuala Lumpur, Malaysia



# DRIFT DINING AND BAR

Come for the Food, Stay for  
the Experience

BY JACQUELINE BENITA PAUL

**L**ocated in a peculiar yet refreshingly quiet part of Bukit Bintang, this modern Australian restaurant serves up a delectable contemporary menu but more than that, it is determined to give you a memorable experience.

## **Confident and Cool Atmosphere**

From a distance, I couldn't help but be drawn to the impressive aesthetics of Drift Dining and Bar. The open concept of the interior that interprets the laidback yet elegant environment, makes you simply enjoy being there. Then, what caught my sight after being seated was the still-life black and white



Rosewater Semifreddo



Crispy Skin Barramundi



photography on the walls. Each photo is a story waiting to be told. My dining partner and I were particularly intrigued by a photo right behind the bar. You can't miss it even if you try. It is a picture of a man in a suit immersed in a bubble bath. We needed answers, so we asked Rob, the owner of Drift Dining and Bar. He also happens to be the photographer of all the pictures you see in the restaurant. He told us that the picture described that moment when you let go of all things that were important. The moment you hit the water and let go, that is the moment of Drift – that is when they take care of the rest.

#### Food for Thought

We all probably had moments when we got lost in our thoughts on great food that we have had previously. Especially when strenuous work days leave you in a state of exhaustion and your mind just travels back

to the good times. Once you've eaten here, you can be sure that in those moments you would certainly think of Drift Dining and Bar (I speak from experience). The design of the menu is made to be simple with minimal frills and photos while the descriptions of the dishes are short and precise. This leaves room for your own interpretation and solves a major Malaysian struggle - choosing what to eat.

#### Starters

Beforehand, you should know that each dish that you order here is meant for sharing. So count on getting a good portion of each meal.

#### Fried Polenta With Gorgonzola Cream

A mouthful will tell you that it is perfectly seasoned and with a stone-grind texture that ensures the uniformity of the Italian staple. The gorgonzola cream, mushrooms, sage

and parmesan shavings work perfectly with the unique texture of the deep fried polenta. Staying true to the brand, this dish is simple yet delightful to the palate.

#### Crispy Skin Barramundi

Seasoned with olives, mint, and orange this dish serves a zestiness that can be appreciated by anyone. If you find yourself looking for a successful Asian fusion, you need not look further than this. Even after a few servings, my dining partners and I found the flavours to remain piquant and delectable.

#### Slow-Braised Australian Lamb Shank

The defining word to best describe this dish is succulent. The meat delicately falls right off the bone when you dive into it with your fork. This ambrosial dish uses palm sugar and black vinegar to achieve the right balance of flavours and textures.



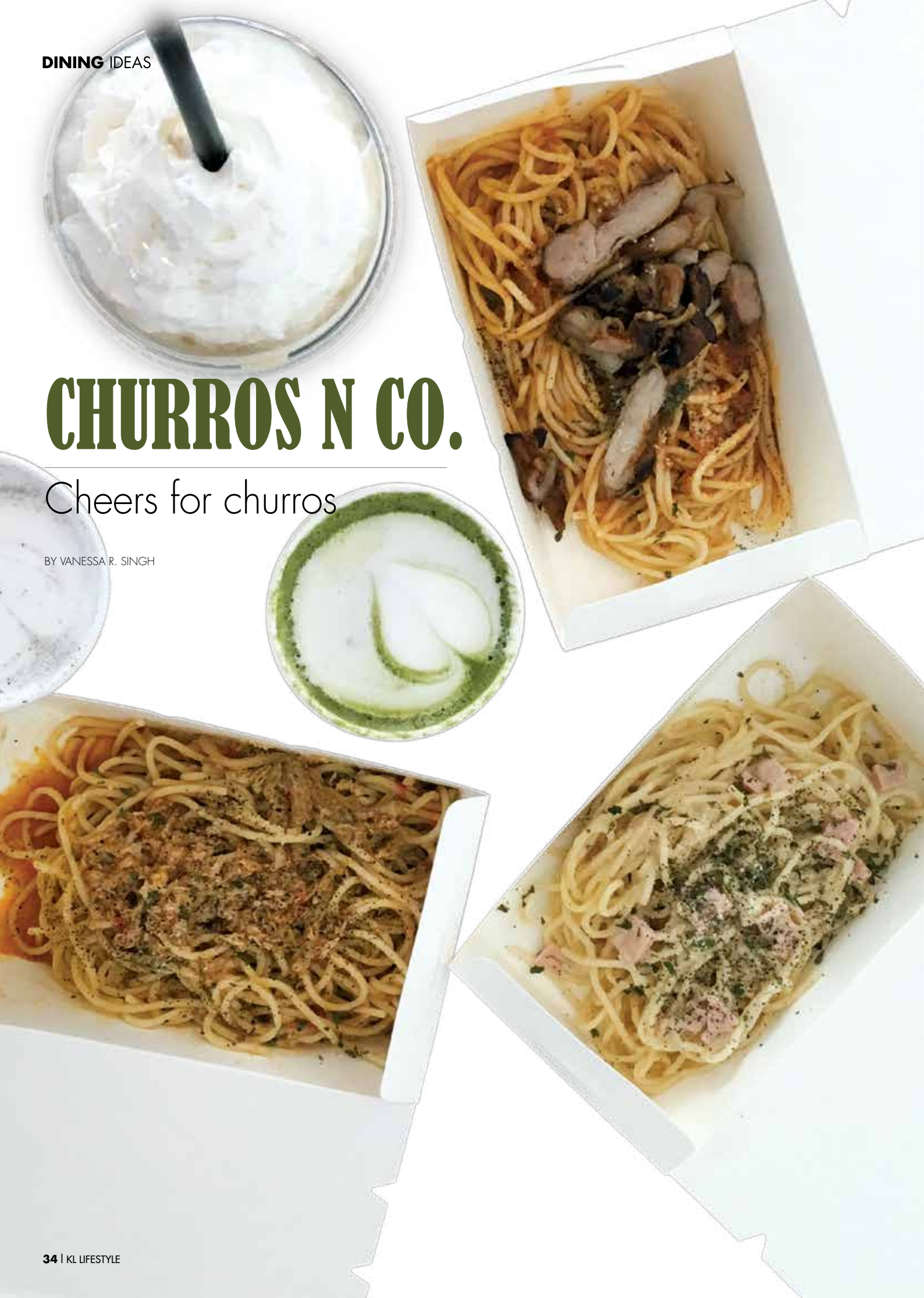
Slow Braised Australian Lamb Shank



# CHURROS N CO.

Cheers for churros

BY VANESSA R. SINGH





If you're looking for a unique churros experience, look no further. Foodies (with other day jobs), Matthew Ong and Nicholas Thang have joined forces to give you a special Churros experience you'll never forget.

This joint opened about a month ago out of spontaneity when Nick had an idea for a new recipe and Matthew found it intriguing that Churros could be adapted to anything. When they first visited VSQ PJCC, they found that there were only mamak eateries, cafeterias and a KFC. Looking at the demographics consisting of students and working adults, coffee is an essential part of their business – that's how Churros N Co came to be. Instead of focusing on a dine-in experience, they focus on quality food and the perfect cup of coffee by making it a solely takeaway café with a few tables and chairs for people who would like to eat in. With the idea of starting a coffee shop in mind, they soon realised they wouldn't get far by just serving coffee. To counter that, they added variety to the menu by serving churros, pasta, salads, pastries, a range of delicious lattes, coffees and tea. Looking at the pricing on their menu and for pasta that cost RM6, one wouldn't expect much of the food served here. Prepare to be proven wrong.

You have a choice of six different bases for your pasta. We had the **carbonara**, **tomyam** and **chilli crab**. Adding on a scoop of salmon or grilled chicken will only be an extra of RM3.90, which will still make your meal less than RM10. **Tomyam** and the **carbonara** seem to be a hit here.

All of their sauces, dough and churros are hand-made and prepared fresh on a daily basis. The churros are pre-fried in the morning before being delivered to Churros N Co to be air-fried and served hot, crispy and fluffy. They adopted the concept of air frying to deliver a healthier version of churros – less oily but crispy.

As **Churros** is the main superstar here, Nicholas himself planned the recipes. Their specialties include the **salted egg yolk churros** and the **oriental chilli crab churros**, which are a unique spin on the popular pastry. However, customers often go for the safe option of either the **classic cinnamon** or **salted caramel**. They are light, full of flavour, crispy and far from your average fat, greasy churros. Recipes are reviewed every fortnight to see if there is a way to either make it more cost-effective or tastier. Their **oriental salted egg churos** and the **peanut butter and jelly** have been receiving good reviews and deserve it. You don't get the churros flour taste, due to them being light



and fluffy, blending in with all the flavours perfectly. Their **salted caramel churros** tastes exactly like toffee popcorn and it's made in-house, specially sprinkled with sea salt. The churros are made fresh as ordered and take about eight minutes to be served.

Other than churros and pasta, they also serve two types of salad; **Caesar** and **Japanese**. The croutons in the salad are replaced with chopped up churros, and they are freshly made every day.

On to their charmingly tasty drinks, the all-time favourite **Sesame Latte** is a must-try. It is said that a lot of people tend not to order it but I assure you, it's good. Churros N Co's sesame latte is actually made up of black sesame; it's light and so good that I could have it every day.

Feeling adventurous for something exclusive? Try their best-selling signature **Romantic Belgium Chocolate**. Its name says it all. It truly has a romantic flavour to it and it's definitely

not your average hot chocolate. I thought it tasted like a certain ice cream when I took a sip, but there's actually a special twist to it. You'll have to find out for yourself. Like love, it's indescribable.

They have also been receiving good reviews on their **Green Tea Latte**, which is something I enjoyed too. I've never had green tea in milky form but this one is said to be an all-time favourite here. Prices of the tea, coffees and drinks may be slightly on the expensive side based on their size but it's due to the quality of the products as these are on par with artisanal coffees.

Churros N Co is the new kid on the block, yes, but trust us – they've brought in something new, something fresh and it's definitely a hit with us.

Ground Floor, VSQ PJCC, Jalan Utara, 46200, Petaling Jaya, Selangor.

# Delirium Private Dining

*Private, Intimate and Delightful*

BY JACQUELINE BENITA PAUL

**C**urrently, there are one too many restaurants that have become too noisy, each server excessively amiable, the chefs being pompous, and the prices that put a dent on your finances. So what was there to look forward to in a dining experience? Delirium, a private dining experience for those of you who would like to indulge in an elegant gourmet lunch and dinner party at the chef's residence. This concept is especially

ideal for those who are seeking to host celebratory birthday dinner with family, or a midday lunch with the ladies, or a private space to conduct business lunch meetings. And sometimes, a reason as simple as being a lover of gourmet food is enough to sample this experience.

#### **Conception and Execution**

Every detail right from the simplest gesture as writing our names on a card to finding out our meal preferences,

you'd find that passion is the oil that gears our host to serve up the incredible dishes we sampled. Looking at the menu on the particular evening of our visit, it included a lot of vegetables. After tasting the food, we concluded that it was a testament that the best tasting food is also the most nourishing.

#### **Sensory Promise**

Knowing the extent of their passion, you can't help but have a vested connection



Raspberry and Rosewater Bavarian Creme with Poached Pear and Strawberries in Grand Marnier





Starters from the Sea

to the meal before you and how it has come to be, while capturing the essence and soul of the dishes becomes an unstaged, lucid and appreciative process. Their fine modern cuisines are served on a course-by-course basis, depending on the number of courses you wish to have, typically 3-5. Each mouthful of their servings will tell you that they only use premium-quality fresh ingredients and extremely technical cooking methods that maximise and preserve the nutrient content. It's not simply a race to impress and blow taste buds, which seems the common lure of mainstream eateries. They feature grass-fed, hormone and antibiotic-free poultry and meat. You wouldn't find contraptions like microwave ovens, toxic non-stick and aluminium cookware. Essentially, what you will be getting is maximised flavours from the best ingredients in the most nutritious ways.



Free-range Egg Tagliatelle with Aged Duck Confit

#### What to Expect?

- An underground venue with the sensory promise of a new dining experience
- Total exclusivity and privacy of booking an entire place to yourselves
- A customisable menu for your event (one menu per event).

Not unlike a book club, or a collective group of people who see a rainbow emerge, there is something magical about the common bonding experience of eating together. This is especially heightened when guests can share individual interpretations of the same flavours. While everyone will still experience the same courses, you get to decide on the event's menu (minimum headcount of 4). If you are hosting, you might make a selection to surprise your guests. For the inundated, it can be a fun process for you and your guests to decide together.

Meat your match at

# THE COW AND CHICKEN

BY VANESSA R. SINGH



Rotisserie Chicken (Half)

Created by the same mastermind of Ril's in Bangsar, this recently opened joint called The Cow and Chicken in Desa Sri Hartamas is ready to educate you on the wonders of meaty French dining. May your childhood memories resurface when you step into the apparent world of The Cow and Chicken. Yes, you got it right, it's all about steaks and poultry. They concisely deliver what their name suggests, focusing on their compact

menu of steaks and rotisserie chicken. Has the cow and chicken theme song been playing in your mind ever since you took a glance at the title? Yes, that too is right. We noticed it when we walked into their toilet and the theme song of the cartoon was playing in the background.

The menu itself is inspired by a restaurant called Le Relais in Paris which serves mostly entrecotes and chicken – a small menu. The Cow and Chicken wanted to bring that sort of food over to Malaysia and first thought

of just doing chicken, but that would take away the big crowd.

At the Cow and Chicken, the idea is to make you feel comfortable through their homely, small and rustic ambience. The photos on the wall were all taken by the owner, Tunku Khairil himself. For instance, the portrait of a cow taken in Langkawi. If you look towards the end of the restaurant, you'll find two portraits; a cow and a chicken. They were both painted by a German artist, Oliver, who currently resides





Cheesy Garlic Bread



Valrhona Hot Chocolate with Marshmallows



Bread Rolls

in Bali. Despite it being small and cosy, it is an ideal spot for an intimate dinner with family and friends. I'm sure a date would be impressed too!

The focus here is on the Rotisserie chicken, where the chicken undergoes a process called brining – meaning it is put in a herbal bath for about two days with rosemary, peppers, and anchovies. Then, they take it out and put it on the rotisserie for an hour and 45 minutes, so it's not fried or roasted nor grilled. Cooked to perfection, its irresistible crunchy skin on the outside and succulent flesh on the inside makes it a treat down to your last bite. It's so tender that it easily slides off the bone.

Depending on your appetite, decide between a quarter, half or whole chicken. All mains are served with warm and fluffy bread rolls, either mashed potato or fries, a bowl of salad with either honey mustard or French mustard dressing (the honey mustard is suggested), and a choice of béarnaise (the way it should be), chimichurri, Café de Paris butter, beef jus, chicken jus or peppercorn sauce. The "the way it should be" sauce, is French herb butter, anchovies, peppers and rosemary all made into a sauce. It used to be called French herb butter but everyone kept choosing it and the feedback they got from it was so good that they decided on the name "that's the way it should be".



Having been influenced by French dining, the entrecotes (which are basically the rib-eye) are cut French-style to ensure you don't get as much fat on your dish. They are equally as tender as the chicken. As said earlier, their entire menu is French-influenced, including their cheesy garlic bread (warm, soft and oh-so-fluffy) and classic French onion soup, which we could probably have for days and not get bored.

Lastly, the highlight of the evening was their French-influenced Valrhona hot chocolate with marshmallows. It's slightly on the thick side but that's due to them using actual Valrhona chocolate slices melted down in a pot and topped with a tiny bit of milk – you even get to choose your cocoa content of either 40 percent,

50 percent or 70 percent. To keep it short, it's heaven in a cup.

The kitchen closes between 10.30pm and 11pm but they offer a range of wines too, for those who would prefer to stay awhile and chat.

Ladies and gentlemen, you can leave your diet behind before coming out here. The menu is literally filled with carbs and meat, so this isn't a place for you to watch your weight. Head over for nothing but to indulge, indulge and... indulge.

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28-G Jalan 24/70A,  
Desa Sri Hartamas, Kuala Lumpur  
+603 23035740  
Opens at 5pm on Tuesdays to Sundays.



# GO GREEN

*Fulfil your salad cravings at these top 6 salad haunts*

Salads are not there to scare you away and they certainly aren't always just filled with different types of green. A salad can be tasty and healthy when given the right ingredients and balance. We have found some of the best salads for you to discover here in KL and you should expect nothing but the freshest salads bursting with flavours.

BY VANESSA R. SINGH

## HUCK'S CAFÉ

At Huck's, you can expect delicious and authentic Mediterranean and European cuisine with Huck's twist. The food served here do not contain MSG and are never frozen food, and the spices and herbs are mostly organic too. Served with grilled salmon, orange slices, lemon, and dressed with olive oil on a bed of greens, their Sicilian spring inspired salad - Sicily Grilled Salmon Salad is a favourite here.

*Jalan Abdullah off  
Jalan Bangsar*

## CHAI BAR

Those who prefer a salad to their own combination can opt to create their own – a regular would get you one base, five supplements, a protein, a topping and one dressing. If you can't decide, the Asian chicken salad is Chai bar's best-selling seasonal salad comprising romaine lettuce, cucumber, carrot, bean sprouts, crispy noodles, almond flakes, mandarin orange and their very own house special honey soy chicken. It is served with a sprinkle of chia seeds and spring onion and topped off with sour plum dressing. Their salads, using fresh ingredients, vegetables, fruits, beans, meat, nuts and cheese, are prepared fresh on a daily basis. If you'd like something more meaty, try their signature steakhouse salad dressed with blue cheese, and if you're vegan, the roasted portobello mushrooms and crack tofu are two cracking options.

*Multiple outlets*



## ANTIPODEAN

Antipodean offers a fusion mix between the Southeast Asian and Australian cuisine. Their salads are constructed with well-balanced recipes comprising coriander, fresh feta cheese, chickpeas and other nutritious veggies that provides all the necessary nutrients to the body for a small number of calorie. The atmosphere here offers a pleasing experience for good coffee and salads. They offer a variety on their menu including their known all-day breakfast and burgers for those who are not a fan of salads. Try their well-liked Coromandel salad with rocket, figs, cherry tomato, feta, walnuts, and topped with smoked salmon.

*Multiple outlets*

## 28 FIREPLACE

A cosy café that gives you a homey vibe whilst you indulge in their flavourful menu. Their bowls of assorted leaves are usually drizzled with balsamic vinegar and slices of sweet pumpkin to ensure a sensible plate full of tangy and balmy flavours. Some may prefer a meaty salad so in that case, top off your salad with a protein of your choice - chicken, beef, or an egg. They have four ready-made options for you to choose from too.

*Persiaran Ampang off Jalan Ampang*

## SALAD ATELIER

A salad bar with no limitations for those who would prefer their own salad combo. Salad Atelier offers over 100 fresh toppings for you to choose from to create your desired salad. Hence, their slogan "Every bowl's a personal masterpiece". Their aim is to make sure their customers are happy with their choice and to allow them to create their own salad according to their mood on the day. The fresh ingredients and toppings here will definitely cheer you up. Their prices range from RM15 to RM24 depending on the size, and the monster size gets you a prime ingredient of smoked salmon, roast chicken or seared tuna and more.

*Multiple outlets*

## LIFEJUICE SALAD BAR

They were known for their cold-pressed juice bar when they first started but now have a salad bar offering some interesting choices. The focus at Lifejuice is on fresh and wholesome ingredients. They offer the classics such as Caesar and Mediterranean salads but if you're looking for something unique, try the Vietnamese or Chindian salad.

*Jalan Telawi, Bangsar*



# SS 15

BY JACQUELINE BENITA PAUL

Think about food and your mind will surely centre on SS15, Subang Jaya at some point. The options here are endless which can make it frustrating on deciding what to eat at this food haven. Thus, we have list the choices you may want to try on your next visit.



## Kimchi Spaghetti

You'd find this Korean-Western fusion dish at Ahoy Café which is along the same row as Cosans Coffee. It is somewhat unassuming and easily overlooked, hence requiring some effort to notice it. Their signature dish, the Kimchi Spaghetti features a Korean side dish staple, kimchi, that is served with almost every Korean meal. It is usually fermented and tastes spicy and sour. Emenicse, the owner of Ahoy Café, recreates this dish to fit the Malaysian palate. It does not have the typical sourness of kimchi, yet you could taste the well-balanced spiciness of the dish and the al dente pasta that makes for a hearty meal.

**Ahoy Café**  
74, Jalan ss15/4, 47500, Subang Jaya, Selangor



## Pot of Fresh Mussels in ultimate style

By looks alone, our appetite reached its peak. The fragrance of fresh ingredients permeated throughout the restaurant located just across the road from the infamous food hub, Asia Café. The ultimate style sauce that drenched the mussels contained mushrooms, shallot, garlic, parsley and butter. You can even have the option of whether or not you'd like to add cream or have your mussels soaked in white wine. The best way to decide would be to refer to an age old saying, go big or go home.

**Salute Dining and Wine**  
37, Jalan SS15/8A, Subang Jaya 47500, Malaysia.





## Mary's Grilled Lamb

Right beside INTI University, you'd find a cosy little sailor-themed café named Big Mike in the midst of the bustling streets of SS15. We were served succulent and dense lamb grilled with a dash of delicious mashed potato together. Moist and juicy, you'd want more after each bite. This rich dish would be most ideal during lunch or as a post-workout meal because of the considerable portion. The looks itself screams scrumptious, making us eager to go back.

**Big Mike**  
A01-01, Jalan SS 15/8, Subang Jaya



## Morning Wood Sandwich

Don't worry there is nothing particularly obscene here other than the great food and coffee. The artsy interior makes for an ideal location to set up a workstation or study space should you need one. In fact, the walls around the café are fully utilised too. To our surprise, they have a wide range of food especially pasta and the pasta names are pretty creative and have slight sexual innuendo. Their morning wood sandwich has chicken teriyaki that is tender and juicy. Paired with a carefully brewed latte, this cafe certainly exceeds your typical coffeshop expectation.

**Morning Wood Cafe**  
73-1 Jalan SS15/8A, 47500 Subang Jaya, Selangor



## Brooklyn B's Salmon

Take a hefty bite of the Big Apple at Brooklyn B, right on the same row as Starbucks Coffee. We wonder if Captain America visited before. The Brooklyn B's Salmon that is inclusive of a classic onion bagel with lox and cream cheese with capers and spring onion to balance the strong flavours of the freshly sliced salmon makes for a nourishing and delicious meal. We recommend putting the chips in your sandwich for that crunchy and spiced addition to your serving.

**Brooklyn B Bagel Bakery & Cafe**  
41, Jalan SS15/8A, Subang Jaya

# PEANUT BUTTER

*Guaranteed to make your heart and stomach flutter*

We've all been guilty of spooning it out of the jar and straight into our mouths, but we can't help ourselves. It's packed with nutrition, heart-healthy fat and can be our best friend when it comes to dieting. If it tastes good alone, imagine how good it tastes packed in desserts or drizzled as a sauce.

BY VANESSA R. SINGH

## *Peanut Butter Milo Ice Cream Sandwich*

Ever tried peanut butter and Milo together? Let the artisanal ice cream maker, Shaun Liew, blow your mind. He's behind the ice cream brand "Shamaziin", and he's here to walk you down memory lane with his ice cream sandwich. Weight watchers, here's the bad news – it comes with a side of French fries. You'll also have the option of having it with their charcoal bun (recommended), depending on its availability.

*Thirty Seconds, Bandar Sri Damansara*



## *Chunky Peanut Butter Granola*

Its looks doesn't do it justice. Brolly's signature granola is here to sweep you off your feet. The combination of peanut butter coated with crunchy granola, crushed peanuts and ice cream topped with blueberry puree makes it a delightful dessert. Excellently structured with all elements of soft, crunchy, sweet and savoury. This is what you call an elegant dessert.

*Brolly, Menara Felda, Persiaran KLCC*





## *Peanut Butter Latte*

Made from nothing but peanut butter powder and milk, this latte is delicious and to die for. It costs RM15 for a normal-sized cup which is 8oz for hot and 12oz for an iced latte. It probably is a little on the pricey side but aren't all artisan coffees? What's interesting here is when you order the double size, you actually get double the amount of latte. This heavenly peanut butter latte can be enjoyed on its own or with a shot of espresso.

*Coffea Coffee: available in multiple outlets*

## *Roasted Banana & Peanut Butter Pie*

Constructed with roasted bananas set in banana mousse and crusted with graham crackers, this pie is then topped up with peanut butter cream. Both bananas and peanut butter are known to contain fibre and protein, hence why this combo makes this pie so wanted. The banana flavour compliments the subtle sweetness of the mousse which makes it hard to resist. If you're allergic to nuts, you might want to lay off this one. Not going for the pie? Have their malt and peanut butter milkshake instead.

*The Daily Grind*



## *Peanut Butter Cheesecake*

Are you thinking what I'm thinking? Trust me when I say, its good looks guarantees you a happy belly. Layered with peanut butter cheese mousse, dark chocolate cheese mousse and oreo crust, this sinful cheesecake is worth the cheat day.

*Pickle & Fig, TTDI*



# OFF *the Runway*

## 1. BVLGARI

**B.zero1 18kt pink gold earrings with white ceramic**  
**RM14,392**

Bulgari's new B.Zero1 range now in bi- and tri-coloured gold variations, dubbed 'the perfect mistake'. This elegant piece is a shining example of the wondrous possibility of what happens when things don't go to plan.

## 2. CHANEL

**Entrelacs d'Étoiles ring**  
**Upon request**

Chanel Entrelacs d'Étoiles ring in white and yellow gold set with 28 brilliant-cut diamonds totalling 1ct. This piece is not for the faint-hearted.

## 3. CARTIER

**Trinity De Cartier Bracelet**  
**Upon request**

Three bands, three types of gold

intertwined in harmony. The visionary mind of Louis Cartier created the Trinity ring in 1924. The unique, timeless and cosmic trinity design, depicted in three colours of gold (pink for love, yellow for fidelity and white for friendship), is now available in a collection devoted to the love of your life. Trinity, all about you forever.

## 4. GIVENCHY

**Pandora shoulder bag in cobalt leather**  
**RM4,237**

This is, hands down, the best Givenchy bag that has been crafted in Italy from cobalt textured leather, lined with tonal smooth leather and finished with a silver designer plaque and detachable chain strap. Use this versatile Givenchy style for any occasion as a shoulder bag, clutch or wallet. It opens to six card slots, a zipped pocket for coins and a main compartment that's big enough for your cell phone and lipstick.

## 5. GUCCI

**Metallic cracked-leather platform sandals**  
**RM2,838**

Level up your glamour game only with the right design that is cracked to catch the light from every angle. These beautiful gold leather Gucci sandals have been crafted in Italy. They're designed with a generous platform to balance the vertiginous 120mm heel.

## 6. STELLA MCCARTNEY

**Noah one-shoulder broderie anglaise cotton dress**  
**RM13,000**

The off-shoulder season is here! This time we could not help but notice Stella McCartney's elegant take on this trend with their one-shoulder silhouette. Cut from cobalt broderie anglaise cotton, this piece is backed with sheer tulle and partially lined for opacity where you need it most.



# THE MODERN DAD'S UNIFORM



Crying baby and wild toddlers? No problem. We've assembled a simple and chic uniform style that serves as a great reference if you're looking for a no-fuss yet elegant dress code.

## 3. GIORGIO ARMANI

**Woven cotton and linen-blend blazer**  
RM7,771

Giorgio Armani shows the refined side of SS16's natural textures with its tonal-beige blazer. It's tailored to a slim shape from a woven cotton and linen-blend, and features multiple pockets and a two-button fastening that creates a sleeker and streamlined silhouette.

## 4. PAUL SMITH

**Leaf-Print Stretch Cotton-Blend Socks**  
RM86.65

In black and ecru, Paul Smith's cotton-blend socks are knitted with a leaf motif - the subtle, but lively design is just enough to shake up pared-back looks without going over the top. This set is infused with stretch and has reinforced heels and toes to ensure durability.

## 5. LONGINES

**Conquest 1/100th Horse Racing**  
**AVAILABLE UPON REQUEST**

Longines unveils a new model to add to its Conquest collection, a name borne by many of the brand's successful pieces over the years: Conquest 1/100th Horse Racing. Now keeping time to one hundredth of a second, this watch includes a unique movement that surpasses its predecessors. The creation of this model sees Longines continue its long tradition as a timekeeper for equestrian sports and pays homage to all those passionate about flat racing.

## 6. TOD'S

**Suede Chukka Boots**  
RM1,693

Tod's Italian-made chukka boots are crafted from soft suede and lined with supple leather for comfort. The brown hue makes them a particularly versatile investment, while contrasting brick-red rubber soles complete the rugged feel. Wear them with jeans when off-duty.

## 1. BALENCIAGA

**Slim-Fit Printed Cotton Shirt**  
RM1,200

Subtlety invites intrigue with this shirt by Balenciaga. Its geometric motif is in masculine grey and black, making the design less daunting than other patterned styles. Woven from lightweight cotton, it's sure to give warm-weather looks a sophisticated edge.

## 2. LANVIN

**Prince of Wales-check slim-leg trousers**  
RM1,658

Lanvin's grey Prince of Wales-check trousers is a considered investment. They're woven from stretch-wool, cut to a slim fit, and finished with raw hems to allow for a perfectly tailored result. Shown here with Balenciaga's slim-fit printed cotton shirt and Giorgio Armani's woven cotton and linen-blend blazer.



# The Jungle Look

EXPLORE THE URBAN JUNGLE IN WILD OPULENCE. FROM NATURE-INSPIRED MOTIF PATTERNS TO SPIRIT ANIMAL JEWELLERY, WALK INTO ANY ROOM IN THE CONCRETE JUNGLE AND DOMINATE WITH THIS ENSEMBLE. GO ON, TRY IT.

## 1. DOLCE AND GABBANA Cat-eye gold-tone and acetate sunglasses RM1356.58

Glam up your accessory collection with Dolce & Gabbana's sunglasses that are made from yellow acetate and patterned with the label's signature 'Carretto' print on the reverse. Designed in a cat-eye silhouette that is particularly flattering on heart-shaped faces, this glamorous piece has dark-gray lenses with UV protection.

## 2. JENNIFER BEHR MEDUSA Medusa gold-tone hair tie RM971

For a stunning impression, look no further than Jennifer Behr's 'Medusa' (the mythical greek Gorgon with serpents for hair) hair tie. Wear this gold-tone brass serpent for outdoor occasions.

## 3. JIMMY CHOO Mindy tasseled python sandals RM5,358

Take a walk on the wild side with Jimmy Choo's voracious 'Mindy' sandals that are accented with suede tassels that gently swish

as you walk. This python pair has a smooth leather backing and lightly cushioned insole to help temper the sky-high stiletto heel.

## 4. GUCCI Bamboo Shopper medium textured-leather tote RM8243.83

Accentuate your spring look with Gucci's textured-leather tote that stays true to the brand's luxurious yet inspiring identity. The bamboo handles for this design have been fastidiously handmade in Italy by talented artisans.

## 5. DIANNE VON FURSTENBERG Holody pleated printed silk-chiffon blouse RM1,545

The key fashion piece to surviving uprisings in style is Diane von Furstenberg's 'Holody' blouse that is made from pleated silk-chiffon. Printed with lilac, royal blue and orange leaves, this floaty style has a short camisolé lining that keeps the ruffled sleeves and hem sheer. We like how the keyhole neckline shows just a hint of skin.

## 6. FENDI Cotton-blend jacquard skirt RM5,478.50

Walk tall and proud in Fendi's cotton-blend jacquard skirt. This elegant piece is woven with a birds of paradise motif – the defining theme of the Resort '16 collection. It is complimentary to your figure by creating a neat A-line shape with a white trim that nips in your waist.



# MUST-HAVE MIRACLES FOR MEN

Even superheroes need help

BY VANESSA R. SINGH



## 1 Aesop Violet Leaf Hair Balm 60ml

– RM118

Hair wax often leaves your hair greasy, but Aesop's Hair Balm provides ultimate volume and hold without the sticky and tacky wax feeling. It is suitable for unruly, coarse or dry hair and contains nourishing elements of camellia nut and lavender stem.



## 2 Remington Vacuum 5 in 1 Grooming Kit

– PG6070 – RM449

Every man's essential piece to include into his wash bag. Its compact size and travel pouch for storage, makes this the perfect travel companion. This sleek and ingenious kit comes with hair clippers, a body hair trimmer, beard trimmer as well as nose and ear trimmers. It also has a vacuum attached to it which collects hair and avoid messy sinks and grooming - the ideal match for someone who's looking for an item that meets all of a man's grooming needs.

## 3 L'Occitane Cade Shaving Cream 150ml

– RM103

Shaving cream might be a man's best friend but without the right one, you may be affected by razor bumps and irritation. This Cade shaving cream, enriched with shea butter, Cade essential oil and glycerine, lathers easily for a moisturising shave and smooth skin. It has a wonderful cedar and woody scent and is made to be handed down for generations. Never leave home with a razor bump or cut again. It comes in a tube that's ideal for travelling too!



## 4 Yves Saint Laurent L'Homme Eau de Toilette – RM281

We ladies love it when our man smells good. YSL's best-selling fragrance is perfect for a man with style and elegance. It gives out a deeply masculine aroma, intense freshness and, elegant floral and spicy notes. The sensuality of YSL's L'Homme is thanks to the amber and woody notes. Spritz it on your favourite shirt and you'll be sure to attract her like magnet.



## 5 Jack Black's Beard Lube Conditioning Shave

177ml – RM100

Is she complaining about your prickly cheeks? Jack Black has created the revolutionary formula for soft aftershave skin. Developed with jojoba and eucalyptus, this conditioning beard lube is determined to minimise irritation and give you a softer feel and smooth-looking skin. Its lightweight formula penetrates into the skin for softer whisker growth.

## 6 SK-II MEN Facial Treatment Essence

215ml – RM723

SK-II is known for its skin care amongst women, but this miracle facial treatment for men works wonders on the skin. Its formula comes with a cooling agent which is hydrating and nourishing. A man's staple for radiant, renewed, fresh and even-looking skin.



*Looking at the off-shoulder trend in the industry, this elegant abstract green off-shoulder modern kurung top with flare sleeves and slim cut, mermaid cut skirt displays opulence and edge to your raya look. The material features a selection of brocade abstract brush stroke prints.*



# Fiziwoo

## CELEBRATING RAYA WITH A REGAL BEARING

BY JACQUELINE BENITA PAUL

Established back in 2009 by a young aspiring fashion designer, Mohd Hafizi Radzi Woo whom was later joined by Architecture based designer, Izree Kai Haffiz in 2011, set out to the fashion world to create beautifully structured designs that retain the femininity and delicateness of material in order to balance their creation. If you were at the Starhill Gallery Fashion Week SS16 recently, then you know why we were excited on



catching up with them on their upcoming Raya Collection. In fact, celebrities such as Scha Alyahya, Ary Sarra and even E! Host Giuliana Rancic to name a few, are major fans of the young designers.

After being recipients of so many awards and representing Malaysia in international fashion shows, we asked about how they work on staying relevant and fresh in their designs. They were caught off guard by the question but Hafizi answered that it takes a lot of research and the fact that they are two different people involved, it allows for the right balance of opinions and concepts which made them who they are today. Further proof of their unique differences in opinion, can be seen when we enquired on the one person in the world that they would love to dress, Hafizi answered *The Devil Wears Prada* star, Anne Hathaway while Kai answered

*Maleficent* star, Angelina Jolie. We would love to see these powerhouse women in Fiziwoo design too.

However when asked about the one designer that they both would like to meet, their answer was unanimous, Karl Lagerfeld. Kai emphasised that he would love to ask the creative genius behind Chanel, Fendi and of course Karl Lagerfeld label about how he remains relevant after being in the industry for so many years and representing different brands. At the rate that their going, we have no doubt that this encounter will happen in the near future.

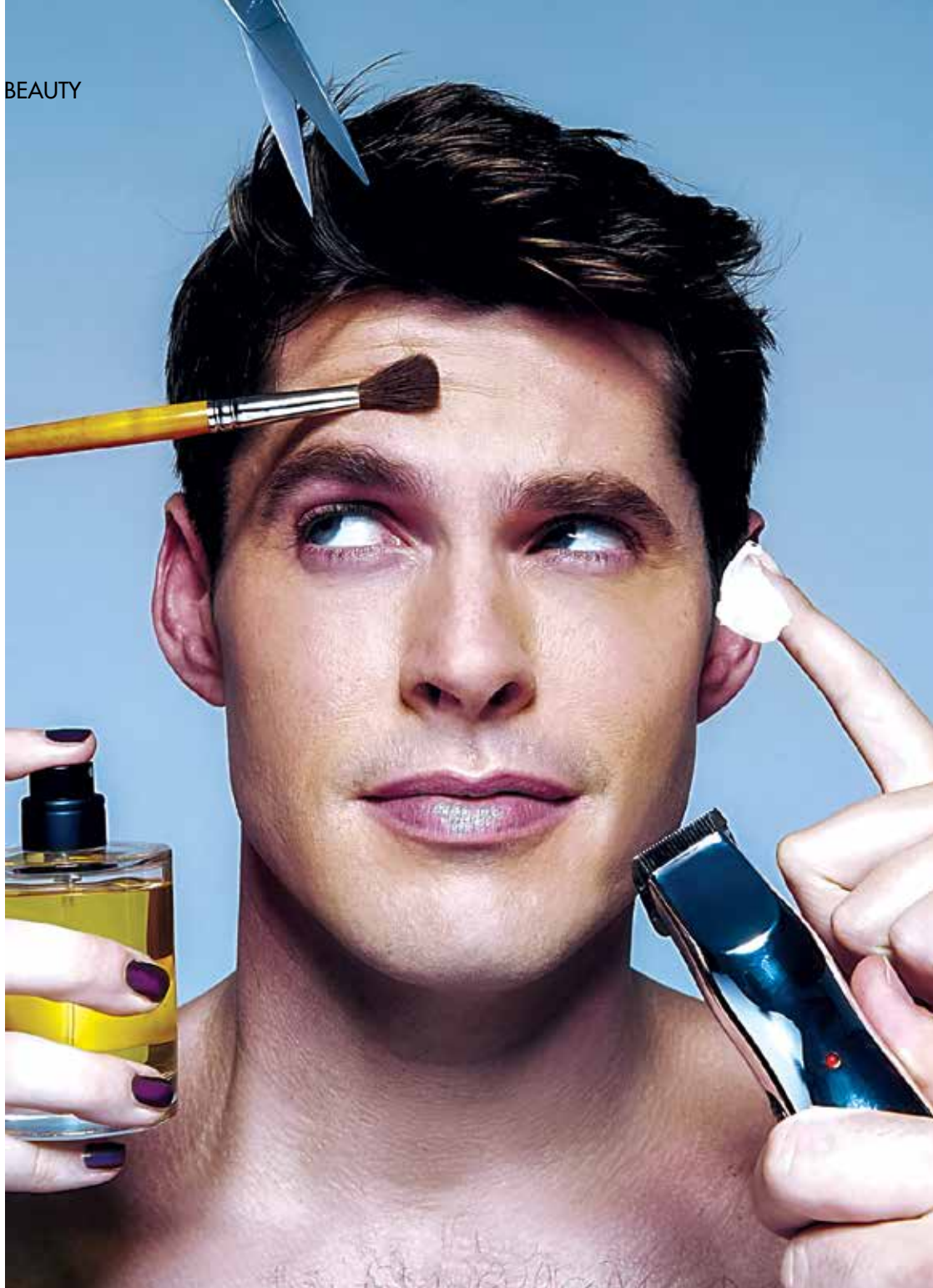
When asked about what inspires their St Petersburg Fiziwoo Raya 2016 Collection, Kai mentions the 20th Century Fox animated film, *Anastasia*. Thinking about it, mixing *Anastasia* and Fiziwoo style, it is simply ingenious. If you think about it,

*Anastasia's* character reflects of a strong woman who can still appreciate traditionally feminine dresses. She's down-to-earth and ambitious which is nothing short of the kind of woman who would wear Fiziwoo designs. Aside from the fictional film, the collection also features some history in creating the synergy between the Russia's past and present; experimenting with rich imperial fashion and the art revolution of Russia. The royal bloodline of Russia; the Romanovs' love of western culture has greatly influenced its architecture and fashion. The widely famous Romanticism era among western monarchs has captured Fiziwoo's attention with the off shoulder and bare neckline fashion style.

Now let's take a close look to our favourite picks from their latest collection which you can view or purchase for yourself at their Showroom in Sentul.







# MAN-TO-MAN

*Leading by example: Grooming Tips from Dads*

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DADS HAVE TAUGHT US MOST OF THE THINGS WE KNOW, AND APART FROM TYING KNOTS ON OUR SHOES TO CHANGING TYRES OR FIXING BROKEN THINGS AROUND THE HOUSE, IT IS A RITE OF PASSAGE FOR A YOUNG MAN TO LEARN USEFUL LESSONS FROM HIS FATHER. WE'VE COMPILED A LIST OF HARD-EARNED KNOWLEDGE FROM DADS ALL AROUND, ALL FOCUSED ON PERSONAL GROOMING.

BY KATHLYN URSULA D'SOUZA



## GO EASY ON THE COLOGNE

It smells mouthwateringly sexy, we know. And most women would definitely tell you that without a moment's hesitation. But subtlety is key here. Don't drench yourself in your expensive perfume; a few spritzes go a long way. We are told that applying fragrance is, "like drinking beer – a little makes you sexier and more confident. A lot makes you loud and shouty."

## NO ALL-PURPOSE SOAPS, PLEASE

And stop washing your face with it. It is very convenient, of course, but it can take a real toll on your face, especially considering how sensitive it really is. While an all-purpose antibacterial soap bar or shower gel may seem like the easiest, fastest way to go about it, it can dry your skin. Opt for a gentle cleanser that's made specifically for men.

## RE-THINK YOUR SHAVING CREAM

The best shaving creams create a rich lather instead of foaming up. The less foam, the better the cream and that means less resistance, less irritation and less risk of nicks. Your blades would also last longer. Don't forget the shaving brush, as it raises the hair so that a closer cut is possible, and helps build up a creamy lather.

## SUN IS GOOD, BUT REMEMBER SPF

Unlike women, makeup and moisturisers help keep their skin protected from the sun. However, according to the Skin Cancer Foundation, 47 percent of men report never wearing sunscreen. Getting active under the sun is great, but just don't forget the state of your skin. Daily sunscreen application reduces risk of melanoma by half, so slather it on.

## MAN-ICURE

... which doesn't mean you have to call up the nearest nail parlour for an appointment (unless you really want to). The crux of the matter is keeping nails

neatly clipped and clean, especially under the nails. Also, watch out for hangnails so that they don't become infected.

## OILY-LOOKING HAIR, DO CARE

To avoid overly-gelled looking hair, try to avoid hair products that contain alcohol – that's what makes hair hard and spiky. Instead, play around with matte-finish products, like waxes and pomades. Start with a dime-sized amount of product, then build up from there to get the look you want. Plus, the greasy hairdo can easily make you look unkempt and sloppy. Remember to also wash it off before bed because it can actually lead to breakouts on the face and forehead.

## ROUGH 'ROUND THE EDGES

The rugged look is in. We like it too, but that doesn't apply to everything on your body like say, hands and feet. Keep dry, rough skin at bay with a little jojoba oil or coconut oil.

## DEODORANT IS YOUR BEST FRIEND

Everybody knows this, but it's no surprise how many people forget to use it and how often (applies to ladies as well). It's always useful to keep an extra one at work or carry one in your gym bag. Remember that person on the train with the hand up, emitting that ghastly smell? Yeah, you don't want to be that.

## EXPERIMENT, BUT NOT TOO MUCH

You're free to do whatever you like with your face and body, and facial hair is in trend now. It's always good to experiment with new hairstyles or facial hair but don't go overboard. Know what works best for you. While you have a beard trimmer at hand, take time to upkeep the hair around the nose and ear as well. Only remove it if it's extremely unsightly, though.

## MILLION-DOLLAR SMILE

Smile, it looks good on you. But even better when your teeth are clean and your gums are healthy. Only dentists have the right to lecture you on oral health, but brushing your teeth twice a day and flossing often would certainly make your pearly whites even more attractive.

## ASK, DON'T BE AFRAID TO

Evidently, department stores or the local drugstore can seem catered solely to women and overwhelmingly like a non-male territory at times. Don't feel anxious and don't hesitate to ask for what you need, and remember that there is no shame in asking for help.

## DRESS SHARP

*... because you represent your family. When you go out to meet your children's teachers or attend events with your wife – put your best foot forward. The people that you encounter will either create a favourable impression of you, have no impression, or have a negative one based on how you look.*

## HAVE AN INTERCHANGEABLE WARDROBE

Looking good without much effort is the ultimate height of sophistication. Within an interchangeable wardrobe, you'll find clothing that matches well with everything else in the wardrobe – trousers that go with almost every shirt, jackets that pair with almost every tie, and shoes that are classic and not going to go out of style. It saves time, guarantees that you are always dressed appropriately for the occasion, and let's face it, saves you from buying things you don't need.

# **AESTHETHICS MEETS HEALTH WITH OUR 6-PACK GUIDE**

BY JACQUELINE BENITA PAUL



## The right way

We won't lie, this isn't an easy feat. Anything worth doing typically isn't meant to be easy. So if you do come across easy or shortcuts to getting your six-pack, we advise that you speak to an expert. In the meantime, here is a comprehensive guide made through research for you to follow if you are looking for an effective way to get a six-pack.

## The Science Behind Exercise

When you exercise, your muscles behave just like electric motors. They take in a source of energy (a biochemical called triphosphate) and they use it to generate force. The production of this chemical requires a constant flow of oxygenated blood. This is why the heart beats faster and you breathe more deeply during exercise.

Exercise increases the rate at which the body burns calories. This, in combination with the correct diet, will lead to greater definition and the ability to build a six-pack. High intensity interval exercises increase testosterone and produce growth hormone, which both help the development of well-defined muscle.

Additionally, exercise is a stimulus to muscle hypertrophy, the process by which muscles enlarge. Strength exercise, in particular, leads to this process causing muscles to grow. This type of growth requires regular, sustained training. Exercise is useless without the right type of diet. High protein is needed for muscle growth and repair.

### 2. Eggs

One of the more inexpensive options of your path to getting a six-pack is consumption of eggs due to their low calorie content and high protein.

### 3. Broccoli

For our vegan fitness enthusiasts, broccoli is not only a flexible ingredient that tastes great whether raw, steamed or stir-fried but it also contains a substantial amount of protein for firm muscles.

### 4. Meats and Fish

This pretty much goes without saying, the tastiest and easier food option for your six-pack development is consumption of meat. Though we do advise caution because there are many fish and meats in the market that are injected with harmful chemicals. If possible, try the organic option or farm fresh.

### 5. Nuts and Seeds

In times of doubt or cravings, always look for nuts and seeds. Almonds, for instance, have high protein content and these superfoods will keep you energised.

Just a few more things to note about your six-pack venture, that sleep is essential and should not be optional. Lack of sleep increases cortisol levels, a hormone associated with stress and retention of body fat, so get a good night's sleep. For women, it is essential that they

have at least 10-12% body fat while for men they need at least 2-4% body fat. This is because the development of a six-pack is primarily a matter of body fat reduction. Also, as much as enthusiasm is appreciated, you should always plan your exercise and make time for your muscles to rest.

Now that you are well informed, here are some exercises you could include in your next workout.

## Core Stability

### Pallof Press 10-15 reps each side

1. Assume a shoulder-width stance, holding the cable directly in front of your chest with your inside hand on the cable handle and the other hand over the top of it.
2. Get a slight bend in the knees and "shove" your butt/hips back a bit, making sure your hips are lined up with the cable column.
3. Press the handle explosively straight out before pulling it back in to your chest. Ideally, the handle will not shift throughout the movement.

### Forward Plank 30-60s hold

1. Lie on your stomach on an exercise mat or floor with your elbows close to your sides and directly under your shoulders, palms down and fingers facing forward.
2. Slowly lift your torso and thighs off the floor or mat. Keep your torso and legs rigid. The shoulders should be directly over your elbows with your palms facing down through the entire exercise. Continue to breathe, keeping the abdominals strong while holding this position.
3. Keep the torso and legs stiff as you slowly and gently lower your body back towards the mat or floor.

### Plank with Side Step 30-60s hold each side

1. Start in an elbow plank.
2. Extend your left leg out to the side, gently tapping your toes on the ground.
3. Bring your foot back into a plank. Repeat the same movement with your right leg to complete one rep.

– Perform them in a circuit fashion 3x resting 2 minutes after each circuit.

## Bodyweight

### Bosu Ball Crunch 20-25 reps

1. Start on top of the Bosu with your lower back placed slightly forward on the Bosu. Make sure that your tailbone keeps contact with the Bosu.
2. Crunch up into half-seated position, breathing out and fully contracting your abs at the top of the motion.
3. Exhale as you open your abs back up onto the Bosu and repeat.

### Reverse Crunch on Decline Bench 15-25 reps

1. Lie on your back on a decline bench and hold on to the top of the bench with both hands. Don't let your body slip down from this position.
2. Hold your legs parallel to the floor using your abs to hold them there while keeping your knees and feet together. A point to note is that your legs should be fully extended with a slight bend on the knee. This will be your starting position.
3. While exhaling, move your legs towards the torso as you roll your pelvis backwards and you raise your hips off the bench. At the end of this movement, your knees will be touching your chest.
4. Hold the contraction for a second and move your legs back to the starting position while inhaling.
5. Repeat for the recommended amount of repetitions.

### Decline Bench Russian Twist 50 reps (use med ball)

1. To do these, you will need to find an ab board that is on a decline or a decline bench or a roman chair.
2. Sitting on the board/chair, put your arms out in front of you holding a weight plate or dumbbell.
3. Twist your torso from the mid-point to either side, doing an even amount for each side.

– Perform them in a circuit fashion 3x resting 2 minutes after each circuit.



Speaking of food, we recommend consuming the following for your six-pack development.

### 1. Protein Shakes

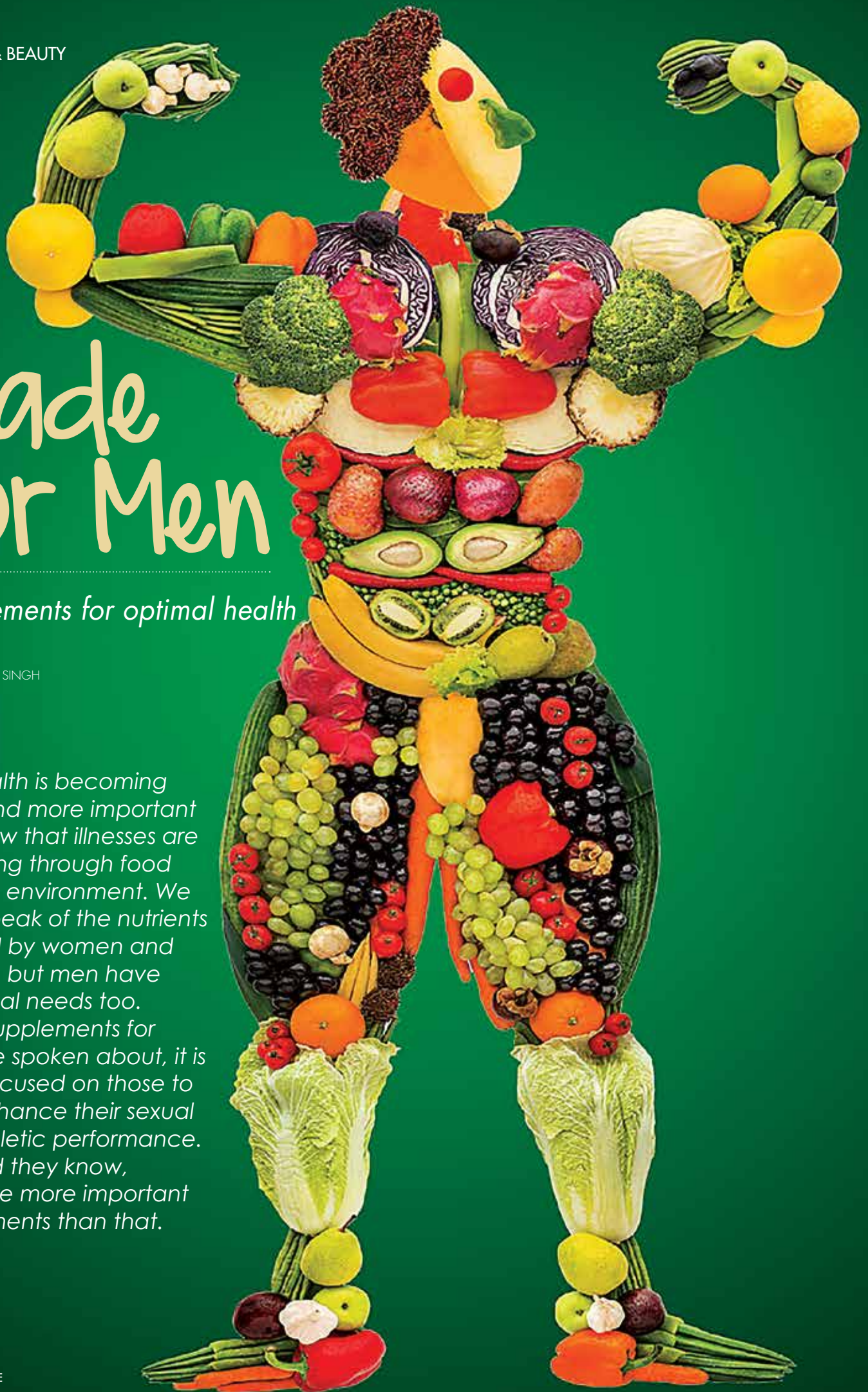
This is a rather broad category since there is simply so many in the market. The key again is to speak to a nutrition specialist to get advice that caters to your body. Make sure to get tested for any allergy while you are at it.

# Made for Men

*Supplements for optimal health*

BY VANESSA R. SINGH

Our health is becoming more and more important to us now that illnesses are spreading through food and the environment. We often speak of the nutrients needed by women and children but men have nutritional needs too. When supplements for men are spoken about, it is often focused on those to help enhance their sexual and athletic performance. Little did they know, there are more important supplements than that.





## Boron

It is essential for the working of the film, memory and focus, and additionally metabolising calcium and vitamin D3. Boron can be found in nuts, vegetables, fruits and organic products. It additionally helps in the creation of steroid hormones, for example, testosterone.

## EGCG (Extra body fat)

Men who take green tea extract tend to burn more fat percentage after moderate exercise than those who take placebos. EGCG is the most active ingredient found in green tea and is known to prolong exercise-induced boosts in metabolism. It also helps prevent cancer and enhance the heart's wellbeing.

## Vitamin B6

A water solvent vitamin that can affect the wellbeing of the prostate. This vitamin has proven to be able to decrease prolactin levels which can eliminate the loss of male growth hormone, which can cause sexual activities and prostate enlargement to be affected.

## SAME (Depression)

A synthetic form of a dietary amino acid, SAME has been found to treat depression as effectively as prescription antidepressants, according to Canadian researchers. It has also been shown to reduce joint pain and inflammation, and it may aid cartilage repair. It is a natural source made in our body, usually after eating meats, greens and oranges.

## Zinc

This is a crucial mineral that guys of all ages ought to take. Zinc can help in protecting immune function, protects DNA from damage

and plays an important role in maintaining prostate health, as well as an intricate part of the male hormonal system, and plays a major role in the production of sperm.

## Quercetin (Low endurance)

Do you require help expanding your cardio sessions? A study by the University of South Carolina found that people who didn't exercise regularly were able to cycle 13 percent longer than average, just by taking this antioxidant. Quercetin helps reduce the oxidation of LDL particles and reduce blood vessel constriction. They can be found in red wine, parsley, grapefruit, onions and apples.

## Saw Palmetto (Enlarged prostate)

Ageing creates the risk of benign prostatic hyperplasia (BPH), which is a condition that causes the enlargement of an organ or tissue caused by an increase in the reproduction rate of the cells and this is often the initial stage in the development of cancer. Several studies have indicated that saw palmetto can help decrease inflammation as well as the enlargement of the prostate. Its natural source are saw palmetto berries.

## Vitamin D (Bone weakness)

It helps absorb calcium into your bones, and maintain normal levels of calcium and phosphorous in your blood-reducing fractures. Vitamin D is also said to reduce levels of depression, risk of colorectal cancer and heart attack.

## Resveratrol (Cancer risk)

When it comes to cancer you can never stop the clock, but you can slow it down. This concoction found in the skin of grapes has a tendency to cooperate specifically with qualities that manage maturing. It has appeared to advance DNA repair in creatures, improve blood stream to the mind and stop the development of prostate-growth and colon-malignancy cells. Its characteristic sources are red wine and red grape juice.

## Omega-3's

Helps aid the management of blood pressure and triglycerides, thins your blood to reduce the risk of clots and blocked arteries, and are the building blocks of hormones such as testosterone and oestrogens.

## Coenzyme Q10 (High blood pressure)

It is a powerful antioxidant and anti-inflammatory that can lower your blood pressure whilst boosting energy and endurance. The enzyme is believed to protect blood vessels from damage. CoQ-10 are natural fat burners, Japanese researchers say. They can be found in meat, fish, eggs and broccoli.

## Fish Oil (Heart disease)

Fish oil lowers blood pressure, boosts HDL cholesterol and can reduce triglycerides because it contains omega-3 fatty acids EPA and DHA. It doesn't only benefit your heart. It can also reduce inflammation and improve cognitive performance as well as lower the risk of prostate cancer. Fish oil can be found in salmon, tuna and other fatty fish.



# “Rejuvenate Naturally with our custom made treatment”

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Healthy Hair  
Inside Out



# AIRLINK

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Raja Azmi Raja Nazuddin  
Chief Financial Officer  
MALAYSIA AIRPORTS HOLDINGS BERHAD

## AIRPORT MD SPEAKS

*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 Hyderabad and Istanbul.*

*This month, Datuk Badlisham speaks about "Runway to Success 2020", the forward journey of Malaysia Airports.*



"At the Official Launch in April of "Runway to Success 2020", the next five-year business-plan of Malaysia Airports Holdings Berhad, one of our stated goals is to see Malaysia Airports become a "Global Leader in Creating Airport Cities". This business-plan will enable us to grow our commercial and non-aeronautical revenue even further, and will help us become a key economic generator for the nation.

"Runway to Success 2020" takes off from Malaysia Airports' current strong position as the world's second-largest airport-group in terms of number of passengers handled (2015: 112.0 million) and one of Malaysia's top two Government-Linked Companies in terms of total shareholder-returns over a period of ten years (> 500%). Our vision is not only about making KLIA a premier aviation hub in South East Asia, it is also about making KLIA a destination in its own right. We see KLIA as an international meeting-place and a centre for business and entertainment - the ultimate airport city which attracts visitors from all over the world for business, tourism, leisure and shopping.

"Runway to Success 2020" is centred on two main thrusts – to strengthen our core business; and to expand and diversify our operations. In doing so, Malaysia Airports will focus on four strategic priorities – elevating KL International Airport (KLIA) as a preferred ASEAN hub; enhancing total airport experience for all our stakeholders, developing Aeropolis; as well as increasing our international footprint. This dynamic business-plan will see Malaysia Airports transform itself into a service leader, an ecosystem manager and a value creator. This is part of a journey that the company needs to take in order to ensure relevancy in an increasingly competitive environment and sustainability of its business performance.







concessionaires and other business partners and an unswerving adherence to sustainable and ethical practices.

"Market-analysis shows that responsiveness to market needs, customer focus, teamwork, excellence in all our endeavours and loyalty were the key attributes which have generated the trust of our stakeholders - whether passengers, airlines or business entities - and have helped bring us to the prime place we now occupy.

"Moving forward, we have rejuvenated our Brand Identity to be more aligned with our business direction. Our brand DNA has been redefined as Friendly and Firm, Business Driven and Responsible, and Progressive and Practical. We believe that inculcating the right culture is pivotal to the delivery of our Mission to "Create Joyful Experiences by Connecting People and Businesses".

"We look forward to sharing more of our forward journey with you in the months to come."

"We will strengthen KLIA's position as the Next Generation Hub which in turn, is the cornerstone of the Aeropolis, one of the strategic priorities of "Runway to Success 2020". The development of Aeropolis is perfectly aligned to various features of Malaysia's development agenda such as the National Logistics and Trade Facilitation Masterplan, and the National Aerospace Blueprint 2015 - 2030, which aims to create approximately 40,000 jobs; as well as the many tourism-related initiatives geared towards quadrupling tourism receipts to RM79 billion in 2025.

"Attracting, retaining and nurturing high-calibre staff is crucial in order to lead our company forward. In recognition of the importance we attach to human capital development and making Malaysia Airports quite simply a great place to work, we are applauded as an Employer of Choice. Our career-progression programmes are among the most sought-

after in Malaysia.

"As a service provider, it is important for Malaysia Airports to be a customer-centric organisation. In this realm, we aim to enhance the total airport experience (TAE) and uplift service quality, delivering an experience that will elevate passenger and partner expectations of the travel experience with Malaysia Airports.

"We steadfastly adhere to the core qualities that have inked our reputation for unparalleled efficiency in airport operations and management, a commitment to providing world-class services to all our clients and customers from airlines to passengers,





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# Runway to Success

A review of Malaysia Airport's business-plan and performance.



Combined, KLIA Main Terminal (KLIA Main) and klia2 cater to more than 60 airlines serving more than 120 direct destinations. With the opening of klia2, KLIA now is a three-runway airport system - making us the first airport in the region to have three independent runways; thus easing congestion and facilitating future growth.

The existence of a shopping-mall annexe is also an innovation meant to enhance passenger experience and serves as a boost to our non-aeronautical revenue. We have also launched Mitsui Outlet Park as the first step in the creation of an innovative airport-city.

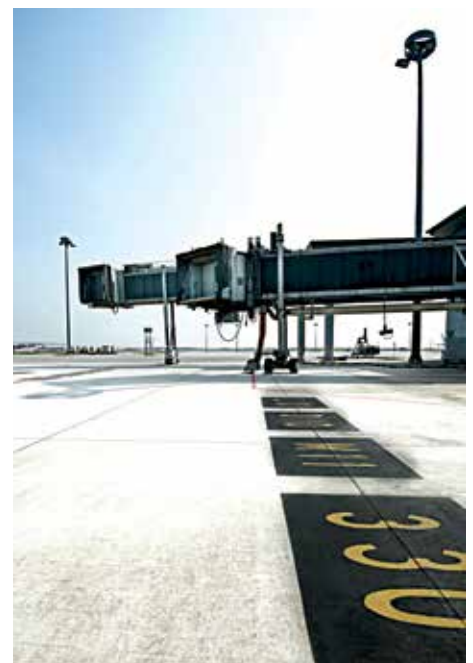
In 2014, for the first time in our history, our 39 airports in Malaysia handled more than 80 million passengers, despite challenging regional economic conditions. Of this number, KLIA accounted for more than half, registering total passenger movements of almost 49 million, representing an increase of 3% over the previous year and one of the highest rates of growth among ASEAN countries. KLIA is now

In 2010, Malaysia Airports Holdings Berhad set out on an ambitious five-year journey with the core vision of building a world-class airport business. Our mission in the business-plan which we called "Runway to Success", was to provide world-class aviation gateways, manage a cost-effective airport network and services and exceed the expectations of all our stakeholders.

During those five years, Malaysia Airports had grown to be one of the world's largest private-sector airport operators, managing a stable of 39 airports in Malaysia, two in India and one in Turkey. Today, we are the world's second-largest airport-group in terms of number of passengers handled.

We are benchmarked by global standards as amongst the top airports in the world; we have been recognised as a leading airport operator and manager internationally; we have expanded our business and offered our expertise overseas and we have performed exceptionally well financially, rivalling our international competitors.

The last two years alone have been extremely exciting. We successfully opened klia2, a new terminal in KL International Airport (KLIA), which is the largest terminal in the world dedicated to low cost carriers (LCC). Built to handle 45 million passengers a year, it is more than four times larger than the earlier Low Cost Carrier Terminal (LCCT), equipped with state-of-the-art facilities to cater to passenger convenience and operational efficiencies.







one of the top 20 busiest airports in the world, climbing from number 31 five years ago.

Our reputation as a world-class airport operator can also be seen from the success of our overseas ventures.

Since 1995, we have been involved in the management of six overseas airports - highlighting the confidence that the international community has in our abilities. Our biggest achievement was the full acquisition of Istanbul's second airport, the Sabiha Gokcen International Airport (ISG) at the end of 2014. ISG is one of the world's fastest-growing airports and has been Europe's fastest-growing airport for the last five years.

With the inclusion of ISG, Malaysia Airports handled a total of 112 million passengers in 2015, at the airports we own. From a shareholders' return perspective, Malaysia Airports' total shareholder-return over the last decade is more than 500%, making us the second top-performing government-linked company (GLC) in this area. Our market capitalisation has grown more than six times over the same period.

In recognition of our comprehensive efforts to enhance all aspects of operations, we continue to garner many awards. In 2014, KLIA won the Large Airport of the Year at the prestigious CAPA Awards for Excellence in Asia Pacific Aviation, acknowledging KLIA as the fastest-growing major airport in the region.

In that year, we saw the arrival of airlines such as flyNas from Saudi Arabia, Iran Aseman Airlines and Mega Maldives Airlines from that scenic island nation. We also hosted Routes Asia in Kuching; a first for that part of the world.

In 2015, we continued to welcome new airlines and add more routes. Recent additions to the KLIA family include All Nippon Airways, British Airways, Air China, Shanghai Airlines and home-grown Rayani Air. The first few months of this year, 2016, have seen the further new arrivals of Shaheen Air of Pakistan, Tigerair Taiwan, Hong Kong Airlines and Vietjet from Vietnam.

Our business landscape continues to evolve and we are ever mindful of the need to stay ahead of the curve. We therefore have a new target, which we call "Runway to Success 2020". Relevant portions of this 5-year Business Plan are covered by our Managing Director in the feature, Airport MD Speaks.

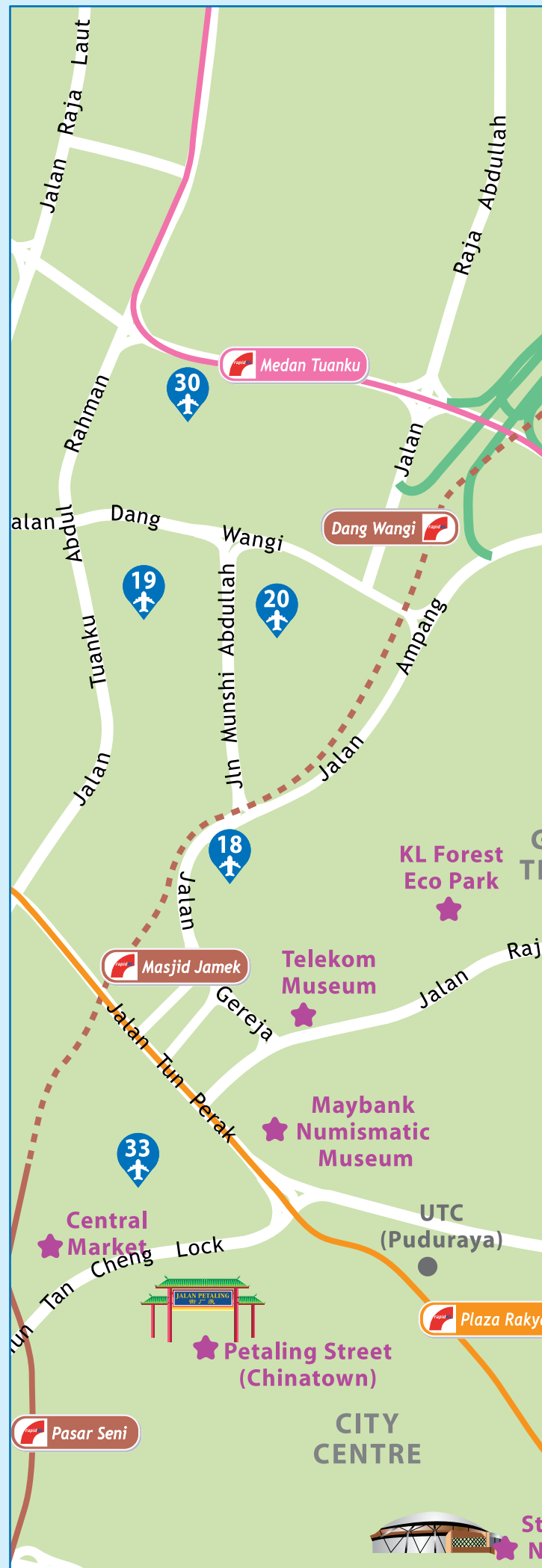
To our airline partners and airport users, we can say that you are at the heart of all we do, as Malaysia Airports focuses on the future!



## A Malaysia Airports concept for communication convenience !

1) <b>Aeroflot</b> • Lion Office Tower • 03-2141 4000	10	50) <b>Icelandair</b> • UOA Centre • 03-2715 2277	24
2) <b>Aerolineas Argentina</b> • Central Plaza • 03-2144 3288	8	51) <b>Iran Air</b> • Megan Avenue II • 03-2161 1351 / 0411	25
3) <b>Aero Mexico</b> • UOA Centre • 03-2715 2277	24	52) <b>Iran Aseman Airlines</b> • Hotel Maya • 03-2166 7644	31
4) <b>Air Arabia</b> • Hotel Maya • 03-2161 0908	31	53) <b>Iraqi Airways</b> • Berjaya Times Square • 03-2110 0105	3
5) <b>Air Astana</b> • Central Plaza • 03-2144 1571	8	54) <b>Jet Airways</b> • Lion Office Tower • 03-2148 9020	10
6) <b>Air Berlin</b> • Menara Standard Chartered • 03-2687 2222	9	55) <b>Jetstar</b> • Amoda Building • 03-2713 3909	2
7) <b>Air Bagan</b> • Central Plaza • 03-2144 6785	8	56) <b>Kenya Airways</b> • Menara Hap Seng • 03-2141 7521	16
8) <b>Air Canada</b> • UOA Centre • 03-2715 2053	24	57) <b>KLM Royal Dutch Airlines</b> • ParkRoyal Hotel • 03-7712 4555	4
9) <b>Air China</b> • Plaza OSK • 03-2166 1999	27	58) <b>Korean Air</b> • Menara Hap Seng • 03-2030 0200	16
10) <b>Air France</b> • ParkRoyal Hotel • 03-7724 8181	4	59) <b>Kuwait Airways</b> • UBN Tower • 03-2031 6033	8
11) <b>Air India</b> • Wisma Paradise • 03-2072 6066	18	60) <b>Lufthansa</b> • Kenanga International • 03-2053 1898	15
12) <b>Air KBZ</b> • Central Plaza • 03-2144 6785	8	61) <b>Mahan Air</b> • Megan Avenue II • 03-2166 7977	25
13) <b>Air Madagascar</b> • Lion Office Tower • 03-2141 3899	10	62) <b>Malindo Air</b> • Medan Tuanku 1 • 03-7841 5388	30
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16) <b>Air New Zealand</b> • UOA Centre • 03-2715 5020	24	65) <b>Nepal Airlines</b> • Semua House • 03-2698 7933	19
17) <b>Air Niugini</b> • Central Plaza • 03-2148 4313	8	66) <b>Oman Air</b> • Menara Hap Seng • 03-2145 6123	16
18) <b>Air Seychelles</b> • Menara Standard Chartered • 03-2687 2222	9	67) <b>Pakistan International Airlines</b> • Central Plaza • 03-2142 5444	8
19) <b>Air Serbia</b> • Menara Standard Chartered • 03-2687 2222	9	68) <b>PAL Express</b> • Lion Office Tower • 03-2141 0767	10
20) <b>Alitalia</b> • Lion Office Tower • 03-2148 0644	10	69) <b>Philippines Airlines</b> • Lion Office Tower • 03-2141 0767	10
21) <b>All Nippon Airways</b> • Wisma Goldhill • 03-2032 1331	11	70) <b>Qantas</b> • Amoda Building • 03-2713 3911	2
22) <b>Amadeus (GDS)</b> • Menara Dion • 03-2302 2100	13	71) <b>Qatar Airways</b> • Central Plaza • 03-2118 6100	8
23) <b>American Airlines</b> • UOA Centre • 03-2715 1122	24	72) <b>Regent Airways</b> • Jalan Hang Kasturi • 03-2072 8255	33
24) <b>Asiana Airlines</b> • Central Plaza • 03-2144 3101	8	73) <b>Royal Brunei Airlines</b> • UBN Tower • 03-2070 7166	17
25) <b>Association of Asia Pacific Airlines</b> • Menara Prestige • 03-2162 1888	23	74) <b>Royal Jordanian</b> • Menara Hap Seng • 03-2148 7500	16
26) <b>Austrian Airlines</b> • Central Plaza • 03-2148 8033	8	75) <b>Saudi Arabian Airlines</b> • Megan Avenue II • 03-2166 7778	25
27) <b>Bangkok Airways</b> • Central Plaza • 03-2148 0829	8	76) <b>Scandinavian Airlines</b> • Megan Avenue II • 03-2162 6044	25
28) <b>Biman Bangladesh Airlines</b> • Menara Atlan • 03-2164 6270	26	77) <b>Shaheen Air</b> • Binjai 8 Premium Soho • 03-2181 5786	34
29) <b>British Airways</b> • The Intermark • 03-7712 4747	28	78) <b>Silk Air</b> • Menara Multi-Purpose • 03-2618 6333	20
30) <b>Cathay Dragon</b> • Menara IMC • 03-2035 2777	30	79) <b>Singapore Airlines</b> • Menara Multi-Purpose • 03-2618 6333	20
31) <b>Cathay Pacific</b> • Menara IMC • 03-2035 2777	22	80) <b>Shanghai Airlines</b> • Plaza OSK • 03-2161 1666	27
32) <b>China Airlines</b> • Amoda Building • 03-2142 7344	2	81) <b>Shenzhen Airlines</b> • Plaza OSK • 03-2166 1999	27
33) <b>China Eastern Airlines</b> • Plaza OSK • 03-2161 1666	27	82) <b>South African Airways</b> • Lion Office Tower • 03-2141 7456	10
34) <b>China Southern Airlines</b> • Plaza OSK • 03-2163 9977	27	83) <b>SpiceJet</b> • Wisma Paradise • 03-2070 6055	18
35) <b>Egypt Air</b> • Menara Keck Seng • 03-2145 6867	6	84) <b>SriLankan Airlines</b> • Menara Hap Seng • 03-2070 1979	16
36) <b>Emirates Airlines</b> • The Pavilion • 03-2058 5899	7	85) <b>Swiss International Air Lines</b> • Kenanga International • 03-2053 1898	15
37) <b>Ethiopian Airlines</b> • Central Plaza • 03-2141 2190	8	86) <b>TAP Portugal</b> • UOA Centre • 03-2715 2277	24
38) <b>Etihad Airways</b> • Menara Standard Chartered • 03-2687 2222	9	87) <b>Thai Airways</b> • Wisma Goldhill • 03-2034 6999	11
39) <b>Etihad Regional</b> • Menara Standard Chartered • 03-2687 2222	9	88) <b>Turkish Airlines</b> • Menara Prestige • 03-2163 0849	24
40) <b>Eva Airways</b> • Kenanga International • 03-2162 2981	15	89) <b>Turkmenistan Airlines</b> • G Tower • 03-7728 1044	32
41) <b>Finnair</b> • Central Plaza • 03-2145 1155	8	90) <b>Ukraine International Airlines</b> • Hotel Maya • 03-2161 0908	31
42) <b>flyNiki</b> • Menara Standard Chartered • 03-2687 2222	9	91) <b>United Airlines</b> • Lion Office Tower • 03-2161 1433	10
43) <b>Galileo (GDS)</b> • Menara Keck Seng • 03-2119 6000	6	92) <b>U.S. Airways</b> • UOA Centre • 03-2715 1122	24
44) <b>Garuda Indonesia</b> • The Intermark • 03-2162 2811	28	93) <b>Uzbekistan Airways</b> • Wisma UOA II • 03-2166 3439	24
45) <b>Gulf Air</b> • Central Plaza • 03-2141 2676	8	94) <b>Vietnam Airlines</b> • Menara Hap Seng • 03-2031 1555	16
46) <b>Hahn Air</b> • Central Plaza • 03-2148 8033	8	95) <b>Xiamen Airlines</b> • Plaza OSK • 03-2166 8222	27
47) <b>Hawaiian Airlines</b> • Lion Office Tower • 03-2143 1533	10	96) <b>Yemen Airways</b> • UOA Centre • 03-2164 3031	24
48) <b>Heli Air Monaco</b> • Lion Office Tower • 03-2141 4540	10		
49) <b>Hong Kong Airlines</b> • UOA Centre • 03-2715 1155	24		

MALAYSIA AIRPORTS HOLDINGS BERHAD (487092-W)  
Marketing Division









## HONG KONG AIRLINES reaches Kuching!

On 28 May 2016, Hong Kong Airlines, an internationally-acclaimed full-service airline, became the only carrier providing direct twice-weekly flights between Hong Kong and Kuching. The new service is operated by an all-economy class Airbus A320 aircraft, further strengthening the airline's network in Asia.

Li Dianchun, Chief Commercial Officer of Hong Kong Airlines said, "We are delighted to launch our first direct service to Malaysia. We believe Kuching will become another popular travel destination this year, and this will also offer passengers more diverse options for business and leisure travel."



Established in 2006, Hong Kong Airlines is a full-service airline with a wide destination network covering over 30 major cities across the Asia Pacific region, including Australia's Gold Coast, Beijing, Shanghai, Taipei, Sapporo, Bangkok, Bali and Okinawa. Hong Kong Airlines has been awarded the internationally acclaimed 4-star rating from Skytrax since 2011. Adhering to the concept of "Fresh and Very Hong Kong", Hong Kong Airlines is committed to "Bringing Greater Journeys Sky High", and is dedicated to providing a pleasant and enjoyable journey to all passengers.



## ANA launches third Star Wars aircraft



ANA Kuala Lumpur Branch General Manager Roy Gay says that the inaugural flight of the final of three aircraft decorated with special Star Wars livery was a great success. Part of the previously announced ANA STAR WARS™ Project, the BB-8™ ANA JET (Boeing 777-300), featuring the new character from the movie Star Wars: The Force Awakens, rolled out on March 27 and has commenced international routes; principally those linking Haneda and Narita with destinations in the USA such as Los Angeles, New York, Chicago, Washington D.C., and Houston.



Passengers on the BB-8™ ANA JET experience the world of Star Wars with specially-designed BB-8 paper cups and headrest covers and cabin attendants will wear BB-8 aprons. On the R2-D2™ ANA JET, which is already in service (Boeing 787-9 flying international routes), cabin attendants wear R2-D2 aprons.

ANA is the largest airline in Japan by revenues and passenger numbers. Founded in 1952, ANA flies today on 83 international routes and 116 domestic routes with a fleet of 249 aircraft. For more information on ANA's Star Wars Project, visit: <http://www.ana-sw.com>.

Roy Gay says that the Tokyo Narita-Kuala Lumpur daily flight utilises an ultra-modern Boeing 787-8 Dreamliner and passengers flying onward to the USA could experience the Star Wars aircraft! For more information and ticketing, please call **03-2032 1331**.



## Changeover at THAI



Thai Airways International welcomed their new Country Manager for Malaysia and Brunei Nivat Chantarachoti even as they bid a sad farewell to the popular Suttichoke Rodleecheit who has moved to the Thai office in Seoul after completing a 5-year tenure here. During the airline's 56th Anniversary Reception at the trendy Bistro 160 at Kuala Lumpur's Grand Millennium Hotel recently, the Guest of Honour, His Excellency the Thai Ambassador to Malaysia Damrong Kraikruan, said that Thai Airways was an integral and active partner of Team Thailand in Malaysia, and he looked forward to continuing close cooperation in the promotion of the Kingdom of Thailand.

Mingling with the invited group of selected travel-agents, tour-operators, cargo-handlers, tourism-board officials and business associates, the Thai Airways International Malaysia team took the opportunity to renew contacts and meet old friends in the industry.

Nivat Chantarachoti brings 27 years of experience with Thai Airways. He comes to Malaysia from a posting in Zurich, Switzerland. Prior to that, he was General Manager for Thai Airways in Bali, Indonesia; Dhaka, Bangladesh, and Manila in the Philippines. He has also had postings in Sydney and Paris where he served as

Assistant and Deputy General Manager respectively.

THAI is one of the pioneer international airlines to fly into Malaysia, with a strong market presence spanning nearly half-a-century. The national flag-carrier of Thailand connects Kuala Lumpur to Bangkok with a total of 14 weekly flights from KLIA. It also has 7 flights a week from Penang. For more information on travel with THAI, please contact **03-2034 6999** (KL), **04-2266 000** (Penang) or log-on to [www.thaiairways.com.my](http://www.thaiairways.com.my)



# ETHIOPIAN AIRLINES CEO Speaks



The CEO of the national flag-carrier of Ethiopia has issued a message in conjunction with the on-going celebrations of its 70th Anniversary. In his statement, Ethiopian Airlines Group Chief Executive Officer, Tewolde Gebremariam said that the airline is delighted to celebrate 70 years of dedicated and highly-successful air-transport services to, from and within the continent of Africa.

"Ethiopian has expanded much-needed air connectivity within Africa and with the rest of the world in the last 70 years. Leading the way in the past, present and the future, Ethiopian has been an aviation technology leader in Africa; and has introduced many new aircraft and systems to the continent. The result of such a long journey of dedicated service has now culminated in connecting 51 cities in Africa with the major trading-centers of the world in five continents and 41 cities around the world.

"Every day, we are operating 240 flights with an efficiently-designed network of connectivity through our main hub in Addis Ababa with 76 aircraft in service. Along with our Star



Alliance partners, we cover the entire world. The fast, profitable and sustainable growth we have registered in the last 10 years has made us the largest, most profitable and fastest-growing airline on our continent.

"Seventy years is a long time, but Ethiopian is still young, strong, and forward-looking. The billions of dollars we invested in our modern fleet, aviation infrastructure, human-resource development and operating-systems show that Ethiopian is solidly positioned to scale up the growth in its Vision 2025. With the next generation advanced fleet of B-787

Dreamliners, Airbus A-350s and the B-737 MAXs, we are very excited to continue to lead the 21st century aviation development in the continent of Africa and across our international network. We thank our more than 7 million annual passengers for their strong vote of confidence in choosing to fly with us, and for their loyalty and support."

Ethiopian Airlines Malaysia Country Manager Osman Habib adds that Ethiopian Airlines connects to KLIA four times a week. For enquiries and reservations, please call **03-2141 2190** or visit [www.ethiopianairlines.com](http://www.ethiopianairlines.com)



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## North America growth for EVA AIR

EVA Air is seeing steady growth for its 7 destinations in USA and Canada, says General Manager Malaysia Joe Huang. "We have convenient connections to more destinations in North America than several other airlines from this region", he explains, adding that EVA Air flies to Seattle, Los Angeles, San Francisco, Houston and New York in the USA, and both Toronto and Vancouver in Canada.

Passengers may have the chance to experience the wildly-popular Hello Kitty flights. EVA Air is the only airline in the world providing this

delightful and whimsical touch to inflight service on selected flights.

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. In June 2013, EVA became a Star Alliance member, giving its passengers access to a vast network of nearly 1,400 destinations in more than 190 countries and providing seamless global services.



Joe Huang says that with EVA Air's free mobile app, you can stay up-to-date with flight schedules and booking information. Alternatively, you can visit [www.evaair.com](http://www.evaair.com) or call EVA Air at **03-2162 2981**.



## New Leader at ROYAL BRUNEI



Malaysian travel and aviation personnel now see a familiar figure at the helm of Royal Brunei. Karam Chand who was previously Chief Commercial and Planning Officer at the Kingdom of Brunei's national flag-carrier is now the Chief Executive Officer, succeeding the former Deputy Chairman of Royal Brunei Airlines Dermot Mannion. The Board of Royal Brunei has expressed gratitude to Dermot Mannion for his service and in particular, the successful completion of the restructuring and rebranding of the airline in the five years of his tenure as Deputy Chairman and CEO.

Karam Chand stated "I am honoured and humbled by the appointment and for the trust and faith the Board has placed in me. We have tremendous opportunities ahead of us and with the strong legacy left by Dermot we are in a good position to fly the flag higher."

The new CEO holds an MSc in Air Transport Management from Cranfield University and has over twenty years' experience at various airlines, including Fiji Airways and Virgin Australia. He has visited Malaysia several times on duty travel, and says that the Kuala Lumpur and Kota Kinabalu routes are "vital pillars in our regional network."

In 2013, Royal Brunei was the launch-airline for the Boeing 787 Dreamliner in Southeast Asia, and the first to bring this futuristic aircraft to Malaysia. RB is also the first airline in the world to offer an exclusive Dreamliner service all the way from Melbourne to London via Brunei and Dubai, and vice versa.

From its hub at the Brunei International Airport, Royal Brunei serves a number of regional and international destinations in Southeast Asia, Middle East, United Kingdom, Australia and China. The airline now has the distinction of operating the youngest long-haul fleet in the world. It has double-daily connections from KLIA and Kota Kinabalu to Brunei, and onward to Australia, the Middle East, the United Kingdom and several regional destinations.

For enquiries and ticket-reservations, log on to [www.flyroyalbrunei.com](http://www.flyroyalbrunei.com) or call **03-2070 7166**.



## AIR FRANCE at Olympics 2016



As the world watches and celebrates this year's Olympic Games, the national flag-carrier of France is thick in the action! In her farewell contribution to Airlink before taking up a new post in Guangzhou, Aude-Lise Combier, Country Manager for Malaysia and Brunei, says that from 5 to 21 August 2016, Air France is sponsoring Club France in Rio de Janeiro, a special hospitality area at the Olympic Games where athletes, media and corporate guests can share

the Olympic spirit. In addition, on 22 August 2016, the Company will operate exceptional flights to fly the French Olympic team and its fans home, as well as its other customers.

The day after the closing ceremony, Air France will charter two Boeing 777-300 (each with 381 seats) to fly the entire French delegation and its sporting equipment from Rio de Janeiro to Paris-Charles de Gaulle.

Furthermore, to meet the high demand, the usual Airbus A330 will be substituted by an Airbus A380 with 516 seats, an increase in capacity of 308 seats. For the first time, Air France will operate the superjumbo between these two cities. A second daily flight will carry Air France customers on board a Boeing 777-300, providing a total of 1,659 seats.

For ticketing and reservations to Paris and the rest of the world, please call **03-7724 8181** or connect at [www.airfrance.my](http://www.airfrance.my).





## SHAHEEN AIR arrives in Malaysia

The inaugural flight by Shaheen Air, a private Pakistani carrier, to Kuala Lumpur International Airport (KLIA) was welcomed with celebration, including an official water-turret salute by fire-tenders on the tarmac. The new four-times weekly service between Lahore and Kuala Lumpur operates using an Airbus A330-200 aircraft in all-Economy class configuration.

Arriving passengers on the inaugural flight were delighted to be greeted by a Malaysian cultural troupe and a host of VIPs, including High Commissioner of Malaysia to Pakistan His Excellency Dato' Dr. Hasrul Sani Mujtabar, Tourism Malaysia Senior Director, International Promotion Division (Asia/Africa) Y. Bhg. Datuk Musa Haji Yusof, and the senior management of Malaysia Airport Holdings Berhad.

Dato' Abd Hamid Mohd Ali, Chief Operating Officer of Malaysia Airports Holdings Berhad said, "Malaysia Airports is delighted to welcome Shaheen Air to KL International Airport. "The presence of Shaheen Air in KLIA will further promote KLIA's status as a preferred air-hub in this region. Travellers have the option to use KLIA via Shaheen Air as a connector to the major cities of Pakistan and the Persian Gulf. I am confident this bilateral relationship will also increase the image and prestige of Shaheen Air as a transportation conduit among air travellers in this region".

"Malaysia's tourism sector with its offer of cultural diversity, beautiful tropical landscapes and booming retail sector, has always attracted a significant number of Pakistani travellers, with a total of 66,400 Pakistani visitors arriving into Malaysia in 2015 alone. These new direct flights will definitely strengthen the economic and cultural ties that already exist between Malaysia and Pakistan," he added.



Chief Commercial Officer of Shaheen Air Faisal Rafique was on board the inaugural flight, which was nearly fully booked with 326 passengers. "In recent years, Malaysia has been a quite popular destination for Pakistani tourists", he said. "In the core area of South East Asia, Malaysia connects to ASEAN countries both on land and on the sea. The route will serve as an air-bridge for the development of long-term friendly relations between the two countries, further

promoting cooperation in the fields of economy, trade and investment; and accelerating the development of tourism."

Headquartered in Jinnah International Airport in Karachi, Shaheen Air's secondary hubs are at Benazir Bhutto International Airport (ISB), Islamabad and Allama Iqbal International Airport (LHE), Lahore. For ticketing and reservations please call **03-2181 5786**.



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## “A Clear Focus for Value Accretion”

*This Chief Financial Officer is setting priorities and going for them.*



Interview with  
**Raja Azmi Raja Nazuddin**  
Chief Financial Officer  
MALAYSIA AIRPORTS HOLDINGS BERHAD

“His appointment is a step forward in building a new generation of professionals desiring to take the airports of our country to the next level”, says a veteran industry analyst. “As someone new to the world of commercial aviation, he has a steep learning-curve ahead of him”, he continued, referring to the new Chief Financial Officer of Malaysia Airports Holdings Berhad.

The Company has just unveiled an aspirational five-year business plan and Raja Azmi Raja Nazuddin, the CFO being mentioned, hopes that his past experience at finance and senior management levels would enable him to play a significant role as Malaysia Airports positions itself to become a global leader in creating airport cities. “Prior to his appointment, he was the Executive Director and Group Chief Financial Officer (GCFO) of a leading real-estate and property company, UDA Holdings Berhad”, says the official Press Release from Malaysia Airports Holdings Berhad.

The job-resume of Raja Azmi covers numerous industries. He started his career in 1987 with Coopers & Lybrand Malaysia and later worked in companies as diverse as Malaysian Tobacco Company Berhad, Perodua Manufacturing and Haworth Malaysia. His other work-experience includes serving as Chief Executive Officer/

Managing Director of Zelan Berhad, Group Finance Director of UEM Group Berhad and Executive Director of Time Engineering Berhad. He also held positions as the Chief Financial Officer of Tronoh Consolidated Malaysia Berhad and Group Financial Controller of Sapura Telecommunications Berhad. Raja Azmi is a Member of the Malaysian Institute of Certified Public Accountants (MICPA) and the Malaysian Institute of Accountants (MIA) and holds a Master of Business Administration (MBA) from the University of Bath, United Kingdom.

Raja Azmi is candid about the task before him. “In the three months since I came on board Malaysia Airports, it has been a steep and intense learning-curve, with a list of high-priority items that needed to be handled quickly but delicately.

“Some people may think that a Chief Financial Officer only has to deal with money and accounting, but nothing can be further from the truth. I believe that an effective CFO must provide strong back-up to the leadership by handling the finer financial aspects of the Company. And that requires, at the very least, a fundamental understanding of each and every issue and activity.

“I am also mindful of the fact that at the heart of an airport company is a service-industry, with passengers and airlines at the core of all we do. This means that in handling financial matters, we have to place service-delivery as a major priority, both to airport-users as well as to our valued airline-partners. In all financial planning, I have to manage the

needs and expectations of a wide spectrum of people, including government decision-makers, shareholders and investors, business associates, current and future customers – and most of all, the strongest asset of any company:- none other than our own personnel at every level.

“While it is still ‘early days’, I have taken comfort that our Managing Director’s initial exposure to the industry is a practical encouragement to me, and his leadership is one of the reasons I took up the challenges of this position. My sincere appreciation also goes out to the Board of Directors and senior leadership as they have been very supportive on the initiatives that I have taken thus far. I believe I still have much to learn from all of them, and indeed, from every member of the extensive Malaysia Airports team.

“My own immediate response to the ever-growing number of pressing matters is to continue to set priorities and more importantly, to ensure that whatever we do is value-accretive for Malaysia Airports and its stakeholders. This includes items above and beyond financial-related matters such as improving the airport service quality and the optimisation of our entire available landbank, especially the KLIA Aeropolis. The recently-unveiled business-plan Runway to Success 2020 details the task at hand. My personal challenge is to deliver the best that I can through maintaining a clear focus and adding more value to the Company – in other words, a clear focus for value accretion.”





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# KLAS<sup>ART</sup> AUCTION *Edition XXI*

**AUCTION DAY : SUNDAY, 26 JUNE 2016 | 1.00 PM | LE MERIDIEN KUALA LUMPUR**

Art aficionados will expect another art auction organised by KL Lifestyle Art Space. Mark your calendar for KLAS's second auction this year – the KLAS Art Auction Edition XXI, which will be held at Le Meridien Kuala Lumpur on June 26. The auction will be featuring big names and magnificent masterpieces that will go under the hammer.

This upcoming auction will showcase astonishing works by local artists including the legendary Abdul Latiff Mohidin, Khalil Ibrahim, Awang Damit, Yusof Ghani, Ismail Latiff, Tajuddin Ismail, Raphael Scott Ahbeng and many others. One such work that would capture the hearts of many is Khalil's Ibrahim's 1969 work, "Opus". As Khalil is famed for his beautiful watercolour and batik works, this piece is truly rare, as it is the only artwork to have been painted in a pop-art-meets-abstract approach.

This auction will also feature Latiff Mohidin's iconic Pago-Pago series, this time in the form of a sculpture. One piece from his Gelombang series, entitled "Rimba" will also go under the hammer for an estimate of RM200,000 to RM500,000. These highlighted pieces are expected to fare very well in the upcoming auction, and are set to amaze the crowd on the day.

Art collectors and interested buyers can catch a sneak peek of these artworks from 16 - 25 June 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).

**ABDUL LATIFF MOHIDIN** B. N. Sembilan, 1941  
Pago-Pago Sculpture, 1970  
Copper sculpture 74 x 37 x 35.5 cm  
Private Collection, KL (Formerly in the private  
collection of Angela & Hijias Kasturi)  
**RM 180,000 - RM 360,000**





**AWANG DAMIT AHMAD** B. Sabah, 1956  
Marista "Pun-Pun dan Biangsong", 1998  
Mixed media on canvas 183 x 153 cm  
**RM 80,000 - RM 160,000**



**KHALIL IBRAHIM** B. Kelantan, 1934  
Abstract "Opus", 1969  
Acrylic on canvas 107.5 x 94.5 cm  
**RM 38,000 - RM 70,000**



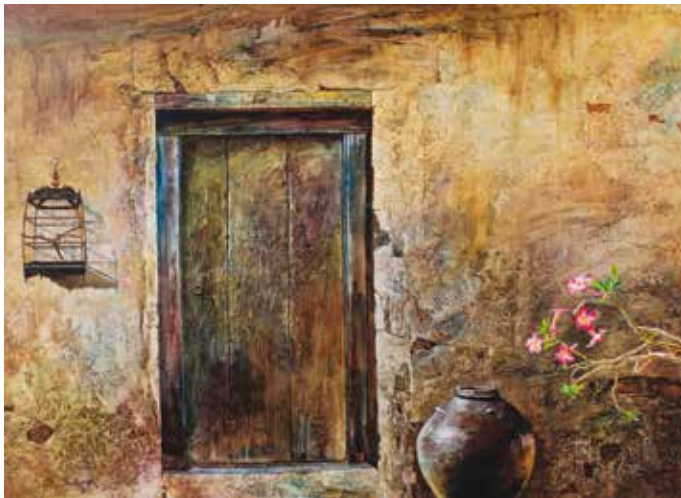
**SHARIFAH FATIMAH SYED ZUBIR, DATO' B.** Kedah, 1958  
Mindscape - The Link, 1993  
Acrylic on canvas 123 x 123 cm  
**RM 22,000 - RM 36,000**

**AWANG DAMIT AHMAD** B. Sabah, 1956  
E.O.C "Sisa Semusim", 1994  
Mixed media on canvas 76 x 61 cm  
**RM 45,000 - RM 80,000**





**ABDUL LATIFF MOHIDIN** B. N. Sembilan, 1941  
Gelombang Rimba, 1995  
Oil on canvas 137 x 167 cm  
**RM 200,000 - RM 500,000**



**LYE YAU FATT** B. Kedah, 1950  
Birdcage, 2016  
Mixed media on canvas 75 x 95.5 cm  
**RM 9,000 - RM 15,000**



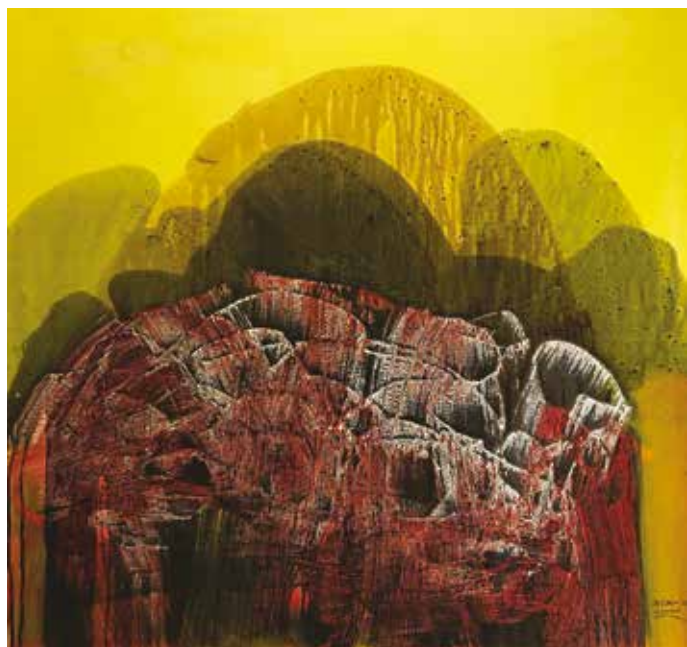
**GEORGE CHANN (CHEN YENPI)** B. China, 1913 - 1995  
Portrait of a Boy  
Oil on canvas 51 x 40 cm  
**RM 12,000 - RM 18,000**



**TAJUDDIN ISMAIL, DATO'** B. N. Sembilan, 1949  
Garden of Solitude II, 1991  
Mixed media on board 122 x 122 cm  
**RM 38,000 - RM 58,000**

**NIZAR KAMAL ARIFFIN** B. Pahang, 1978  
Dunia Berbisik "Between #1", 2016  
Acrylic on canvas 122 x 244 cm (Diptych)  
**RM 14,000 - RM 22,000**





**RAPHAEL SCOTT AHBENG** B. Sarawak, 1939  
Krokong, 2013  
Acrylic on canvas 115 x 115 cm  
**RM 11,000 - RM 18,000**



**NAJIB AHMAD BAMADHAJ** B. Johor, 1987  
Banksy Series "Worthless III", 2010  
Mixed media on canvas 122 x 122 cm  
**RM 5,000 - RM 8,000**



**NIK RAFIN** B. Selangor, 1974  
Ballerinas Series "Arabesque", 2016  
Acrylic on canvas 120 x 180 cm  
**RM 10,000 - RM 15,000**



**KHALIL IBRAHIM** B. Kelantan, 1934  
East Coast Series, 1992  
Acrylic on canvas 42.5 x 28 cm  
**RM 6,500 - RM 9,500**

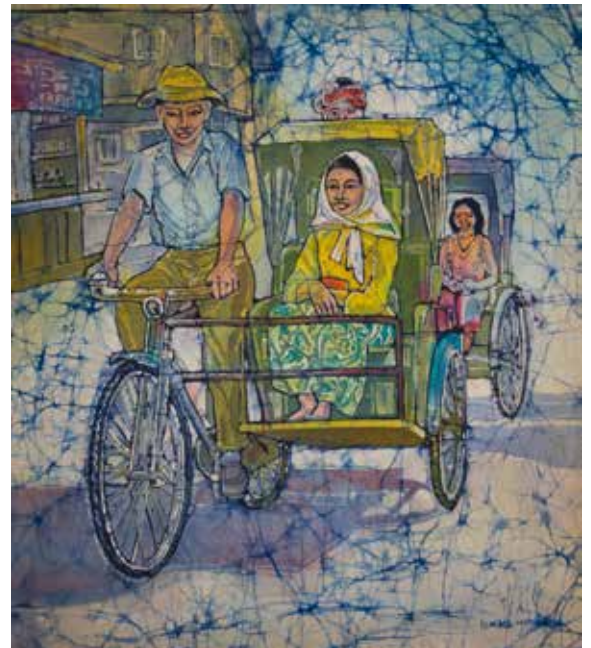


**KUO JU PING** B. China, (1913-1966)  
Fishing Village  
Ink and colour on paper 29.5 x 40 cm  
**RM 10,000 - RM 15,000**





**KHOO SUI HOE** B. Kedah, 1939  
Affection, 1964  
Oil on canvas laid on board 73 x 64 cm  
**RM 18,000 - RM 36,000**



**ISMAIL MAT HUSSIN** B. Kelantan, 1938  
Trishaw, 1974  
Batik 57 x 50 cm  
**RM 12,000 - RM 18,000**



**MOHD RADUAN MAN** B. Pahang, 1978  
London Love Story, 2013  
Mixed media on aluminium laid on board 74.5 cm x 74.5 cm  
**RM 5,000- RM 8,000**



**ISMAIL ABDUL LATIFF** B. Melaka, 1955  
Dream in the Night Sky... Virgin Bird, 2014  
Acrylic on canvas 90 x 71 cm  
**RM 10,000 - RM 15,000**



# HOMAGE TO PAGO-PAGO

## A PRIVATE COLLECTION SHOWCASE



In May, the legendary Pago-Pago series that won Latiff Mohidin his title as Malaysia and Southeast Asia's most important modern artist, was showcased at KL Lifestyle Art Space (KLAS). The exhibition wholly organised by KLAS, exhibited the rare and never-before-seen Pago-Pago pieces by the artist.

Despite it being decades old, Latiff's collection is worth more than a thousand words. Latiff Mohidin's devoted fans and art enthusiasts attended the showcase. A total of fifty works and two sculptures were on display at the showcase, with the earliest dating back to 1962. The artist's Pago-Pago artworks are said to have embodied the physical and spiritual aspects of Southeast Asia, which has made it amongst Asia's most important collection of works.

Most countries in Southeast Asia are tropical countries and due to this, there are many natural elements to it that have the ability to influence an artist's work. Latiff has brought these forward through his artwork after absorbing the local and Southeast Asian elements, making his

paintings essentially recognised as both Malaysian and Southeast Asian.

As Gustave Courbet once said, "The beautiful is in nature, and it is encountered under the most diverse forms of reality. Once it is found it belongs to art, or rather to the artist who discovers it". Latiff discovered his passion for art and found his inspiration during his travels to Thailand and Indochina – it is a key memory in his life as that is where he developed as an artist. The artist's masterpieces in this series portray images whose roots have influences of Indonesian and Hindu-Buddhist archipelago.

Having studied art in Berlin, Latiff Mohidin's work was inspired by the nature that surrounded him during his time there. In his book, 'Bali, Almost Revisited' which was written in Reminiscence of Singapore's Pioneer Art Masters in The Singapore Mint, he mentioned that he realised his nature inspired paintings when his sketches started to resemble aspects of nature, featuring elements such as bamboo clumps, pandan leaves, fishing boats, and more.

# GRANDE 3 LAUNCH

## GREAT ART AND DESIGN



The Grande group exhibition is a much-awaited highlight of Core Design Gallery's event line-up every year. On May 21, the gallery celebrated six fulfilling years of being in the industry by inviting critically acclaimed contemporary artists of various genres to dazzle with their diverse styles and skills. It was officiated by Farouk Khan, co-founder of the Aliya and Farouk Khan (AFK) Collection of Malaysian contemporary art.

Grande, an acronym of the phrase "Great Art and Design", signifies the great potential

of Malaysian contemporary artists to present artworks that raise relevant, thought-provoking ideas to the audience.

The theme of this year's exhibition is, "God is in the details". It refers to the high level of attention and consideration given to every step of the artistic process – from the conceptualisation of the artwork to its craftsmanship, detailing and finishing.

Each artwork demonstrates the artist's drive to push beyond current boundaries and challenge normalcy.

With works that conceptually reflect the multi-layered, coexisting cultures and ideologies within our society, ultimately Grande does not just mark another milestone in the gallery's history, but celebrates the systematic chaos of Malaysia.

Artists who participated in the exhibition include Al-Khuzairie Ali, Ali Nurazmal Yusoff, Anniketyni Madian, Faizal Suhif, Haafiz Shahimi, Haslin Ismail, Husin Hourmain, Husin Othman, Husni Osman, Masnoor Ramli and Suhaimi Fadzir.

The exhibition ends on July 1, 2016.



# BERNARD CHANDRAN

## PETANG RAYA 2016/2017 PRESENTATION

*"Every woman is a princess in the eyes of her beholder. My job is to make every woman feels like a royal when she wears my creations," Bernard Chandran.*

Influenced by the insights and beauty of designing for the aristocrats and a royal clientele, Bernard Chandran channeled inspiration from the joys to social expectations and confines of a royal princess in his recent tenth anniversary Petang Raya show. Bernard Chandran paid special homage to Her Majesty the Queen of Brunei's regal style from her preferred floral silk prints headscarves to her bejeweled attire.

Staying true to his consistency by bringing fresh concepts and continuous updates to the traditional Malay wear, the Petang Raya collection also came to a queenly height when Bernard Chandran introduced several revolutionary styles of cut, contrasting colours, prints and textures, with '70s undertones to the overall formation.

The real statement was the impact to the natural contrast of the many prints, whilst retaining an overall serenity and calm that is easy on the eyes. Innovative easy silhouettes were further emblazoned with intricate beading, rich embellishments and eye-catching sequins whilst sophisticated cut skirts including one-sided back flipped and box pleated fluid trains that spread into a natural uplifting flare at the edges.

The transitional look that bridges contemporary and traditional design is considered the quintessence of Bernard Chandran and paired with a deep rooted sense of constantly 'pushing boundaries', he has masterfully brought a contemporary edge to his royal inspiration, one of a luxury vision of mind-blowing modern sophistication.



# L'OREAL PARIS

## MAKEUP DESIGNER



**Kuala Lumpur, 12 May 2016** – Known for its specialty in delivering wearable everyday glamour with innovative cosmetic products, French beauty brand L'Oréal Paris revealed a brand new identity for its makeup products today known as L'Oréal Paris Makeup Designer. Created to help women design their makeup looks, it features innovative formulas to never-before-seen textures, reflecting all the exquisite details and spirit of Parisian elegance.

With the debut of **L'Oréal Paris Makeup Designer**, beauty enthusiasts in Malaysia can now express their personalities through the love of colours and discover the art of makeup from Paris.

Along with the new brand direction, L'Oréal Paris also introduces a new way to experience makeup in augmented reality. Featuring an exclusive technology from

major Hollywood studios, this first-of-its-kind digital application is known as **Makeup Genius**, which lets you create your own look or try ready-to-wear looks curated by L'Oréal Paris makeup artists with the touch of a screen. Instantly, your smartphone is transformed into a mirror; and the makeup actually follows your face as you move and make expressions. Now, the term 'try before you buy' is no longer a dream, but a reality.



# Richard Mate- Kodjo

Partner, Phil & Joe Shoe Co.

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*"It took quite some time for me to get acquainted with some of the terms like "can or not" "boleh lah" "where got?" "belanja me", "abang", etc. But it's things like this that make living exciting."*

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BY KATHILYN URSULA D'SOUZA



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

I'm from Ghana, West Africa, originally. My hometown, Krobo Odumase, is in the western region but I live in the capital city, Accra. Accra is bursting with scrumptious street food, vibrant colours and rich cultural heritage. The ambience of the city is just phenomenal as Ghanaians are very hospitable and would make anyone feel like they are indigenous. Accra is a coastal city, so spending the weekend at the beach is a routine and being close to the coast means lots of coconuts and seafood... Oh do I miss fresh Tilapia!

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

I first arrived in Malaysia in August 2012, a little after I turned 20. On arriving here, it felt just like home because of the tropical weather and the multicultural society. It took quite some time for me to get acquainted with some of the terms like "can or not" "boleh lah" "where got?" "belanja me", "abang", etc. But it's things like this that make living exciting.

**What was the transition like moving from country to country? Do you ever get homesick? What do you miss about home?**

Well, I decided to come to Malaysia because I



wanted to try out a new place where I knew no one. I was well aware that it would be challenging but it's been an exciting journey so far. I've been here for a little over three and a half years and I've felt homesick since I first landed in KLIA. But I guess that's normal because there's no place like home. There are quite a number of things I miss about home. Family of course (they would kill me if I didn't mention them first), also not having to speak English all the time, the food (google Jollof rice, have a taste and you'll be on the next flight out to Ghana). Last but not least, I miss the feeling of being carefree because family always caters for you when they're around. Being far from them means I have to do most things by myself

#### How did you get into your current career?

I got into Phil & Joe Shoe Co. while I was working as project manager at a conference company here in KL. I was browsing Instagram two months after the company was established, fell in love with the brand and approached the founder. Little did I know that the founder, Phil, was my close childhood friend, Phillip. So I joined the company and I'm currently a partner. If you'd like to know more, follow us on Instagram and Facebook at @PhilandJoe233.

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

The turning point for me was the moment I decided to resign from my job as Project Manager at the conference company and focus on Phil & Joe completely. This decision was partly influenced by my current business partner. She saw I wasn't too excited about the job and suggested I quit and do what I love. It's a move I don't regret because I love what I do now. So for those working in careers which you don't enjoy, I'd advise you find what you love and move into that. Life is too short to be unhappy from 9am-5pm, five days a week. I believe life is about finding true happiness and since we don't have the luxury of having enough hours in the day, there's no way you should spend a single day not doing what you love (unless what you love is inhumane, then stick to the job you don't like haha).

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

I love to create. That's what I love the most about what I do. For example, seeing something evolve from a concept, to a design, then being worked on for hours, even days till it finally becomes a pair of dapper shoes. That's a sight to behold.

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

Oh yeah, I've tried lots of Malaysian food. It's a little hard for me to pick favourites, so I'll

just mention one out of each culture that I really enjoy. Malay food - Daging Rendang, Indian food - Banana Leaf Chinese food - Chicken rice with roasted duck

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

So far, I'd have to say it's Langkawi and that's not because of the cheap beer. I don't quite fancy beer at all, if you ask me. I enjoyed Langkawi because the sea reminds me so much of home and also because the last time I was there, the beachboy sent us to a private island which was very relaxing.

#### What is your current project and what are your plans for the future?

I've got a few projects I'm working on at the moment. The first one is getting my bespoke men's dressing company (Phil & Joe) into South-East Asia and then into Europe after establishing here. I plan on doing this by penetrating the Malaysian market and then exploring others such as Singapore, Thailand, Indonesia, etc. One other project I'm working on is a location based start up called MyMovrs. As it's still in the pipeline, I wouldn't want to say much about it till it's finalised. I like to think of myself as a problem solver, so my plans for the future revolve around establishing businesses that solve problems and make life easier.

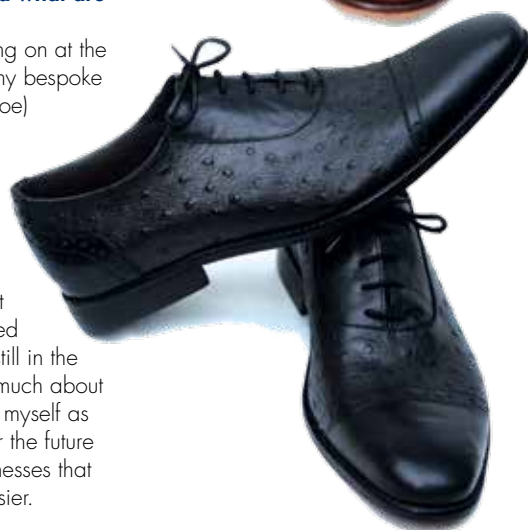
#### What is your advice to those who would love to pursue your career line or take the plunge into the unknown?

Well, for those wishing to become entrepreneurs, I would say that you should go out and network. While you're in university, partying, on the bus, in that taxi/Uber, wherever you are, get out of your comfort zone and talk to new people. Just make sure to connect with the right people because technical knowledge can only take you to a certain extent plus you can't always do everything on your own. In many cases, it is who you know that could propel you. My father once told me, "You're powerful if you know powerful people." And for those wishing to take a plunge into the unknown, life is all about taking risks and you can never be 100 percent certain. Just try as much as possible to take calculated risks and be willing to learn from failure if it ever comes to that.

#### What fuels you and what makes you happy?

What fuels me and makes me happy are along the same line. The urge for success fuels me and succeeding makes

me happy. And by success, I don't mean getting a billion dollars or buying a mega yacht. It's basically achieving objectives I set within scheduled timeframes. In addition, the happiness of those I care about most makes me happy. Oh yeah ... good food too.





# Rimboun Dahlan

WHERE ART IS NURTURED AND  
ARTISTS FLOURISH

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BY KATHLYN URSULA D'SOUZA







**KHALIL IBRAHIM B.** Kelantan, 1934  
 Untitled, 1979  
 Acrylic on canvas 140 x 179 cm

**R**imbun Dahan is a place that was called home by many budding artists, for a short yet life-changing period of time. Here, young and upcoming artists have the privilege and the luxury of working on their genre and the opportunity to hone their craft without the distractions of the outside world. Here, ideas are incubated, nurtured and eventually, allowed to bloom. For absolutely nothing in return (save for a couple of artworks, and purely for the love of arts), artists are welcomed and encouraged to create. Many talented minds have come and gone, but a part of their genius will always remain with Rimbun Dahan, through their exhibitions and the works that have been commissioned to this place. Until today, this tradition is still ongoing.

Set in the fringes of Kuang, outside of Kuala Lumpur, Rimbun Dahan is a 15-acre plot of land set in the fringes of Kuang, outside Kuala Lumpur. Call it a hidden gem, if you please, as this is not something you'd expect to see smack dab in the middle of a demonstrably kampung area. This green getaway is the home of renowned Malaysian architect Hijjas Kasturi and his wife, Angela. I had the absolute pleasure of meeting the latter for a chat; an in-depth divulging of gen regarding what Rimbun Dahan really is all about. For instance, why they actually run an art residency.

Hijjas' passion is art, and early on he decided that it was a good idea to invite artists to come and stay with them (supported by them to live and work for up to a year, which is a long time for a residency). Not only was this because it would liven up the place, it was also because there was a lack of financially supportive residencies to enable young artists to start their career. They selected each year an artist from Australia and one from Malaysia (but often two from either country) to start paying back to both countries from what they had benefited: Australia gave Hijjas a Colombo Plan scholarship to study architecture in the 1950s and subsequently he has been having a very successful practice in Malaysia.

So in essence, Rimbun Dahan has artists live in and periodically organises an exhibition for them. In exchange for their support, they select from their body of works one or two pieces for their own collection. They have, until today, built up an interesting collection of contemporary Southeast Asian, Malaysian and Australian works. It's on display in the gallery downstairs (which I had the pleasure of visiting as well).



**ABDUL LATIFF MOHIDIN**  
Pago-Pago Sculpture, 1970  
Copper sculpture 99 x 89 x 35.5 cm  
Private Collection, KL (Formerly in the private collection of Angela & Hijias Kasturi)



**ABDUL LATIFF MOHIDIN B. N. Sembilan, 1941**  
Pago-Pago Sculpture, 1970  
Copper sculpture 74 x 37 x 35.5 cm  
**RM 180,000 - RM 360,000**



This went on for over 20 from 1994. Subsequently, they decided to focus on Southeast Asian and Malaysian artists. Initially, there were teething problems because of visa issues, but they are now running a series of shorter residencies.

At the time of my visit, they were hosting many talented people – Malaysian artist Azliza Ayob (who is looking forward to an exhibition at the end of the year), Filipino film director Kanakan Balintagos, two New Zealanders (Sarah Jane Parton, a visual artist and a choreographer, Lucy Marinkovitch), Malaysian curator Goh Sze Ying, Thai artist Pichaya Ngamcharoen, who makes installations, Balinese theatre director Ibed Surgana Yurga and Australian dramaturg Ashley Dyer who is working on a production for Georgetown Festival. Well-known Malaysian artist Sharon Chin is currently resident at the couple's hotel in Penang, the Penaga.

Rimbun Dahan has accommodation for up to 18 people at any one time, but occasionally it does doubles up.

After Hijias made that decision years ago to invite artists, Rimbun Dahan started building

accommodation. After finishing the main house and guesthouse, they built the dance studio and two apartments with studios under, and then they had the opportunity to acquire some heritage houses – one a Malay house from Parit, Perak, the other a house from Georgetown, which they rebuilt on site and adapted for artists to stay in.

"I'm not artistic in any way. My main interest is in the garden, although I have had fantastic experiences with all of the artists. I think to see work being developed on a day-to-day basis as you walk past the studio, or when you have a chat to see what they're doing. They talk to you about what their problems are or what they're trying to resolve with their new work. It gives you an experience that you really can't get any other way," said Angela.

"You can collect art, but it's not the same as seeing it made. I feel very privileged from that point of view because not many people actually get that experience. People can collect art and know something of the artist's background and history, but you don't necessarily know the artist personally (if you do, that's a plus) but to see the work actually growing is something

else. I've experienced that more than Hijias, because he's working and preoccupied as he's got his practice, but he set it in place. He was the one who said, 'We will invite artists to come and stay with us'," she finished with her voice lowered, in a fond imitation of her husband's expression.

Angela said Hijias had always been interested in art. He tried himself to become an artist but realised he didn't have what it takes. Long after he had started his practice, he took time off and went to art school, but struggled to get the originality he was searching for. Then he thought about starting this residency.

Figuring that he was better at doing what he does – which is architecture and running his business, he decided to stick with that and use some of the profits to support people who are talented but don't have the opportunity to start their practice.

"I think being an artist, it's very difficult to get the time and space to think about the work. You graduate, you've got to go to work. And Malaysians being Malaysians, many of them marry young and have responsibilities and





y Turns by Muthalib Musa - commissioned by Rimbun Dahan for Angela's 60th birthday, which now rests in the garden of their home.

family. You've got to have some sort of support system if you want to concentrate on your work," said Angela.

The last large exhibition Rimbun Dahan hosted was for an Australian couple, Claire Healy and Shaun Cordeiro, and Malaysian Sabri Idrus, all three well established. Angela was extremely flattered to attract such artists, but ultimately decided that her role was to support younger emerging talent.

Famous artist and sculptor Muthalib Musa was also part of this programme in 2001, accepted as the Malaysian resident artist. Upon visiting Rimbun Dahan, one must walk to the gardens where a large, brown sculpture rests. Muthalib Musa calls it 'Sixty Turns', and Rimbun Dahan commissioned it for Angela's 60th birthday. It is now part of their permanent collection. It also happens to be the largest sculpture ever done by the artist.

Many brilliant works have been framed in the underground gallery of Rimbun Dahan and some of them have even been consigned to KL Lifestyle Art Space (KLAS) to be put up for auction. Some of these works are the sculptures from the famed Pago-Pago series by Latiff Mohidin and Khalil

Ibrahim's 1979 work (pictures shown below), which happens to be the artist's largest piece of work in his career. What Rimbun Dahan does – which is having artists over and putting their works on the market – is not for monetary rewards, but purely for the passion of art, and for giving these truly talented artists a leg up in the industry.

Artists who have had the pleasure of working with Rimbun Dahan are many, and the following are names of those who had taken part in commissioning works to the residency: Ahmad Fuad Osman, Ahmad Shukri Mohamed, Noor Mahnun Mohamed, Azam Aris, Chang Yoong Chia, Chong Siew Ying, Choy Chun Wei, Haslin Ismail, Ilham Fadli, Jasmine Kok Lee Fong, Justin Lim, Muthalib Musa, Muthalib Man, Nadiah Bamadhaj, Saiful Razman, Sabri Idrus, Samsuddin Wahab, Wong Perng Fey, Yau Bee Ling, Yuande Zheng, Annitketyini Madian and Al Khuzairi.

In the recent years, Hijjas and Angela have been selling artworks from their own collection, the pieces that were acquired from artists who have stayed at Rimbun Dahan. All funds attained from the sales go back into the residency programme.



FEATURES

The lovely and charming Angela Hijjas.

25 years ago, both Hijjas Kasturi and Angela moved to this place, which was developed into an indigenous South East Asian garden – they have a large herb garden comprising fragrances, medicinal, spices and culinary plants. The rest of the land is a forest garden of Southeast Asian species. The garden and forest endeavor is the only one of its kind in the world, I was told, and it is Angela's passion.

"I find I get immeasurable satisfaction out of the garden, as I can show it to people, explain about biodiversity in Malaysia and my own collection. I can tell them the characteristics of each plant. They're not big, they're not fantastic but they're very interesting." – Angela Hijjas, on her passion for botany.

As mentioned earlier, Angela's garden is dominated by what makes Malaysian landscape so unique.

Using only plant species from Southeast Asia, specific areas of Rimbun Dahan are dedicated to forest trees, a herb, spice and vegetable garden and their collections include ethno-botanic, palms, various species of orchids and medicinal and fragrant plants.

I had the pleasure of being taken on a tour of the garden, called Taman Sari, where Angela gushed about each plant, telling me of their characteristics and properties (from the smell to what these plants are good for). There is much to learn from these plants, and they are able to provide fascinating insights into Malaysia. Angela's passion is unmistakable, as bookshelves in her home are lined with books on plants. The garden is open to the public when there is an exhibition on.





# THE RITZ-CARLTON, KUALA LUMPUR

## THE UNDYING LEGEND

BY VANESSA R. SINGH

**H**aving been around since 1997, The Ritz-Carlton Kuala Lumpur's history and countless rewards makes this establishment an unshakeable one. Its unwavering commitment for top-notch hospitality and service, continues to brand it the art of the luxury hotel experience in Asia. Located in the heart of Kuala Lumpur – Malaysia's capital and largest vibrant city, it has been recognised by The Independent as one of the top five butler hotels in the world.

It has almost been two decades since its opening and the hotel continues its undying effort to maintain its legacy of excellent service without compromising its quality. It has been regarded as one of "The Greatest Hotels in the World" by Travel & Leisure. After more than a year of planning and refurbishing, The Ritz-Carlton Kuala Lumpur is now refreshed and relaunched to give guests continuous distinct and stylish accommodation/stay.

As a luxury hotel owned by YTL Hotels, its revamp symbolises another milestone in the hotels chain's advancement as they continue to set new standards for luxury hotels throughout Asia for many more years to come. Its location in the prestigious Golden Triangle district, makes it easy for guests of The Ritz-Carlton Kuala Lumpur to access the popular entertainment hub of Bukit Bintang.

This fresh and classy 364-room, all-butler hotel provides a modern-day haven with 18



168, Jalan Imbi, Pudu,  
55100 Kuala Lumpur, Malaysia  
+60 3-2142 8000



Spa Village



Private Dining Room

from Ronnefeldt, including the exclusive Ritz-Carlton, Kuala Lumpur Blend. Enjoy them with delightful handmade cakes and pastries by the award-winning Pastry Chef Tony Hoyle. Light eaters can visit The Patisserie for an intimate Vietnamese patisserie with a modern twist.

Whisky aficionados who would like a quiet and chilled evening, will love the brand new space at The Library. There is a huge collection of fine wines from around the globe, as well as vintage cognac and whisky to cater to the demands of all. The hotel's signature cocktail, Ritz Fizz, can also be relished alongside other classic cocktails and guests can conclude their evening with food from the Menu Du Jour. The Smoke Room, on the other hand, offers a choice of premium cigars.

As if guests aren't spoilt enough, there is a newly introduced Chef-on-call experience for corporate and private events. This personalised service provides the guests with their very own chef, butler and hostess to make their occasion a more distinctive and memorable one. The hotel has always been a number one choice for sophisticated meetings with impeccable service and culinary options. The undying effort and efficiency of the team at The Ritz-Carlton ensures the needs of guests are met.

To top off the lavish retreat, the hotel's Spa Village Kuala Lumpur now boasts a Sensory Sound Bath Room, the only of its kind in Asia. With the brand new facility, therapies and services at this multiple award-winning spa continue to impress and promote wellness.

With the hotel's determination to continue its legacy and commitment to exceptional hospitality, returning and prospective guests can expect nothing less than a remarkable experience. The refreshed and revamped hotel will continue to fulfil their guests' high expectations.



Signature Beverage - Ritz Fizz

For a timeless and elegant design to impress loyal and prospective guests, their attention to detail was emphasised on every element from furnishing to fabrics, ingenious lighting, richly detailed screens, luxurious marble to stylish accessories to embrace the hotel's classical roots. Its butlers are the significance of its service excellence and the very aspect for which the hotel is world-renowned. They deliver every request by the touch of a single button – from packing and unpacking, shoeshine and car transfers, to organising the perfect shopping, dining and entertainment itinerary. These highly trained butlers play an integral role in the guest's flawless stay experience.

Being a hotel of many aspects, it has made its reputable mark among the city's foodies with its portfolio of exquisite restaurants. The hotel's award-winning Cantonese restaurant, Li Yen, is a favourite, while The Cobalt Room is a popular choice for a Sunday Brunch at the hotel with a sumptuous spread of food, artisanal cheeses and sinful desserts accompanied with champagne and wines.

Those who enjoy a traditional afternoon tea will be spoilt for choice at The Lobby Lounge, with an impressive collection of luxury teas

years worth of illustrious legacy. It has been a home away from home for many international celebrities, personalities, and business and leisure travellers alike. Sticking to its roots, it continues developing contemporary character to meet the ever-changing needs of astute travellers. The New York-based design consultant, Alexandra Champalimaud and her team of designers did a remarkable job in renovating the hotel. They are reputedly known for developing designs of the highest calibre.



# EQUATORIAL HOTEL MALACCA

*In The Heart of History*

BY JACQUELINE BENITA PAUL

**T**he Equatorial Hotel Malacca stands tall as a historical landmark in Malacca Raya. The vast, gilded lobby is adorned with impressive make-shift chandeliers with an english charm, liveried gentlemen who wait to greet you at the door and perfect floral arrangements in modest yet appropriate vases. The entire hotel concept is a celebration of opulence and culture on a substantial level. This a place for those who want to indulge themselves completely and be treated like a king or queen. Beware: you'll probably never want to leave!

Close to the hotel, you'd find three huge malls where you can get more of your shopping fix. Furthermore, it is a short walk from most of the tourist attractions. It takes around 15 minutes to walk to Jonker Street - a haven for antique collectors and bargain hunters. To make the most of your stay in one of the most historically perserved states in Malaysia, you can choose to be ferried on a colourful trishaw or go horse riding for a negotiable price.



### The Room

My room was nothing short of the five-star quality that the Equatorial Hotel promised. The ample size and comfortable ambience made relaxing a natural occurrence. With a great view to wake up to (thanks to the low-rise buildings surrounding the hotel) and impressive free movies on its TV network, this is bliss. It even made me wish to extend my stay. The bathroom is spacious and equipped with quality essentials.

### Attentive and Consistent Service

Anyone who has even been here would testify on the highest level of hospitality shown by the hotel staff regardless of position. The hotel's impeccable service is its greatest asset, striking just the right note of being friendly, helpful and enthusiastic without being obsequious. Everyone from the security team to the front desk to the housekeeping always have a smile on their faces which certainly adds to the experience.

### Food and Drink Quality

There's little room for confusion when it comes to dining at Equatorial Hotel Malacca. There is an array of rich and varied experiences waiting to be had, with five restaurants serving a range of delicious international and local cuisine including authentic Peranakan cuisine, featuring recipes handed down from generation to generation. Sumptuous buffet spreads and tasty street food round up the hotel's gastronomical offering. Room service is also available 24 /7. My particular favourites are the following;



Club lounge

### K5, The Street Bistro

Overlooking the bustling streets of Melaka Raya and the beautiful view of the historical sites nearby, K5, The Street Bistro or Kaki Lima in Bahasa Malaysia is an easy-going yet sophisticated bistro. K5, The Street Bistro combines the memories of the good old days and the trends of today. With its open-air concept; one is bound to reminisce when ordering from the old newspaper-themed a la carte menu, with a variety of local dishes and true Italian pastas and pizzas to savour. K5, The Street Bistro is definitely the place to hang out.

### Seri Nyonya Peranakan Restaurant

Seri Nyonya, a Peranakan restaurant, is renowned for its authentic home-cooked dishes like the Hee Peow Soup, Ayam Pongteh, and

Nyonya Chap Chye. Located on Level 3 of Hotel Equatorial Melaka, the Seri Nyonya is a dining experience that you would not want to miss.

### For Business

Equatorial Hotel is the proud owner of the largest ballroom in Malacca which has got even better. Corporate and personal events are brought to life in this premium space equipped with a new high-resolution video wall measuring 340 sq ft, the first of its kind in the city and will certainly add dramatic impact to any event. Combined with a large, column-free floor area of over 15,000 sq ft equipped with modern audio-visual equipment, this new video wall is capable of projecting life-like images as well as all manner of computer graphics.



Seri Nyonya Peranakan Restaurant



# UPSTAGE LOUNGE

*by Rendez-Vous Restaurant*

Soiree with Jazz

BY JACQUELINE BENITA PAUL





### La French Friday

There are countries whose very name inspire dreams. France is definitely one of them. On the particular night that we visited, Upstage Lounge there happened to be a performance of French classics by the illustrious Mathilde Limal and young jazz enthusiasts, Douche Manouche. Though we were at a disadvantage of not understanding the lyrics as French is not our first language. Their fiery and charming performance certainly crossed cultural and language boundaries, leaving us to simply enjoy the music, wine and ambience. The sound system quality definitely helped with maximising the experience of the performance and provided good support for the performers.

### The Setting

The seating arrangement in Upstage is rather compact but still works well for its patrons. Though there is minimal lighting, it illuminates the focus points well. Each wall has admirable photography artworks for your viewing pleasure. We couldn't help but have a conversation about the unique expressions that are mounted on the wall. A closer inspection would reveal that the photos are a representation of what is offered in this fine establishment. The cello player on the far left, close by to the entry point of the lounge itself, speaks to us about their appreciation for music and how it brings people together. The second photo shows a woman lying gracefully on a couch while having what looks like a cosmopolitan cocktail, telling us that this lounge is meant to seduce while allowing you to unwind. We leave the rest for you to discover yourself.

### Libations

As mentioned earlier, Upstage Lounge serves up a generous variety of French beverages, spirits, alcoholic and non-alcoholic cocktails and coffee creations, but it also has an extensive wine list consisting mainly of bottles from the most renowned vineyards in France starting from a mere RM19, a glass. The mojitos are a crowd favourite and it is understandably so. The glass is filled with generous amounts of peach with a perfect balance of the mint to achieve a fresh balance of flavours. Their tapas make for a perfect pairing with the wine selections so feel free to ask the waiters for their suggestions.

We found that this particular place is frequented by tourists, expats and locals who wish to enjoy French culture. Their music crosses cultural lines and we absolutely welcome it. Food and drinks here are not only meticulously prepared but reasonably priced, and easily enjoyed in the laidback ambience. We also enjoyed the fact that it was lively and fun which easily made us want to be regulars. The only downside would be the parking which can be a little tricky since this is a popular spot. However, you'd find it is well worth the wait. Should you wish for a venue to host an intimate dinner with family and friends, or a unique social or corporate gathering, then look no further than Upstage Lounge.

100 Lorong Maarof – Bangsar  
Reservations : 03 22 02 02 06 / 011 2637 8224

**U**pstage Lounge is the place to be in Bangsar to enjoy your favourite jazz, soul and blues music in an intimate space. Located on the first floor of the famous French restaurant Rendez-Vous, Upstage Lounge is an exclusive and private venue that offers outstanding service, gourmet pork-free international tapas, as well as a focused wine list and a full bar including a large selection of whiskies, cocktail and other spirits. They also carry a range of internationally renowned cigar brands to enjoy with your drinks.



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TROPICANA

In appreciation of your continuous support we present you with our latest SOHO release at a special price

## PHASE 1.3 (OPEN FOR REGISTRATION)

A distinctive selection of 62 SOHO units thoughtfully designed to maximise the possibilities of total forward solutions in one.

Every day is inspiring when you own a SOHO unit in the prestigious Edini Tropicana development.

Hurry, don't miss out on this valued opportunity!



Petaling Jaya  
Sales Gallery &  
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17, Jalan Semangat, 46100 Petaling Jaya, Selangor  
☎ +6018 605 9999 📍 Lumi Gallery

Penang  
Sales Gallery

No.35, Jalan Icon City, Icon City, 14000 Bukit Mertajam, Pulau Pinang.  
☎ +604 5062 688 📍 Thriven Penang Gallery

[lumicollections.com](http://lumicollections.com)



[lumicollections](https://www.facebook.com/lumicollections)



[lumi\\_collections](https://www.instagram.com/lumi_collections)



## PLAY

- Kids' Jungle Gym • Music Room
- Study Room • Theatre

You can revel in quality time with your family amid spaces for study, discovery and entertainment.



RESIDENCES  
**PHASE 1.1**  
(LIMITED UNITS)

## ACTION

- Table Tennis Room
- Pool Room • Squash Room
- Games Room with darts and foosball table

Every day will raise your pulse, with an amazing array of active zones that will thrill the sportsman in you.



RESIDENCES  
**PHASE 1.2**  
(OPEN FOR SALE)

## WELLNESS

- Self-spa with steam room and sauna
- Gym • Yoga and Pilates areas

Home keeps your energies balanced with facilities that invigorate the body, calm the mind and nourish the spirit.



RESIDENCES  
**PHASE 2.1**  
(COMING SOON)

## BUSINESS & LIFESTYLE

- Fully equipped conference room • Meeting area
- Wine and cigar room • Sky Dining

You will savour all the right options with stylish facilities that keep you on top of your game.



RESIDENCES  
**PHASE 2.2**  
(COMING SOON)





#### 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 • 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 Lebuhr 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 : 03-2143 2386  
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 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 : 03-2691 6599  
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 3800  
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 : 03-2117 0288  
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 : 03-5633 2530  
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.

#### IPC Shopping Centre (Formerly Ikano)

2, Jalan PJU 7/2, Damansara Mutiara, PJ  
Tel : 03-2141 0500  
Located near 1 Utama and linked to IKEA, this centre only has XXL size stores. The 11 anchor tenants includes Harvey





## Hartamas Shopping Centre

Plaza Damas, 60 Jalan Sri Hartamas 1  
Tel: 03-6211 0611

Integrated with Plaza Damas & situated among retail shops, offices, serviced apartments and alfresco boulevards. Features Citi Super, SenQ and many other speciality retailers.

## 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 6288

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

Lingkaran Syed Putra • Mid Valley  
Tel: 03-2938 3333

The shops go on and on in this mall strategically located between KL and P.J. 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 Clifitel Mid Valley Hotel and Boulevard Hotel • 10am - 10pm daily.

## The Gardens

Mid Valley City • Mid Valley  
Tel: 03-2297 0288

10am - 10pm daily

## Sunway Putra Mall

(Formerly The Mall)  
100 Jalan Putra, KL • PWTC

Tel: 03-2786 9333

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



**The Cow and Chicken**  
28-G Jalan 24/70A,  
Desa Sri Hartamas, Kuala Lumpur



**Drift Dining and Bar**  
38, Jalan Bedara, Bukit Bintang,  
50200 Kuala Lumpur, Malaysia

## 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

03-2162 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

03-21431907 • 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 2333 • 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

### 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

### 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 8082 • 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

### 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

### 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.

## Indonesia

### House of Sundanese

Sari Ratu  
03-2166 2272 • 4th Floor KLCC

## International

### Essence

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

### The Resort Cafe

03 - 7495 2009 • 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

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## 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 3838 • 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 Chulan • 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

03-2718 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.seriopacifichotel.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 5499  
• 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 of-  
ficial residence of Malaysia's king since  
Nov 11, 2011. Influenced by both Is-  
lamic 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

03-2267 1111 • 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 •  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 •  R Chulan • Peach Garden (Chi), Urban Bistro (Aus), Taman Sari (Int'l) • From RM299-RM5000 • E8 • www.hotelistana.com.my

**Hotel Maya KL**

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

**InterContinental KL**

03-2161 1111 • 165, Jalan Ampang •  Ampang Park • Serena Brasserie, Tao (Chi), Tatsui (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 •  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 •  S 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 •  KLCC • Lai Po Heen (Chi), 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 •  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 •  KLIA Degrees (Int'l), Traveller's Bar & Grill, Palmz Lounge (Wn) • From RM570++ • www.samasamahotels.com

**Parkroyal Kuala Lumpur**

03-2147 0088 Jln Sultan Ismail •  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 •  Ampang Park • The 39 Restaurant, Minmax (Chi), Koong Jung (Jap/Korean) • From RM350-RM686 • D9 • www.pnbdarbyparksuites-kl.com


**Pullman Kuala Lumpur**

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


**Renaissance KL**

03-2162 2233 • Corner of Jln S. Ismail/Jln Ampang •  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 •  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 •  M Tuanku • Essence (Int'l), Villa Danieli (Ita), Celestial Court (Chi) • From RM300-RM5,825 • D6

**Seri Bukit Ceylon**

03-2724 0408 • No 8, Lorong Ceylon off Jalan Raja Chulan • NeroTeca (Ita) • From RM250-RM480 • E7


**The Gardens Hotel & Residences**

03-2268 1188 • Mid Valley City •  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 •  PWTC • Museum (Chi), Di-Atas Brasserie (Int'l), Gen (Jap), Monkey Bar • From RM188-RM388 • B5 • www.legendhotelkl.com

**The Ritz-Carlton KL**

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



**The Ritz-Carlton Residences**

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

**The Royal Chulan**

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

**Aloft Kuala Lumpur Sentral**

03-2723 1000 • Jalan Stesen Sentral •  KL Sentral •  KL Sentral • Nook (International), MAI Bar (Bar Menu), wxyz(SM) Bar (Cocktails & Snacks) • From RM270 - RM388 • www.starwoodhotels.com/aloft-hotels


**Ancasa Hotel KL**

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

**Boulevard Hotel**

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

**Concorde Hotel**

03-2144 2200 • 2 Jalan Sultan Ismail •  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 •  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 •  Ampang Park • Ming Palace (Chi), Dondang Sayang (Int'l), Komura (Jap) • From RM185-RM390 • C9 • www.corushotelkl.com

**Dorsett Regency**


03-2716 1000 • 172, Jalan Imbi •  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.majestichotel.com

onwards • F9  
• www.dorsettregency-kl.com


**Federal Hotel**

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

**Grand Seasons**

03-2697 8888 • 72, Jalan Pahang •  Chow Kit •  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 •  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 •  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 •  B Nanas • Soi 23, Luna, Olive & Geo Café • From RM290-RM500 • D7 • www.pacific-regency.com

**Sunway Resort Hotel & Spa**

03-7492 8000 • Persiaran Lagoon Bandar Sunway Petaling Jaya


**Quality Hotel City Centre**

03-2614 8000 • Jalan Raja Laut •  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 •  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 8988 17-21 Jalan Bukit Bintang •  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 •  Ampang Park • Terracotta Restaurant &

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

**Traders Hotel**

03-2332 9888 • Kuala Lumpur City Centre •  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 •  Titiwangsa • Vistana (Asian) • From RM172-RM230 • A5 • www.vistanahotels.com

**Alpha Genesis**

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


**Cititel Mid Valley**

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

**Corona Inn**

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


**Grand Continental**

03-2693 9333 • Jln Bella/Jln Raja Laut •  PWTC M Tuanku • Grand Star (Chi), Lai Marble Coffeehouse • From RM135-RM800 • C5 • www.gh-hotels.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 •  Pasar Seni • Malaya Café • From RM120-RM250 • F5 • www.hotelmalaya.com.my

**Midah KL**

03-2273 9999 • 8, Jalan Kampung Attap •  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 •  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 thousands 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 an 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-  
6.00pm • 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

### Central Market

03-2274 6542 • 📍 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, sarees, Indian handicrafts to  
perfumes & 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  
many features of Moghul architecture  
• a • Opens 8am-1:30pm & 2:30pm-6pm.  
• E5



### 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  
Hishammuddin • 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

### 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)  
Transnasional 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 Science Centre

03-2092 1150 • 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 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  
united 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 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  
RM 32 for adults and RM11 for children  
3 to 12 years old

### 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  
breath-taking 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  
9pm 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.

### 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 Jln 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

### 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

03-2267 1111 • 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

### Petronas Philharmonic Hall

03-2331 7007 • 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

### Casino

03-2718 1118 • Genting Highlands Hotel

### D'Paradise

063, Jalan Solok Uban, Kampung Brisu, Lubok China, 78100 Melaka. 06-552 8010/0611 (Resort),

03-4251 8199 (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

03-2094 1222 • Bukit Kiara Equestrian Club, Jln Bukit Kiara, Kuala Lumpur

### Theme Parks

09-288 8890 • Colmar Tropicale, Bkt Tinggi

03-71188338 • Desa Water Park, Trm Desa

03-8942 5021 • 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: 03-9179 2784



### University of Malaya Art Gallery (UMAG)

Tingkat 5, Bangunan Canseleri, 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.

## 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

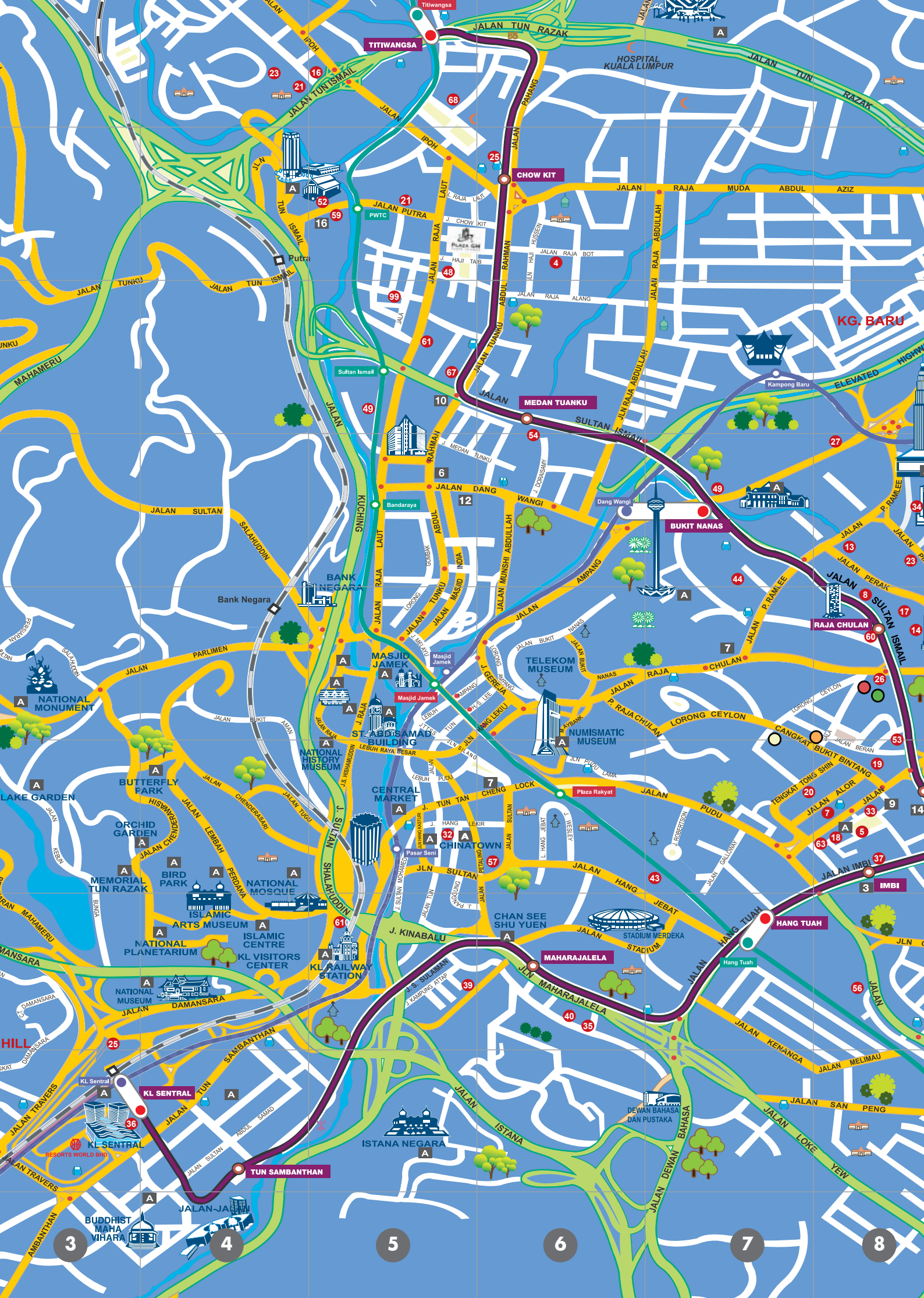


### KL Lifestyle Art Space

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

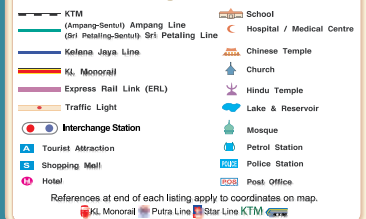


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|---|--|---|
| 1 <b>Agora Hotel</b><br>Tel: 2142 8133 <b>F8</b>  | 25 <b>Hilton KL</b><br>Tel: 2264 2264 <b>G3</b>                                  | 48 <b>Quality Hotel</b><br>Tel: 2693 9233 <b>C5</b>                             |
| 2 <b>Alpha Genesis 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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