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WAN DER LUST by rohit chawla

19 April - 6 May 2016

One of the most eminent fashion and commercial photographers of his time, Rohit Chawla turned his attention to photographic art and portraiture in a desire to capture the personality and soul behind the images.

With his series 'Wanderlust', Chawla takes an extraordinary look at the pastoral nomadic community of Rabaris in India. A community that has withstood the onslaught of time yet retained its identity; its innate sense of style and unity intact. Chawla pays tribute to the tribal members' natural flamboyance, their use of traditional textiles, intricate embroidery and motifs and celebrates the relentless spirit and style of this wandering community.

Opening Reception with the Artist Tuesday, 19 April 2016 6.30 - 8.30pm

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Don't cry because it's over, smile because it's about to happen



TOR'S NOTE



We all need a revamp from time to time and we hope you love the new look of our all-in-one print mag!

Do let us know what you think on Facebook, or write to us at info@expatliving.sg. And keep an eye on our website, www.expatliving.sg - it's next in line for a makeover!

During all this I have been undergoing a bit of a revamp too, and I'm beginning to understand why all these beauty treatments are becoming part of everyday life for many people. I'm also trying to use my "ex-school-run/child-managing" time to do more exercise. It can be a struggle at first to get motivated but every day is getting easier.

My next step – 'scuse the pun – is using the car less and either walking more or getting public transport. If you're a bit far away from public transport then using a scooter, either electronic or normal, for the in-between part is a really good idea; it means you'll be less sweaty and you won't have to worry about wearing sensible walking shoes. If you don't have one, enter our Mothers' Day competition and you could win a cool Micro Scooter! (See page 24 for details.)

Also, remember to enter our annual Photo Competition by 20 April. It's a chance for you to make use of all those holiday photos, and there are brilliant prizes to be won - including a stay at this gorgeous villa (above)!

Finally, our Reader Awards results will be online at www.expatliving.sg after 8 April, so make sure you check to see if your favourites won.

Good luck and have a happy April!





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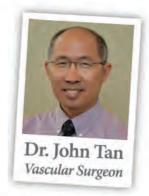
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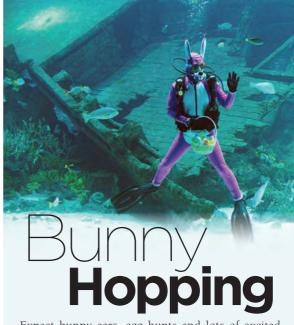
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Upfront News

Feeling Blue

Blue Man Group, the off-Broadway and Las Vegas smash hit, arrives in Singapore this month, bringing its unique mix of comedy, theatre, dance and rock to audiences looking for a fun time - who doesn't want to see what happens when you give three guys 30 litres of paint? Now in its 25th year, the high-energy show takes viewers on a funny and visually stimulating adventure, accompanied by a live band whose tribal rhythms help drive the show towards its unforgettable trademark finale. MasterCard Theatres at Marina Bay Sands, 29 March to 10 April. Tickets from Sistic.





Expect bunny ears, egg hunts and lots of excited children at the special Easter-themed programmes at **SEA Aquarium** and **Universal Studios** this month. The Aquarium is hosting an Ocean Eggsploration trail – clues lead the children to eggs (what else?) and a beautiful display of coloured fish, an arts and crafts zone, and the chance to bump into the Easter Bunny himself. Over at Universal Studios, a new, Easter-themed stage show, buffet lunch with *Madagascar* characters and a parkwide egg hunt will keep kids occupied for hours! Until 17 April. **rwsentosa.com**

Rugby Sevens

Expect fast and furious rugby as the world's top players visit Singapore – a new host city for the ten-country tournament – for the HSBC World Rugby Singapore Sevens. For spectators, it's a mix



of world-class rugby and entertainment in a carnival atmosphere – perfect for families! Rugby Sevens is played on a full-size pitch by teams of seven, rather than the conventional 15 players, and the sport makes its Olympic Games debut in Brazil later this year. National Stadium, 16 to 17 April. singapore7s.sg

Think With Your Hands

New at Science Centre Singapore is The Tinkering Studio, which, as the name suggests, is about encouraging hands-on activities,



stimulating imagination and encouraging creative play. Here, the next generation of scientists, thinkers and engineers can learn by doing, without any step-by-step guidance. Free with Science Centre entry. science.edu.sg

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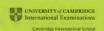












Creative Play

As cities go, Singapore is undoubtedly one of the best places to grow up. Not only can you swim 365 days a year, but there's an ever-increasing number of awesome kid-centric facilities – like **Playeum**, for example. At the new Playeum exhibition, *Hideaways – Creating with Nature*, kids can make musical instruments from nature, build a make-believe hideaway out of clay, explore the creature cave and observe insects in their natural habitat. Cool! As Singapore's first dedicated creative space for children and families, Playeum encourages unlimited exploratory learning and play. Suitable for children aged one to 12 years. 16 April to 21 August. #01-23 Gillman Barracks, Block 47 Malan Road. **6262 0750 | playeum.com** •



Role-playing to Learn

Opening on 12 April is **Kidzania**, a child-sized education and fun park aimed at bringing kids' dreams alive. Here they can learn not only life skills, but also how a city works, by trying their hand at different professions. Police officer, doctor, fashion model? Check. Chef, firefighter, journalist? Check. Another option is airline pilot; in fact, thanks to Qatar Airlines,



kids can experience two flight simulators and take a look at the fuselage and 28-metre wingspan of a decommissioned 737 aircraft located within the park. The first Kidzania outlet opened in 1999 in Mexico and there are now 22 worldwide. Palawan Beach, Sentosa. kidzania.com.sg

Under Fire

During WW2, only a handful of military knew about the existence of the Battlebox, a command centre located nine metres underground in Fort Canning Park. The heavy metal doors have now reopened after years of closure, and we recommend a visit as this is undoubtedly one of the most important historical landmarks on the island. Tour some of the 27 rooms and learn how and why, in 1942, the Allies made the momentous decision - a decision made in the Battlebox - to surrender, as the Japanese army closed in on Singapore after 70 days of fighting on the Malay Peninsula. The guided tour debunks the myths and reveals the true causes of the defeat, as well as practical things – like how the Battlebox functioned as a self-sufficient military headquarters. Join the one-hour tour (five times daily, \$19 adults, \$9 children) or a special 2.5-hour guided tour that takes in selected historical landmarks of Singapore, including Fort Canning Hill and the Battlebox (Monday and Thursday at 2.30pm, \$32 adults, \$15 children). Purchase tickets at the Battlebox Visitors Centre at 2 Cox Terrace. 6338 6133 | battlebox.com.sg





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Love You, Mum!

Mother's Day is just around the corner (8 May), and here's our roundup of imaginative gift ideas - so there's no excuse not to spoil Mum!

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Moment in Time

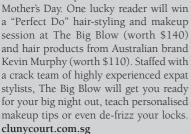
If you feel Mother's Day gets overlooked, maybe it's time to start dropping hints? Littleones Photography recommends a precious gift: a photo of mum and the kids. Littleones is offering an exclusive Mother's Day offer for Expat Living readers: a free 6-by-8-inch acrylic photo block with each new booking. Remember to quote "EL-mummy" when calling. Bespoke gift vouchers and surprise photo shoots make great gifts too! 5 Walton Road. 6440 7568 littleonesphotography.com



a prize for Mum!

#1\$250 Makeover

One of our favourite shopping destinations, Cluny Court is your goto place for a stunning hair and makeup treat this



#2 \$300 PIGEON hamper

If this is your very first Mother's Day, congratulations! Included in this superhelpful hamper for new mums is a steam steriliser plus the Newborn Pure baby skincare range, which contains Natulayer, a specially formulated ingredient that mimics the natural moisturising components found on a baby's skin at birth. The Slide Steam Sterilizer offers all the convenience of sterilising: no mess, large capacity for sterilising more items and easy maintenance. pigeon.com.sg

‡3\$340 Micro Scooter

Mums and daughters can team up and scoot together in style as the limited-edition Micro White and Micro Sprite

models are now available in matching designs. The mums' version (pictured) is a retro, portable scooter with up to 100kg load capacity in floral grey or multicolour styles. Check out the matching girls' version for six- to 12-year-olds online. whiteandblacktrading.com



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This Month

SHOPPING & FAIRS

Singapore Yacht Show (7-10 APR)

Held at the award-winning ONE°15 Marina Club, this exclusive event epitomises the luxury lifestyle, bringing together world-class yachts and boats and an enviable range of prestige products and brands. singaporeyachtshow.com

Ancee Chantelle Sale

(13 APR)

There's something for everyone at Ancee Chantelle, including new arrivals that you can find at the celebrated Vmall Summer Bazaar on 13 April. Shop a wide variety of modern outfits and stunning jewellery on top of a storewide clearance sale at Kallang Leisure Park, 10am to 10pm.

Children Baby Maternity Expo Singapore (13-15 APR)

Top-rated vendors will be showcasing a wide range of things to do with motherhood, babies and children at this event – everything from furniture to bikes and more. Suntec Singapore International Convention & Exhibition Centre. 10times. com/cbme-singapore

Affordable Art Fair Singapore (22-24 APR)

The spring edition of this wonderful art fair is back. Anyone who thinks great art is out of their financial reach can check out the "\$1,000 Wall" to pick up a bargain from an aspiring artist; you never know, it might be worth much more than that in years to come! Bring the young ones, as there's a kids' corner too. F1 Pit Building. affordableartfair.com





SPORTS & FITNESS

NTUC Income RUN 350, Organised by Young NTUC

(10 APR)

The 2016 edition of RUN 350, Southeast Asia's premier eco-run, has a new category this year: Fun on Wheels. Participants in this category will cycle, in-line skate or kick-scoot through a 4K route. Other categories include the 21.1K half-marathon, the 10K and the popular 800-metre Kids' Dash. run350.com

Oue Singapore Open 2016 (12-17 APR)

Expect to catch some of the world's top badminton shuttlers looking to tune up for August's Rio Olympics at Singapore's leading badminton tournament. Organised by the Singapore Badminton Association (SBA) and part of the MetLife BWF World Superseries, the tournament is not to be missed by any sports-lover! sportshub.com.sg





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HSBC World Rugby Singapore Sevens 2016 (16-17 APR)

Get ready to ruck and rumble as Singapore welcomes the HSBC World Rugby Sevens Series to the National Stadium in April. This is shaping up to be an amazing spectacle of fast-paced rugby, with an electrifying atmosphere to boot. **sportshubtix.sg**

The Music Run by AIA (23 APR)

The Ultimate 5K Running Experience and Music Festival is bringing the beat back to Singapore again. Running through Sentosa to music being pumped from loudspeakers – what a blast! The route (aka "The Sound Track") will be lined with over 120 concert-quality speakers pumping out over 150 kilowatts of music across five themed zones: Rock, Pop, Old School, Hip Hop and Dance. themusicrunsg@gmail.com

<u>F</u>AMILY

For The Love Of Cooking: Courses at Expat Kitchen

(7, 16, 23 APR)

Expat Kitchen is now offering evening and Saturday classes for working adults. Choose from Saigon Street Food (Vietnamese), Let Dad Loose in the Kitchen and Father & Child Mother's Day Breakfast Bonding. **expat-kitchen.com**

EtonHouse Open Days

(9, 23 APR)

Visit the lovely EtonHouse Pre-Schools at 215 Upper Bukit Timah on 9 April and 1 Vanda Road on 23 April to find out more about their operations. RSVP at etonhouse.com.sg.

Voilah! 2016

(15 APR - 31 MAY)

The annual French festival, Voilah!, returns with a line-up of diverse and exciting events around the island over the next seven weeks. **voilah.sg**







GEMS World Academy Open Day (16 APR)

Head along to the fun Open Day at GEMS World Academy, to chat to the educators, see the state-of-the-art facilities and meet the leadership team. Book your spot now. 2 Yishun Street 42. gwa.edu.sg/openday.php

Farmers Market at Loewen Gardens (16 APR)

Tucked away in the Loewen Cluster at Dempsey Hill, the Farmers Market features tables full of organic fruit and vegetables, oils, jams and chutneys. 9am to 2pm. 75E Loewen Road. events@thepantry.com.sg

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THEATRE, DRAMA & DANCE

Faulty Towers The Dining Experience 2016 (1-10 APR)

Faulty Towers The Dining Experience is "two hours of food, wine and impeccable comic timing" (The Great Aussie Bite, Sydney Opera House 2014). Basil, Sybil and Manuel return in this highly acclaimed show, staged at Raffles Hotel's Jubilee Hall. **sistic.com.sg**

Acting 101 by Kamil Haque (10 APR)

This one-day workshop provides broad-based and experiential insight into the actor's world, including formal techniques, systems, and training. You'll take home dynamic skills that are bound to prove useful in other aspects of life too. **Visit methodactingasia.com for more information.**

Tame Impala - Live in Singapore (21 APR)

Fresh off the back of appearing on countless Best Albums lists from 2015, Australian psychedelic rock phenomenon Tame Impala returns to Singapore for a live show at The Star Theatre. facebook.com/nowlivesg

Madagascar Live! (21-24 APR)

Everyone's favourite *Madagascar* characters will star in a live theatrical show based on the blockbuster DreamWorks Animation franchise, reliving the fun and humour

of the animals and their escapades, brilliantly recreated in a stage production of lively storytelling, dance and music, including, of course, the hit song "Move It, Move It". **Grand Theatre, MasterCard Theatres. Tickets through Sistic.**

Shakespeare in the Park -Romeo and Juliet (27 APR - 22 MAY)

Spread your picnic blanket under the stars and relish the greatest love story ever told, *Romeo and Juliet*. **6733 8166** | srt.com.sg

ARI

Wang Ruobing: Over the Horizon

(UNTIL 3 APR)

An installation made from plastic waste collected from Singapore's coastlines, Over the Horizon explores the global issue of non-biodegradable waste and its effects on nature, and highlights the interdependency of individual activities. The Esplanade, Theatres by the Bay, 1 Esplanade Drive. esplanade.com

Unseen: Constellations (UNTIL 17 APR)

This two-year-long art project led by artist Alecia Neo features a collaboration with seven young people living with visual-impairment and blindness. The project seeks to bridge sighted and unsighted communities through learning and dreaming together. unseenart.co

ASSOCIATIONS

True North Gala Dinner (16 APR)

Get those glad rags on and enjoy an award-winning menu and free-flow drinks at this fun gala dinner, hosted by the Canadian Association of Singapore. Members, \$200; nonmembers, \$250; table of 10, \$1,600. Four Seasons Singapore.



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Plan Ahead

The Three Degrees Live (2 MAY)

The American female vocal trio are live in concert this month, singing their famous hit "When Will I See You Again", among others. Four decades on, the band can still make claim to being the longest-running group of its kind. **Esplanade Concert Hall. Tickets from Sistic.**

Courses at Expat Kitchen

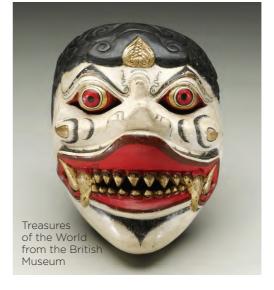
(7, 12, 19, 26 MAY)

Take your taste-buds globetrotting with more courses at Expat Kitchen this month! The focus is on mouth-watering regional cuisines, with offerings such as Thai, Curry Lovers, American Diner and French Café. **expat-kitchen.com**

Mystery Island (10 MAY)

Artist Mojoko (aka Steve Lawler) exhibits 10 new works inspired by archaeological treasures found in Southeast Asia. At the juncture of East and West, and old and new, his style is reminiscent of old movie posters from Singapore's golden age of cinema in the 50s and 60s. SPRMRKT, 2 McCallum Street. mojoko.net





Meenah and Cheenah (11-22 MAY)

Judee Tan and Siti Khalijah Zaina are well known as two of Singapore's finest comediennes. The amusing duo takes on a host of characters that you may recognise, in a show that's centred around the unlikely friendship between the two. **Victoria Theatre. Tickets from Sistic.**

An Evening with Eluveitie (24 MAY)

The Celtic folk metal group from Switzerland comes to Singapore for the first time. Expect a loud and dramatic show, with drums and guitars plus a range of traditional instruments – everything from the bagpipes to the hurdygurdy! *SCAPE. Tickets through Sistic.

Treasures of the World from the British Museum

(UNTIL 29 MAY)

Explore some of the world's finest artefacts at this highly anticipated exhibition from the British Museum in London – you'll even come face to face with the "unlucky mummy" rumoured to have sunk the *Titanic*. National Museum of Singapore, 93 Stamford Road. nationalmuseum.sg

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Around Town



End of a Run?

Word is that the Green Corridor Run 2016 on 6 March was the last one – but maybe we'll see it replaced with a Rail Corridor Run in due course; and why not? Anyway, congratulations to the 12,000 brave runners who turned out on 6 March to race the 10.5K cross-country course from Keppel Station to Bukit Timah Station, and to the organisers who did such an outstanding job once again.





















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Intergalactic Occasion Singapore Repertory Theatre's annual ball attracted a crowd suitably attired to journey to the ends of the universe in the name of charity. Men in Black, Superman and a host of aliens and space heroes joined Thor and Queen Amidala to dance the night away at The South Beach.















Fabulous Las Vegas

Feather boas, sequins and lashings of glamour were the order of the night as the American Association of Singapore's 83rd George Washington Ball rocked the W Hotel at Sentosa Cove on 27 February. Photos: Erick Lo and Natalia Wakula.







The Bespoke Club
The opening of the Bespoke
Club at Suntec City attracted
over 80 sartorially focused
guests to mingle over canapés
and Prosecco, and partake in
a tie-a-bowtie competition;
winners took home prizes
to complement their dapper
wardrobes wardrobes.































Party in Style

Window to the Past celebrated the Year of the Monkey with its annual Chinese New Year party in its four-storey showroom. Guests were entertained with a Lion Dance, as well as tarot card reading, followed by a sumptuous buffet.









Midnight in Marrakesh...

... was the theme of the annual Africa Society Ball, held at the Goodwood Park Hotel in February. As usual, this ever-popular event was a resounding success. Interested in joining? Established in 1963, the Africa Society was originally only for people who had served in West Africa. Nowadays, anyone who has lived or worked in Africa is eligible to join. The society hosts three events a year, including sunset cruises, nights at the races, informal barbecue evenings and quiz nights. For more information, visit africansg.com or email africasociety.sg@gmail.com.



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LETTERS

We want to hear from you!

Send us your thoughts on the magazine, or on any subject under the sun. To thank **Denise Weber Farquhar** for her generous praise and to toast her departure, she wins a bottle of champagne.

BOUQUET AND BON VOYAGE

Id like to thank you for the quality and diversity of the articles and other coverage I've had the pleasure of reading in your magazine over the five years of my stay in Singapore.

My family and I have made great use of your tips, recommendations and reviews on everything from food and furniture to activities and travel in Singapore and the region, and our overseas guests have always enjoyed flicking through your colourful and well-presented pages.

We're now returning to Europe to start afresh (after living and working abroad for close to 20 years!), and although everyone's calling it a return "home", this is probably the most daunting

move I've ever made! I'll miss the ease of life and diversity Singapore offers and will no doubt miss a publication such as yours to guide me through settling back "home".

Thanks for having been the leitmotiv to our stay in Singapore!

- Denise Weber Farquhar

Ed: Printers willing, we'll do our best to get a copy to you before you leave on your new adventure, Denise!

WONDERFUL WOMEN

My favourite articles in *Expat Living* are ones about expat ladies who have arrived here, rolled up their sleeves (or better still donned a nice cool tank top!) and set about making a difference. Sometimes, they change their own lives by bravely switching careers or reinventing themselves in other awesome ways. Just as often, they're transforming the lives of others with no thought of monetary reward.

Every time I hear about a wonderful woman who has run her very first marathon, written a novel, started her own business, become a yoga teacher or thrown herself into some sort of community, welfare or upliftment project, I feel even happier than usual to be here in Singapore, and more inspired to make my own contribution.

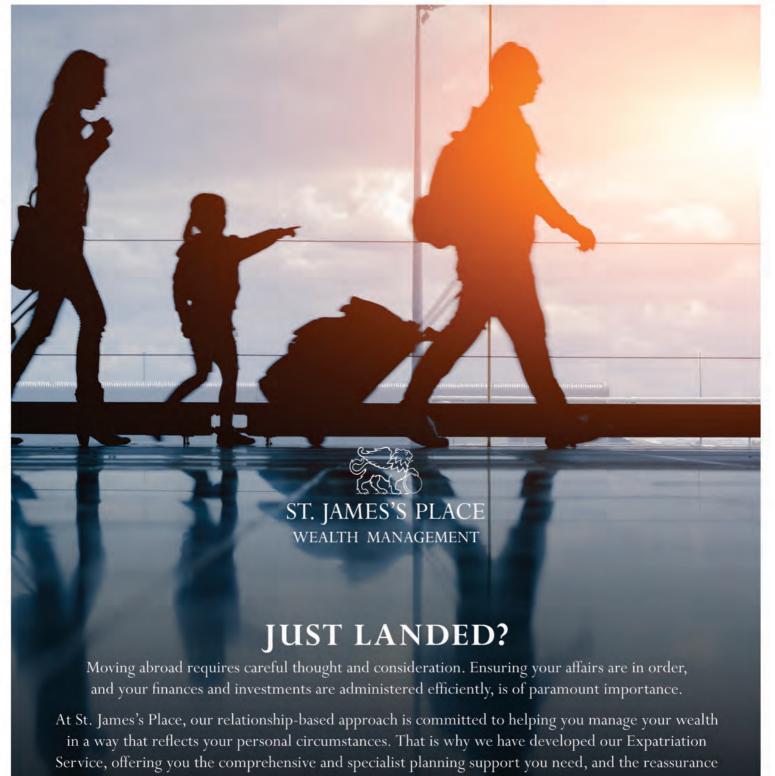
Currently, though, I have two-year-old twins in nappies, and my loftiest goal is getting them potty-trained. Wish me luck!

- Jenni Gray

Ed: Good luck with that! Until then, feast your eyes on the latest fundraising adventure of Women on a Mission (page 210), which involved them trekking across the harsh Siberian tundra with nomadic reindeer-herders, the Nenets.



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String Plex modular storage system, Danish Design

58 Expert Voice: Ethnicraft partners talk trends and business

60 Home Showcase: Tour this beautiful Bukit Timah home

69
Shopping Guide: Find out what's hot in kitchen and bathroom décor

What's New



Perch your posterior on one of these cool counter stools from the Affaire range, available at **Dreamweave Concepts**.

SCANDINAVIAN CHIC

Danish Design is offering a 23.5 percent discount on an Eilersen sofa and coffee table when purchased as a set, until the end of April. These handcrafted sofas can be customised in a wide range of sizes in fabric or leather upholstery, and are made to withstand the test of time, physically and aesthetically. To find out more about the offer, visit the store at #06-03 Century Warehouse, 100E Pasir Panjang Road. danishdesignco.com.sg



Antique Anniversary

One year after new owner Constanze Hohmann took the reins at FairPrice Antique, the store has even more pieces on offer, including Buddhas, glass ladies and hat boxes. FairPrice Antique, #01-10 Tan Boon Liat Building, 315 Outram Road. fairpriceantique.com •



Wonderful Wood

Star Living has added a comprehensive range of solid wood dining furniture to its collection; the Dinette Series includes this white oak Disc dining table and a solid ash Chess dining table. Star Living@Labrador, 1 Pasir Panjang Road. starliving.com.sg ▼



Dempsey Designs

Swedish lifestyle brand The Lexington Company has landed in Singapore – in Dempsey Hill to be precise. Its home collection includes bed linen, towels, pyjamas, robes, as well as all you'd need for dining and other home décor ideas. Check it out at 26 Dempsey Road, #01-03A. lexingtoncompany.com





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Statement Chandeliers Looking for something a little bit different in lighting? Cast your eyes over these clay-beaded chandeliers from Klaylife, handmade in South Africa by local skilled women. Each bead is hand-rolled using raw clay, then dried, kiln-fired and dip-dyed before being strung on its unique wrought-iron frame. The chandeliers are available to order from Atelier Lane and come in a range of colours and sizes, with a 12- to 16-week turnaround. aterlierlane.com

DESIGNER RUGS



Finn Avenue now stocks a range of Candice Olsen designed rugs, hand-tufted in 100 percent New Zealand wool. The pieces show carved detail in viscose accents, and are stylishly flexible, able to complement a traditional or more contemporary setting. **Finn Avenue, #02-21 8B Admiralty Street. finnavenue.com**



Simple Style

Keeping things simple doesn't have to mean forgoing style – just look at this sleek modern Archive sofa by Gus. See it and the rest of the current collection at Journey East, #03-02 Tan Boon Liat Building, 315 Outram Road. journeyeast.com



More Treasures

With the recent arrival of its new collection, there's even more colonial furniture at **Treasures of the Raj**. You're also guaranteed a 100 percent buyback at the end of three years, so even the most noncommittal collector can enjoy these pieces — for a while at least. **Treasures of the Raj**, #02-03 **Tanglin Shopping Centre**, 19 **Tanglin Road**. 9173 5041





Lorenzo's Italian Designed Couture Stitch & Premium Leather Sofa Collection

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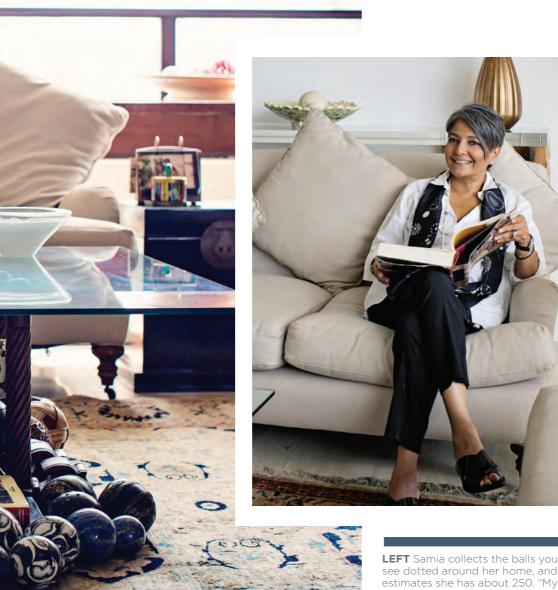
Lorenzo International



Chef's Corner

She heads up a successful culinary business that BY AMY BROOK-PARTRIDGE includes Coriander Leaf restaurant, a cooking school and a team-building service, so it's unsurprising that SAMIA AHAD is one busy lady. She still found time to welcome us into her new home in Newton and tell us about her enduring relationship with Gallery 278 owner Felicia Koh, who so far has helped style four of Samia's Singapore homes - and counting.

PHOTOGRAPHY BY KATE GRIFFITHS



see dotted around her home, and estimates she has about 250. "My staff used to call me the lady boss with the balls!" The sofas in the living room came from New York.

s the doors open to Samia's condo, I'm hit by the strong breeze flowing from one side of the apartment to the other. "Welcome to the gale," she laughs, before going on to explain that the breeze here can be strong enough to knock pictures off the walls and ornaments off the shelves. Being 16 floors up and, unusually, not overlooked by high-rises on either side, this condo benefits from something that is sought-after yet sadly rare in Singapore: a fresh breeze.

After 19 years here, Samia and her husband Mahboob made the transition from long-term house-dwellers to

apartment living by moving into this condo in December 2015. When they first arrived in Singapore in 1997, they stayed at the Four Seasons Park condo. From there they moved into a house in Berrima Road, followed by a 12-year stint in a shophouse on Emerald Hill; and now the Newton apartment.

Their ongoing residency in Singapore has in part been cemented by Samia's successful culinary business, Coriander Leaf. It's probably best known as a restaurant, but it also offers culinary courses and corporate team-building activities, all under its relatively new Chijmes roof, the third location for the

Who lives here:

Samia Ahad and her husband Mahboob, originally from Pakistan.

Type and size of home: Fourbedroomed apartment.

Home style: Warm, welcoming and traditional.



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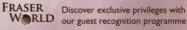
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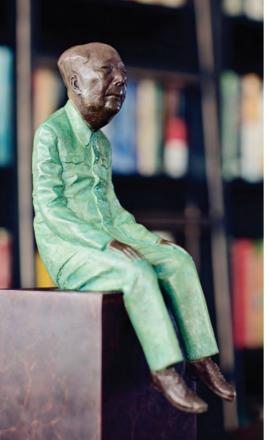
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ABOVE The contemporary console in the background is from Xtra, Samia's other favourite store for more modern pieces

LEFT Mahboob picked up the statue of Chairman Mao in Beijing last year. "It's funny, in the last house you never really noticed him, but here he stands out. You don't usually see him as an old man, either. It's a limitededition piece, the third of eight."

business since 2001. Tag onto this its corporate catering service, provided offsite, and Samia has herself a busy business.

She freely admits that, initially at least, a career in the kitchen was not her passion. In her 20s she lived and worked in London, where she set up her own travel business. She then followed her husband-to-be to New York, where he was finishing his law degree. Having sold her business, she was unable to work for the first year in the US, and found herself at a loss. After brief stints volunteering at a hospital and then helping a friend build a software business, she decided to go to chef school.

"I'd never cooked in my life – I wasn't interested in cooking; but when I moved to New York and I had this spare time I started to cook at home. I enjoyed it, and people said that what I made was good, so I decided to go to cooking school."

Samia never looked back, graduating with a Blue Ribbon from the Institute of Culinary Education, and honing her skills in a variety of professional kitchens, before temporarily throwing in the towel when she was seven months pregnant.

After the birth of her son, Ahad, she started dabbling in cooking classes, as well as contributing articles and recipes to various publications. The family relocated to Singapore with Mahboob's job in 1997, and it wasn't long before Samia was being asked to share her culinary skills again.

"My friends kept asking me to teach them, which is what made me continue to expand my repertoire. It just grew and grew – it was the same group telling me repeatedly that my recipes were the only food they cooked at home, and I kept having to come up with new things! To teach, you also have to learn; you must never stagnate."





ABOVE Samia is having a low bed base made by Gallery 278.

RIGHT "What really sold the apartment to me was this room - my husband's private study and bathroom. He had in his mind that he wanted this old antique Chinese artist's table as his desk, but now it's in here I don't think you can fit in much else."

Millennium Moves

Towards the end of the 1990s, Mahboob decided he wanted to move away from law and set up his own business in e-learning. Samia also decided she needed to grow her culinary business, so she set up her restaurant, Coriander Leaf: first at the Gallery Hotel in Robertson Quay for three years, then moving on to Clarke Quay, where the business thrived for ten years. "We had invested half of our savings into his business and half into mine, so it was sink or swim for us. That was partly why we survived – we had no choice!"

Eventually, Samia came to a crossroads in her career. She no longer wanted to be in Clarke Quay, and was looking for a way to move her business forward. "I'd reached a plateau, and I wasn't growing." By this time

she had acquired the popular five-storey Screening Room in Ann Siang as well, "but I just felt like I was plodding," she admits.

Her recent move has been to garner investment and move to the new Chjimes location, where they've been for almost nine months. "I honestly feel that I've reinvented myself, and I'm really proud of what I've done."

Furniture and Friends

Gallery 278's Felicia and Samia have had a longstanding relationship that started when Samia was looking for a desk for her husband 19 years ago. "I found a desk that I loved, but it turned out to be Felicia's own and she wouldn't sell it to me," she laughs. Felicia sourced another desk for Samia, which stayed with Mahboob for



18 years until they sold it just prior to moving to their current condo.

Through the years, Felicia has helped Samia furnish Coriander Leaf in both its Gallery Hotel and Clarke Quay locations, as well as the Screening Room. She has also been called on to advise on the furniture and styling of each of Samia's homes, including this current one.

"Felicia has always helped, not only with furniture but with space-planning in every home, and here was no different. I had a real problem working with the space here, and I kept going to Felicia for advice. She drew up a floor plan for me, which was very useful."

One important requirement for Samia when they were looking to move was

enough space to house Mahboob's enormous collection of books. "If we viewed somewhere without that space I would turn around and walk straight out." Luckily, this apartment is big enough – and the couple was also keen to once again take advantage of the facilities that come with a condo.

Although Samia says she often works a 20-hour day, it's still very important for her to come home to a welcoming environment, something she's managed to create here. Her current drive to push Coriander Leaf on to bigger and better things is, she admits, make or break. "But I think, what the hell, I may as well just go for it. I also spent the past year building a house in Bali, so there's my backup plan!" a

Recommendations

Home Décor

Gallery 278 278 River Valley Road 6737 2322 gallery278.com

Xtra (various locations) xtra.com.sg

Food and Drink

Chia's Vegetables ("go see Victor for the best vegetables") #01-08 Tekka Market 665 Buffalo Road

28 Hong Kong Street ("best cocktails") 6533 2001 28hks.com

Spago ("best views") Tower 2, Level 57, Marina Bay Sands 10 Bayfront Avenue, Sands SkyPark 6688 8888 marinabaysands.com





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Designs on the Rise

PHOTOGRAPHY BY MICHAEL BERNABE

We find out from Belgians JONATHAN ROELANDTS and KATRIEN BOLLEN of **Ethnicraft Online** about the company's recent showroom expansion and growth in Asia, and what décor trends they predict for the future.

How long have you been in Singapore?

Katrien: Six years. Our original plan was to stay for just a year; but we soon we felt at home, so we stayed on. Here we are, six years later!

What motivated you to set up Ethnicraft Online four years ago?

Jonathan: I worked in a very different environment before coming to Singapore, in a large international bank in Brussels. Inspired by the entrepreneurial story of the Ethnicraft founders, Philippe Delaisse and Benoit Loos, I joined Ethnicraft in 2010 and got acquainted with all aspects of running a business – sourcing, production, people management, the list goes on. I really believed in the value of

developing a closer relationship with our end-consumers, and I pitched the idea of launching Ethnicraft Online to Philippe and Benoit at the end of 2011.

Katrien: After graduating from my MBA programme at Insead, I was keen to start something in the online retail space in Asia. I had also found it challenging to find stylish and affordable furniture that was immediately available in Singapore. That sparked the idea to launch an online furniture store here that offers functional, contemporary, high-quality pieces.

What would you tell yourselves if you were starting out again?

Katrien: There are some things we would do the same way, like our focus on service.





Expanding step-by-step has also been wise as we've been able to apply our early learning to our later expansion, with new collections and a larger showroom.

Jonathan: People are our greatest asset, so we wished we'd been able to hire the right profiles sooner. We now have a great team with diverse skills and experiences, from marketing to sales and finance. We also have our own delivery and technical team. All this helps us to serve customers better and grow faster.

What would you attribute your success to?

Jonathan: Three things: innovative designs, high-quality products and impeccable customer service. Our designs embody our values of being innovative, authentic, contemporary and eco-friendly. We keep a tight rein on the quality of design and production through our inhouse design team in Europe and by collaborating with international designers. Also, Ethnicraft owns its production facilities and uses teak that is sustainably sourced from Java in Indonesia.

Katrien: Customer service is really important, which is why we offer the convenience of online shopping and the ability to see the designs in person at our showroom in Eunos. Our approach,

unlike a high street set-up, allows for cost savings that we pass on to our customers. We offer transparent pricing with no hidden costs. Our value-added services such as free delivery and complimentary lifetime maintenance also keep our customers happy.

How would you like to see the next four years pan out for Ethnicraft Online?

Jonathan: Since launching, we've expanded into Malaysia and Shanghai. In another four years, we hope to be in a few more countries across Asia. Our aim and challenge is to preserve our core DNA of excellent service while we grow.

Katrien: Bringing in more collections and improving our website and services are all in the Singapore plan for 2016!

Tell us a little about the new oak collection and additional showroom space.

Katrien: We noticed more requests from our customers for furniture with a lighter tone and decided to bring in the oak collection as it's lighter and brighter. Most of our customers choose either teak or oak, so it made sense to offer a dedicated space for each. It also helps that the oak collection goes perfectly with our more playful Universo Positivo and Mr. Marius designs.



Have you recognised any trends for 2016?

Jonathan: Singapore's smaller homes mean that customers are always looking for versatile pieces, which is why our extendable dining tables are always popular. At the same time, customers are becoming bolder and more discerning in their choices. Lots of them have been embracing our oak collection, our Universo Positivo series, which mixes metal, wood and more. They're also considering a wider variety of interior design styles, from the very Scandinavian to the more eclectic.

How have you found working together as a couple?

Katrien: We think we're quite complementary; Jonathan has real entrepreneurial drive while I'm more structured and disciplined in my approach.

Jonathan: It also helps that we have clear roles. Katrien looks after our marketing activities and digital presence while I handle the other domains. This also makes it easy for us to make quick decisions. α

A few of Jonathan and Katrien's favourite things

Holiday destination... "Bali. We've been there more than ten times and we got married there

six months ago; it was magical!"

Restaurant... "Kilo—it's close to where we live and we love the casual atmosphere and delicious food. We can go again and again!"

Inspiring design...

"Pinterest and Etsy are our favourite sources of inspiration."

Ethnicraft Online 72 Eunos Avenue 7, #05-05 9272 1545 | ethnicraft-online.com.sg







Who lives here: Singaporean couple Darren and Pearl Toh, and baby Liam.

Size of home: Three bedrooms with large open-plan living, dining and kitchen area.

Home style: Contemporary, classic and comfortable, with plenty of colour thrown in.

Favourite room: Pearl loves the master bedroom's en suite bathroom, complete with herringbone marble.





hen Darren and Pearl began the search for their first home together, they had their hearts set on the Botannia condominium on the West Coast. "We really loved it, and we looked at unit after unit," says Pearl. Unable to find exactly what they were looking for, their agent also suggested the sprawling Maplewoods condo, close to where the new Albert Park MRT station was to open in Bukit Timah. "At first we thought it was too far away, but the price was right, and the location was good." The couple were also already thinking of schools for their future children. "My husband and I both went to schools in this area, so we know it quite well, and we didn't want to have to move again – or not for a while at least."

Having found the apartment they wanted, they then decided to call on professional help to carry out a full renovation. "My friend's sister had recently engaged the services of E&A Interiors, and my friend loved the work that they had done so much that she hired them herself for her own place." Secure with these recommendations, Pearl and Darren briefed E&A founding partner, interior designer Chloe Elkerton, towards the end of 2014.





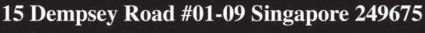












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The Job

With both being busy in their respective jobs – Darren works in the city and Pearl is a teacher – they needed Chloe to take full control of the renovation. "They have interesting tastes in that they like grown-up glam but also have a bit of a fun and frivolous edge," says Chloe. From Pearl's point of view, the place had to look pretty. "I looked through magazines and passed Chloe the cuttings I liked. I wanted classy and comfortable, and for it to feel like home."

The work started in early 2015, and the couple made just one visit during the renovation. "My personal take is that you have to leave the person to get on with the creative process," says Pearl. "With Chloe's feedback and input regarding what we wanted, we felt it was all in line, and we trusted her. For some things, we didn't even tell her what we wanted – we just left them to Chloe to decide."

Initially, the apartment had a separate kitchen, which was opened up to create a

breakfast bar. Chloe also added statement pieces, such as the marble used in the kitchen or the master bathroom. "It makes a big difference to the space," she says. "That's where, as a designer, you need to say it's best to spend a little more to get those standout effects."

Every piece within the apartment has been custom-made to Darren and Pearl's style and taste. "Darren had originally asked for a pink button sofa, which I worked around a little," says Chloe. Instead, she added a rich purple sofa in the living area, which complements the more neutral palette that surrounds it.

The full renovation took three months to complete, during which time the couple found out that they were expecting their first child; son Liam is now almost six months old. "If I'd been pregnant when we briefed Chloe, the finished product may have been a little different; but this is exactly what we wanted," says Pearl. α

"If I'd been pregnant when we briefed Chloe, the finished product might have been a little different; but this is exactly what we wanted."

- PEARL





OPPOSITE

Chloe notes that the apartment has a fairly neutral palette, particularly the bedroom's creams and caramels.

THIS

The master bathroom is Pearl and Darren's favourite part of the house, and the herringbone marble has that wow factor.





Recommendations

Food

The tau huay dessert stall at the Bukit Timah Food Centre ("Pearl has to have this once a week!") 116 Upper Bukit Timah Road

Manbok Korean barbecue ("great service, great food") 19 Cheong Chin Nam Road 6463 9262

Galbiati, gourmet Italian delicatessen ("a cosy place") 400 Upper Bukit Timah Road 6462 0926 | galbiatigourmet.com

Brazil Churrasco ("meat galore") 16 Sixth Avenue 6463 1923

Groceries

Jurong West Wet Market Jurong West Street 52, Block 505

FairPrice Xtra 50 Jurong Gateway Road 6225 5536 | jem.sg/stores/fairprice-xtra NTUC FairPrice Finest ("it's 24-hour") #B1-01 and #B2-01 Bukit Timah Plaza 1 Jalan Anak Bukit 6468 8415

Baby items

Tanglin Mall ("lots of baby stores, including Motherswork") 163 Tanglin Road 6736 4922 | tanglinmall.com.sg

Mothercare #03-05 HarbourFront Centre, 1 Maritime Square 6513 3243 | mothercare.com.sg

Home

E&A Interiors #04-24 The Herencia, 46 Kim Yam Road 6702 4850 | eandainteriors.com with its bench and chairs, fits my whole family, including three children and one sister – it's great!" says Pearl.



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Kitchens **X**Bathrooms

Don't throw in the towel when it comes to your kitchen or bathroom décor; instead, flip through these pages to find out how you can make your space shine.

COOL KITCHENS







Rattan tube chairs, **Make Room**, #10-01 Tan Boon Liat Building, 315 Outram Road, 9113 1274, make-room.net



Barstool and reclaimed teak console, **Dreamweave Concepts**, #01-34, 9 Raffles Boulevard, 6333 1669, dreamweaveconcepts.com

Custom-made furniture and décor, **E&A Interiors**, #04-24 The Herencia, 46 Kim Yam Road, 6702 4850, eandainteriors.com







Kitchen cabinet, FairPrice Antique, #01-10 Tan Boon Liat Building, 315 Outram Road, 6270 2544, fairpriceantique.com



Aqua recycled wood cabinet, **Artful House**, #08-04 Tan Boon Liat Building, 315 Outram Road, 8112 6127, artful-house.com



Kitchen cabinet with spindle doors, **Just Anthony**, 379 Upper Paya Lebar Road, 6283 4782, justanthony.com

ELHOME



Pip Studio's royal white collection in porcelain, Ni-Night, 7 Joo Chiat Place, 6440 7567, ni-night.com





Laguiole by Jean Dubost artisanal French cutlery, House of AnLi, #03-13 Tanglin Mall, 163 Tanglin Road, 6235 3851, houseofanli.com



Cat teapot, Taylor B. Fine Design, 43 Keppel Road, Levels 1, 2 and 4, 27 West Coast Highway, 9420 4000, taylorbdesign.com







Oslo black matt cutlery, **Mountain Teak Furniture** Gallery



Black leaf tray, Hacienda Blue, Watten Heights, 9061 9446, haciendablue.com







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TORINO Center Small



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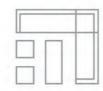


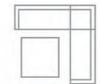


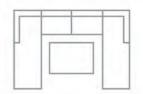




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BEAUTIFUL BATHROOMS





Recycled wood shutter cabinet, **Artful House**, #08-04 Tan Boon Liat Building, 315 Outram Road, 8112 6127, artful-house.com



Bathroom décor by **E&A Interiors**, #04-24 The Herencia, 46 Kim Yam Road, 6702 4850, eandainteriors.com

String Plex modular storage system, Danish Design, #06-03 Century Warehouse, 100E Pasir Panjang Road, 6270 8483, danishdesignco.com.sg



Mirror and chest of drawers, **Hacienda Blue**, Watten Heights, 9061 9446, haciendablue.com





Mercury glass bottles, **Taylor B. Fine Design**, 43 Keppel Road, Levels 1, 2 and 4, 27 West Coast Highway, 9420 4000, taylorbdesign.com



Bornholm towel racks, **Teak & Mahogany**, #07-02/03/04 Century Warehouse, 100E Pasir Panjang Road, 6273 8116, teakandmahogany.com



Shelly shelves in reclaimed teak and metal, **Dreamweave Concepts**, #01-34, 9 Raffles Boulevard, 6333 1669, dreamweaveconcepts.com







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- Josef Frank, Swedish architect and founder of the Vienna School of Architecture

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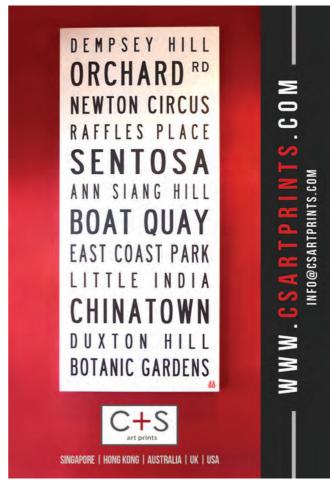


















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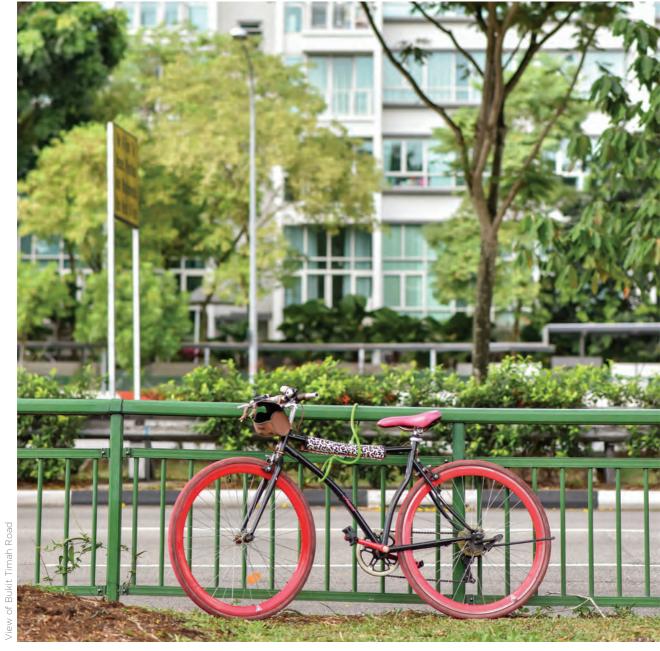
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Leisure Farm Corporation Sdn Bhd (109759-U) No.8, Jalan Peranginan, Leisure Farm, Gelang Patah, 81560 Johor Bahru, Johor.

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PROPERTY



82 Moving In: An inside look at two serviced apartments

84 Business Focus: Tips for finding your home-away-from-home

87 Street Talk: Get the lowdown on living in Bukit Timah

Property

Looking for serviced accommodation in Singapore and not sure where to start? Here are two properties to consider.

Fraser Suites

491A River Valley Road 6270 0800 singapore-suites. frasershospitality. com

What to expect when you open the door: Fully furnished apartment with separate living, dining and kitchen areas. The home media system includes Bose audio and an LCD television, as well as an iPhone or iPod docking station with an alarm clock radio. In the kitchen you'll find a Nespresso coffee machine and a dishwasher (in the two- and three-bedroom residences), as well as a washing machine and dryer.

What you'll find outside: There's a 24-hour gym, a swimming pool and a children's wading pool, plus a children's indoor playroom. The dining room offers an all-day café with alfresco seating, The Retreat is a relaxation area with massage chairs and a foot massage device, and for entertaining there are barbecue facilities (charges apply).

What's in the neighbourhood: There are plenty of amenities, including Valley Point Shopping Centre with a supermarket, clinics and a playgroup, as well as food and beverage outlets and pet services (ideal for those bringing their furry friend, of which you

are allowed one per apartment).

What you'll pay: From \$480 upwards per night; a minimum stay applies.

Wilby Central

15 Queen Street 6868 1888 | wilbyresidences.com

What to expect when you open the door:

Despite their central location in the heart of the financial and cultural hub, these residences promise peace and quiet. Accommodation ranges from 260- to 460-square-foot studio options to a two-bedroom, 700-square-foot apartment, with cable television and a DVD player for entertainment.

What you'll find outside: An indoor gym, steam bath and sauna, an outdoor Jacuzzi and a rooftop garden, plus a conference room and private workstations. Services include 24-hour

concierge assistance, housekeeping, laundry and dry-cleaning, a scheduled shuttle bus and 24-hour CCTV. You can also expect a revamped breakfast menu including freshly squeezed juice, and a new variety of freshly baked breads has been added to the breakfast selection.

What's in the neighbourhood:

The nearest MRT stations are Bugis, City Hall and Bras Basah, and there's a huge number of shopping and dining options close by. Singapore Art Museum, the National Library and the entertainment hub of Chijmes are all within walking distance.

What you'll pay:

Accommodation ranges from \$4,500 per month for a studio apartment, and from \$8,000 per month for a two-bedroom unit. &



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The Vein Centre Pte Ltd 10-42 Mount Elizabeth Novena Specialist Medical centre 38 Irrawaddy Road, Singapore 329563





Is having your own kitchen all that separates a hotel room and a serviced apartment? T. J. SPENCER, Vice-President, Sales and Managing Director of APAC **Oakwood Worldwide**, explains what makes these two options worlds apart.



Why should I choose to stay in a serviced apartment rather than a hotel?

Accommodation requirements differ from assignee to assignee, but there are a number of factors to take into account when deciding which is right for you. Cost, comfort, location and security are some of the main drivers behind these decisions, and serviced apartments tick all the boxes.

Serviced apartments can range from studio units to penthouses, and come fully equipped with housekeeping services, modern amenities, 24-hour security, business centres and often complimentary shuttle bus services – making them an ideal choice whether you're travelling alone or with a family. Ultimately, serviced apartments provide assignees with the comforts of a home away from home, particularly appealing to those who are staying for longer periods.

Also, unlike hotels, serviced apartments are less likely to face challenges related to high occupancy levels during peak periods, such as global sporting events, festive seasons and school holidays. Hotel rates are subject to change on a daily basis, depending on demand, whereas serviced apartments generally have fixed long-term rates and can add and subtract the number of available units via supply chain properties and partners.

If I do pick a serviced apartment, what kind of benefits and services can I take advantage of?

As the accommodation is often the first thing you'll experience on arriving in a new location, it's important to get this right to ensure the ongoing success of your assignment. An experienced global housing provider can help guide you through the diverse landscape of serviced apartments, allowing you to focus on the job that you're here to do.

Among the benefits of serviced apartments is larger room space, ranging from studios to three-bedroom apartments. Serviced apartments typically have separate living and dining areas, so you can spread out and be more comfortable. Some apartments also





have several bedrooms and bathrooms, which is a more convenient option for families or groups.

Having a fully equipped kitchen allows you the option of eating in and entertaining at home. This can also help to minimise out-of-pocket costs, as you can cook your own meals and not have to rely on restaurants or room service.

The freedom of a serviced apartment empowers you to achieve a good work-life balance by enabling you to set your own schedule and enjoy day-to-day activities in a home-like environment.

There's added flexibility in the fact that rental periods of serviced apartments offer more competitive longer-terms rates that aren't subject to blackout dates or peak period fluctuations.

Finally, serviced apartment providers that understand regional differences and give you on-the-ground support help you reach a sense of familiarity and comfort more quickly, making you more likely to be happy and productive in the workplace.

What can I expect from a stay at an Oakwood Worlwide property?

Two key things differentiate our company: firstly, the breadth of our offering, which includes 28 branded properties in key destinations across Asia Pacific and the largest global supply chain of any serviced apartment provider; secondly, our onthe-ground support network providing customers, partners and assignees with local market knowledge and access.

It's a priority of Oakwood Worldwide to provide assignees with a high quality of living throughout all of its properties. From excellent customer service to local expertise, we enable you to feel at home while also enjoying the local lifestyle and culture.

From the onset, our team will orientate you with regard to the property, the surrounding environment and transportation. We provide insight and knowledge about the city, including its people and the local culture, to help ease you into your new environment.

As an example, we often organise various guest activities, from family outings to the zoo, to wine and cheese tasting in the property lounge. These tailored activities create new opportunities for you to meet and interact, share stories and insights, and support one another.

Lastly, Oakwood Worldwide believes in strong communication. We provide ongoing confirmation of your travel itineraries and will brief you on arrival at your residences via in-house memo communication. We ensure you'll have access to information while on the move and know who to contact in the event of any emergency. ϵ

For reservations in Asia Pacific, please email globalsolutions_apac@oakwood.com or call 6521 6380. oakwoodworldwide.com

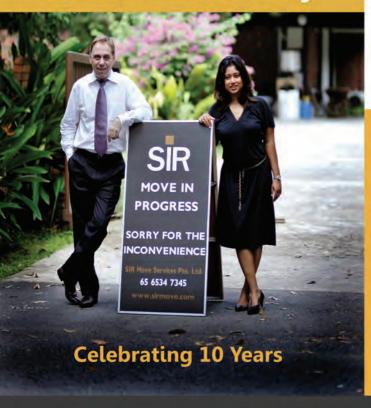


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Name: Mariana Pinto From: Portugal Occupation:

Library Assistant at Stamford American International School

THE SPECIFICS

What street do you live on? Jalan Kampong Chantek.

What does it mean?

"Beautiful village street" in Malay.

Exact words you tell a taxi driver to get home?

"Bukit Timah, please. Go up Swiss Club Road, all the way to the end, turn left and then take the second right."

What's the name of your neighbourhood?

Bukit Timah.

Closest MRT station?

King Albert Park, on the new section of the Downtown Line.

How long have you lived here?

Since July 2015. Previously, we lived in Dubai.

Why here?

Because it's green (we lived in the desert before!) and the house is big — we have three children and a huge dog. Plus, it's a cluster house in a nice condo that has all the facilities and lots of children and dogs, so everyone's happy!













THE SCENE

When you walk out of your place, the first thing you see is:

Lots of trees, people walking their dogs, and sometimes monkeys!

The closest store to your front door is:

The Grandstand at Turf City, with all its lovely stores, restaurants and Giant supermarket.

Your street would make the perfect backdrop for a remake of:

Tarzan – it's a jungle out there!

Your neighbours are great, but you wouldn't mind a little less of:

Children screaming and making a noise (mine included!).

The unofficial uniform of your street is:

Running outfits; the Bukit Timah area is perfect for running.

If a celebrity moves in next door, it will most likely be:

I've heard lots of Singaporean VIPs live in the area. But as for international stars, I would say Jane Goodall. We don't have chimpanzees, but we do have lots of monkeys!

When you're in need of a dose of culture, you:

Go to a museum – yes, we're one of those families that actually go to museums! And, of course, we read books... lots and lots of books!

If you're missing home, you:

Go to Boca, the Portuguese restaurant, or to Dinata, which sells Portuguese baked treats.

Mandatory stops for out-of-town guests are:

The Botanic Gardens (it's very close to our place), the Marina Bay area, Chinatown, Little India and Dempsey Hill.

You'd swap houses in a second with:

A landed property (my dog misses a private garden) located inside a condo like ours, which is next to an MRT station. (Does this even exist in Singapore?)

A common myth about your neighbourhood is:

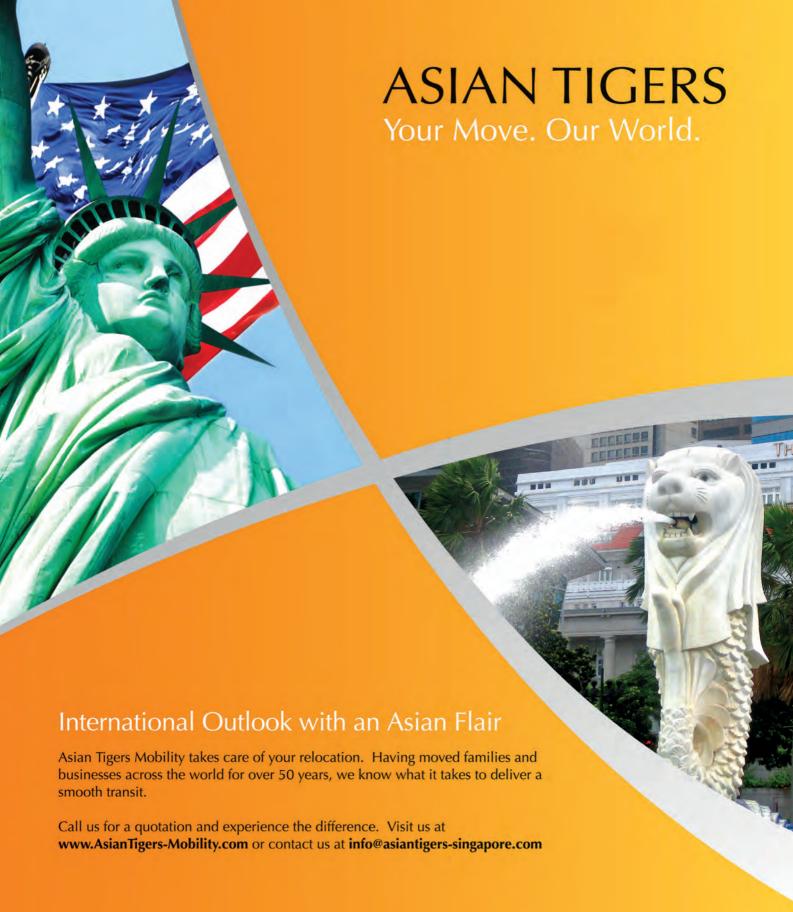
That it's very far away from the city. By car, it only takes us 15 or so minutes to get to Orchard.

If you're ever woken up at night, it's almost always due to:

Birds chirping – cool, right?

A massive late-night rager on your street is likely to be:

A party at the Swiss or British Clubs.

















THE SUPERLATIVES

Your hands-down favourite neighbourhood joints are:

Peperoni at 7 Binjai Park is a really good pizza place, and it's always open. Sometimes we go there in the middle of the afternoon for a late lunch or early dinner! Picotin at Champions Golf Course for the food, relaxed atmosphere and awesome views; we can see horses there too, since it's right next to the Bukit Timah Saddle Club. PasarBella at the Grandstand for the chance to try so many different cuisines and organic products – and it has the feel of a European market. Brazil Churrascaria in Sixth Avenue, because all Portuguese people also love Brazilian food!

You won't find better local food than at:

Adam Road Food Centre.

The strangest thing you've ever seen on your street is:

An abandoned Chinese shrine inside a plastic bag, left in the middle of the road just after CNY... and it's still there!

We love a good bargain. The best deals in your neighbourhood are:

The promotions at Giant supermarket at The Grandstand.

The guiltiest pleasure in your area is:

The macarons at Bonheur Patisserie at The Grandstand. We love the character macarons and the shaped macarons because they are delicious, creative and also a visual treat.

One thing you'd never change is: The nature that surrounds us.

But one thing you wouldn't mind seeing go is:

The snakes. Yes, these are also commonly found around here, though luckily I've never seen one.

The city gives you \$5 million to soup up your street. You use it to:

Set up free bus routes all the way up the hill. The new MRT station is still a good 20-minute walk from our house! α

WHAT'S THE WORD ON YOUR STREET?

Whether they're newcomers or "old hands", we'd love our readers to get to know your neighbourhood. Help us by sending an email to contribute@expatliving.sg with "Street Talk" in the subject line. Include your name and street, and we'll be in touch.

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ARTS & LEISURE



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British Star in Singapore: We speak to actress
Jane Seymour about her role in *The Vortex*

100 On the Screen: Movies and TV shows to watch now 108
On the Wall: Art fairs and new exhibitions to check out

STAGE

Here's what's happening on the Singapore stage this month

ROMANCE UNDER THE STARS

Yes, it's that time of year – grab your picnic baskets and head over to Fort Canning for Singapore Repertory Theatre's (SRT)



annual **Shakespeare in the Park**, one of the city's most popular outdoor cultural events. And, this year, for the ninth edition, audiences have the opportunity to experience one of the greatest love stories ever told, *Romeo and Juliet* – a tale of forbidden young love, a bitter family feud and a timeless romance eternally sealed with a kiss. See it from 27 April to 22 May. Tickets from Sistic. **srt.com.sg**

A NIGHT OF REGGAE

British reggae band **UB40** will perform live in Singapore for just one night at MasterCard Theatres at Marina Bay Sands on 2 April, giving fans the chance to groove along to the group's greatest hits, including covers such as "Red Red Wine" and "(I Can't Help) Falling in Love With You". Formed in 1978, the Grammy-nominated band is known for its unique blend of reggae, ska, pop and dub, and has sold over 70 million albums worldwide. If you can still score tickets, it will be from Sistic. **livescapegroup.com**



BALLET BIG-WIGS

If you're a ballet fan, you won't want to miss **The Superstars of Ballet**, a two-hour show featuring 12 internationally acclaimed principal dancers from world-renowned ballet companies — including Maria Kochetkova and Daniil Simkin from the American Ballet Theatre of New York, Dinu Tamazlacaru of Berlin State Ballet, and Yonah Acoasta and Lauretta Summerscales from the English National Ballet — performing highlights from iconic modern and contemporary ballet classics including *Le Corsaire*, *Don Quixote* and *Brel*, among others. See it from 29 April to 1 May at MasterCard Theatres at Marina Bay Sands. Tickets from Sistic.



ACOUSTIC SENSATION

British singer-songwriter Jamie Lawson heads to Singapore this month for the first time to perform live in concert at University Cultural Centre (UCC) Theatre at NUS. As the first artist signed by Ed Sheeran's record label Gingerbread Man Records – Jamie toured with Sheeran on



part of last year's X Tour, as well as the UK and Ireland leg of One Direction's tour — the acoustic artist scored a smash hit on the UK charts in 2015 with his very first release "Wasn't Expecting That", which also made number one in Australia. His other singles include "Ahead of Myself" and "Cold in Ohio". See it 27 April at 8pm. Tickets from Sistic. lamcproductions.com

Canon

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BLUE MAN GROUP

SOCIALITE SCANDAL

This month. Emmy-and Golden Globewinning actress Jane Seymour takes the Singapore stage as glamorous socialite Florence Lancaster in Sir Noel Coward's



The Vortex. Set in 1920s London, the drama - directed by West End director Bob Tomson – takes a look at the virtues and vices of high society, and explores the conflicted relationship between adulterous Florence and her son Nicky, who learns of his mother's scandalous behaviour. See it from 28 April to 14 May at Jubilee Hall, Raffles Hotel. Tickets from Sistic. britishtheatreplayhouse.com Turn to page 98 for our interview with The Vortex star, Jane Seymour.

PSYCHEDELIC ROCK

This month, Grammy-nominated Aussie band Tame Impala brings its distinctive brand of psychedelic indie rock to the Lion City in its first headline show. Fans can expect singles like "Eventually" and "Let It Happen" from last year's highly rated Currents album, as well as hits from previous long-players Lonerism and Innerspeaker. See it 21 April at The Star Theatre. Tickets from Sistic. facebook. com/secretsoundsasia



FOR KIDS

AFRICAN ADVENTURE

Children and adults alike are sure to enjoy seeing their favourite zoo friends come to life in Madagascar Live! Incorporating lively storytelling, dance and music including the hit song "Move It, Move It" the stage production, based on the popular DreamWorks Animation franchise, takes audiences on an adventure with Alex the



Lion, Marty the Zebra, Melman the Giraffe, Gloria the Hippo and the plotting penguins, as they escape their home at New York's Central Park Zoo and find themselves on an unexpected journey to the wacky world of King Julien's Madagascar. See it from 21 to 24 April at MasterCard Theatres at Marina Bay Sands. Tickets from Sistic. baseentertainmentasia.com

FISHY FRIENDS

Based on Marcus Pfister's awardwinning storybook, The Rainbow Fish returns to the stage as part of I Theatre's special 15th anniversary season. This time, new characters like Tiny Stripes grace the stage, along with fishy favourites such as proud and pretty Rainbow Fish and her friends Starfish, Small Blue, Big



Violet and Little Green. Together, they learn some very valuable lessons about friendship, attitudes toward others and the power of generosity. The new version of the musical production also features magical black light theatre, and a mix of live action and puppetry. See it from 26 April to 15 May at Drama Centre Theatre, 100 Victoria Street, Level 5 National Library Building. Tickets from Sistic. itheatre.org

MIGHTY MONKEY

Kids aged five and up will get a kick out of Hanuman, a superhero monkey who, along with his band of cheeky monkey friends, destroys monsters, defeats evil kings and restores order to the world. A tale adapted from the Ramayana, Hanuman - The Superhero Monkey - presented by Singapore Repertory Theatre's (SRT) The Little Company, in collaboration with the UK's Imitating the Dog theatre company – combines animation, film, music and physical theatre to create a multi-sensory experience that takes little ones on a journey into a land of myth, mystery and adventure. See it from 1 to 30 April at DBS Arts Centre. Tickets from Sistic. srt.com.sg



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OCEAN
ARTISTS
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Held In





This month, British-American actress JANE SEYMOUR makes her Asian theatre debut in Noël Coward's *The Vortex*, presented by the British Theatre Playhouse. We caught up with the Golden Globe and Emmy Award-winning star – famous for such roles as Solitaire in the Bond film *Live or Let Die*, and Dr Michaela Quinn in the TV drama *Dr Quinn: Medicine Woman* – to find out what we can expect from the much-anticipated drama, and what else she's got coming up this year.

In *The Vortex*, you play scandalous socialite Florence Lancaster. What attracted you to the role?

She is a woman before her time – a woman whose vanity is such that she refuses to age. The damage that she causes to her family, especially her son, is what really attracted me to the project – plus, Noël Coward, who I had the extraordinary opportunity of meeting in my youth.

How did you prepare for the part?

I researched a look for the period and, as a mother of four sons, I was inspired for the final sequence.







What can audiences expect from the show as a whole?

It's a play that was very scandalous in the early 1920s, though not as frivolous as most of Noël Coward's plays. It shows us how different the world was for a woman in the 1920s compared with today, and a relationship between a mother and son that needs serious repair.

The Vortex will not only mark your first theatre debut in Asia, but your first live theatre role since Amadeus in 1979. What made you return to the theatre, and what are you most looking forward to from the experience?

I love a challenge. And I remember loving theatre, and the response that the audience is able to give you. I'm excited to work with our director, and to do a play that's not often performed in such a wonderful location as the theatre at Raffles.

What do you hope to see and do while you're in Singapore?

When I'm not working I hope to see as much as I possibly can; maybe I should stay on for a couple of days at the end of the run to be a tourist!

What else are you working on this year?

I have a number of independent movies – *Bereave Me Not* with Malcolm McDowell and Keith Carradine, *High Strung*, *Mistrust*, *Praying for Rain*, *Scout*, and the British television series, *Hooten and the Lady*.

You just turned 65 and look as fabulous as ever. What keeps you looking and feeling so young?

Being actively involved with my grandchildren and constantly creating – as an actress, artist and producer. I eat a healthy diet and work out when I have time. I'm trying to age gracefully! &

See *The Vortex* from 27 April to 15 May at Jubilee Hall, Raffles Hotel, 1 Beach Road. Tickets from Sistic. britishtheatreplayhouse.com



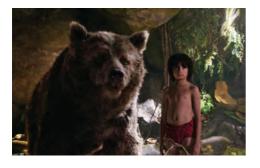
SCREEN

Here's our pick of this month's happenings on the big screen and small screen

BIG SCREEN

THE JUNGLE BOOK

A live-action reimagining of Walt Disney's 1967 animated film by the same name, *The Jungle Book* tells the epic tale of Mowgli, a man-cub raised in the jungle by a family of wolves, who must embark on a journey of self-discovery when he's forced to abandon the only home he's ever known. Guided by a stern panther (Ben Kingsley) and a free-spirited bear (Bill Murray), Mowgli meets an array of jungle animals along the way, including a python played by Scarlett Johansson. The film, which also features Idris Elba, Christopher Walken and Lupita Nyong'o, opens 7 April in 3D and IMAX 3D.



DEMOLITION

After losing his wife in a tragic car crash, successful investment banker Davis (Jake Gyllenhaal) begins to unravel despite pressure from his father-in-law (Chris Cooper) to pull it together. What starts as a complaint letter to a vending machine company turns into a series of letters revealing personal admissions and, soon, Davis's letters catch the attention of customer service rep Karen (Naomi Watts). With the help of Karen and her son (Judah Lewis), Davis starts to rebuild himself, starting with the demolition of the life he once knew. Opens 14 April at Cathay cineplexes.

SMALL SCREEN

BRITAIN'S GOT TALENT SEASON 10

The hit reality talent competition series is back, with Simon Cowell, Amanda Holden, Alesha Dixon and David Williams returning as judges for the tenth anniversary season. Tune in to see all sorts of performances, from singing and dancing to more unusual acts – you just never know what will end up on stage. Premieres 10 April at 10.30am (live) on RTL CBS Entertainment HD (SingTel Channel 318; StarHub Channel 509), with a repeat showing at 9pm that night, and a second encore on 15 April at 9pm.



SEASON PREMIERES GALORE

On 25 April, your Monday TV line-up will be sorted, thanks to the new season premieres of three hit shows on HBO (StarHub Channel 601). First up, the much-anticipated sixth season of smash series *Game of Thrones* premieres at 9am – the same time as the US – with an encore showing at 9pm. The new ten-episode season, based on A *Song of Ice and Fire* by author George R.R. Martin, continues to chronicle the epic struggle for power in a vast and violent kingdom.

Then, catch new seasons of Emmy Award-winning comedies *Silicon Valley*



and *Veep*, which will air at 10am and 10.30am respectively, with encore showings at 10pm and 10.30pm. *Silicon Valley* takes a look at the modern-day epicentre of the high-tech gold rush – where the people most qualified to succeed are the least capable of handling success – while *Veep* is a satirical look at the world of Washington politics, following the whirlwind life of one-time Vice-President and now-President Selina Meyer (played by Emmy winner Julia Louis-Dreyfus).



On The DAGE If you're looking for a good read this month, here are our thoughts on a selection of recent releases.

Keep Me Posted

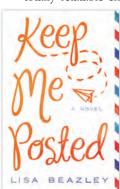
New American Library | 305 pages

Book club ladies, if you're looking to tick off your next title, Singapore expat Lisa Beazley's (lisabeazley.com) fresh and funny debut novel is it. Swig rosé while you deconstruct characters Cassie and Sid Sunday – the first an iPhone-clutching Manhattan mama of toddler twins with a Facebook addiction and an average marriage; the second a beautiful and big-hearted Singapore expat wife who's living it up on the other side of the world and spurns social media.

The once-close sisters make a pact to reconnect the old-fashioned way through real, handwritten letters, and the experiment is going swimmingly until all of the letters (and their most private thoughts contained within them, including Cassie's drunken snog with a dishy ex and Sid's adulterous husband's shenanigans) accidentally end up going incredibly public on the internet. Uh-oh.

Cue unwanted social media fame as the Slow News Sisters, reconciliatory long-haul flights, mentions of Tanglin Park ("Hey, that's my condo!"), and, ultimately, the power of sisterhood in helping each other get their lives back on track.

This is women's fiction at its best, with totally relatable characters that are perfect



for dissecting, and for figuring out who around the table is #TeamCassie or #TeamSid. It'll be hitting Singapore bookstores early April, so get your copy and come weekend tell the family to only disturb you if it requires A&E!

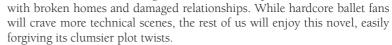
- Jess Smit

Girl Through Glass

Harper | 304 pages

There's something compelling, even slightly voyeuristic about ballet. So, while most of the top ballet books on the YA shelves are steeped in eating disorders and unrequited love, it's instantly appealing, and thankfully guilt-free, to find an adult novel that mixes dance history with whispers of darker plots.

Girl Through Glass works as it blends New York Dance history of the 1970s and 80s with past and present fictional narratives; weaving in battements and pliés



- Chloe Sasson

Infinite Mind

SK Publishing | 198 pages

Well-researched and fluently written, *Infinite Mind* is subtitled "An exploration of psi and the capabilities of the human mind". Kim Forrester was born and bred in New Zealand and is now a Singapore-based intuitive consultant, writer and educator who occasionally contributes insightful articles to this magazine.

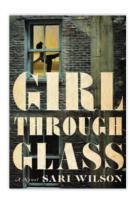
This, her first book, explores 20 true and remarkable psi experiences – such as premonitions, telepathy and intuitive hunches – together with the modern scientific

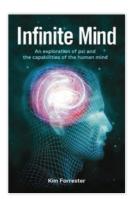
data that is helping to explain these phenomena. Says Kim: "We need to free ourselves of the need to be right – to know it all and have all the answers – and eagerly explore and accept new discoveries when they present themselves."

Each of its 20 chapters begins with an evocatively penned account of the event, followed by an interesting and informative discussion of the particular psi phenomenon it illustrates.

It makes for compelling reading. "A Silent Force", for example, deals with Winston Churchill's 1899 moment of "claircognizance" during the Boer War in South Africa, a knowing that led him unerringly to the only safe house in enemy territory; and a "Quiet Epiphany" was what struck astronaut Edgar Mitchell during the NASA Apollo 14 mission in 1971. Whether or not you're a sceptic, this is fascinating stuff.

- Verne Maree







What are you reading?

To tell us what's piled up on your bedside table, or what you've recently downloaded to your Kindle, dash off an email to verne.maree@expatliving.sg. It won't take long!





Alison Jean Lester. American

The Dice Man Luke Rhinehart

Genre?

Subversive cult classic (first published 1971)

How did you get hold of it?

It was on my teenaged son's bedside table when I was trying to sleep in his room in the wee hours of the morning. He wasn't there, you'll be glad to know. He was at his dad's. I needed to be in there because I wake up with terrible hot flashes (I'm 49) and can't sleep for hours, and my tossing and turning and reading bothers my husband. Mozart piano concertos weren't helping. So I picked up The Dice Man, which had been a Christmas present to my son from his step-father. My son tells us he reads books, but we don't usually see it happening. Which is why the book was here, and not at his dad's. Good thing, too. It's not at all appropriate for him yet.

How far have you got?

92 pages of 541.

What do you think of it so far?

I'm having a ball. The Dice Man is set in New York psychiatry circles at the end of the 1960s, and in a nutshell is about a man so dismayed at being strapped into his life by routine ("after having lived in moderate happiness with moderate success with an average wife and family for seven years, I found suddenly, around my thirty-second birthday, that I wanted to kill myself.") who decides to rekindle his lust for life by allowing throws of the dice to take over his decision-making. At this point, I'm finding the writing both hilarious and poignant, and would recommend it to readers who enjoy something highly intellectual, deeply visceral, and morally challenging.





Susannah Jaffer, British

Girl Boss

Genre?

Non-fiction

How did you get hold of it?

I'd heard about it through social media, and then my boyfriend bought it for me as an intended pick-me-up.

How far have you got?

Completed.

What do you think of it so far?

The unusual rags-to-riches success story behind Sophia Amoruso's online store, Nasty Gal, is told with raw honesty, spunk and no frills. It's a motivational and inspiring read by a down-to-earth, go-getting female entrepreneur.





Learn how to Invent, Design and Create at the CIS STEAM FAIR, Saturday, 23 April 2016. Activities for ages 3-18.



Register at www.cis.edu.sg/STEAMFAIR

THROUGH THE LOOKING GLASS

Busy author ALICE CLARK-PLATTS talks to us about the success of her debut novel, her role as founder of the Singapore Writers' Group, and what she's working on now.

What brought you to Singapore?

I came to Singapore in 2011 with my lawyer husband, who was sent here on secondment with his firm. He has since taken on a new role, and so our place here is now more permanent than first

envisaged!

How did you become a writer?

When I arrived in Singapore, I was pregnant with my second child and on maternity leave from my job as a lawyer back in London. I had always wanted to write — my father is a professional writer—and had an idea for a novel. So while the baby slept, I would type away on my keyboard! That novel was *Warchild*.

Though as yet unpublished, Warchild was shortlisted for the Impress Prize in 2013. Was it in any way informed by your experiences as a human rights lawyer? – and do you miss that work?

I do miss being a lawyer, but there's no reason I can't go back to it when I'm less busy with writing. And yes, *Warchild* was definitely influenced by my work in human rights. In fact, I've been working on a new draft recently and am hoping to get it published soon. Briefly, its premise is a locked-down Britain in the wake of terrible terrorist atrocities, and a woman and her baby on the run from the government.

Tell us about the Singapore Writers' Group.

I started the SWG in 2012 through the meetup.com site. We now have a core paid membership of 100, and over a thousand wider members. Our aims are to promote and foster a writing community in Singapore, and to encourage and motivate those who have wanted to start

About Alice

London born and bred, Alice Clark-Platts studied at **Durham University** and is a graduate of the Curtis **Brown Creative** Writing Course. As a human rights lawyer, she worked at the UN International Criminal Tribunal in connection with the Rwandan genocide, and on cases involving Winnie Mandela and the rapper Snoop Dogg. She came to Singapore in 2011 with her lawyer husband, Tom; they have two daughters: Constance (now 7) and India (4).



writing but have never managed to get going. Our members are a mix of expats and Singaporeans, and we run regular writing workshops and social events. We have also published two anthologies of short stories.

In the July 2015 issue of Expat Living, we reviewed your stellar debut novel Bitter Fruit. which begins with the murder of a student at Durham University. Remind us about some of its themes.

Detective Inspector Erica Martin has been recently promoted and is under pressure from the city and the university to solve the case quickly. The murder victim, Emily, was a complicated character who was being trolled online due to her overtly sexual behaviour. A fellow student confesses immediately to her killing, and DI Martin must discover the truth behind that as well as discover the motivations of the mysterious Daniel Shepherd, another student who would have done anything for Emily.

We're currently reading Tales of Two Cities, an anthology of short stories written by members of the SWG and your Hong Kong counterpart. How difficult is a complex editing project like this one?

It was actually really hard to choose from all of the fantastic submissions we had. Once we'd whittled the stories down, then they had to be put together as a coherent whole for the book. This too had to be done in conjunction with the HKWC, so logistics added to the complexity of the task.

What do you like about the short story as genre?

Short stories are almost like poems. They take a central idea and build around it, which gives the author a great deal of freedom. I like the way there are really no rules for the short story, and that within them the concept of time is nebulous.

Apart from your new draft of Warchild, what are you working on now?

I am currently working on the second Erica Martin novel, which will be published towards the end of this year, and on a short story that's due to be published in another anthology later this year.

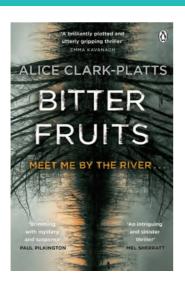
With two young daughters, how do vou fit your writing and SWG work around the demands of family life?

Both girls are now at Dulwich College, so the school day is my writing time. When deadlines loom, I sometimes take myself and my computer to hide at Tanderra or the Dutch Club for a bit longer; but I'm always home for supper, and weekends are sacrosanct for family time.

Any comment on the literary scene in Singapore?

It's buzzing! A huge number of workshops and courses are available to budding writers, and they're often very inexpensive. The Singapore Writers' Festival is a fantastic opportunity to see very well-regarded authors, both local and international, talking about their work.

My friend and business partner, Joanne Furniss, has recently started an online literary journal at swaglit.com, which is always looking for new writing and has an updated calendar of writing events; we also hold creative writing workshops. And check out singaporewritersgroup.com for more information on the SWG. &



"There is a gripping economic precision in this highly charged thriller ... " Ralph Fiennes

"Excellent plotting and a genuinely un-guessable resolution to the mystery..." Sophie Hannah

"An intriguing and sinister thriller..." Mel Sharratt

"I was hooked from the first page..." Greta Scacchi

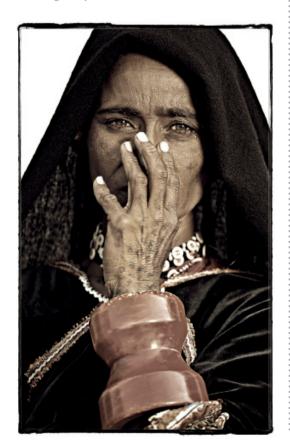
"Brimming with mystery and suspense...' Paul Pilkington

On The WALL

What's on Singapore's art scene this month

NOMADIC BEAUTY

Internationally acclaimed contemporary photographer Rohit Chawla - who has collaborated with such creative talents as Ai Wei Wei, Robert De Niro and Frank Gehry, to name a few - presents over 30 works in his exhibition, Wanderlust. While Chawla - who spends his time between Goa and Delhi – will present images from some of his other series, the majority of featured photos will come from his Wanderlust collection, which looks at the nomadic group of Rabaris in India – a wandering community that has retained its identity despite the tests of time. Chawla's portraits capture the tribal members' natural flamboyance, their use of traditional textiles, intricate embroidery and motifs, and celebrates their enduring spirit. Visit www. redseagallery.com for more details.



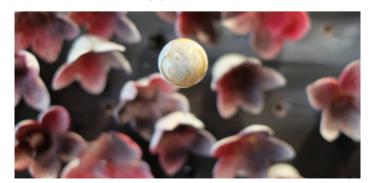






APPROACHABLE ART

The ever-popular **Affordable Art Fair** is back this month for its spring edition, showcasing a wide range of contemporary works from local and international galleries. Aimed at making art as fun, affordable and accessible as possible, the fair, which has become a favourite event on Singapore's art calendar, features a diverse selection of art priced from \$100 to \$10,000, with 75 percent of the works priced under \$7,500. With an array of new galleries, fresh artwork, educational features and a host of young talent, this year's fair is sure to be an enjoyable experience for new art enthusiasts and seasoned collectors alike. See it from 22 to 24 April at the F1 Pit Building, 1 Republic Boulevard. **affordableartfair.com/singapore**





Showcasing exquisite pieces of jewellery and their links to minerals, the Van Cleef & Arpels: The Art and Science of Gems exhibition will feature over 400 creations from French jewellery brand Van Cleef & Arpels and 250 minerals from the French National Museum of Natural History Collection. Blending art, crafts, history and geoscience, it will demonstrate the intersection between the science of mineralogy and the art of jewellery-making, taking visitors on a journey from the origins of the minerals to the craftsmanship that transforms these gems into works of art. See it from 23 April to 5 June at ArtScience Museum at Marina Bay Sands. marinabaysands.com/artsciencemuseum

DIGITAL DIRECTION

Art enthusiasts and science lovers alike will want to check out the ArtScience Museum's new **Future World** exhibition, which takes visitors through a futuristic journey of high-tech artworks and interactive digital experiences. Until 31 December 2017, viewers can experience 15 digital installations by Japanese digital art collective teamLab, including "Crystal Universe" (*pictured*), which consists of seemingly endless light particles in a 3D space. The installation puts the viewer at the centre of the universe, allowing him or her to interact with the artwork by moving around the space and adding cosmological elements such as planets to the installation with the swipe of a smart device. For more information, visit **marinabaysands.com/museum**.





MODERN MASTERWORKS

As if you needed another reason to visit the recently opened National Gallery Singapore, which houses the largest collection of modern art in Singapore and Southeast Asia, here it is: new this month at the museum's Singtel Special Exhibitions Gallery is Reframing Modernism, co-curated and presented with Parisian art institution Centre Pompidou. Featuring collections from both the National Gallery Singapore and Centre Pompidou, it includes masterworks by Pablo Picasso (Spain), Henri Matisse (France), Vassily Kandinsky (Russia), Le Pho (Vietnam), Latiff Mohiddin (Malaysia), Affandi (Indonesia), Georgette Chen (Singapore) and Galo Ocampo (Philippines). See it until 17 July at National Gallery Singapore, 1 Saint Andrews Road. nationalgallery.sg



ABSTRACT ART

From 15 to 17 April, Dutch artist José Sintnicolaas and Singaporean artist and poet Deepa Khanna Sobti will present a joint exhibition called **Formlessness Within Form**. Each has her own style of abstract painting. While José expresses more form within her art and experiments with various media, Deepa has more of a purist style, using only oils and a palette knife; also special to Deepa's work is that she writes a poem for every painting that she creates. See it at The Substation, 45 Armenian Street. **substation.org**

POIGNANT PICTURES

It's that time of year again – the jury of the annual World Press Photo Contest has selected its **World Press Photo of the Year**. The winning image, by Budapest-based Australian photographer Warren Richardson, "Hope for a New Life", captures refugees crossing the border from Horgoš, Serbia into Röszke, Hungary, before a secure fence on the border was completed.

"I camped with the refugees for five days on the border. A group of about 200 people arrived, and they moved under the trees along the fence line. They first sent women

and children, then fathers and elderly men," Richardson says of the photo. "I must have been with this crew for about five hours, and we played cat and mouse with the police the whole night. I was exhausted by the time I took the picture. It was around three o'clock in the morning, and you can't use a flash while the police are trying to find these people, because it would just give them away. So I had to use the moonlight alone."

Richardson's image was chosen by 18 internationally recognised photojournalists as the World Press Photo of the Year – which honours the photographer whose visual creativity and skills made a picture that captures or represents an event or issue of great journalistic importance in the last year – out of 82,951 images submitted by 5,775 photographers from 128 countries. To view all awarded photos, visit worldpressphoto.org/collection/photo/2016. Stay tuned for exhibition dates in Singapore.





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OPEN TO THE PUBLIC. JOIN US!

	Date	Events*
	Friday, 3 June	Opening Gala Dinner with Celebrity Chef Mark Greenaway
	Saturday, 4 June	Superbrains: Inter-British Quiz Night
	Sunday, 5 June	Ladies Day at QEII Cup at the Singapore Turf Club: Celebrating 90 Glorious Years
Ó	Tuesday, 7 June	Ladies Luncheon: Fashion Show and Cooking Demonstration
	Wednesday, 8 June	Prize Bingo Night
	Thursday, 9 June	West End Dinner and Cabaret Show
7/4	Friday, 10 June	Comedy Night
	Saturday 11 June	Grand Finale: The Downton Abbey Ball at Shanari-La Hotel Singapore

*All information provided is correct at time of print. Unless stated otherwise, all the events will be held at The British Club.

HONOURING

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Stand to win a 3Day 2Night stay at the luxurious
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For event and sponsorship enquiries, please call 6467 4311 or email activities@britishclub.org.sg





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NOUAL EXPAT LIVING
PHOTO COMPETITION!
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THERE ARE FABULOUS
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FOR THOSE NEEDING
FOR THOSE NEEDING
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SEND US YOUR BEST
SEND US YOUR BEST
SNAPSHOTS BY THEN!



If we choose your photo as the best of the bunch, you'll enjoy a four-night, six-bedroom stay at the luxurious Villa Tasanee in Koh Samui, Thailand (worth \$6,000), complete with an infinity pool and beautiful terrace. facebook.com/everasiavillas



Aside from our main winner, we have one runner-up prize and five category winner prizes up for grabs.

RUNNER-UP PRIZE

The runner-up will receive a creative photography session with **Littleones Photography** and a desktop photograph from the acrylic range. **littleonesphotography.com**

CATEGORY WINNER PRIZES

If you're one of the category winners, you'll win a Sunday Prosecco brunch for two at Grand Hyatt Singapore's Italian restaurant, Pete's Place. singapore.grand.hyatt.com



THIS YEAR, WE ARE LOOKING FOR PHOTOS IN FIVE CATEGORIES:

THE GREAT OUTDOORS

This category's all about capturing great shots of natural surroundings and some animal action, too.

CITYSCAPES

Think architectural masterpieces, structures, landscapes and urban atmosphere.

EPICUREAN ADVENTURES

Take us on a journey to discover amazing food and delightful delicacies.

CULTURE AND HERITAGE

Here, we want to see people in their element, and places saturated in tradition – from monks in ancient wats to the village women in the remote hills of far-off lands.

FAMILY MOMENTS

This category covers special shared moments, images of loved ones recorded in Singapore and beyond.

DEADLINE: 20 APRIL

HOW TO ENTER: You can email photos in JPG format (ideally between 1MB and 5MB in size) to contribute@expatliving.sg (with the subject, "Photo Competition 2016"). There's a maximum of 10 photos per entrant.

Photos should be accompanied by a text document (no embedded photos, please) with captions of no more than 50 words per photo – giving a title and perhaps some background information on the shot; feel free to share what you loved about the location, or what you like about the photo in general.

You must keep your original files (digital files or scanned photos) for reference; they may be needed to demonstrate that this is your own work.

Each photo sent by email must not exceed 5MB in size. If your photo is larger than 5MB, please reduce the size, and we will ask for a larger version if you have a winning entry.

Photos taken on a camera-phone are acceptable. Images taken on film must be scanned into digital format by the entrant.

Some digital manipulation of photos is acceptable (cropping, sharpening and so on).

ANNOUNCEMENT OF WINNERS: Results will be announced in the June 2016 issue of *Expat Living*.

Be sure to check **expatliving.sg/photo** for further details on the competition and confirmation of our panel of judges.

Around Town















Poker Party

The stakes were high at the Journey East Games Night, held at the Journey East showroom in the Tan Boon Liat Building. Exquisitely crafted mahjong and poker tables by District Eight were used, under the instruction and supervision of on-hand poker masters. Some covetable Journey East lamps were up for grabs, too.



Morning for Mums

On 16 January we hosted our first *Expat Living* Mums & Little Ones event. Mums and mums-to-be gathered over coffee at Café Melba to listen to lactation expert Jani Combrink discuss breastfeeding and offer tips on successful nursing. Littleones Photography snapped some fab pics for us, while PIGEON included great gifts in the jam-packed goody bags. Our next Mums & Little Ones event takes place this month soon – keep an eye out for details at expatliving.sg/events.





A home for your mother tongue!





Because education is all about communication

At GESS, we appreciate the importance of learning your mother tongue and understand that it can be especially hard for children living overseas. That's why our European Section, where English is the language of instruction, offers a comprehensive range of native language courses designed to help students learn their home language despite the distance.

So whether you're from Holland, Denmark or Germany, your children can study their native tongue at school. GESS is a not-for-profit, international school with a distinctly European flavour, educating children from 18 months to 18 years. We are an accredited IB World School, as well as an Excellent German School Abroad.

























Nespresso at St Pierre

St Pierre Executive Chef Emmanuel Stroobant put together a special coffeecentric menu for the French fine-dining restaurant's Chinese New Year lunch and simultaneous launch of Nespresso's two limited edition coffees: Umutima from Rwanda, and Tanim from Mexico. Sommeliers shook up caffé margaritas specially concocted for the occasion, while a calligrapher used a coffee-based ink to write New Year messages for guests. The event also promoted the message of sustainability in coffee production, reminding us to recycle our used capsules at Nespresso boutiques.



Styling Solutions

We spent a lovely morning in February at the stunning Gallery 278 showroom, listening to principal designer Felicia's home décor styling tips. Rina from Sofzsleep and Rosanne from King Living were also on hand to give some expert advice on home décor issues. Find out about our future events at expatliving.sg/events.







A Floral Affair

At FairPrice Antique's monthly "Nice to Have" evening, guests enjoyed drinks and nibbles in the showroom, while browsing an exhibition by Louise Hill Design featuring limited edition pieces for sale from the designer's Pink Peony collection, which was created especially for FairPrice Antique.







MELBOURNE

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Melbourne Specialist International School (MSIS) offers a unique and innovative model for teaching students with intellectual and multiple disabilities. The school uses the arts as a vehicle for highly meaningful engagement in curriculum delivery. MSIS combines education, therapy and wellbeing to plan and deliver learning on an individual student basis.



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The Pantry | 75 Loewen Road, Singapore 248844 | 6474-0441 | www.thepantry.com.sg

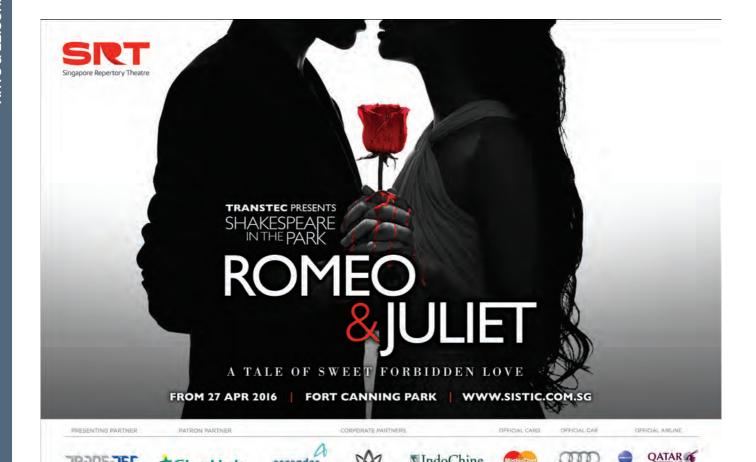




Melbourne Specialist International School 75C Loewen Road, Loewen Gardens, Singapore 248853 Phone: +65 6634 8891 | Email: admissions@msis.edu.sg www.msis.edu.sg







ascendas

IndoChine 1









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We focus on them, going beyond formulaic learning.

At One World International School, we focus on individual student oriented methodologies that revolve around a structured curriculum with an experiential and inquiry based approach to learning. Ensuring that your child is a knowledgeable, creative and confident individual.



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One World International School 696 Upper Changi Rd East Singapore 486826.

LIFE & FAMILY



138 Photography: Janette Osvay's favourite family photo locations

146
Shopping Guide: How to make travelling with kids easier

144
Night out: Who is headlining
Best of British this year?

What's New

For babies who can sit upright, the inflatable, non-slip **Munchkin** duck tub from Motherswork is convenient for safe and fun bath times, even when travelling. \$34.90. **motherswork.com.sg**



Summer Camps

Kids and parents alike will be saying "Hooray!" to this news. When school's out for the summer, the newly revamped Summer Program at **Quayside Isle Preparatory School** begins. Send your children along to learn drama (courtesy of Centre Stage), yoga and movement; or, for the fun support programme, to help improve writing and speaking skills. Enrolment is now open for weekly camps tailored to children aged three to six years. The Summer Program runs from 13 June to 8 July at #01-17 Quayside Isle, 31 Ocean Way.

6235 7527 | quips.sg

Needles and Thread

Hands up who remembers diligently sewing a pillowslip in order to receive a sewing badge at Brownies or Cubs? Believe it or not, sewing is credited with developing confidence and improving concentration and patience – all skills that kids need to learn. If your own skill-set is lacking, or if you don't have the patience or time to teach your own children, check out the kids' sewing workshops offered by **Sew Into It**. Two-hour workshops, in which they can create a book cover, cushion or bag, start from \$40. Parents can enrol in classes too. 333 Kreta Ayer Road, #02-32. **sewintoit.com.sg** •



Growing Bear

Maple Bear, a preschool provider for children aged two months to six years, is expanding. The group, which has over 200 schools worldwide, is adding to its eight centres across Singapore, six new outlets to open by September at locations including Bartley, Katong, Changi and Serangoon North. Offering a rigorous programme utilising a Canadian methodology and curriculum, Maple Bear was developed by Canadian educationalists and tailored for the children of Singapore by local early learning expert, Patricia Koh, founder of Pat's Schoolhouse. 9777 4866 | maplebear.sg







The American Association of Orthodontists recommends that children receive their first orthodontic checkups by age 7.

Is your child 7 yet?

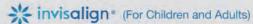




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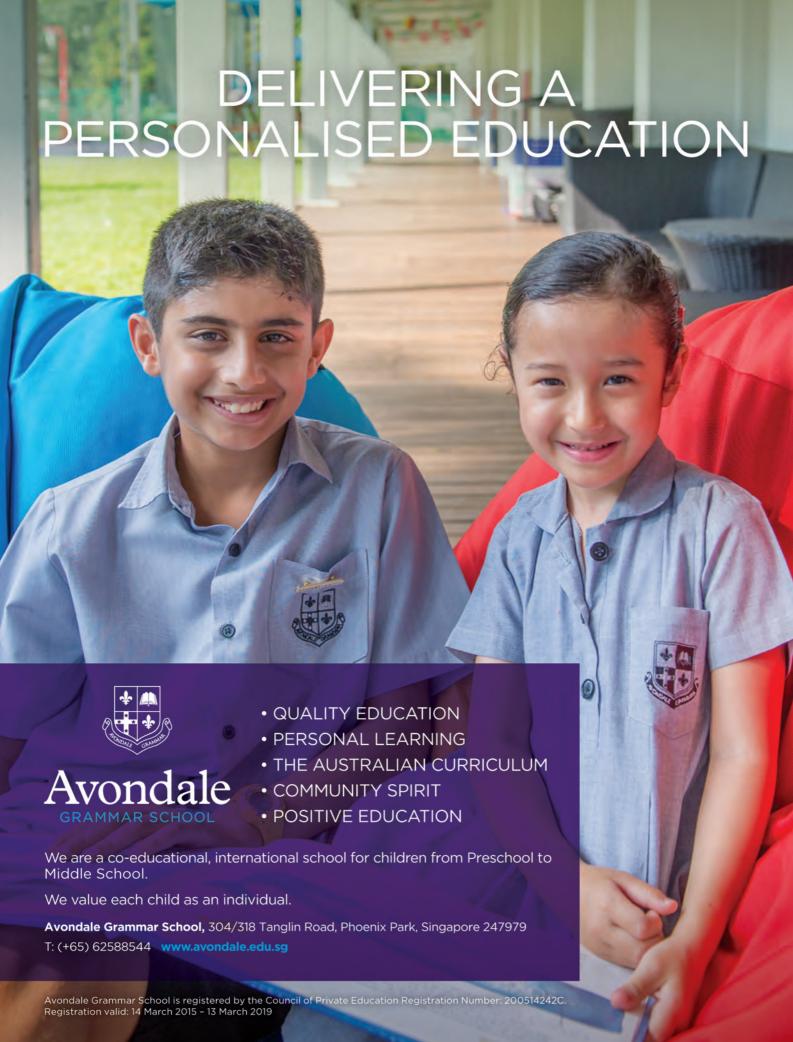
Spare a thought for Singapore expat Selina McCole this month as she competes in the sixday, 250km Marathon Des Sables in the Sahara Desert. Doing a marathon a day for six days straight sounds tough enough – but in sweltering desert conditions? In what is known as the toughest footrace on earth, competitors carry everything they need for the week on their back; only water is provided. Selina is raising money and awareness for Women for Women International (womenforwomen. org.uk), a charity that provides life, business and vocational skills to marginalised women in countries affected by war and conflict. Disturbingly, in modern wars, it is more dangerous to be a female civilian than it is to be a soldier. To donate, visit justgiving.com/Selina-McCole.



Photo Heaven

This month, **White Room Studio** launches a gorgeous new gallery with an exhibition of the work of its own talented photographers. *Expat Living* readers are welcome to check out the new third-floor space and take advantage of a special opening deal: \$80 off all portraiture packages (packages must be paid for by 31 April). 219 River Valley Road. **6235 7037** | **whiteroomstudio.com.sg**





Environment Focus

Film Festival

As part of the Earth Film Festival – the world's first crowd-based film festival – everyone is invited to host private screenings of internationally acclaimed sustainability documentaries on Earth Day (22 April). Selections includes *Home*, featuring aerial shots from over 50 countries; *The Cotton Road*, about the environmental and human cost of cheap fashion; *Heart of the Haze*, set in Central Kalimantan amid last year's haze; and *Trashed*, a film about global waste, and featuring Jeremy Irons. It's free to register as a host; just select your preferred film and screening dates at **earthfestsingapore.com**.





The Future of Plastic

Plastic is everywhere, and it's hard to imagine life without this ubiquitous material. But with the positives come the negatives, and many of these negatives are things that adversely affect the environment. With this in mind, it's worth taking time to read a new report on the topic, *The New Plastics Economy: Rethinking the future of plastics*, presented at the Davos World Economic Forum in January. Find out what the future holds and how organisations in the plastic-packaging chain can innovate and improve. www3.weforum.org/docs/WEF_The_New_Plastics_Economy.pdf \[\]

Collecting Rubbish

The pollution crisis facing the world's oceans is something we've mentioned on these pages previously, including reference to the massive pyres, like the Great Pacific Garbage Patch, which contain millions of tonnes of plastic. The report we've just mentioned, The New Plastics Economy, estimates that by 2050 the weight of fish in the sea will be overtaken by the weight of plastic. Let's hope the incredible work being done by Dutchman Boyan Slats to clean up this diabolical mess is successful. Crowdfunded to the tune of millions of dollars, his solution is a machine that uses the ocean's own currents to completely clean itself. Following years of research and development, the first trials will be deployed off the coast of Holland this year, and off Japan in 2017. theoceancleanup.com ▶





"A Small School With A Big Heart!"

Among the many big, international schools in Singapore, there exists a boutique school with no less an impact on Singapore's educational scene.

The Integrated International School (IIS) provides exemplary personalised attention and support. IIS offers:

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- A core socio-emotional curriculum to supplement academics
- 7. Learning/behavioural support to enhance students' life skills

Call us for a school visit at 6466-4475 or contact us at admissions@iis.com.sg today!

NOTICEBOARD

FAMILY NEWS



Martine Rondeel and
Mark Preece are delighted
to announce the birth of
son Luca Theodore on 12
February, joining excited big
brother Noah.



Jaiden Annabel Rice arrived on 13 February to ecstatic parents April and Todd and big sister Calia.



Mark and Joanna Walker are thrilled to announce the arrival of James Ralph William Walker, affectionately called William, on 23 January.



Claire and Aaron Seabrook and big brother Nathan welcomed the birth of Abigail Elizabeth on 18 December 2015.

Congratulations!

All babies featured on this page will receive a \$500 voucher from Tomato Photo, which can be redeemed against a photoshoot and small product. The voucher cannot be used in conjunction with any other offer, and is valid for three months upon prize-giving. 6440 7567 | tomato.sg





Just had a baby? Newly married? Recently engaged?

Moved back to Singapore and want to let people know you're back in town? Whatever your announcement, we will get the message out. Email us at editorial@expatliving.sg.

ANIMAL ADOPTION

The House Rabbit Society of Singapore (HRSS) is an all-volunteer, non-profit organisation dedicated to rabbit welfare and awareness. If you're interested in adopting one of these bunnies, or want to find out more about how you can help, contact HRSS through its website, hrss.net.

Firstly, however, HRSS urges those interested in adopting a rabbit to consider the following:

- The primary caregiver must be an adult (over 21 years of age), and the entire family must want the rabbit. To ensure this, a home interview with the prospective adoptive family may be carried out.
- A rabbit adopted from HRSS must have its primary living space indoors, and must spend every night indoors. Rabbits housed outside are at high risk from mites, ticks, heat exhaustion and predators.
- Homes with dogs and other animals will be considered on a case-by-case basis.
- If the rabbit is going to be home alone for a significant amount of time HRSS would ask the applicant to consider adopting a second rabbit.
- As the primary component of a rabbit's diet is hay, it's advised that all family members take a hay allergy test before considering adoption.



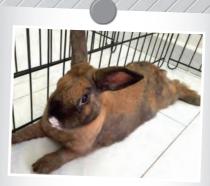
Mum Coca is sweet and gentle, whereas her boy, Cola, is a little more shy.



Nutella is extremely humanfriendly, doesn't chew or bite, and is not picky about her food.



These active and playful brothers are very responsive and attentive; Dalton (grey) loves being stroked, while Milton is a bit temperamental.



Callie is a shy little girl who needs time to warm up, but she is also active and enjoys her playtime. She also has good litter habits, and is a neat and tidy girl.



The benefits of an international school education in Singapore are clear, regardless of whether your children attend for just a few years in junior school, or stay on to graduate. Expat Living tracked down five amazing alumni and found out what they have gone on to experience and achieve since graduation day.



Jackson Kirkwood-Dowd

Nationality: Australian

Lives in: London,

Home: North Queensland, Australia

School: Australian International School (Grade 11 and 12), 2011-2012

Year of Graduation: 2012,
Australian Higher
School Certificate

School Days

"There are not many high schools in the world that send you to an island paradise for a field trip; for that reason the Year 11 Geography class trip to Tioman Island, Malaysia, is a standout memory. Academically, my favourite subject was Economics and my fantastic teacher Gregory Verdon was second to none in the field.

"After graduation it was a toss-up between studying Economics or Hotel Management, because I had been accepted to study both in highly regarded universities. I followed my gut, chose hotel management and never looked back.

"I think the most important thing to remember upon graduation from high school is that you will never be fully prepared to make that transition into the real world; there will be curve balls at every turn, but try to enjoy your time – and don't worry too much.

"I've kept in touch with a close group of friends from our graduating class and we catch up regularly. Almost our entire graduating year celebrated the wedding of one of our classmates in Bali last year, and I also attended an AIS reunion in Sydney, which was fantastic."

University Life

"I completed a Bachelor of Business Administration in International Hotel and Resort Management and a Diploma in Hotel Operations at Les Roches International Hotel Management School Switzerland, and finished my final semester at The Blue Mountains International Hotel Management School Sydney, graduating in September 2015.

"At the beginning of the course I definitely knew that I had made the right choice to follow a career path in the hospitality industry. I guess you could say I am living the dream. My father, himself a seasoned hotelier, advised against a career in hospitality; however, both of my parents were very supportive of my final decision."

Career Moves

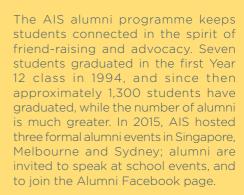
"Now, I'm working as Night Manager at The Ritz Hotel London. I'm enormously proud to be associated with The Ritz, where I'm not only exposed to the luxury benchmarks in the industry, but also get to share the stage with some of the world's best in their respective fields of work. The UK is certainly colder than Singapore and Australia where my family are spread between, but London has its own distinctive vibe, centuries of history and great nightlife that is hard to beat."

"I guess you could say I am living the dream."



Ten Years' Time

"I see myself eventually living back in Singapore in a senior role within the hospitality industry."



1 Lorong Chuan 6653 7906 | ais.com.sg



Florian Winkler

Nationality: German

Lives in: Germany **Home:** Singapore

School: German European School Singapore, 2007-2012

Year of Graduation: 2012,
German *Abitur*

School Days

"While the mission of GESS is to give its students roots and wings, I never fully comprehended this motto until I started my university studies. The real and long-term value of education at GESS is not the teaching of specific school subjects and factual knowledge, but the teaching of problem-solving skills, the value of teamwork and critical thinking in an international environment. School taught me to be disciplined and ambitious, but GESS also taught me to be open and tolerant to people of various backgrounds, to take responsibility and to be able to make compromises. These qualities, values and perspectives turned out to be very beneficial for me in higher education and work placements.

"The Southeast Asian Games in Singapore (2009) and Manila (2011) were my most memorable experiences, as students from each German-speaking school in Kuala Lumpur, Jakarta, Manila, New Delhi, Bangkok and Singapore gathered to compete in four different sports. Another fond memory is the two-week class trip to a small Indian village in Kerala in 2010, where we completed a social project and helped with the renovation of a primary school.

"I spent seven years of my childhood and youth in the US and Singapore, and my parents still reside in Singapore. I've revisited GESS three times since graduating, and although we are spread all over the globe, I do keep in touch with close school friends; a few of us met up in Berlin last month."

University Life

"Currently, I'm completing a Bachelor in Political Science and Economics at the Ludwig Maximilian University of Munich, Germany and will graduate this month. In September, I'll commence a Master in International Relations, either in London or Berlin. My university studies are the fulfilment of the dream I had at high school graduation."

Career Moves

"Right now I'm an intern at the German Bundestag (Parliament) in Berlin, working for a Member of Parliament who specialises in foreign and development policy. Over the past three years, a variety of work placements has offered me valuable experience at the United Nations in New York, in Singapore and in government bodies in Berlin. I even had the chance to prepare and conduct an interview with Germany's Chancellor Angela Merkel."

Ten Years' Time

"After graduating from university in 2017 or 2018, I aim to pursue a career with an international focus. I'm not able to say where I will be – and that's very exciting!"



The GESS Alumni Programme connects the school with former students to share their memories and achievements. The first GESS graduating class was in 1989, and graduated alumni number over 1,000. Alumni can check the website alumni portal and quarterly alumni newsletter, and are invited to participate in school events.

72 Bukit Tinggi Road 6469 1131 | gess.sg

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Paediatric Clinic | 1 Orchard Boulevard, Camden Medical Centre #11-06 | 6887 4440



www.imc-healthcare.com



Francesca McKee
Nationality:
British
Lives in:
Singapore
Home: UK and
Singapore
School: Tanglin
Trust School
(from age seven
to 13), 1995-2001

School Days

"I have incredibly fond memories of Tanglin; it shaped who I am today. I particularly enjoyed the way they brought history to life through themed days: writing on chalkboards like the Victorians, and drafting epic poems like the Greeks. The variety and creativity of these activities impresses me to this day, and was often down to the talented teachers.

"The highlight of the school year was the annual trip overseas to somewhere in Southeast Asia or Australia. Staying with an indigenous tribe in a longhouse in Sarawak, Malaysia, was a unique experience.

"Tanglin helped to instil characteristics in me and others that I believe have contributed to our success: firstly, creativity – because interesting and creative teachers help push students to think outside the box and reach for new ideas and solutions; this trait is rare and desirable in the world of work; secondly, encouraging students to achieve their goals and dreams, whether they be in academia, sport or drama. Tanglin is a global school for globally aspiring students.

"In terms of alumni engagement, I attended a successful event in London while I was at university and have since endeavoured to be involved whenever I can. Some of my Tanglin school friends attended my wedding in Rome last year, and of course Facebook is very useful for reaching out to old friends."

University Life

"I studied Economics and International Development at the University of Bath and graduated in 2011. Choosing Economics was based on a combination of my strengths (maths, English and geography); but the international development side was a fulfilment of my desire to help the needy to do better, and to make a difference."

Career Moves

"Currently I work at the British High Commission in Singapore as an economic adviser. In this role I advise on and analyse issues relating to Singapore's economy, work with the Singapore government on economic and trade policy issues (on behalf of the UK government) and advise UK companies on the business environment here.

"It's essentially what I dreamed of doing when I left school: meeting and working with interesting people from around the world, and discussing global economic issues with them. I feel very

"Tanglin helped to instil characteristics in me and others that I believe have contributed to our success." lucky to be supporting and promoting the UK (it's my home country – where my parents now live) to Singapore (my second home) and fostering stronger ties between the two."

Ten Years' Time

"I hope to be working in a similar field on economic and global issues, perhaps heading up a team in an international agency or research firm. But my core dream remains the same: to travel, and to work with interesting people."



Tanglin School was founded as a primary school in 1925 and expanded into Senior School education in 1996. In 2003 the first A-level cohort graduated, while the first International Baccalaureate cohort graduated in 2011. The Friends of Tanglin and Alumni community numbers almost 10,000, and any student who attended Tanglin or one of its predecessor schools for at least one term is welcome to register. alumni.tts.edu.sg

95 Portsdown Road 6778 0771 | tts.edu.sg



Heron Holloway Nationality: British Lives in: Hong Kong Home: UK School: UWC South East Asia, 1993-2000

Year of Graduation: 2000, International Baccalaureate Diploma

School Days

"Home has always been wherever I happen to be living, and during my seven years of boarding school at UWCSEA, home was wherever my parents were at the time: Bangladesh, Zambia and Indonesia.

"Although he didn't teach me, Mr Green has to get special mention. He was the boarding house master when I was in Junior House (as it was then called). He was strict, but cared so much about all of us. One memorable evening when I was 13, my dorm-mates Jeni, Anne and I were chatting long after 'lights out'. We didn't even bother trying to whisper – each lying in our own beds, talking, when I heard a voice calling my name. Rather confused, I stepped outside the dorm room and on to the verandah. I peered over the side, and there was Mr Green! He had shimmied up the side of the building. I distinctly recall him say: 'Go to sleep, I can hear you over the bullfrogs.'

"One fantastic trip I recall was to Ladakh, India. We hiked in the breathtakingly beautiful Himalayas, then visited a school that UWCSEA supports financially through its Global Concerns scheme, and handed over school supplies, and concluded the trip with a local home stay. Working with people of all nationalities and backgrounds, and the desire to help those less fortunate, are things that were cemented during my time at UWCSEA. It definitely prepared me for my chosen career.

"I organised our year group's five-year reunion in Singapore, which was attended by more than 80 people, and I returned for the 10-year reunion organised by the UWCSEA alumni programme. During the time that I lived in Singapore (2011-2014), I presented assembly talks and was the guest speaker at the 2013 graduation ceremony. Many of my closest friends are from UWCSEA and I've been to a lot of weddings in recent years. I was maid of honour for Jenida Morgan (née Satem); we lived in the boarding house together for seven years."

University Life

"When I discovered that anthropology was a subject you could study at university, I knew it was what I wanted to do. I went back to find my English roots and completed a Bachelor of Arts in Sociology and Anthropology in 2003, followed by a Masters in International Relations in 2004 at Durham University, UK."

Career Moves

"I worked globally for the British Red Cross for years after leaving university. Since 2015, I've lived in Hong Kong and recently had a baby, Riley. I'm the Director of Communications, Asia-Pacific, for Habitat for Humanity, a global non-profit housing organisation. Every single day is different, working with a huge range of people and knowing that what you do every day makes a difference to other people's lives."

Ten Years' Time

"I intend to continue helping others, living somewhere interesting and having adventures."



"Working with people of all nationalities and backgrounds, and the desire to help those less fortunate, are things that were cemented during my time at UWCSEA."

Dover campus celebrated its first graduates in 1973, and the East campus in 2014; UWCSEA is in contact with 11,000 of its 20,000 graduate alumni. Annual milestone reunions in Singapore each August celebrate 10, 20, 25, 30, 35 and 40 years; additional annual events are held in Singapore, the UK and in Europe, and year-about in the US or Australia. A range of initiatives keep alumni in touch with the College and each other. alumni.uwcsea.edu.sg

East Campus, 1 Tampines Street 73 6305 5344 Dover Campus, 1207 Dover Road 6775 5344

uwcsea.edu.sg



Carlo Cruz

Nationality:
Filipino

Lives in: Manila **Home:** Manila

School: Canadian International School, 2000-2002

Year of Graduation: 2002, Ontario Secondary School Diploma (replaced in 2003 by International Baccalaureate)

School Days

"Two memorable teachers immediately come to mind, and they are still there, I believe: Ann Green and Rick Butler. Subjects like art and literature really pushed me in the right direction to prepare me for university and work. I don't think I could survive work today without the valuable acting lessons learnt when we produced the school play. Being an effective director means knowing how to give direction to the actors, staff and post-production team, and I have Mr Butler to thank for that.

"A few years ago, I revisited CIS to help out with their Career Day. They wanted people from different professions to impart their career experience to the students. The students were a lot of fun to talk to and were curious about my chosen industry, although I hope I didn't scare anyone out of making a career in filmmaking, acting or advertising!

"I make an effort to keep in touch and see my old classmates when I get the chance; although, like me, they have since moved to other countries."

University Life

"After graduation I went on to further my design skills at Lasalle College of the Arts in Singapore, and that's where I discovered my love for filmmaking. Though it's a similar process and discipline to animation, filmmaking has such a magical appeal and is a rewarding process. And I found out that I was good at it.

"Later, during my first year of a different course in Australia, I realised that I should really be pursuing studies in filmmaking. In 2007, I graduated with a Bachelor degree in Film and Television at Melbourne's Swinburne University, which fulfilled my dream of studying animation, storytelling and directing. My parents were very supportive of my decision from the beginning. I could tell from my mum's initial reaction that she had her doubts, but she believed in my dreams and me, and both my parents are still supportive of my chosen career."

Career Moves

"I'm working in Manila as a freelance director, creating movies and advertising. I independently produce films and direct commercials and I'm a content creator on YouTube. Being a director is amazing because I can take people on a roller-coaster ride of emotions that are all universally understood – it's almost like being a magician."

Ten Years' Time

"Of the many possibilities, I see myself working in a large production house, overseeing different movie and commercial projects, and with a wall of trophies; maybe married with two kids, and a house with three cats, with a flying DeLorean sports car and self-lacing sneakers!"

"I don't think I could survive work today without the valuable acting lessons learnt when we produced the school play."



Over 1,000 students have graduated since CIS began 26 years ago; the first class graduated in 1992. All alumni can keep in touch through the CSI alumni Facebook page and look out for a new alumni section on the website later in the year. α

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Arsenal Soccer Schools Singapore & Paul Parker Opening Up Every Saturday at 10.30am at Tanglin Trust School Free Trial on April 19 at 10.30am - Open To All Children u3 to u12 - All Abilities!

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Behind the Lens

Photographer JANETTE OSVAY talks about life behind the camera.



From: Hungary

Years in Singapore:

Arrived in August 2015 for a second stint.

Journey to Singapore:

Two years in Cambridge in the UK; before that, Australia for about a decade

Years in photography:

Nine years as a family photographer; studied in Sydney for three years; opened first studio in 2007.

Areas of interest:

pregnancy, newborns, babies, children and families.

"One of the best parts of the job is creating image sets that first show the emotion and excitement of the expectant parents and then their joy as they hold their newborn in their arms."

Favourite Asian location for photography?

My absolute favourite is Singapore, because the variety is simply amazing. I love the historical side of the city, with its mix of colonial and Asian buildings, and also the religious side – the temples, churches and mosques. The jumble of modern buildings with unusual architectural forms and shapes make this city so unique, as do the beautiful parks. Here, a photographer can challenge his or her skills in a different subject area every single day.

If you could photograph any well-known person, who would it be?

My favourite actor, Edward Norton (Fight Club, The Painted Veil, Birdman); he is incredibly talented. I'd love to take a series of images portraying his different faces, if he would let me!

What's your favourite outdoor shoot location in Singapore?

For outdoor family photography, it's Pasir Ris Beach because it's peaceful and offers a variety of backgrounds and settings: gardens, the mangrove boardwalk and the beach. A favourite urban spot is the Quays along the Singapore River; I love the mix of traditional and modern buildings, the bustling nightlife, and the fact that the water always looks good in the foreground or background of an image.

What is the focus of your work?

I capture the precious moments as families move through different life stages, from pregnancy to babies and then as the children grow up. Mostly, I work in my professional photo studio, although the location shoots that are sometimes requested are fun.

What camera do you use?

I use two professional cameras: a Nikon D3S, 12-megapixel full-frame digital SLR; it's fast and reliable with excellent battery life. The Nikon D610 is smaller and lighter and great for the outdoors – it's another full-frame digital SLR, with a 24-megapixel sensor, and an image quality that never disappoints. α

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Loving the Great Outdoors

We spent 20 minutes with ANA PECKHAM-COOPER, who explained why she started eco-friendly preschool,

The Garden House.

Ana, tell us a little about your background.

I was born in Singapore, started my schooling here and then moved away to continue my education. I lived abroad in Ireland, Inner Mongolia, the UK and Germany before returning home to Singapore in 2008.

Tell us about your family.

I have a girl and a boy; both aged five. We adopted our son from Morocco when he was 18 months old. Moving back to Singapore to start a family was a no-brainer for us, not just because my family lives here, but also for the general benefits of raising children here.

What motivated you to set up The Garden House?

My own childhood experience was an important factor. I was a quiet child, always slow to warm up to others; I preferred to be on my own, or with children I knew very well. I struggled a little growing up initially, as I almost felt I did not belong. I was teased because I spoke "proper" English and because I generally preferred books. It would have been better if I had felt that I was valued just as I was.

The best times of my life were at my grandparents' home in a rural Malaysian kampong, where my parents sent me during the long school holidays. There was no running water and no electricity, and the day-to-day life was so different to Singapore.

The experiences were unforgettable. My grandparents set tasks for me like feeding the chickens, collecting herbs and vegetables from the fields prior to lunch and dinner, learning how to cook, and shopping at the wet market. I spent lots of time outdoors and barefoot with other children from the kampong, climbing trees and using whatever we found as toys.

I wanted these experiences for my own children. It was important to me that my children would be able to walk around barefoot on grass in the rain, and be OK with it.



Is there a typical day at The Garden House?

Since we opened in 2013, *every* day is different and brings a different energy from the children and from the staff. Two things that remain constant are my love and adoration for the children in my care, and my respect and admiration for my staff.

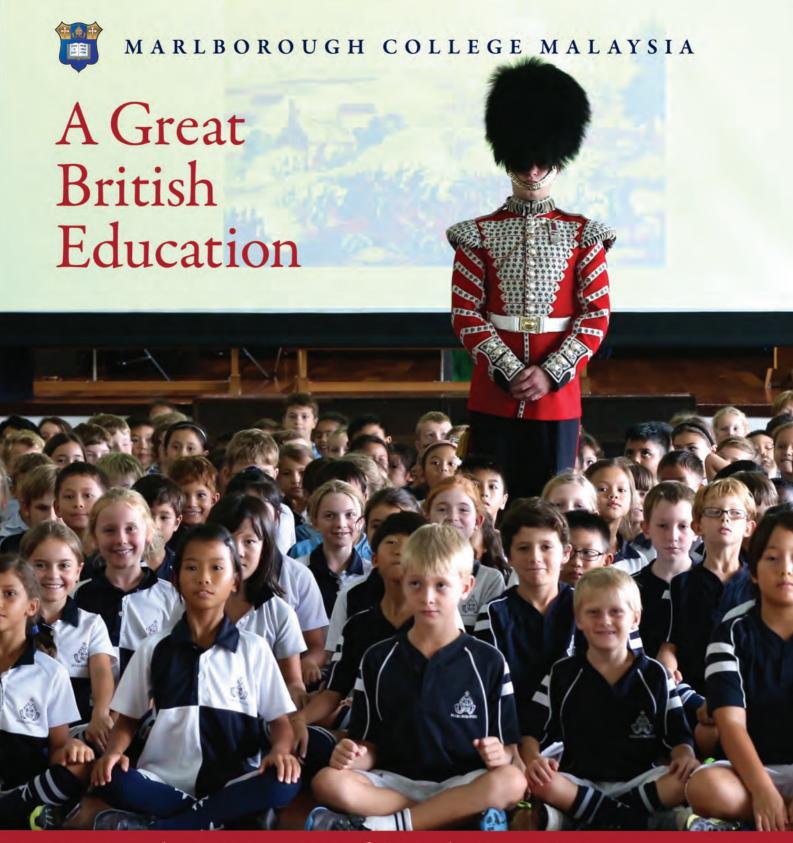
What do you enjoy in your free time?

I'm passionate about my health; I train every day at boot camp with my trainer and once a week with my team, which is lots of fun! I hope to enter the Spartan Race this year and maybe do some white-collar boxing. ϵ

Great Outdoors

"Students spend a chunk of their school day outdoors, and meals are enjoyed alfresco too. Environmental education is incorporated in all lessons and children participate in daily morning gardening sessions where they can take charge of their own plots. They are taught to respect all creatures in the habitat including lizards, birds, frogs, butterflies and grasshoppers. Best of all, we all enjoy harvesting vegetables together at harvest-time." – *Ana*

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85 percent of the 2015 graduating class completed at least one AP course. Of the 1,591 AP tests students took in over 30 different subjects, 93 percent of SAS students scored a three or higher.



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Baby Skincare **BREAKTHROUGH**

It's a little known fact that a newborn baby's skin is only a third as thick as that of an adult. Because of this delicateness, it's recommended that babies are regularly moisturised. Happily, **PIGEON** has developed an exclusive product line specifically for this purpose; YUSUKE NAKATA, Managing Director at PIGEON Singapore, reveals more about the Newborn Pure range.

PIGEON is known for its baby bottles and breastfeeding accessories; what else can you tell us about the brand?

Founded in Japan, PIGEON has over four decades of credibility and experience, and is a global leader in newborn skincare technology. PIGEON products are developed by a team of world-class scientists who continually strive for innovation. The Newborn Pure series is made in Japan.

Vernix and ceramide explained

PIGEON's own market research found that 64 percent of mothers were unaware of the dual layer of moisture found on the skin of babies: 80 percent didn't know about vernix and 61 percent hadn't heard of ceramide.

Dr Mark Koh Jean Aan, Head and Consultant, Dermatology Service at KK Women's and Children's Hospital, explains: "Newborn skin differs from that of older children and adults, both in structure and function. Two natural substances help protect babies' sensitive skin: vernix, a creamy-white waterproof layer on the skin of an unborn baby that helps the maturation of skin, and **ceramide**, also found on babies' skin at birth, which acts as a barrier to help the skin remain moist and supple. At birth, vernix acts as a lubricant and protects the baby from bacteria outside the womb, and both substances are equally important to give babies a head start to great skin."

What is Natulayer and how does it work?

Natulayer is PIGEON's innovative and trademarked formula. It's made with ingredients that mimic the natural coat of protection found on a baby's skin in the womb. This skin can become dry, flaky and sensitive after birth; Newborn Pure hydrates and protects the skin by locking in moisture.

How were the products evaluated?

All Newborn Pure products were put to the test: firstly, in a blind product evaluation test with mothers; secondly, in a test against other leading baby skincare brands. The results unanimously showed that mums prefer the Newborn Pure series.

How long did the PIGEON research team spend developing the breakthrough formulations?

It took us approximately two years to perfect the product. Rather than working in isolation, we enlisted mums who use premium baby skincare products to give us their view, which helped to validate the range. Newborn Pure is based on the understanding of how vernix and ceramide provide a dual moisturising benefit on babies' skin.

It seems to be an extensive range, covering every aspect of skincare.

Yes, we wanted to cover every aspect of baby skincare, from head to toe, with a complete day and night regime. The series includes five products, all containing Natulayer: Purifying Body Wash, Nourishing Shampoo, Moisturising Lotion, Calming Oil and Protective Cream.

Product spotlight: Calming Oil

Calming Oil soothes and calms, so applying it to the skin is not only nourishing, but also a sensory experience. It's perfect for baby massages, which can relieve common irritations like colic, and improve sleep. The bottle features a unique dispensing tip, which takes the mess and acrobatics out of applying just the right amount to the skin. As with all Newborn Pure products, it is dermatologically tested, and free from parabens, alcohol and other nasty ingredients that may cause skin irritation.

Find Newborn Pure at Motherswork, selected Guardian pharmacies and department stores. newbornpure.com.sg



Big It Up!

The **British Club**'s annual celebration of all things British returns this year from 3 to 11 June and absolutely everyone is invited to join the party. General Manager SEAN BOYLE explains what's happening.

What is Best of British?

Our annual celebration of British food, entertainment, fashion and culture – this is the British Club's signature event. Importantly, all events are open to the public and this year is extra-special because it coincides with the 90th birthday of Her Majesty, the Queen Elizabeth II.

Are you offering any special deals to mark the occasion?

Yes! To mark Her Majesty the Queen's birthday, the Club has memberships available at amazing prices. Check out the deals at britishclub.org.sg/bestofbritish.

We heard the comedy line-up was fabulous last year; who's featuring in 2016?

Promising to be bigger and better, we are delighted to announce that Pete Price, who has provided much laughter with his hilarious brand of comedy for the past three years, will return as our Master of Ceremonies, and Mick Miller, one of the UK's top stand-up comedians, will join him. Mick and Pete will be supported by funny man Will Mars, and Scott Mitchell, Scotland's own witty and satirical comedian.

Who's cooking this year?

Look forward to some amazing food! Award-winning celebrity chef Mark Greenaway, who has three AA Rosettes for Culinary Excellence under his belt, will showcase his culinary prowess at two events: the Opening Gala Dinner and the Ladies' Luncheon: Fashion Show and Cooking Demonstration.



Aside from comedians, what other entertainers can we expect?

On the musical front, highly acclaimed West End of London musical artiste Emma Dears will feature in the West End Dinner and Cabaret Show on 9 June as well as in the Grand Finale: The Downton Abbey Ball on 11 June. ϵ

FOR A WORTHY CAUSE

All funds raised from the Best of British auctions and raffle ticket sale will be donated to the British Club's two adopted charities, The Gurkha Welfare Trust and Riding for the Disabled Association Singapore.

The Best of British is open to everyone and tickets are available online now.

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ON THE GO

Here's our pick of practical (and stylish) products that are designed to make your life easy, both when travelling and hitting the great outdoors with the kids!



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Twistables, \$22.90,
Motherswork

Bugaboo Bee 3 by Diesel Rock, \$1,529, **Motherswork**



SugarBooger jumbo floor splatmat, \$74.90, **Motherswork**

Mini2go, \$185, White and Black Trading



Babybjorn travel cot, \$459, Motherswork



Je Porte Mon Bebe PhysioCarrier, \$249.90 to \$269.90, **Baby Slings & Carriers**

ELLIFE & FAMILY



Micro lazy luggage, POA, **White and Black Trading**



Ciao Baby portable high chairs, from \$139.90, Baby Slings & Carriers





Micro trike, \$125, White and Black Trading



Cuckoo Poncho, \$69, **Cuckoo**





Kiddimoto helmets, \$68.90, **The Children's Showcase**



Lassig Green Label Nexkline bag, \$269, **Motherswork**



Grovia Kiwi Pie cloth diapers, \$44.90, **Baby Slings & Carriers**



Hipster Light baby carrier \$199.95, **MiaMily**



Finfoband wristband, \$5.90, **The Children's Showcase**

Numero 74 travel changing mat \$60, Cuckoo



Manduca sling, \$99.90, **Baby Slings & Carriers**

Atsuyo and Akiko gold sequin bag for stylish mums, \$190, **Cuckoo**

Directory

Baby Slings & Carriers #06-01 Tai Lee Building, 39 Jalan Pemimpin babyslingsandcarriers.com

Baby Jogger babyjogger.sg

The Children's Showcase Tanglin Mall and PasarBella at The Grandstand showcase.com.sg

Cuckoo Block 6B Dempsey Road cuckoo.com.sg

MiaMily miamily.com

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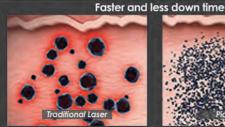
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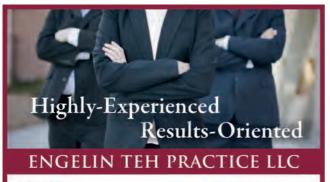
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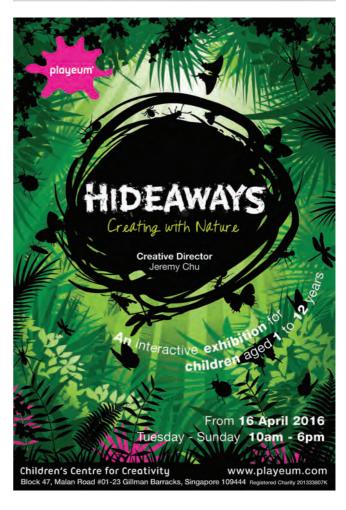


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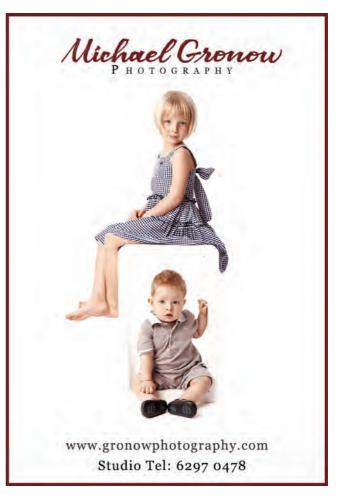
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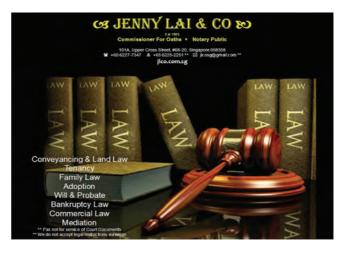
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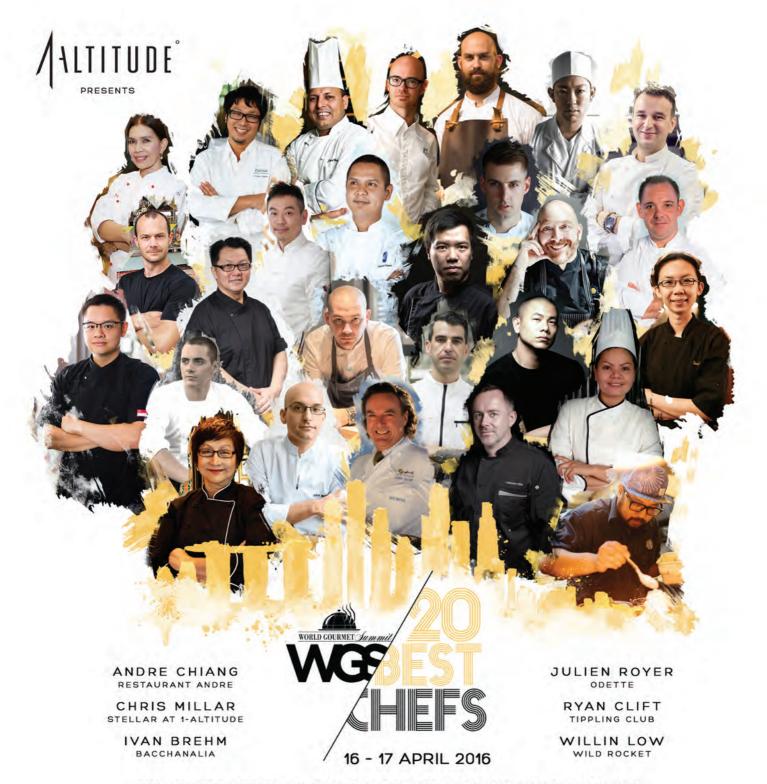
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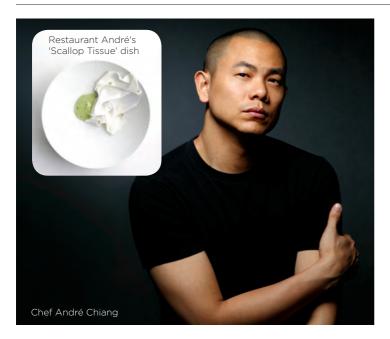
187 Quays, Please: We review restaurants across Robertson, Clarke and Boat Quays

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News: The latest on Singapore's food scene

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Fine Dining, Delivered: We speak to the expat behind new food delivery service, Deliveroo

The latest trends in food and wine



Asia's Best

Our Little Red Dot has secured 10 spots on the annual Asia's 50 Best Restaurants list from S. Pellegrino and Acqua Panna, with Chef André Chiang's Restaurant André scoring "Best Restaurant in Singapore" and third place on the Asia top 50 list. Other Singapore-based eateries to make the list include Waku Ghin (number 6). Les Amis (12), Burnt Ends (14), Corner House (17), Shinji By Kanesaka (21), Jaan (29), Tippling Club (31), Iggy's (36) and Wild Rocket (38). While the "Best Restaurant in Asia 2016" honour went to Bangkok's Gaggan, Bangkok-based chef David Thompson (also of Singapore's Long Chim) claimed The Diner's Club Lifetime Achievement Award - Asia 2016. To view the full list, visit theworlds50best.com/asia.



The New Family Meat-up

Huber's Butchery has always offered a family-friendly meat-buying experience, but now, with its brand new space at 22 Dempsey Road, youngsters and their parents have even more reason to head to the one-stop-shop, which has top quality meat (90 percent of it growth hormone-free), fresh produce, a vast cheese selection and all kinds of gourmet groceries. With a nice-sized outdoor playground right next to Huber's Bistro on the ground floor, kids can have a post-shop play while their grownups enjoy soups, salads, sausages and charcuterie, and mains like the Huber's Beef Burger (\$15.50) with bacon and Gruyère cheese, along with reasonably priced wines (glasses start at \$9.20) and specialty beers from Germany and Switzerland. The bistro serves lunch and dinner until 10pm from Tuesday to Sunday, and breakfast on weekends; a lazy weekend brunch with the family is definitely a must here. hubers.com.sg



A Cool Idea

Looking to make your drink a bit "cooler"? Kiwi businessman Richard Hall was looking to do just that, so he launched ice company, Plink - a collaboration with Singaporean ice distributor, Tuck Lee Ice - offering sealed portable ice trays with individually portioned, pyramid-shaped cubes. Starting from \$2 for 2 trays (30 cubes), the ice is available in "original" and in two sugarfree flavours, peach and lemon-lime. Plink's innovative packs mean the ice cubes aren't only hygienic, but also don't have to be purchased frozen - the recyclable (and stackable) packaging keeps the cubes in shape until they're frozen and ready to be "plinked" into your drink. Available at over 100 7-Eleven stores island-wide. plink-ice.com

New Bites





- New to the CBD is **Ivory Coffee**, a comfort food café serving all-day brunch treats such as maple butter waffles (\$8), beer and bacon mac and cheese (\$14) and toffee apple French toast (\$13). In addition to its signature Ivory Blend coffee made from Ethiopia Sidama, Brazil Yellow Bourbon and Sumatra, there's a special drink called the Apple Cinnamon (\$6), made with homemade apple cinnamon syrup, espresso and frothed milk. 10 North Canal Road.
- facebook.com/ivorycoffeesg
- Bakery chain Swissbake has opened Kraftwich by Swissbake at One Raffles Place (#B1-04/05), an all-day café serving coffee and breakfast items (you can get a mini-croissant and coffee for just \$3), salads and its signature Kraftwich (from \$8.90) made with wholegrain Kraftkorn bread options include smoked duck, Portobello mushroom, beef pastrami, tuna and egg, and smoked salmon, with salad versions (\$9.90) also available. facebook.com/kraftwichsg
- Gastrobar Black Nut recently opened at 2 Emerald Hill Road, offering Asian-Western comfort food with a local twist think vodka-infused chicken wings, chilli-coated fried chicken, and chicken and beef burgers with kimchi and homemade rempah spice paste. Locally inspired cocktails range from \$18 to \$22, incorporating Asian flavours and exotic fruits. facebook.com/blacknutsg



Revolving Doors

- Modern Australian restaurant Cheek by Jowl has taken over the space previously occupied by Sorrel. Helmed by Chef Rishi Naleendra (previously at MACA), its menu includes items like wild venison with wasabi (\$22), braised rabbit with Szechuan peppers (\$24) and, the chef's signature, confit duck leg with five-spice caramel and waffles (\$36). 21 Boon Tat Street. cheekbyjowl.com.sg
- Previously at 17 Ann Siang Road, **Nutmeg and Clove** bar which pays homage to the area's history as a nutmeg and clove plantation has reopened its doors at 10A Ann Siang Hill, offering the same quirky, Singapore-inspired cocktails that it's already known for, including the Opium Wars, made with tequila blanc, orange liqueur, lime, tamarind, lapsang souchong and gunpowder (presumably the variety of green tea rather than the explosive!). **facebook.com/nutmegandclove**



Date Night with a Difference

Featuring panoramic views, **The Lookout** – located at Customs House (70 Collyer Quay) – is a whole new way to splurge on a special night out. Built in the 1960s for the Singapore Customs Police, the 23-metre high lookout was once the vantage point from which police kept a round-the-clock watch for boats attempting to smuggle in dutiable goods. Now, the restaurant, which only seats up to four people, has been transformed into a fine-dining destination offering two luxurious "Dining Under the Stars" experiences: choose between a seven-course degustation and wine pairing menu for two (\$588), and a caviar and oyster buffet with free-flow Veuve Clicquot Yellow Brut Champagne NV for two hours (also \$588 for two people). Both options include a chauffeur service to and from the restaurant in a vintage Rolls Royce. Not too shabby. For bookings, call 6877 8124.



An Appetising Affair

From 28 March to 24 April, skip your diet and join in the World Gourmet Summit (WGS) fun. Bringing together world-class and Michelin-starred international chefs, alongside Singapore's own culinary stars, the annual foodie extravaganza celebrates unique gastronomic experiences with a month's worth of special epicurean events, private wine dinners, workshops and exclusive WGS menus. Among this year's highlights are a dinner at Stellar at 1-Altitude featuring Swiss Masterchef Reto Mathis and Chris Millar; "A Culinary Symphony" at National Kitchen by Violet Oon - Violet will cook up her iconic Peranakan fare with the help of acclaimed Singapore Symphony Orchestra violinist Lynnette Seah; a tea-inspired beer pairing dinner at LeVeL 33; the old-Hong Kong and Shanghai-inspired Hong Kong Street "Back Alley Party" featuring promotional menus from FOC, Bacchanalia, Vasco and 28HK, plus a food truck presented by The Butchers Club; and the "Le 3 Mamme Dinner" at Forlino, in which three Italian mamas will cook up a traditional Ligurian dinner for guests. For tickets and a full event listing, visit worldgourmetsummit.com.





An Interesting Mix

Joining the many bars and eateries popping up along Beach Road is The Armoury, a contemporary gastrobar set in a stunning black-and-white building that was once a British armoury. A great blend of old and new, the bar retains its rustic brick and concrete walls and features vintage tiles and copper ceilings, while its backdrop is one of Singapore's newest icons, The South Beach hotel. Another interesting mix can be seen in The Armoury's bar food menu - try the cheeseburger spring rolls (\$8), which aren't as oily as you'd think! There's also a large range of American whiskey, craft beers and daring cocktails. If you have visitors in town, head to this place after you've hit Raffles Hotel. 36 Beach Road. massiveint.com



A Bit of Bali in Singapore

With over 10 locations in Asia, Bali's iconic ribs restaurant Naughty Nuri's Warung has finally opened its doors in Singapore. Located at Capitol Piazza, it's not your typical warung, but that doesn't impact the food in any way. The cook on their signature barbecued pork ribs (\$18.80 for half rack, \$35.80 for full) is sinfully good, rendering the ribs fork-tender with a delightfully sweet, smoky, savoury flavour. They're best eaten with a dash of lime to cut the richness plus the homemade chilli sauce that hits all the right spots. Another good option for mains is the wagyu steak (\$23.50). Great for sharing, Nuri's Indonesian Pig Out (\$79.80) and Nuri's Western Pig Out (\$84.80) let you have a taste of everything. If Asian flavours are more to your palate, try the beef rendang (\$9.80) or the hearty Javanese oxtail broth, The Soup Buntut (\$6.80). Wash it down with Nuri's Signature Martini (\$19.50) or a cocktail specially concocted by master mixologist, Ricky Paiva. If, like us, you have a separate compartment for dessert, get the gula melaka crème brûlée (\$8.80) that comes with soft coconut ice cream and berries. Otherwise, the weightless mango mousse (\$8.80) with lychee granite, pomelo and lime will satisfy your sweet tooth without making you feel like you've eaten too much. #01-84 Capitol Galleria, 15 Stamford Road. 6384 7966 | facebook.com/nurissingapore _



Say Cheese!

Ring in the weekend with **Wine and Cheese Fridays** at Sofitel So Singapore's Xperience Restaurant (35 Robinson Road). Every Friday from 5pm to 7pm, the buffet features a range of French cheeses including Cœur de Savoie, Sainte-Maure, Tête de Moine and Fourme d'Ambert, accompanied by dried fruit and nuts, longan honeycomb and assorted compotes, plus freshly baked French breads and cold cuts like salami, Parma ham and coppa. Priced at \$48 per person, the buffet also includes one complimentary glass of red or white house wine. For bookings, call 6701 6800. **facebook.com/sofitelsosingapore**











We scour the bar scene to bring you the new and noteworthy. It's a tough job, but somebody's got to do it!

AQUA LUNA

Park Hotel Alexandra, 323 Alexandra Road 6828 8885 | parkhotelgroup.com/alexandra

First Impressions: Imagine standing high above the city, a cocktail in hand, the breeze through your hair, the sun setting. That's exactly the kind of evening you can expect to have at Park Hotel Alexandra's rooftop bar. Unless, of course, it's pouring. And, even then, you can still enjoy the tipples and the view while seated under a floor-to-ceiling glass enclave.

The Chosen One: The Alexandra Sunset (\$18) – a tropical cocktail reminiscent of the sunsets you can witness from the bar. Zesty Grand Marnier is infused with flamed rosemary and shaken together with cherry liqueur, white rum, fresh lime, lemon and pineapple juice; a dash of dark rum is the finishing touch.

The Cheapskate: While wines start at \$12 per glass, the real draw is the menu of refreshing signature cocktails like the Summer Chill or Poire Basil (\$18 each), which feature an invigorating blend of fresh fruit and herbs.

Bite on This: If you're feeling peckish, order the flatbreads, baked to perfection in state-of-the-art wood-fire ovens. We enjoyed the crabmeat and artichoke (\$24) variety with fresh American blue swimmer crab atop chunks of artichoke, Roma tomatoes and parsley; there's also a chorizo and onion (\$18) option for meat lovers. Otherwise, the truffle polenta fries (\$10) and weightless battered cauliflower (\$8) go perfectly with the drinks. Very hungry? Get the 150g medium-rare tenderloin "dirty" steak (\$36) with anchovy butter.

Last but not Least: The idyllic view of the Southern Ridge by day and Queenstown's twinkling lights by sundown make this a great spot for a lazy lunch or an intimate date. If you're a hotel guest, enjoy your cocktails at the infinity pool's swim-up bar.

- Smita DeSouza





13% GASTRO WINE

#02-01, 14 Aliwal Street 6291 6816 | 13gastrowine.com

First Impressions: A new wine bar housed on the second floor of an ornate corner shophouse in Kampong Glam, this is a sweet spot for post-work drinks, and a good group place where the menu is all about sharing. Beautifully handcrafted (and extremely comfortable!) high, wooden chairs stand tall along the long wood-top bar, which is decorated with pretty Moroccan-style tiles. Behind the bar is an impressive Ibérico ham ready and waiting to be hand-carved.

The Chosen One: A glass of the **Pierre Moncuit- Delos Blanc de Blancs Grand Cru NV** (\$17 per glass) – dry, clean and the ideal amount of fizz.

The Cheapskate: Bottles of wine start at \$40. We sipped on the **Dominique Portet Fontaine Rose Victoria** (\$50).

Bite on This: The food was so outstanding, it would be worth heading here even if wine wasn't your thing. We tried the stunning and original **tomato tatin** (\$21), a *confit* of tomatoes, roasted pine nuts and a full burrata melted on top with a balsamic reduction. We simply couldn't fault this dish. From the grill, we



chose the **black Ibérico** "la Pluma" marinated with five spices (\$35); the meat was tender and the flavour not too overpowering. We also tried the splendid **C&C** (\$13), a **breaded blue crab cake served with roasted garlic aioli**. It tasted fresh and was cut into neat little triangles, which meant you could "dip and down" in one mouthful!

Last but not Least: The bar's mantra is "sip, swirl and savour", and that's exactly what we did. α

- Emily Finch





Flair for Fine Wine

Looking to start a wine collection but don't know where to begin? We asked RENNY HENG, Executive Director of fine and rare wine merchant, **Wine Culture**, for his tips on choosing investment wines and the best way to store them.





What are some good investment wines to consider?

I would consider top Bordeaux châteaux (Latour, Lafite Rothschild, Margaux, Ausone, Lafleur, Haut-Brion and Pétrus), top Burgundy producers (Emmanuel Rouget, Sylvain Cathiard, d'Eugénie, Arnoux-Lachaux, Lucien Le Moine and Perrot-Minot) and top Rhone Valley wines (Jean Louis Chave Hermitage and Hermitage La Chapelle by Paul Jaboulet) to be good investments because these estates have a very consistent record of making great wines, along with a lot of heritage, so their wines have very strong resale value.

What advice would you offer to someone starting a collection?

I would advise buying 50 percent already matured wines and 50 percent young wines that will improve over the next five to 10 years.

What important conditions should be taken into account when storing wine?

The storing temperature should be at 12 degrees Celsius and humidity should be at about 70 percent. Wines have to be kept away from strong light or sunlight because heating the wine can make it become "old" before it reaches maturity, causing unpleasant flavours. A bottle of wine should also be kept away from vibrations and lie undisturbed.

Wine Culture is at #01-04 Delfi Orchard, 402 Orchard Road (6235 6868) and 891 Bukit Timah Road (6463 3888). wineculture.com.sg

Your Storage, Sorted!

With decades of experience in understanding the needs and expectations of serious wine collectors, wine cellaring was the natural next step for Renny. Located in the Bukit Merah neighbourhood, **Only for Wine** offers self-serviced, temperature-controlled wine storage facilities, with 13 different cellar options to suit any oenophile's needs – from a 1.8-square-metre unit (holding 112 cases) to a 3.5-square-metre cell (accommodating 350 cases); prices range from around \$1.88 to \$2 per case per month, depending on unit size, based on a year's storage agreement.

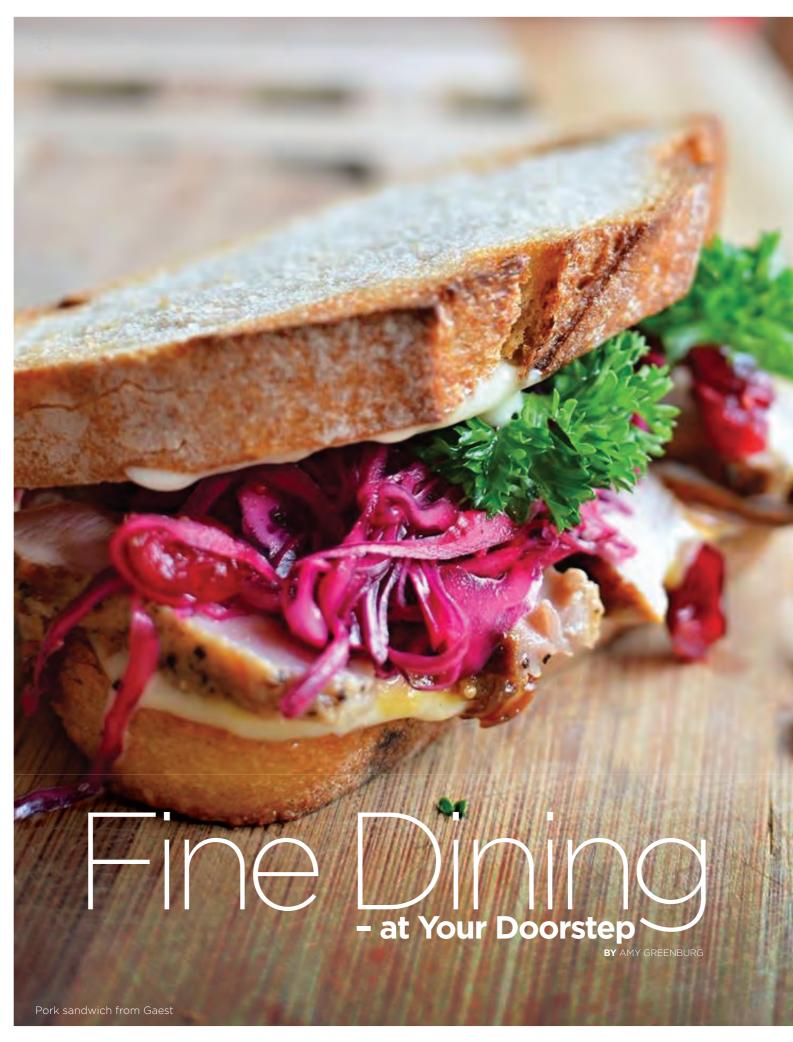
Clients can access their units – kept at 12 to 13 degrees Celsius and at 70 percent humidity – 24 hours a day, every day, with round-the-clock security. Members can also utilise an exclusive e-sommelier service, which provides wine consultation (suggested wine pairings, for instance) with a professional within 24 hours.

Other membership perks include concierge services like help with the storing and unloading of wine, plus gift-wrapping and other privileges. There's even a hospitality area where members can host wine tastings with family and friends.

And, if a client would prefer to bring their wine home to enjoy, it's super-easy to do, thanks to trolleys made available to all tenants. With a storage solution this simple, why *wouldn't* you want to start a wine collection?



Only for Wine is at 1 Chang Charn Road, #04-05/06/07 OC Building. 6464 9988 | onlyforwine.com.sg



Deliveroo Singapore

is the newest delivery service to take the island's food scene by storm, setting itself apart with premium restaurant fare, expeditiousness and a big focus on customer service. Here, we get a glimpse at what the thriving new startup is all about, and talk to the man behind it, Spanish expat TRISTAN TORRES VELAT.

lready a popular service in London since 2013, Deliveroo has been a game changer for those in Singapore looking to enjoy good food from high-quality restaurants that don't normally deliver - we're talking first-rate eateries like Meat Liquor, Bergs, PS.Cafe Petit, Chopsuey Cafe, Potato Head Folk, Motorino Pizzeria, Muchachos, Kinki, Wine Connection Tapas Bar & Bistro, Gaest, The Halia at Raffles Hotel, Dapper Coffee and Club Street Social, among others – in the comfort of their own homes or offices, and with an average delivery time of 32 minutes. What's more, Deliveroo charges a fixed fee of just \$3 for orders over \$25.

"After living in Singapore for three years with kids, I realised that ordering food here wasn't easy," says Tristan. "I'd never know when my meals were going to arrive, and it seemed acceptable to assume that delivery time would be 60 to 80 minutes! So, when I was contacted by Deliveroo, I began thinking about how I could really improve the food delivery business here."



Tristan adds, "I really fell in love with Deliveroo when I went to London. It was peak time and raining, and I decided to see how good the service was. I ordered and then went into the shower; before I even got out, the food was at my door – it only took 21 minutes. In that moment, I realised that this company had the capacity to change the food delivery market in Singapore."

So, Tristan – who previously worked in Manila for one of Southeast Asia's leading e-commerce platforms; prior to that, he was Vice-President of Sales at Groupon in Spain – began working with Deliveroo Singapore in October 2015, operating as the single office employee with four drivers. By February 2016, the company had 35 office employees and a fleet of 300 drivers.

All-round quality

As General Manager of Deliveroo Singapore, Tristan is responsible for everything from operations to staff development to maintaining customer relationships – he even delivers food if he's got some spare time. For him, it's all about an excellent consumer experience; if a customer isn't satisfied for whatever reason, Tristan personally emails them to find out what went wrong and how he can make things better.

"I've tried the restaurants we have on our site, doing a personal order to see the quality of the food and packaging and to test the delivery process," Tristan says. "I even do some deliveries – it's good for me to fully understand the whole process and the needs of our customers. After all, I need to know how to improve the customer experience."

For Tristan, it's this hands-on approach and emphasis on customer satisfaction, coupled with top-notch restaurant offerings, that sets the brand apart, helping it to meet the growing demands of customers in a rapidly changing, competitive market.

Deliveroo already serves 15 zones across the island and, just last month, launched breakfast delivery in the CBD between 8am and 11am (and with just an \$18 minimum spend, less than the average \$25 minimum spend for a lunch or dinner delivery).

"Singapore is a fast-paced market. People live online every moment – it's one of the countries with the highest online penetration. They also work hard – 12 to 14 hours a day – and they love food. But they don't always have time to go to restaurants, so what they end up looking for is convenience," Tristan says. "Other deliverers in Singapore focus on quantity, but don't take care of the customer experience; we're always looking at how we can go to the next level for customer convenience."

He adds, "For us, it's super-important that customers receive the food in optimal condition. They can track the status of the food on our IOS app, as well as on our website."

Deliveroo's technology and logistics platform also plays an important part in



creating the best customer experience possible, as it helps with convenience and speed of delivery.

"Our backend manages the whole process, from the time the customer places the order until we deliver it to them. It all happens on the Deliveroo platform and there's no manual interaction, which what makes our process super-efficient," Tristan explains. "Also, we have connected our riders' app with our backend; the system selects the rider who is in the best position to deliver the food fastest."

Super selective

Deliveroo scopes out Singapore's best (and often newest and trendiest) eateries to work with, offering the restaurants a source of revenue that they would otherwise not have.

"We work only with the most loved restaurants in each of the zones – places that people might not expect to be offering delivery," says Tristan. "I see Singapore as a hyper-segmented market. By this I mean that if you live in Tanglin, you have your most loved restaurants in Tanglin; if you work in the CBD, your favourite restaurants are there. We don't deliver further than eight to 10 minutes from the restaurants, so our food arrives in the best condition possible."

This last fact is crucial when it comes to high-end restaurant partners, who often need convincing when it comes to working with a food delivery service. "You have to convince a chef that his baby, the food, is going to be delivered in optimal condition," says Tristan. "In those cases, I will dress as a driver and deliver the food myself; showing that the CEO of the company is going to take care of their food makes them reconsider the idea!

"I've done more than 20 deliveries myself, with all types of cuisines. They always make me deliver the most complicated dishes – cold with hot, and drinks with ice cream! Each time, I've been able to prove that we can properly take care of their food." He adds, "We have a lot of restaurants that are making more money on Sunday deliveries than in their own restaurant!"

Deliveroo provides each of its partner restaurants with a tablet and printer for receiving orders in real time; if a restaurant is really busy and can't accept any more orders, it can "close" (stop taking orders), or if the restaurant is running out of certain dishes, it can update its menu in real-time to avoid disappointing customers.

Family-business balance

Tristan works 10 to 12 hours a day, Monday to Sunday, which means he has to juggle his workload with family time. "A booming business for me is seeing my wife and kids happy," he says. "If I have their full support, the sky is the limit. It's not always easy to manage everything, but I'm very lucky with my wife, Ines, and the kids. At the end the day, I want to be the best dad, friend and husband."

In addition to training for Ironman triathlons and surfing in Bali, one thing Tristan loves to do is go to Old Airport Road Food Centre with his kids for duck noodles. "What's better than having lunch with your kids, doing silly things and ending up with a face full of noodles?" He also enjoys eating food from restaurants like PS.Cafe and Potato Head Folk. And, as you're probably guessing, he and his family order in food a lot.

"I probably have dinner delivered three to four times a week, including weekends, and to be honest, I don't cook," he says. "Why should I cook when I have 400 restaurants at a click of button?" α

deliveroo.com.sg Special offer: Get \$20 off your Deliveroo order this month by using the code EXPATROO.



Discover an indulgent four-hour Sunday Champagne Brunch at **Edge** with a multi-sensorial experience at seven live food theatres. Relish in an extensive selection of *a la minute* culinary delights with highlights ranging from Grilled Omi Wagyu Beef, Fine de Claires Oysters, Boston Lobsters, Roasted Suckling Pig, a two-metre cheeseboard, and over 20 desserts complemented with unlimited Veuve Clicquot Champagne for a sweet start to a new week.

Sundays, 12:00pm to 4:00pm

For dining reservations or enquiries, please speak with us at 6826 8240, email celebrate.sin@panpacific.com, or visit edgefoodtheatre.com.





champagne sunday brunch at mezza9

sundays are truly magical at the award-winning mezza9 with our selection of delicious roasts, fresh sustainable seafood, authentic thai, chinese and japanese specialities, along with decadent desserts from the theatre kitchens.

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GRAND HYATT SINGAPORE
10 Scotts Road, Singapore 228211

Chellers) to the Weekend!

Sure, we all love dips in the pool, barbecues and riverside strolls, but we'd be lying if we said boozy weekend brunches weren't one of our most precious pastimes. Whether you're looking for bottomless bubbly, boundless Bloody Marys or all-you-can-eat seafood, there are loads of brunches around town to quench your every craving – and perhaps alleviate your hangover. So, go on and grab your family and friends, and make a beeline for one of these fabulous free-flow affairs.

Hotel Jen 1A Cuscaden Road 6738 2222 | hoteljen.com/singapore

When: Sundays from 12 noon to 3pm

What's popping:

Perrier-Jouët champagne, red and white French wine, plus a couple of cocktails – on the day of our visit it was Bloody Marys and Fernet Branca on the rocks. It's \$88 for brunch with soft drinks, or \$128 with free-flow – and that's the net price after taxes and service.

Located on the ground level of what used to be the Traders Hotel, now rebranded and relaunched by the Shangri-La group as a trendy four-star Hotel Jen, the champagne brunch here is a good deal.

Music from a live singerguitarist fills the lofty room, and food stations are comfortably spread throughout the space. No matter that it's perhaps not as large a selection as some of the bigger hotels offer – you can never get round

to trying everything anyway, and we were truly impressed with the quality.

For me, seafood standouts included the **live oysters** and **scrumptious lobsters**; for Roy, the **sushi**. Palate-pleasing meats included **pork knuckle**, **leg of lamb**, **delectable prime rib** and more, with all the trimmings and an unusually wide variety of vegetable dishes. Save a little room for one of the six



varieties of **laksa** from the "local delights" stand: the tuna-based one from Johor was phenomenal.

Children are welcome, and – undistracted by the siren song of free-flowing champagne – will no doubt make better use of the dessert buffet than we managed to do.

- Verne Maree



Level 3, The Ritz-Carlton Millenia Singapore, 7 Raffles Avenue 6434 5288

When: Sundays from 12 noon to 3.30pm

What's popping: Enjoy Moët & Chandon Grand Vintage Blanc 2006 or Moët & Chandon Grand Vintage Rosé 2004, as well as house-pour wines and draft beer. Keep an eye out for the mobile cocktail cart, whipping up alltime favourites (Mai Tais and espresso martinis on our visit). It's \$188 per adult, \$94 for children aged six to 12 and \$47 for children aged three to five.

From chilli crab to roti prata, Singapore's colourful story is best served up on a plate. Since its transformation in late 2015, The Ritz has successfully captured the Lion City's tale with a striking new identity, Colony.

The restaurant pays tribute to the British voyage to the East Indies, with a modern play on British-colonial style in an elegant and dynamic space. Booth seating and partitions successfully separate larger parties from quieter duos, adding the illusion of intimacy - a good effort for a 260-seat establishment! There are various pieces of memorabilia

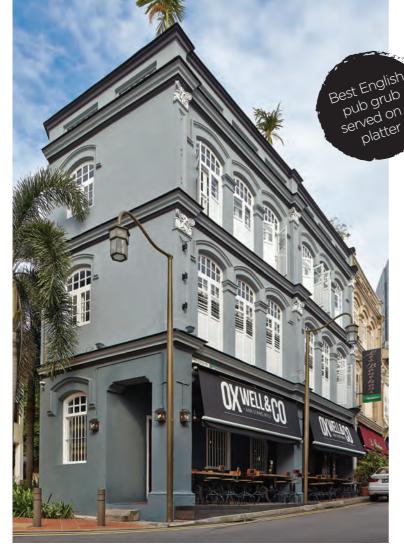
on the walls, from weathered maps to postcards, while high ceilings, polished wood and plush seats in a mix of tartan and nude upholstery add to the luxury. Unlike some dimly lit hotel brunch venues, the floor-to-ceiling windows at Colony let you enjoy the surrounding greenery as natural light pours in from all angles.

The buffet is divided into eight different conservatory kitchens that showcase the best of Singaporean cuisine. The Ice Bar and The Grill & Rotisserie serve up brunch staples and Western delights, from crustaceans and **cold cuts and cheese** to tender carvery favourites. The gravlax and freshly shucked oysters are as fresh as they come, while the beef Wellington will win you over with its pairing of a dollop of buttery mash. History kicks in at The Tandoor, The Wok and The Steam Basket stations where Indian, Chinese and Malay flavours quickly populate your plate.

From the laksa with homemade lobster balls to the xiao long bao and roti prata fresh from the tandoor oven, half the fun is watching the "live stations" in action. Noodles are hand-pulled, foie gras is seared and the wok-fried rice is tossed sky-high in front of you. Our favourite station, however, was The Patisserie for a sweet finish: a flaming crêpe Suzette with a scoop of gula melaka ice cream; the perfect harmony of East and West.

- Leanda Rathmell





Oxwell & Co

5 Ann Siang Road 6438 3984 | oxwellandco.com

When: One Saturday a month, Oxwell & Co throws open its four floors for a casual and unconventional free-flow brunch, the "Oxwell Towers: Four Floors of Frolicks" (\$95), from 1pm to 4pm. Each floor exudes a different vibe and guests are free to wander between floors sampling cocktails created to complement the ambience. This month, mark your calendars for 23 April.

What's popping: There's a range of alcohol on offer, catering to a variety of palates. Start with the refreshing Pimm's Cup or an Estrella Damm lager at the Gastrobar and make your way up to the sparkling wine and AIX Rosé at The Dining Room. If you prefer something stronger, there are excellent Monkey Shoulder Old Fashioned cocktails waiting for you at the Oxwell Study. Finally, end your afternoon on the Rooftop Bar with a Hendrick's gin cocktail.

Moving between the floors, you're served mini fish and chips, pork scratchings, crispy corn and cumin, mini Yorkshire puddings with roast beef and horseradish, oxtail and mash pasties, Scotch eggs and rarebit toasties with lemon posset; shortbread pots and Eton mess are brought out for dessert. As with any brunch, the key is to pace yourself. You're likely to want seconds and thirds of everything, as none of the above disappoints. The only thing they could perhaps change is to make the brunch longer!

- Smita DeSouza

Adrift by David Myers

Marina Bay Sands Hotel lobby, Tower 2 10 Bayfront Avenue 6688 5657 | marinabaysands.com

When: Saturday and Sunday from 11am to 3pm

What's popping:

Add on \$70 to your initial \$88 food bill, and you get free-flow drinks including Veuve Clicquot Yellow Label Champagne, Bloody Mary cocktails, red and white wine and a selection of soft drinks.

Adrift is a brunch that leaves you feeling less guilty and gluttonous than some. The buffet itself consists of delicious, healthy salads, fresh seafood to die for, including huge juicy prawns and lobster claws, as well as a wide selection of cheese, charcuterie and pastries. Then you choose a main course and dessert from the menu. My poached halibut in champagne beurre blanc was rich without being overwhelming, while my friends chowed down on the wagyu cheeseburger and grilled furikake-rubbed big-eye tuna. Both then chose the comforting spiced cake doughnuts for dessert, while I opted for the coconut parfait, a lovely light ending to the meal.

Choose from the restaurant's naturally lit, funky couch-style seating, as we did, or decide on a darker corner to hide away in. The service is spot on – attentive but subtle – and of course you're in a great position if you want to kick on for cocktails with amazing views upstairs. The great thing is you can go on a Saturday, meaning no fuzzy heads for a Monday morning!

- Amy Brook-Partridge





Sofitel Singapore Sentosa Resorts & Spa

2 Bukit Manis Road 6708 8366 | sofitel.com

When: Sundays from 12.30pm to 3.30pm

What's popping:

For \$168, you're treated to free-flow Taittinger Champagne, wine and non-alcoholic beverages. Non-drinkers can enjoy the free-flow soft-drink option for \$138, while kids aged five to 11 dine for \$58.

Sentosa Island always feels a tad luxurious, and the new Sofitel Singapore Sentosa Resorts & Spa, hidden away along Bukit Manis Road is no exception. Starting with its long, expansive driveway, tall fountains and lush greenery, the sense of panache continues into its restaurant Kwee Zeen, which serves up a sumptuous mix of Asian, Western and French dishes.

There are alfresco and indoor seating options, and if you can go without the air-con, we recommend a table on the outdoor deck. There's still a cool breeze, thanks to overhead fans, and you'll have beautiful views of the South China Sea – and the occasional muster of peacocks casually trotting by only metres from the verandah. Just make sure the kiddies don't throw them any food; they've got sensitive stomachs!

There are 16 different food stations, with everything from seafood, a tandoor grill and a *fromagerie* to **sashimi**, **handcrafted chocolate truffles** and other delectable desserts. How to navigate such a feast? For starters, we suggest fresh **sushi**, **lobster**, **prawns** and **scallops**, and a trip to the salad station, which offers plenty of trimmings.

Next comes the hot food, where you take your pick from seared *foie gras*, **cheesy potato gratin**, **cooked fish** or **juicy beef with vegetables**. Fancy something with an Asian twist? Pop outdoors to the Indian and Chinese stations to sample hot chicken *tikka* and *roti prata* or traditional *laksa* with your choice of garnish.

Don't leave without a visit to the **cheese station**, which is home to at least 15 varieties, from a mild cheddar and a goat's cheese to a veiny blue. If you fancy something lighter or sweeter, pop over to the dessert counter for an **ice cream cone** – the rum and raisin is a firm favourite – or nibble nut-studded milk chocolate with the last few glasses of bubbles. A posh afternoon well spent!

- Susannah Jaffer

Best for
Best for
birdwatching (the
birdwatching kind!)
feathered kind!)
and ocean views

Throughout the month of April, EL readers can get a 20 percent discount at Kwee Zeen's Magnifique Sunday Champagne by presenting this page.



When: Sundays from 11.30am to 3pm

What's popping: The free-flow and totally quaffable Italian Prosecco option is \$98, or upgrade to the premium Franciacorta Ca'del Bosco and Rosé Prosecco, for \$128; both options include wine, beer, soft drinks, coffee and tea.

With a reputation for quality food, excellent wine and attentive service, Senso is Italian through and through – and its à la carte Sunday brunch deserves attention. We arrived ravenous, having skipped breakfast, and after settling inside (there is also an alfresco courtyard) dove straight into the self-serve antipasto buffet. The seafood is excellent, of

course, with **prawns**, **French oysters** and **mussels** to start with, but Senso's strength, as I've mentioned, is Italian: **burrata**, **Caprese salad** (mozzarella, basil and tomato) and cold meats including **prosciutto**.

Located in a converted former convent, Senso has a distinctly European ambience and service ethos, and the atmosphere feels just right for a leisurely brunch. What I *really* love about Senso is being waited on: the pasta and mains are served à la carte on request, which means the conversation is only interrupted to nod to another Prosecco top-up, or to order from the 10 options. Try as many as you wish (we did!); I'd highly

recommend the starter of **San Marzano tomato soup** with basil pesto.

I generally avoid pasta at brunch, fearing the carb load, but here the portions are minimalist – so dig into **lobster ravioli with creamy sage sauce**, **rigatoni with veal ragù and black olives**, and creamy, delicious **risotto with winter black truffles** (add \$12 for this indulgence). There's a vegetarian option too.

It's too difficult to choose the best of the mains, but we enjoyed the **Ibérico pork tenderloin**, **lamb rack with couscous**, and the **sea bass fillet with borlotti beans** served with, joy of joys, **Brussels sprouts**. With three-and-a-half indulgent hours up our sleeve, there was time for a decent interval and more bubbly top-ups before dessert: **pannacotta**, **crème brûlée** and **housemade ice cream and sorbet**. The conversation volume increases as the afternoon wears on, and we noticed on this particular Sunday that the diners, who were predominantly under 30 and carefree, soon made friends and joined tables – *la dolce vita*!

Tip! Book ahead for the seasonal asparagus brunch on 24 April, or treat Mum to the Mother's Day brunch on 8 May.

- Katie Roberts

Bochinche

#02-01 22 Martin Road 6235 4990 | bochinche.com.sg

What's popping, and when: Though the à la carte brunch menu is available on Saturdays and Sundays from 11am to 4.30pm, the "Weekend Brunch Boozster" (unlimited Argentinian wines, mojitos and Chimichurri Bloody Marys for \$25) is offered only on Saturdays from 11am to 1pm.

This brunch is particularly great for those who don't favour all-you-can-eat buffets but want the free-flow drinks aspect of the experience; all the food is à la carte, but for \$25 you can enjoy as many cocktails and as much wine as you like within the two-hour period. The only problem is that there are so many strong menu items that it's tough to choose – which is why it's a great place to go to with a group of friends;

reserve the long outdoor table, and get a pack of pals together to order a ton of items to try.

Our highlights (other than sipping the fabulous Bloody Marys!) included the sweet and sticky **dulce de leche pancakes** (\$19) with caramelised banana, basil and baked ricotta – it's as delicious as it sounds, and the **waffles with mango compote**, **chocolate crumble and coconut ice cream** (\$19) is another popular

rticularly ho don't tat buffets ow drinks ience; all arte, but enjoy as as much ithin the The only re are so tems that

brunch favourite. I also tasted one of the best burgers I've ever had: the flavourful **chimichurri steak burger** (\$29) on a brioche bun with provolone cheese, sun-dried tomato (a great touch!), bacon, egg, caramelised onions and pickles, served with garlic mayo and chips. If you're a meat fan, you'll love this burger, though you'll also love choosing from over eight Argentinean specialties, from **house chorizo with malbec-braised ox cheeks and celeriac mash** (\$24) to **asado** (300g grilled flank steak, \$46) to **bife angosto** (300g sirloin, \$49). There's also a delicious selection of *empanadas* (\$6 each); we loved the **sweet corn empanada with shallots, mozzarella and oregano**.

- Amy Greenburg

The Knolls

Capella Singapore, 1 The Knolls Sentosa Island 6277 8888 | capellahotels.com/singapore



When: Sundays from 12.30pm to 3pm

What's popping: The Taittinger Champagne brunch starts at \$178. For a special treat, there's also the Vintage Sunday Brunch option with an exclusive line of Vintage Taittinger Champagne, plus an assortment of seasonal French boutique wines and specialty cocktails, for \$258.

The Knolls is a very laidback restaurant with outdoor seating, looking out over the infinity pool and further on to the Singapore coastline.

We were greeted by a live band, which played fun tunes near the entrance to welcome guests before serenading tables over the course of the brunch.

There was a good choice of cold, fresh seafood including **jumbo prawns** and **freshly shucked oysters** sourced from various parts of the world – we feasted on an array of **Mediterranean delicacies** produced by Executive Chef David Senia and his team. There's a **cold cut section**, accompanied by beautiful, freshly baked

specialty breads. Just outside the entrance is the live barbecue section with kebabs, roasts and satays; the pasta with freshly cooked salmon is also a lovely treat. A selection of à la carte dishes is available to order as well.

The dessert table is amazing, but there's also a **cheese trolley** that's rolled out by the chef, who can recommend a variety of cheese pairings with crackers and fruit.

- Jacqui Young



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Mezza9

Grand Hyatt Singapore, 10 Scotts Road 6732 1234 | singapore.grand.hyatt.com

When: Free-flow is offered every Sunday from 11.30am to 3pm for \$138, inclusive of champagne, cocktails, wine and beer; or \$108 without alcohol. The brunch is just \$69 for kids aged 7 to 12.

What's popping:

Perrier-Jouët is free-flowing for the full three-and-ahalf hours, and our glasses never dipped below half, thanks to the ever-efficient staff. If you're in the mood for a cocktail, there are also potent Bloody Marys which will chase away any hangovers, and delicious minty mojitos, as well as wine and beer.

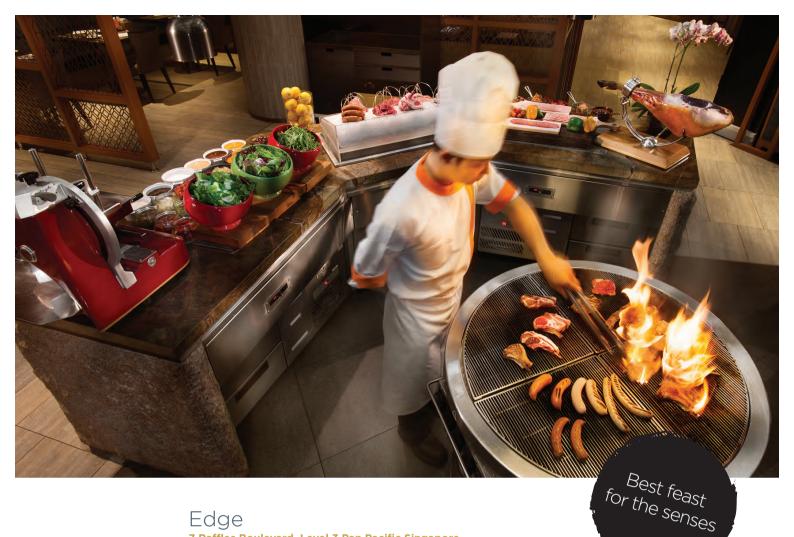
With nine live stations, each specialising in some sort of delicious international cuisine. this brunch is certainly a people-pleaser as it hosts every type of food you might fancy, and more. Our absolute favourites were the seafood section, packed with unlimited fresh oysters, the dessert bar, with a lovely chef dishing out homemade ice cream from an urn. and the traditional Chinese counters. Having 400 diners sitting around live stations certainly gives the restaurant a buzzy vibe, and offers up plenty of action to watch while you enjoy your brunch and quaff your champagne.

If you're coming with the kids. Mezza9 is the

perfect brunch, as there is a fantastic kids' room and a delicious selection of child-friendly foods by the carvery, including Yorkshire puddings and sliders.

If you'd prefer to be away from the action, there's a selection of private dining rooms for groups, where you have the option to order food to be brought from any of the nine stations straight to your table. All in all, this is a fantastic Sunday brunch that is well worth the money, and it would be a perfect one to wow guests with!

- Natalie Whittell



Edae

7 Raffles Boulevard, Level 3 Pan Pacific Singapore 6826 8240 | edgefoodtheatre.com

When: Sundays from 12 noon to 4pm

What's popping: Freeflow Veuve Cliquot Brut Yellow Label Champagne and a selection of red and white wines, passionfruit mojitos and beer for \$178 (also inclusive of soft drinks and juices); upgrade to Veuve Cliquot Rosé Champagne for \$198. For kids aged seven to 11, and 12 to 17, you pay \$59 and \$118 respectively, while children up to the age of six eat for free.

Brunch at Edge truly was everything you could want in a champagne brunch - variety, unlimited drinks, and a four-hour duration; it's also very family-friendly and has wonderful service. With a very extensive range of European, South American and Asian offerings, complete with loads of live food stations, it's a true treat for the senses - a smorgasbord of sights, smells, sounds, tastes and textures.

After taking a lap around the restaurant – this is highly recommended, as you'll want to pace yourself and know the lie of the land - we decided to start with Peruvian seafood ceviche with tortilla chips, and couldn't help but go back for more. I enjoyed the burrata with heirloom tomatoes while my husband opted for sushi, crab biryani and quinoa, before we moved on to deliciously fresh Boston lobster and freshly shucked fine de claire oysters. Another highlight was the succulent Omi wagyu beef, prepared à la minute and brought to our table. In fact, many of the dishes at Edge are prepared according to

guests' preferences, then taken to the table for you; no need to wait for your food at the counter (who has time for that?). Simply take your wooden chopsticks (they've got your table number on them) and give them to the chefs from whom you order your cooked food – that'll ensure that your food gets delivered to the right place.

To end our meal on a sweet note, we visited the lovely dessert section, which featured everything from a chocolate fountain to ice cream, customised waffles, brownies, candies and cakes. We both ordered scoops of ice cream – mine covered in sprinkles and Evan's in hot fudge – and enjoyed them with the chocolatey (and incredible!) gluten-free brownies.

- Amy Greenburg



For weekends when you just don't have the stamina for a big brunch outing, try these easy-to-make treats and tipples at home. Whether you have guests to entertain or plan on brunching in bed (hey, we won't judge!), these simple-to-follow recipes are sure to turn any ordinary Saturday or Sunday into something extraordinary.



Smashed Avocado Toast with Poached Egg

Serves 2

Avocado toast has been a hit for years with brunch-goers, entrenching itself on menus all over the world, from Australia to the US. Here's a delicious take on the favourite, which can be whipped up at home in a matter of minutes.

Ingredients:

- 2 small, ripe avocados
- 75g feta cheese, crumbled
- 4 slices sourdough or rye bread
- 4 organic, free-range eggs
- Drizzle of olive oil
- 2 tablespoons white vinegar
- Salt and pepper

Instructions:

- 1. Boil a pot of water to poach eggs.
- 2. Mash avocado in a bowl and crumble in the feta cheese. Mix gently the cheese should not lose its texture, and should remain visible.
- 3. Once the water boils, add in vinegar, and then add eggs into the centre of the pot (crack them into a cup first, so they can be added gently, one by one). Cook for 3 to 4 minutes.
- 4. Meanwhile, make the toast.
- 5. Once everything is ready, assemble the dish by drizzling the toast with some olive oil, adding the avocado mix and topping it with a poached egg; season with salt and pepper, and garnish with herbs of choice.

The Perfect Pimm's Cup

American expat SUZANNE SWIDERSKI shares the simpleto-follow recipe for her favourite brunch beverage: Pimm's Cup – the refreshing British favourite.



Ingredients:

- Pimm's No. 1
- Lemonade (chilled)
- Club soda
- Lemon twist for garnish
- Cucumber slice for garnish
- Oranges for garnish

Instructions:

1. Load the bottom of the glass with diced cucumber, orange and lemon – and any other fruits you fancy.

"I love a good

Pimm's Cup at

brunch!"

- 2. Mix one part Pimm's No. 1 with three parts lemonade and pour into the glass.
- 3. Top with club soda to taste, or fill to the top of the glass, and enjoy!

Elderflower G&T

Irish expat ALISON BAXTER shares the recipe for her fresh spin on the classic gin and tonic.



refreshing twist Ingredients: on a regular

- Hendrick's Gin
- Cucumber slivers
- Elderflower cordial
- Club soda
- Crushed ice
- Mint leaves

Instructions:

- 1. Take a tall glass and add a good measure of Hendrick's Gin (say, 50ml).
- 2. Add in crushed ice, cucumber slivers and a couple of mint leaves.
- 3. Add a dash (around 5ml) of elderflower cordial.
- 4. Top with soda water, stir and enjoy. α

G&T."

The RECIPE SWAP

Most of us have our go-to recipes, be it for a mid-week lunch, a dinner party pleaser or a sumptuous cake that Nigella Lawson would be proud of. In case you're stuck in a food rut, however, here are some of our readers' fail-safe recipes from around the world to add to your repertoire. **Bon appétit!**



Jennifer Foreman,

Canadian

"These scones are wonderful straight from the oven – crisp on the outside and soft on the inside. And the coconut flavour gets stronger by day two, if they last that long!"



Ingredients:

- 2 cups of flour
- 1 tablespoon baking powder
- 3 tablespoons sugar
- ¼ teaspoon salt
- ½ cup coconut oil
- 1 cup coconut milk
- ½ cup shredded coconut
- ½ cup blueberries

Directions:

- 1 Preheat oven to 230 degrees Celsius.
- 2 Pour all dry ingredients into a bowl.
- **3** Stir in coconut oil, coconut milk and shredded coconut with a fork until the mixture is moist and comes together, then stir in the blueberries gently.
- 4 Drop tablespoons of batter onto a lined baking tray. (To make triangle shapes, form the entire dough into an 8-inch circle on the baking tray, then cut into triangular slices as if cutting a cake.)
- **5** Bake for 8 to 12 minutes until golden on the edges.



Azlin Mohd Salleh,

Malaysian

"This is one of our favourite recipes – it's especially good for the hot weather as it requires very little cooking."



Ingredients:

- · 250g beef sirloin or rump steak, sliced
- 1½ lemongrass stems, white part only, finely chopped
- 1 tablespoon fish sauce
- 1 garlic clove, crushed
- 1 tablespoon oil
- ½ onion, sliced
- 1 teaspoon sugar
- · White pepper
- 125g rice vermicelli
- Platter of raw vegetables and herbs (e.g., bean sprouts, cucumber matchsticks, carrot matchsticks, shredded iceberg lettuce, mint leaves, coriander leaves)
- Fried shallots and chopped roasted peanuts for garnish

Directions:

- 1 Cook vermicelli in a saucepan of boiling water for 5 minutes, then turn off the heat and leave for another 5 minutes. Note: vermicelli differs, so keep checking to make sure it isn't overcooked.
- **2** Strain into a colander and rinse under cold water, then place into individual serving bowls.
- **3** For the beef: Marinate the meat overnight (or for at least 30 mins) with a tablespoon of chopped lemongrass, all of the fish sauce and half the garlic.
- **4** Fry the onion with the rest of the lemongrass and garlic for 2 minutes until fragrant.
- **5** Turn the heat up very high. Add the beef with its marinade and stir-fry it, adding the sugar and white pepper.
- **6** Serve the cooked beef on top of the vermicelli noodles and garnish with fried shallots and peanuts, then drizzle liberally with the dipping sauce (recipe below).
- 7 Place the vegetables and herbs on a platter in the centre of the table for guests to help themselves, as you would see on the streets of Vietnam. This dish is often served with fried spring-rolls cut into sections.

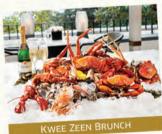
Dipping sauce (nuoc nam cham):

Heat six tablespoons of fish sauce, six tablespoons of rice vinegar, 250ml of water, four minced garlic cloves and four tablespoons of caster sugar in a saucepan. Switch off the heat as soon as it comes to a boil, then allow to cool before stirring through two chopped bird's eye chillies and four tablespoons of fresh lime juice.

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C U I S I N E



Singapore's popular trio of riverside 'hoods has a lot to offer, with each area quite different from the next. While Robertson Quay is more low-key – great for a weeknight dinner catch-up with the girls – neighbouring Clarke Quay is known for its wilder nightlife; Boat Quay, located just next to the CBD, is the perfect spot for after-work drinking and dining. No matter which quay you choose to check out, one thing's for sure – you're bound to find great food, and lots of it. Here, we set out to try some of the hottest restaurants and bars across the three quays.











ROBERTSON QUAY

Bella Pizza 30 Robertson Quay 6734 1039 | bellapizza.com.sg

Go for: Hearty Italian fare with riverside views

If you fancy a taste of Italy (or simply a bit of naughty carb-loading) the Bella chain is the place to head. The restaurant has two fronts, Bella Pizza and Bella Pasta, situated on the same stretch but specialising in – you guessed it! – pizza and pasta dishes respectively.

We began with simple glasses of house white and red, along with the fagottino di bufala (\$21), mozzarella balls wrapped in Parma ham, as well as the delicious parmigiana di melanzane con pomodoro e basilico (\$19) – in English, that's baked eggplant. For our main dish, we chose a white cheese-based number, the Pizza Bella Pizza (\$26), a creamy mix



of mozzarella, ricotta, thinly sliced salami and sautéed spinach.

Even if you're feeling a tad full, we'd recommend trying at least one dessert. The **pannacotta** (\$10) – delicate vanilla custard served with mixed berries – is the best choice for light eaters, or if you're a chocolate fiend, the **profiterol**

al cioccolato (\$10) really hits the spot.

Don't miss: The star of the show was the baked eggplant; the combination of tangy tomato and cheesiness was so moreish I think I could have eaten two portions of it on my own! Also, check out Bella's three-course set lunch for \$20 on weekdays.

- Susannah Jaffer



Lucca's Trattoria 11 Unity Street, #01-12 Robertson Walk 6235 4049 | Juccastrattoria.com

Go for: A taste of Tuscany

Robertson Walk recently welcomed this new Italian restaurant, which serves up a generous selection of pizzas, pastas, wines and sweet treats. Inspired by the city of Lucca in Tuscany, the 70-seater eatery is a cosy spot for unwinding on a Friday night. As you step inside, the rustic red brick and wooden interior stands out as a refreshing shift from the over-hyped industrial theme sported by so many restaurants these days.

My meal got off to a perfect start with the **ribollita** (\$6), a Tuscan soup with cannellini beans, vegetables and kale; it was wonderfully rich in flavour yet balanced in taste.

For mains, blue-cheese lovers might want to try the **gorgonzola e frutta** (\$18/23), a one-of-a-kind pizza that incorporates prunes, dates and apricots with crumbled Italian blue cheese. Our table chose heartier options: **spinach and ricotta ravioli** (\$23), which I thoroughly enjoyed, and my favourite, the **pasta di Lucchese** (\$24); this *tagliatelle* dish combines seared chicken liver and bacon rashers, with Marsala added to tone down the rich liver flavours – it's a must-try, even for non-liver lovers like me!

Don't miss: Pasta di Lucchese; and don't forget to end the meal with the homemade tiramisu (\$10), which incorporates Marsala for an authentic boozy flavour.

- Anthia Chng



Verre Modern Bistro & Wine Bar 8 Rodyk Street, #01-05/06 | 6509 1917 | verre.com.sg

Go for: Fine French wining and dining with impeccable service

As a Robertson Quay resident, I admit I've walked by this spot time after time, not knowing that such a gem of a restaurant lay within.

Focusing on the relationship between wine and food. Verre offers an extensive menu of generously portioned appetisers and mains, sides, desserts and over a dozen "wine bites", listed with suggested wine pairings (from just \$10 per glass). The service is impeccable, with a knowledgeable staff that can recommend wines for any dish.

To start, we enjoyed the creamy seafood papillote (\$30), though our favourite was the half lobster salad (\$38) – pieces of fresh lobster and greens in a delicious guacamole complemented with a refreshing glass of Sticks Chardonnay (\$18). Bonus points, too, for the lovely presentation of this dish, which arrived beautifully in a glass dome, as did other courses.

From the wine bites, we absolutely loved the slightly sweet forest tarte flambée (\$22; think mushroom pizzette with a cream base and gruyère cheese), balanced nicely with a glass of sweet Marcel Deiss Gewürztraminer (\$19). For mains, Evan enjoyed the pan-seared scallops with sweet corn (\$38) - accompanied by a glass of Bourgogne Côte Chalonnaise "Les Clos" (\$19.50); I had the perfectly cooked ribeye steak (\$49) expertly paired with a glass of delicious Massolino Dolcetto d'Alba (\$18). The steak comes with a delicious mushroom-based forest ketchup and truffle fries that taste like they've been coated in iam (in a good way!).

We ended with the Saint-Honoré (\$10) - a classic French puff-pastry dessert with cream filling and piping - and, our favourite, a deconstructed vanilla cheesecake (\$17) - chunks of sweet cake, topped with tart passionfruit.

Don't miss: Happy Hour from 4pm to 7pm Monday through Thursday, and 4pm to 6pm Friday through Sunday.

- Amy Greenburg

the area:

For casual-chic Thai. trv. Soi 60 #01-04 The Quayside, 60 Robertson Quay

For delectable Indian, try. The Curry Culture #01-10/11 The Quayside, 60 Robertson Quay

For a cheeselover's dream, try: Wine Connection **Cheese Bar** #01-05 Robertson Walk, 11 Unity Street

For a whisky enthusiast's night out. trv **Fine Spirits by**

La Maison du Whisky #01-10 The Pier, 80 Mohamed Sultan Road



CLARKE QUAY

Brewerkz

#01-05/06 Riverside Point, 30 **Merchant Road** 6438 7438 | brewerkz.com

Go for: A microbrewery with views of the Singapore River

This family-friendly riverside restaurant is certainly one of the places to visit if you fancy some good American-style grub. Sit outdoors for views of Clarke Quay or opt for the air-conditioned indoor space, where TVs screen sports games in every direction. There are plenty of choices on the menu and, no matter what night of the week you go, it's always buzzing!

I'd highly recommend the cashewed pork and watermelon (\$18) - cubed watermelon, caramelised pork belly and thinly sliced radish atop a bed of rocket with chopped cashews; it's an unusual combination, but this one truly rocked and was more than enough to share between two.



There's a great lineup of burgers to choose from; I went for the Cowbov (\$24), a beef patty (made from New Zealand Black Angus and flame-grilled to your liking) with crispy bacon, cheddar cheese, lettuce, tomato, red onion and a nice big chunky pickle, plus a choice of one side dish.

My husband was in the mood for a great steak, so his choice was easy - the New Zealand Black Angus ribeye (\$44); tender and juicy, and accompanied by a housemade port-wine mushroom sauce, plus

one side. Speaking of sides, the orange butter broccoli is definitely worth giving up the fries for!

Don't forget dessert. We chose the warm bread pudding (\$10) with a scoop of vanilla ice cream and caramel sauce; we've been back twice purely for this little treat.

Don't Miss: Brewerkz's lunch set (\$15), or upgrade to include a pint of beer for only \$20 (available from 12 noon to 3pm daily, excluding public holidays).

- Valmai Dhir

Café Iguana #01-03 Riverside Point, 30 Merchant Road 6236 1275 | cafeigauna.com

Go for: Hearty Mexican and great margaritas

Located right on the Singapore River, Café Iguana has both indoor and outdoor seating and, no matter where you sit, you're guaranteed a buzzing vibe. We arrived hungry, and chose as our starters the Camarones al Diablo (\$23) - jumbo prawns cooked to perfection in a spicy habanero



chilli sauce with ginger, capsicum and lime, served with cute **spicy cheese quesadillas** on the side – and yummy, fresh jalapeño poppers (\$15) stuffed with cheese, battered and deep fried; these were served with dips of pico de gallo and lime crème to cool us down.

We loved the **chicken fajitas** (\$27) – chicken, peppers, onions and *pico de gallo* – on a sizzling platter, with soft flour tortillas, sour cream and guacamole on the side. A tender shredded steak burrito (\$25) - served with savoury Mexican rice, borracho beans, cheddar and mozzarella wrapped in a flour tortilla – topped off our main courses; a green chilli pork stew can also be added to the burrito for an additional \$4.

Delicious, sweet churros (\$12), served with choccy sauce and vanilla ice cream, were a great way to end

Don't Miss: The tequila and mezcal – there are over 100 types to choose from – and the legendary frozen margaritas, which come in nine different flavours; the restaurant also has its own Iguana lager.

- Jacqui Young



McGettigan's Irish Pub #01-01 Merchant's Court, 3A River Valley Road 6837 0577 | mcgettigans.com/singapore

Go for: Drinks, modern Irish food, cheerful service and a great vibe, both inside and out. Don't forget to look up and admire the pressed steel ceilings, part of a wonderfully ornate décor that's more of a hallucinogen-inspired dream of the old country than a strictly traditional Irish pub. And a really good duo of female singers.

We score an alfresco table at 7pm on a Wednesday, and by 9pm the interior is filling up nicely, and that's despite Clarke Quay's many other options. Irish manager Brian heads up a cheerful team that brings us a jolly good daiquiri (\$16) from the cocktail menu, and from the selection of draught beers a Black & Tan (\$16), my first but not my last: fresh lager topped up with Guinness. There's an extensive list of spirits,

plus a red and a white wine served by the glass (\$15) or by the bottle (\$75).

I enjoy the salt and pepper squid starter but love the crispy pork belly popcorn (each \$18) tossed in sesame, soy and honey. My tasty 200g wagyu cheeseburger (\$23) with bacon and all the trimmings comes with piping hot fries, as does Roy's delicious bowl of wagyu beef chilli (\$20) topped with cheese sauce, pico de gallo and coriander, which he seems more than usually loath to share. Fish and chips or the open steak sandwich are also recommended.

Don't Miss: The World HSBC Rugby Sevens (16 and 17 April) after-party at Clarke Quay. It's bound to be a blast!

- Verne Maree

#01-01B Clarke Quay, 3A River Valley Road

For happy hour specials, try **SQUE Rotisserie** and Alehouse #01-70 The Central, 6 Eu Tong Sen Street

For New Yorkstyle pizza, try: Motorino #01-01A Merchant's Court, 3A River Valley Road

For live music and late-night dancing, try: The Highlander Bar and Restaurant #01-11 Clarke Quay, 3B River Valley Road



EMPRESS #01-03 Asian Civilisations Museum, 1 Empress Place 6238 8733 | empress.com.sg

Go for: Cantonese cuisine in a beautiful setting

Located at the Asian Civilisations Museum, this indoor-outdoor, waterfront Chinese restaurant is still great for a casual night out. Offering great river views of Boat Quay's original *godown* façades and a nice breeze, the restaurant's beautifully decorated interior blends old and new, as does the menu – Cantonese classics are given a modern twist, making it more accessible and a little less stuffy.

The portions are big, so pace yourself. We loved our starters of **crispy cod "Bi Feng Tang"-style** (\$12/18/24) – crunchy fried cod with caramelised shallots and chillies – and the **sticky prawn salad** (\$22) of fried prawns, watercress, green mango, pea shoots, pomegranate seeds, spearmint, coriander and ginger flowers, with a wine-honey dressing; the **roast**

duck (\$20 for a quarter) was also very juicy and flavourful. Wash it down with a strong glass of blood orange sangria (\$16). Other highlights included the fried brown rice medley (\$20/30/40) with mushrooms, asparagus, goji berries and pine nuts (I want to go back just for this rice), and the sweet steamed molten egg custard buns (\$5.80 for three pieces), which tasted almost like cake batter.

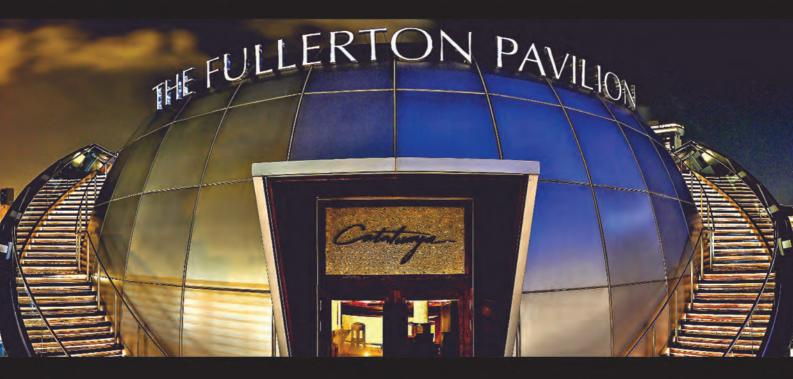
For dessert, we loved the **coconut custard with filo pastry** dessert (\$12) – Thai pineapple, honey mango, passionfruit pearls and coconut ice cream; the **sticky date and longan pudding** (\$12) with butterscotch and a scoop of vanilla swirl ice cream was delish, too.

Don't Miss: The scrumptious **Singapore chilli king prawns** (\$28/42/56) with *mantou* bread for dipping – it's like chilli crab, but with prawns.

- Amv Greenburg

Empress recently I a u n c h e d a Champagne Dim S u m Brunch, inclusive of selected soups, mains and desserts, and unlimited dim sum for \$58. Free-flow champagne and drinks are available at an additional \$48 to \$60. For more free-flow brunches, turn to page X.





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Go for: Set-menu fine dining for a romantic interlude or even a swish business dinner by French-trained local chef Jonathan Koh, plus brilliant sommelier service from GM Novalan, in an evocative early 19th-century riverside building. (OCF stands for Olivia Cassivelaun Fancourt, the first wife of Sir Stamford Raffles.)

Both chef and GM did serious time at the Raffles Hotel, and the quality comes through – but without a hint of stuffiness. From the seed-crusted baguette – accompanied with a pad of salted butter elegantly stamped with the OCF logo (I've gone right off that olive oil and balsamic business) – it's one delight after another. What's on offer changes with the seasons; you choose between the four-course **Menu Gourmand** (\$88) or the slightly different **Menu Prestige** (\$158).

For us, the standout was Chef Jonathan's Inspiration, the surprise appetiser of the day (coming after a delicious little trio of *amuses bouches*) – **crab**

tartare on a bed of cauliflower cream, topped with tomato *espuma*. Other highlights include the **salt-baked celeriac** with divine shavings of **smoked foie gras**; plump and tasty **Gillardeau oysters** with burnt leeks and crunchy potato couscous; an intensely flavourful lamb *caillette*; and a sublime Miyazaki ribeye (marbling A5). And for dessert, **Le Café et Cacao** (*pictured*), a sphere of whipped chocolate ganache, coconut brownie and espresso ice cream that collapses exquisitely as hot mocha chocolate is poured over it.

Don't miss: Ladies' Night on Wednesdays, offering a three-course meal for \$98 that includes a free flow of champagne. For a different vibe, choose Friday or Saturday night for some live music with your meal: the baby grand on the small stage is courtesy of the crowd from muso haven Timbre downstairs.

- Verne Maree



Wakanui Grill Dining Singapore 70 Boat Quay | 6438 6321 | wakanui.sg

Go for: Pure New Zealand ingredients infused with Japanese flavours

Wakanui is past the busy part of the quay towards The Riverwalk. Our table was right on the riverfront, so we had the best seats in the house. There are also inside areas spread over two levels, if you'd prefer to sit indoors.

It's a grill, with a large image of a cow outside, but the signature dishes include both red meat and fish, and there are some other options such as oysters. We also had a choice of seeded mustard or a wasabi and soy sauce concoction with our steak, so it's the best of all worlds!

We tried three starters: Canterbury spring lamb chop (\$6 each), short loin lamb tataki with shallot sauce (\$16) and Akaroa Harbour king salmon (\$22), and I really couldn't decide which was my favourite – all were delicious. Then, as we're not huge eaters, we shared a 500g ribeye cut (\$82) – mine was medium rare and Mum's was medium (probably a better choice), with a mix of panfried asparagus and garlic (\$12). The combination of flavours was excellent, but I would have liked a decent steak knife.

Afterward, we managed to fit in a little scoop of **Hokey Pokey ice cream** (\$4) – not very Japanese, but a nice "finisher-offer"!

Don't miss: The river view from Boat Quay; it has to be one of the most impressive in the world. Sitting with the skyscrapers to the right, the colonial classics to the left and MBS in the distance (plus the bumboats chugging past at regular intervals), it's the perfect vantage point.

- Rebecca Bisset

Also in the area:

For 360-degree skyline views, try: **Southbridge** Level 5, 80 Boat Quay

For all kinds of crepes, try: **Ô Comptoir**79 Circular Road

For post-work tipples, try: The Mad Men Attic Bar 11 North Canal Road, #03-02

For locally inspired and bespoke cocktails, try: Ah Sam Cold Drink Stall 60A Boat Quay



READERS' P I C K s

"Super Loco in Robertson Quay is family-friendly, fresh and delicious. They have superb margaritas and it's a great place to take visitors from out of town."

- Justine Gayer

"Our Village (in Boat Quay) has a great view and great food – North Indian and Sri Lankan, actually. The interior is beautiful, too."

- Kelly Dickinson

"I love **Marutama Ramen** in Liang Court (Clarke Quay). Get the 'Aka Ramen' and add an egg – you won't regret it!"

- Niki Vogel

"Kith Café in Robertson Quay is amazing for brekkie, brunch, lunch or coffee. Also, it's affordable, and the staff are always smiling and cheerful!"

- Máire Nic Amhlaoibh

"Decker Barbecue behind Boomarang in Robertson Quay. The smoked brisket is definitely the centrepiece, and the pulled pork and ribs are just as good; the cobbler is also very yummy. It's a small establishment with three industrial-looking smokers. There are a couple of craft beers on tap and IPA bottles. There's also a bit of space where kids can hang around with pavement chalk or on scooters.

- Jaquelyn Molloy





"Señor Taco in Clarke Quay is outstanding and they have salsa dancing on Saturday nights; superb tacos and margaritas. Absinthe in Boat Quay is a good French restaurant, especially for lunch; they've got reasonably priced bottles of AIX rosé. Also, Si Chuan Dou Hua is a great Szechuan restaurant at the top of UOB Plaza. It's a great place to take overseas visitors."

- Alexander Knight

"You won't go wrong with **Wine Connection Tapas Bar and Bistro** (Robertson Quay) – affordable, quality wine and yummy tapas, pizzas and pasta. Great spot for a girls' night out and Friday night post-work drinks."

- Niamh Drohan

"I love Indian restaurant **Our Village**. It's a bit overpriced, but delicious. Book ahead for a nice view of the river."

- April Rice

"A bit hidden behind PS.Cafe Petit on Martin Road in Robertson Quay is **Chopsuey Cafe** – my favourite for Asian cuisine. Their dim sum is to die for, as is their garlic wok broccoli – I eat just that for dinner regularly!"

- Tara Clarkson

"In Clarke Quay we really like McGettigan's for food. I think it's an undiscovered gem. We also love SQUE because it's the best one-for-one happy hour in Singapore!"

- Kathryn Calder

"Highlander is my favourite bar for dancing in Clarke Quay! My favourite bar for drinks in Boat Quay is **Southbridge** – it's got great views." α

- Nadine Gasser



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TRAVEL



205 Utterly Captivating: Visiting the Datai Langkawi **210**Sub-zero Adventures:
An expedition with Russian reindeer herders

216 A Hidden Gem: Experiencing Yunnan Province, China

What's New

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If you find yourself in Rome and in dire need of a blessing, no need to traipse all the way to a church. To coincide with the Jubilee of Mercy announced by Pope Francis – that is, a special year of remission of sins and universal pardon – the **Scooterino Amen** app has launched; it allows residents and tourists in Rome to order the services of a priest, who is then delivered directly to you on a scooter. Once the clergyman has performed a blessing, confession or interview, you can even rate his performance (out of five angels, naturally). **scooterinoamen.it**



New in Phnom Penh

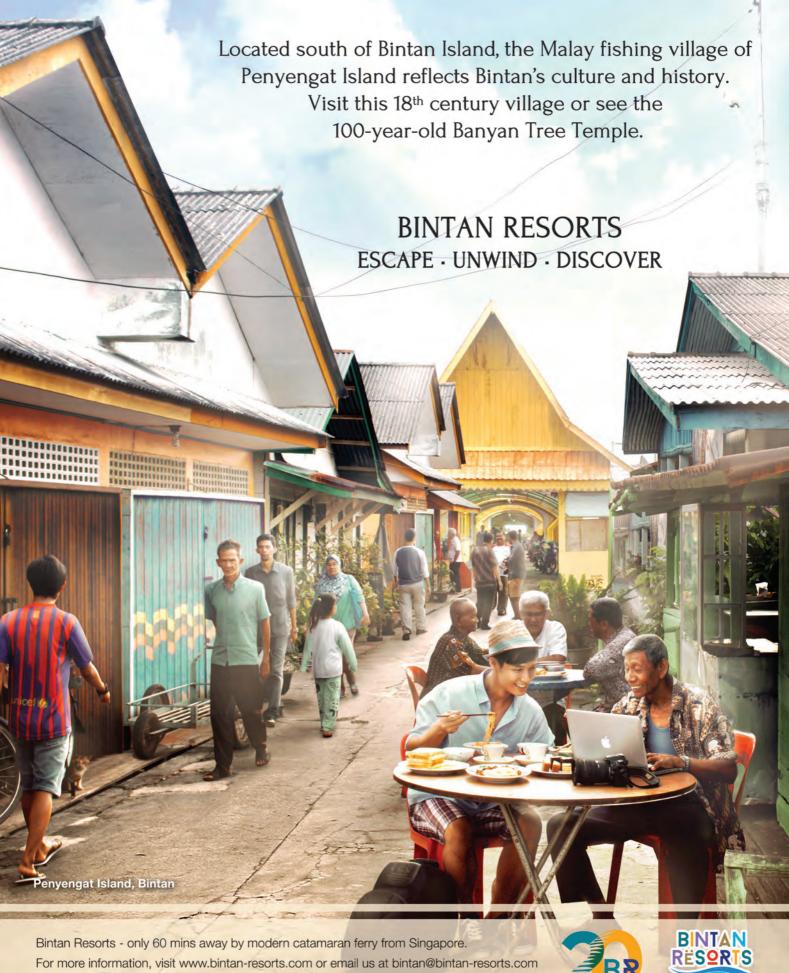
Cambodia's capital has a new hotel, with the SUN & MOON, Urban Hotel currently celebrating its soft opening. Within walking distance of major landmarks and tourist attractions, the property – conceived as a "modern, affordable design hotel" – is located in the picturesque old quarter, close to the riverside, and features custom-designed furniture, a vibrant colour palette and a gallery of whimsical contemporary artworks. sunandmoonhotel.com



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Amatara Resort & Wellness in Phuket has launched the world's first luxury Thai hammam spa. Blending traditional Turkish and Moroccan bathing practices with authentic Thai spa healing arts, the hammam offers everything from a detoxifying thermal mud bath to relaxing in a Himalayan salt cave. A special opening package with a two-and-a-half-hour **Thai Hammam Experience** is available for 5,900 Thai baht (usually 8,300 baht) – around \$\$230; it includes a take-home gift, discounts on F&B and other additions, including complimentary use of the kids' club. **+66 76 200 800 | amataraphuket.com**





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One of the ten top beaches in the world? Apparently so, and that's just for starters. VERNE MAREE finds out what makes **The Datai Langkawi** on Datai Beach an unforgettable experience.

ranted, The Datai sits on a pretty curve of powdery sand measuring just over a kilometre at high tide, with an additional couple of hundred metres of hectic crab colony when the tide is out. And yes, it's bookended by picturesque rock formations and looks out over an island-dotted Andaman Sea – but there must be hundreds of equally beautiful beaches in Southeast Asia alone.

Only when I register exactly who awarded this accolade to the beach – the venerable *National Geographic* – does the penny start to drop. Apparently, it's to do with its juxtaposition to the 10 million-year-old rainforest rising from the coast; the island is home to around 226 species of birds, 500 species of butterfly and more other creeping, jumping and flying critturs than you can waggle a zoom lens at.

Admirably, when they built the villas more than 20 years ago, they preserved as much of the virgin rainforest as they could by bringing in comparatively nimble Thai elephants, instead of bulldozers, to uproot individual trees. The main building with its public spaces and Canopy Collection rooms and suites sits high up in the canopy, near the road, while the villas are judiciously spaced throughout the property. Located along the beach, by the way, are 14 reportedly splendid beach villas, for which you'll pay a premium.

My Nest

My job here is to immerse myself in the rainforest. To that end, I'm installed in solitary state in Villa 6, part of the rainforest collection. Luxurious and super-spacious, this low-lit teak nest has a verandah to the rear that looks out directly into the canopy. On my first afternoon, as

I'm catching up with email from the comfort of my daybed next to the window, the furry face and knowing eyes of a long-tailed macaque appear.

Luckily, I've been warned to keep the doors locked and not just closed: the monkeys know how to open them, raid the minibar and leave a terrible mess in their wake. Though I'm used to alpha males (being married to a prime example, after all), it's momentarily disconcerting to be eyeballed and silently hissed at by a frustrated animal who'd been hoping today would be open house. Incidentally, the other name for this species is "crab-eating macaque". The beach is heaving with crabs, no doubt because the resident macaques have become obsessed with minibar Toblerones.

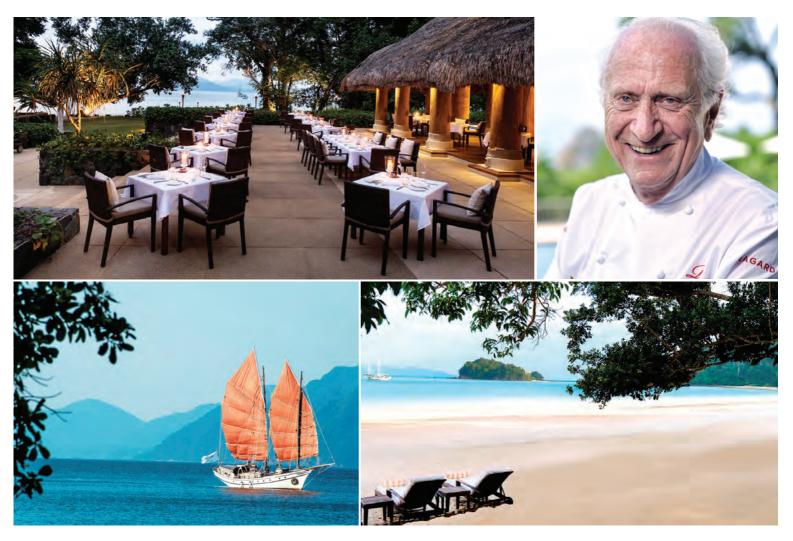
When I do sit out there, I'm surrounded and soothed by the pervasive rainforest sounds of trickling water, calling birds, myriad species of insects humming, clicking, buzzing and beeping. It's all most relaxing; but closing the doors keeps the inside in and the outside firmly out, and I sleep like a sloth. Any scrabbling sounds under my villa are nothing to worry

about, I'm reassured. Monitor lizards are plentiful, and there are a couple of wild boars said to favour Villas 5 and 6.

There's a big TV and a DVD player, of course, a (presumably loaded) iPod and dock and all the other equipment that guests are thought to want or need. At the end of my four days, I realise I've used none of them, except for putting the Lavazza machine through its paces and guzzling free-flow Badoit from the minibar (soft drinks are on the house).

Santé!

It's not all about rainforest immersion, though. I'm one of a handful of lucky journalists invited to The Datai Langkawi for a special **Michel Roux dinner**. It's taking place during a visit by this three-Michelin-starred French chef, famous for two restaurants in England: Le Gavroche in London and The Waterside Inn in Bray. So the hotel is full to capacity, largely with British guests vying for one of the 50 covers available on each of the three nights M. Roux is doing his thing.











Already pleasantly buzzing from Michel Roux's own champagne – he owns a couple of wine estates, one in Champagne and the other in Aix-en-Provence – we're seated poolside at **The Dining Room** to enjoy a leisurely five-course progression: terrine of foie gras with chicken breast (pictured), fillets of sole with broad bean mousse, wokfried live Maine lobster (also pictured) and a most beauteous roasted Challandais duck. Pierre Bat (the long-time sommelier from Maison Latour) presents a series of Bordeaux beauties, including two remarkable whites.

So, how did The Datai pull off this culinary tour de force? In short, French-born general manager Arnaud Girodon and Michel Roux have been friends since the two men opened La Maison 1888 at the InterContinental in Danang, Vietnam. Other chef visitations — two or three a year, promises Arnaud — are being planned.

After such a feast, it would not be unreasonable to expect the rest of the hotel's cuisine to fall a bit flat, but happily that's not the case. Just a few days before my visit, and for the second time in a row, the Malaysian Tourism Board had voted **The Gulai House** as the country's best innovative Malay cuisine restaurant. Its fare is more of an entwinement than a fusion of Malay and Indian dishes – think vegetable *pakoras* with raita, crispyfried soft-shell crabs and chicken and mango salad; tomato soup scented with tamarind and coriander; Malabar prawns, chicken *makhani* and marinated Australian rack of lamb chops straight from the tandoor.

Seasoned Southeast Asian palates may find the fare here, plus the Thai fare at **The Pavilion**, somewhat adapted to Western tastes; understandable in light of the guest demographic, and you can always demand more chilli!

After one of these opulent dinners – and perhaps a tiny little hangover (I blame it on the Bordeaux), breakfast is easily skipped in favour of lunch at the more casual **Beach House**: cold creamed pea soup topped with fresh crab-meat, or a substantial salad with beetroot, goat's cheese and walnuts. You really shouldn't miss The Datai's **signature breakfasts**, though: I noted blearily that one even featured foie gras with your scrambled eggs. Wow.

Back to the Jungle

Resident naturalist and ardent conservationist Irshad Mobarak, also known as **The Jungle Man of Langkawi**, leads 8am nature walks that are a highlight for me and many other guests. He's a world-acknowledged birdman, and I'm alarmed when a couple of hard-core twitchers from the English Midlands turn up in full camouflage gear, hatted and booted and armed with the most enormous zoom lens. Luckily, it turns out that my shorts and flip-flops are fine for our gentle stroll.

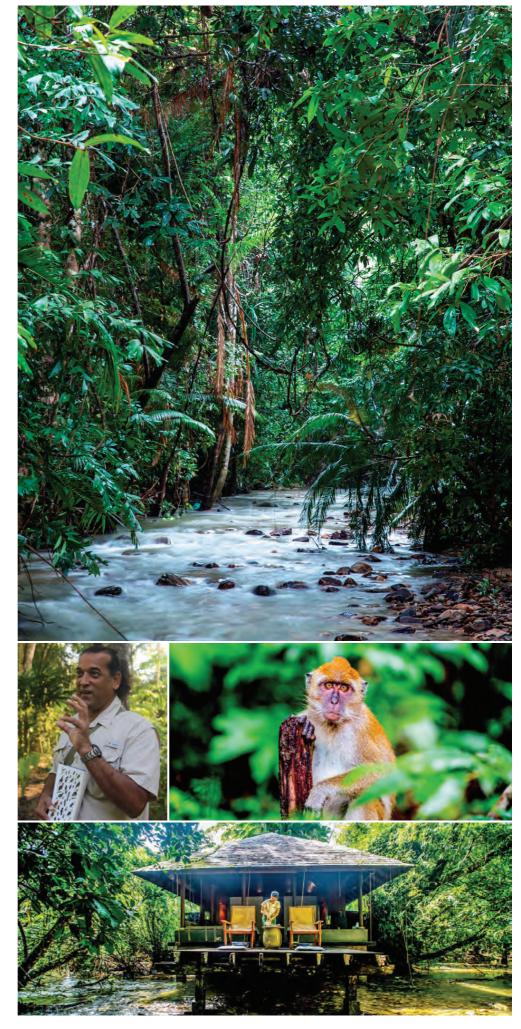
You don't have to go far to have your eyes opened to the startling variety of wildlife here – not only in the surrounding jungle, but on the property itself. In the course of a fascinating 80 minutes, Irshad points out or mentions dozens of species, including:

- A **strangling fig**, the most important and most misunderstood tree; to find out why, you'll have to go on the tour
- A family of dusky langurs, the secondmost common primate on the island and only found in peninsular Southeast Asia
- A mountain eagle, Langkawi's "baddest bird"; Pacific and barn swallows that nest on the property; plus Irshad's beloved hornbills, including the Oriental pied variety; flower-peckers, sunbirds, kingfishers and many more
- Tiny brown tree-frogs reposing in corners of white-washed walls, which

 if I'd even bothered to look up and notice them – I'd have dismissed as insects' mud nests
- The world's largest gecko, an unnerving 40cm in length. How super-sticky must those feet be to keep that cricket-bloated body attached to the ceiling? Shudder.

The Datai Spa

For further immersion in the rainforest experience, I recommend the signature **Tungku Batu hot-stone massage**. I have, all to myself, one of just four gorgeous, open-air spa treatment villas dotted along the bank of a trickling river. Apart from the location, the star of the show is an outstanding masseur who tells me he's from Java.







Out and About

If it's your first trip to Langkawi, you'll want to explore this green and leafy island. Hiring a car is a reasonable and safe option; roads are well maintained and traffic is minimal.

The beach is good for walks or a short run, but you'd better have some voomah in your legs to tackle the hilly "main" road. Don't even think of the nearby golf club as an alternative running route. After three gasping kilometres from The Datai to The Els Club, I swerve through the gates and seaward along the path like a migratory gull, but I'm not even halfway around the spectacular links course before an efficient young man zooms up in a buggy to escort me off the premises, politely but firmly.

"We have golfers here," he explains, "and it's not safe for you." Silly me – I'd thought the reason they were riding instead of walking was the heat.

Off to Sea

A great way to get out on to the waters of Datai Bay is to book one of a variety of cruise options on the *Naga Pelangi*, a 97-foot traditional wooden Malaysian junk schooner (with four double-berth cabins) that was built by Christoph and Ulrike, the German couple who sail her. Its name means "rainbow dragon", inspired by the awesome shape of its hoisted red sails.

Datai Bay is home to sea otters, dolphins, whale sharks and more. Our three-hour sunset cruise is sublime: whisked from the beach on an inflatable dinghy, we're soon ensconced on cushions on the cabin roof, slurping Moët and wolfing canapés that are guaranteed to spoil dinner.

For the five months of high season, *Naga Pelangi* is here exclusively for The Datai's guests; at other times of the year, you'll find her in the waters east of peninsular Malaysia.

Getting There:

Couldn't be easier, especially if you take a 90-minute SilkAir, AirAsia or Tigerair direct flight from Changi Airport to Langkawi. As Malaysia Airlines was a sponsor of Chef Michel Roux's visit, I flew via Kuala Lumpur, which of course takes considerably longer. From Langkawi's airport, it's a lovely 40-minute drive to The Datai. ϵ

thedatai.com nagapelangi.com

36 Below Zero:

Living with Siberian reindeer herders

Over the years in *Expat Living*, we've featured **Women On A Mission** as they've hiked to Everest Base Camp, rock-climbed in Jordan's scorchingly hot Wadi Run and scaled the mountains of the sacred Tsum Valley in Nepal. So we had little doubt that the non-profit organisation's fourth expedition would involve something extreme.

We were right. For their latest challenge, a group of nine women braved a freezing Siberian winter to accompany reindeer herders on a 12-day stretch of their twice-yearly migration across the frozen Arctic. One of them, CHRISTINE AMOUR-LEVAR, answered our questions about drinking reindeer blood, finding privacy on a



This mission sounds like it truly took you to the end of the earth; how did you reach the Nenets?

Getting there was a feat in itself! After a night in Moscow, our team of nine (hailing from Singapore, Dubai, London and Kuala Lumpur) flew three hours to Salekhard, the only city in the world located on the Arctic Circle. From there it was a seven-hour trip in a monster amphibious all-terrain vehicle, with wheels almost up to our necks, to the town of Yar-Sale. That journey was punctuated by a rescue from the ice-covered Ob River. The following day we travelled on snowmobiles and box sleighs to meet the Nenets on their journey across the frozen Gulf of Ob.

Why choose Siberia for this mission?

By trekking in such harsh conditions, we hoped to inspire women to leave their comfort zone in an effort to rally support for a worthy cause. Even if we could never claim to truly understand the suffering that survivors of war go through, by doing something so challenging, so alien to our own way of life, and dedicating it to these brave women, we believe we are standing in solidarity with them. This gave us strength as we faced the howling Arctic winds and numbing temperatures of Siberia. Incidentally, this was the first time that an all-female team had accompanied the Nenets on their yearly migration across the tundra.

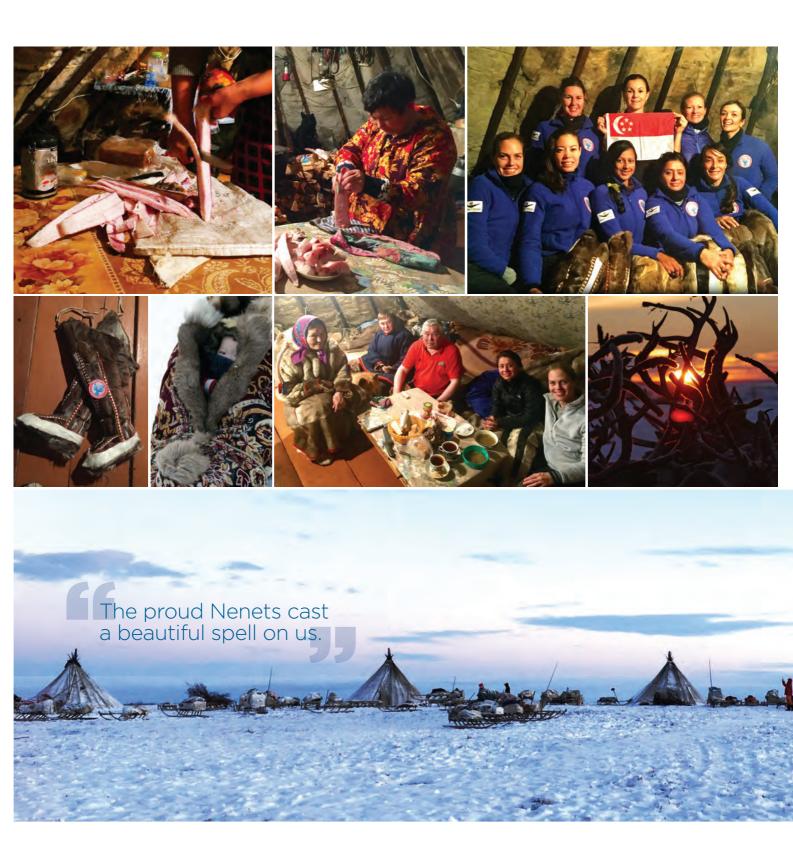
Do the children go to school?

In the 1930s the Soviet government enforced schooling for all Nenet children, so the majority of nomads living in Siberia today have been educated at boarding schools. Despite this drastic change in their upbringing, as many as 50 percent of them return to the tundra, taking what they want from mainstream society without letting it affect their cultural identity.

WHO ARE THE NENETS?

There are around 40,000 nomadic reindeer herders throughout Russia, of which 10,000 live in the Yamal area of western Siberia. The Nenets are among the world's oldest surviving true nomads. Every year, as part of their migration, they travel 2,000 kilometres seeking fresh pastures for their herds. Even though the Russian government has built a massive gas pipeline across their land, which incidentally holds almost a quarter of the world's known gas reserves, their way of life endures.





Tell us about your experience with eating reindeer meat.

For centuries the tribe has lived off reindeer meat and blood, utilising every part of the animal from hide and heart to bone and antlers. Slaughtering an animal is a sacred ritual for Nenets; a reindeer is carefully selected and strangled in the traditional manner, with a rope around its neck and the head facing east. The hide is then meticulously removed and kept in one piece to be used for clothing. After this, the tribe feasts on the warm carcass. We tried raw kidney, liver and reindeer blood, which tasted salty and not at all unpleasant. Reindeer meat and blood are rich in minerals and vitamins, which are essential for staying healthy in the harsh Arctic environment. We felt extremely privileged to share this experience with these exceptional people.

Describe a typical migration day.

Rising at 4am, we would help the women dismantle the camp and load their belongings on the sledges, while the men went to lasso the specially trained transport reindeer from the main herd. Once the reindeer were harnessed to the sleighs, the 20 to 25km journey to the next encampment began. We didn't eat or drink until the new camp was set up at the end of the day.

Some days it was overcast and dreadfully cold, with temperatures dropping as low as minus 36 degrees Celsius – we were grateful for the reindeer fur coats and thigh-high boots the Nenets lent us! The biggest risk,

as we spent up to 10 hours at a time without shelter, was frostbite and hypothermia, so we kept a watchful eye on each other for any signs of distress.

When the nomads decided on a suitable place to set up camp, usually near a large flat area where the herd could easily be rounded up, setting up camp began. Sledges were unloaded, reindeer unharnessed and chums (traditional conical tents made of reindeer hides) set up.

Then, eager to warm up, we would pile into the chums for warm tea and a feast of fish and bread; sometimes Antonina (the mother of Yuri, head of the tribe) brought out the vodka. Meanwhile, the family's nine dogs curled up on the furs around us, watching expectantly for any scraps.

How do Nenet women fare in the tribal environment?

Early on in the trip, Antonina explained the laws that women must abide by, and that we too had to follow: no showing or flaunting of our bodies; feminine undergarments were to be kept hidden in our bags; we were not allowed to step over men or any of their tools (a rule that many of us failed miserably, unfortunately, given the restricted space in the chums); and we were forbidden from crossing, or putting our hands through, the invisible line running from the centre of each chum to the back of the tent, and extending another 100 metres outside.





What were the biggest challenges?

Conforming to the tribal rules was difficult, as were our toileting activities; the latter had to be carefully conducted out of sight of any of the men – difficult given the fact that male Nenets are in constant motion, checking on their herd or doing chores, coming in and out of the camp at any time. Additionally, the landscape around the camp, although incredibly stunning, was for the most part completely flat, so our trips to the "toilet" turned into real treks of 200 to 300 metres or more, sometimes in knee-high snow. And, despite careful planning, we discovered to our horror that the reindeer craved the salt in our urine; they shadowed us like Ninjas and pounced on us when we least expected it!

Aside from some amazing physical experiences, what did you take away from the trip?

Undoubtedly, the proud and noble Nenets cast a beautiful spell on us. The contrast with our comfortable. materialistic lives could not be more extreme. While their world now incorporates modern items such as phones, generators and snowmobiles, their way of life remains pure and in many ways far richer and more meaningful than ours. By sharing the simplicity of their existence, the Nenets reminded us of the real importance of community and family values for survival. Most importantly, they showed us that living simply and at one with nature is enough. They will remain always in our hearts.

WHAT IS WOMEN ON A MISSION?

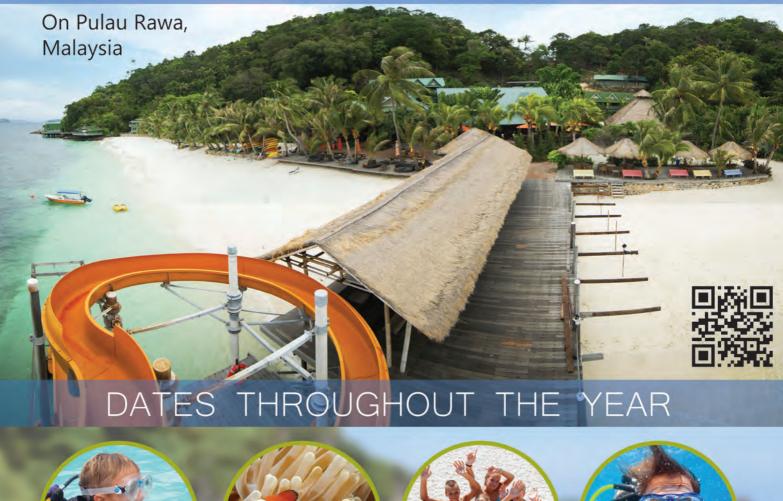
This Singapore-based organisation raises awareness and funds for women survivors of war, and for women who have been subjected to violence and abuse. It's a 100 percent volunteerbased entity, so trips are selffunded, and to date over US\$500,000 has been raised and redistributed to chosen charities. Donations from fundraising events, such as auctions held in Singapore, go directly to local charities like AWARE and the Singapore Committee for UN Women. &







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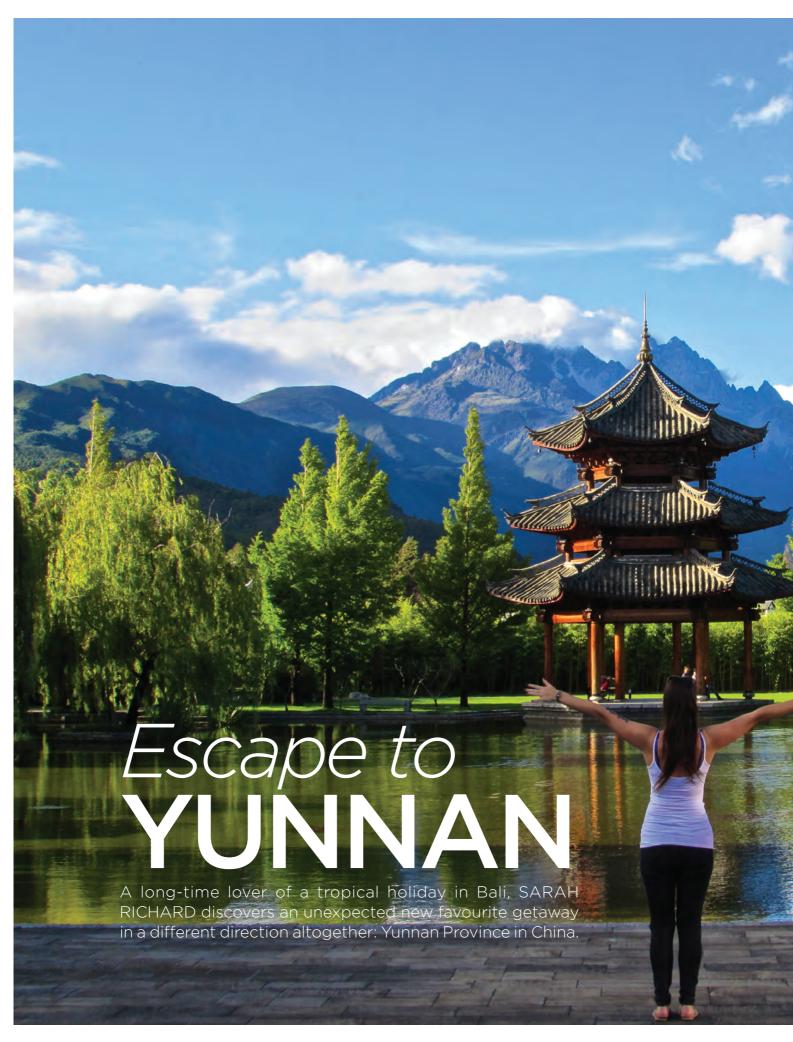






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hen it comes to travel, I generally know if I'm going to like a place or not almost instantly upon landing. The atmosphere, the smells, the people, the surroundings: those first few experiences in a new place are the most exciting. I knew I was going to like Yunnan from the start; but I never realised quite how much I would fall for it. This is a place unlike any other – much of it is far less explored and spoken about than touristy beach destinations, and truly magical.

Lijiang

It helped that I was staying in some seriously sublime accommodation, in the form of the Banyan Tree Lijiang Resort, a 40-minute drive from the city's international airport. My room at the resort, one of the Garden Suites, felt more like a cosy apartment. Welcome features included the timeless oriental décor, a huge bed, and my own private garden looking out onto the famous Jade Dragon Snow Mountain. For those wanting an additional touch of luxury, there's a range of Pool Villas and Jet Pool Villas.

Wherever you lay your head, it's clear that Banyan Tree takes each of its five stars very seriously. From the gowns hanging fresh and ready for you every morning, to the seasonal fruit and complimentary snacks, you can expect to find every extra.

For me, though, the most specular thing about the property is its surroundings. My first night was spent gazing at the breath-

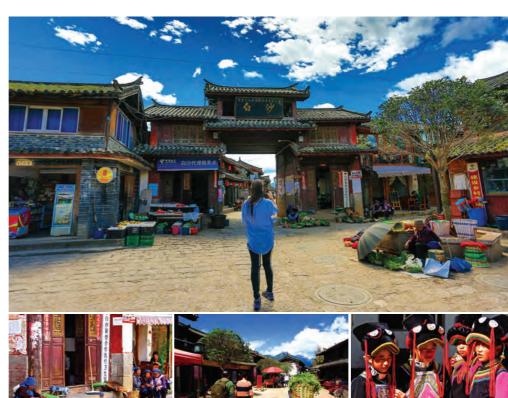
taking mountain views – to the point that I was in danger of spending more time on my balcony than in my bed; that was until I realised that the bed was possibly the comfiest I would ever sleep on.

Despite all this, I was up early the next morning and raring to go. After a buffet breakfast of Asian and Western food, my English-speaking tour guide was waiting for us at reception with a huge smile on her face. "You're going to love Lijiang, Sarah," she said, and I couldn't help but smile back at her and reply, "I think I already do." Heading up through the mountains, the sun beaming onto our windows, we passed sunflowers that were just coming out of season yet still dominating the fields.

At our first destination, the Wenhai **School**, we were greeted by shy local children hiding one behind another. As soon as I said "Hi", they all burst into giggles and ran around in circles. Banyan Tree helps local schools in the surrounding areas in many ways, such as funding infrastructure and education and providing clean water; it was great to see how much the children appreciated these things.

Next stop was Baisha village, one of Lijiang's old towns, bursting with life and character. I immediately fell for its charm. Local Naxi women sold fruit while men sold old antiques. Just wandering around the streets was great entertainment in itself, with new sights at every corner, and my tour guide happily spent the hours talking me through Lijiang's history and culture.

We headed back to the Banyan Tree for lunch at Ming Yue restaurant, which serves superb local and international dishes, featuring vegetables grown in the resort's own garden. Following that it was a short walk to the ancient town of Shuhe. Here, autumn was in full bloom and colours were popping in every direction. Locals and tourists buzzed around, and the restaurants and cafés gave off sounds of laughter and clinking coffee cups. It felt like a European metropolis yet with a distinct Chinese feel, a place you always wanted to visit, yet never knew existed.

















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Another thing on my agenda in Lijiang was relaxation. Banyan Tree really is the ultimate relaxation resort; the rooms are beautifully arranged, providing complete privacy, with amazing views either from a balcony or a private garden. I got into my bath that extended along two huge windows, put on some music, lit the complimentary incense and shut off from the outside world. By the next morning I'd almost melted into my bed.

In a strange yet comforting way, Lijiang made me feel nostalgic. It reminded me of childhood summers in my hometown in England, surrounded by sunflowers and cobbled streets. I'd fallen head over heels in love with it, and I really didn't want to leave.

Ringha

I must have looked unhappy because my driver said, "Don't worry, Miss Richard, Ringha is even *more* beautiful." Surely nothing could beat the view of the sun hitting the snow-capped mountains each morning? The four-hour drive north to Shangri-La (formerly Zhongdian, and the nearest town to Ringha) soon put this to the test, and the sights from my car window made it seem like I was in an episode of *National Geographic*.

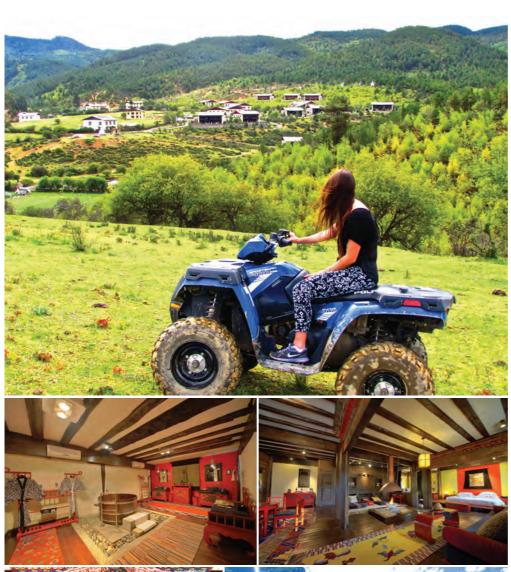
An hour in, we stopped to visit worldfamous Tiger Leaping Gorge, one of the deepest gorges in the world, and the location for one of southwest China's most noteworthy treks. The water flowing through the gorge was so powerful that I simply stood in awe of how stunning nature can be. Unfortunately, I was joined by hundreds of other tourists; in a country where the use of the "selfie stick" is reaching epidemic proportions, it was hard to find a moment undisturbed. Once I did (tip: walk right to the end of the bridge, beyond where the steps lead back up), my vision almost felt photoshopped, with saturation, contrast and highlights all in perfect balance.

A few hours later we passed through **Shangri-La** town, from where it was another 20 minutes to Ringha. Yaks and sheep dominated the winding roads,













and our car was obviously not a sign for them to move! Eventually, we pulled up to the Banyan Resort Ringha, where resort manager Mario was on hand with a welcome cup of ginger tea and some meltin-the-mouth shortbread biscuits. The temperature had definitely dropped since leaving Lijiang, so I was also happy to be given a traditional Tibetan coat to wear.

Perched 3,300 metres above sea level and surrounded by snow-capped mountains, this Banyan Tree sits within a remote Tibetan valley. All the suites and lodges are authentic Tibetan homes and farmhouses that village families and their livestock once lived in; they were then transported from their original location, room by room, and refurbished. Each one is set on two levels and includes a handhewn wooden bathtub, a fireplace, raw stone steps leading down to a dressing room, and traditional Tibetan decoration. I stayed in the Tibetan Farmhouse, with views onto the valley and lake.

Dinner was traditional Tibetan hotpot at the resort's **Chang Sa Bar & Restaurant**. Served in a stone pot, bubbling with fresh flavours, this was something to savour, from the first slice of yak meat to the fresh Tibetan vegetables. The perfect accompaniment was a few cups of sake, homemade by the mother of one of the staff members.

My instructions for the next morning were to bring my walking shoes and Tibetan coat for an adventure. We were heading to **Songzanlin**, the largest Tibetan Buddhist lamasery in Yunnan Province. Built in 1674, its age is strikingly obvious as soon as you arrive. We walked around its impressive architecture, through small alleyways, and all the way to the top for a spectacular view over the old town. The sun reflected off the gold-plated statues, giving the whole monastery a magical look.

Next we went to **Dukezong Ancient Town** to visit the world's largest prayer wheel, 24 metres high. It takes up to 11 people to get it moving, and once it's going it should be spun three times for good luck. After this came sacred **Napa Lake**: huge grasslands, home to wildlife

such as yaks, deer and flocks of migratory birds. We then stopped to sample some traditional yak butter tea (quite an acquired taste!) with a local Tibetan couple who owned a small shop near the lake. Although most of the people spoke not a word of English – and, of course, I spoke no Tibetan – they were all so warm and friendly, questioning my tour guide about me and where I came from.

My dressing instructions for the following morning were entirely different: wear some clothes that you don't mind getting dirty. Awaiting me in the courtyard was an ATV! We jumped on and soared around the grasslands, across streams, up valleys and through local villages, mud spraying everywhere as we went. The sun came out to say hello, and even the yaks were friendly. My guide and I had regular fits of laughter, especially when we literally got "stuck in the mud" and had to pull each other out with a rope. They were definitely right about the clothes – I returned to the resort a different shade from when I left!

Everything about Ringha is incredible: the view of the lake, the fresh mountain air, the sound of the yaks, the hotpot, the people. I'm already planning a trip back here, as I am to Lijiang; I left a little bit of my heart in Yunnan Province, and I need to go and see if it's still there.

FACT FILE

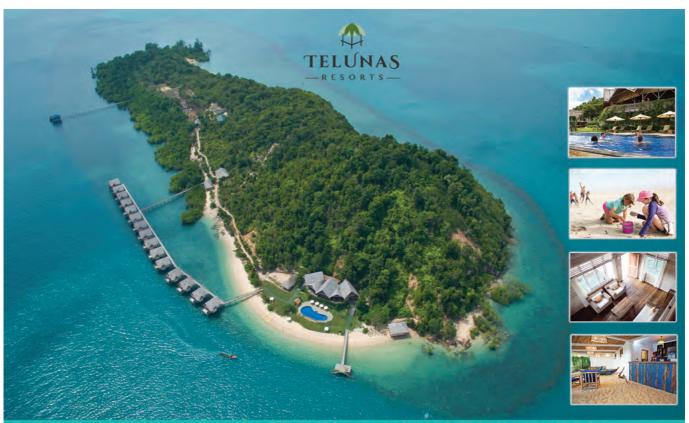
Visa: If you don't have a Chinese passport you'll require a tourist visa to enter China, to be obtained before arrival. Different charges apply for different nationalities, so check the government website before you travel.

Getting there: Tigerair flies direct from Singapore to Lijiang (4 hours 25 minutes), but only once a week. Other options include a four-hour flight to Kunming on SilkAir or China Eastern, followed by a short connecting flight to Lijiang.

Banyan Tree staff will be waiting for you at Lijiang airport in a private car, ready to take you direct to their haven. If you stay in both resorts, they will organise a private shuttle to drive the four hours from Lijiang to Ringha.

More info: banyantree.com ย





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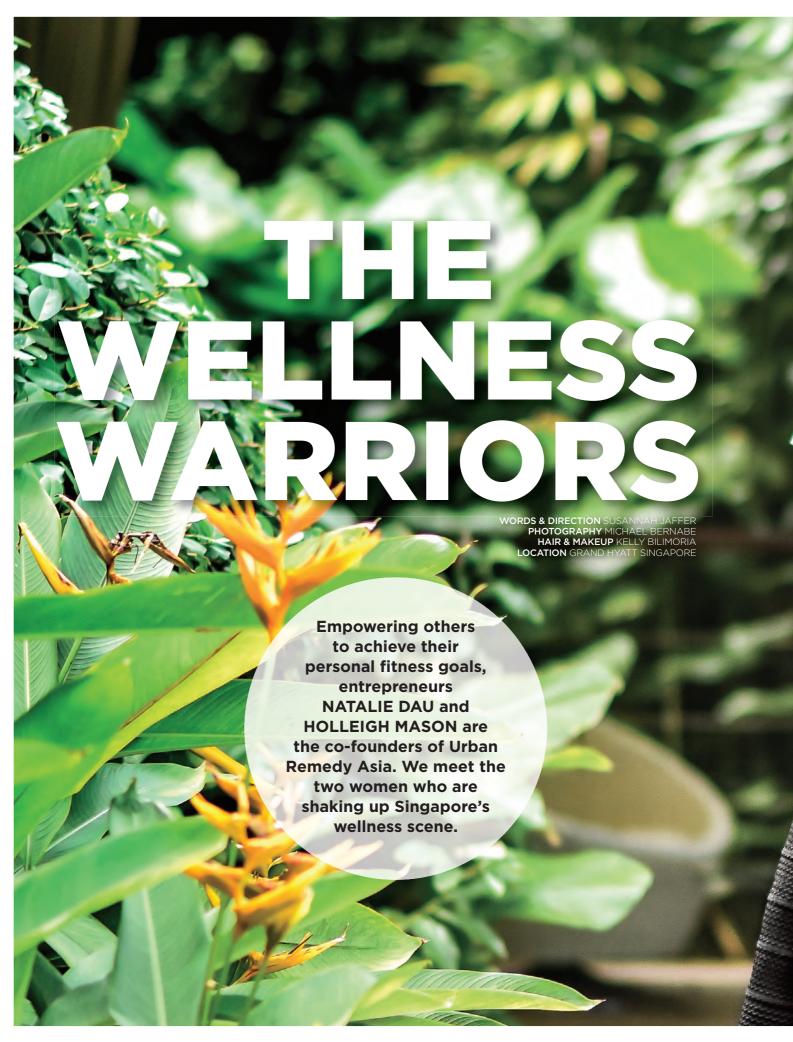
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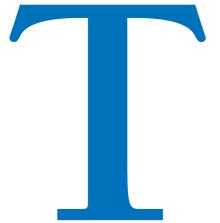
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here's just something about Holleigh and Natalie as a duo that gives off good vibes. A genuine enthusiasm for their new business is infectious, as is their desire to encourage others to achieve their health goals.

But what sets them apart, I think, is a wonderful lack of pretension. Motivated by a genuine wish to help others with their personal wellness journeys, these ladies talk the talk, put in the work and have truly invested in living healthily.

Natalie has always been a sports fanatic – she's known for her "rock star arms": they're one of the first things you'll notice when you meet her, and also the basis for her Instagram handle. Holleigh has struggled with her weight in the past, but has turned her health around; she is now on a mission to get people off their couches and moving.

I can tell by the way they interact that the pair are best friends, but I can't help wondering: how easy is it to tackle the bad times when working with a close pal? And how about navigating tricky creative differences? One thing's for sure: if anyone can do it, these two can.

How did the two of you first meet?

Natalie: We met through our little girls, four years ago.

Holleigh: They were in the same class at EtonHouse Orchard!

Describe each other in three words.

N: Holleigh is generous, charismatic and inspirational.

H: Nat is loyal, determined and no-nonsense. My daughter calls her "fierce" (and loves her to death!).

Tell us a bit about your individual fitness journeys.

N: I grew up playing competitive sport – it's always been a part of my life. I enjoy running and have dabbled over the past 15 years in everything from CrossFit to triathlons. I hit a rough spot after being diagnosed with rheumatoid arthritis and then deep vein thrombosis a few years ago, but since then it's been onwards and upwards! My fitness goals are to constantly challenge myself and try new things; I've found some great coaches and training groups and have met amazing people along the way.

H: I was a very sporty kid, playing tennis and netball and doing gymnastics; I tend to throw myself hard into anything I'm passionate about. In my later teens, that passion turned to boys and then my career; fitness took a back seat and I became an emotional eater. My husband of 20 years is not a small guy either, plus he works in the wine industry which means a lot of entertaining. We grew larger together over the years, becoming each other's yardstick of what size was acceptable.

Bring on our Singapore adventure: not a lot of clothes required, but we had a lot of flesh to cover! We'd spent the previous six years in chilly Melbourne and New Zealand, and our head-to-toe black uniforms weren't going to cut it in this heat and humidity. We realised the damage we'd done to our bodies when we had to peel back the layers of clothing! Our health had really started to decline too. It was around this time that I met Natalie.

Holleigh, how big a role has Natalie played in your health journey?

H: Back when our daughters were at school together, she intimidated the hell out of me. She was a fit and glamorous career woman. Our daughters looked alike, so I thought: why didn't we? What had happened to me, and how had I let myself get to 128kg? Nat was my mirror, and I hated what I saw. I couldn't talk to her, be next to her or socialise with her. Then our daughters became best friends, so I had no choice!

One afternoon she approached me to arrange a playdate. At that point, I apologised for being so stand-offish and explained how I'd been feeling. That's when she boldly told me I needed to lose weight. My friends and family had never "gone there" but this glamazon had the cajunas to tell it to me straight! She was right, of course. I asked for her help, and everything went from there.

First off, she introduced me to a friend who had just started a juicing company, so I started juicing three times a week, every other week, over a period of six months. During month number three, I realised that I wasn't keeping off the weight I was losing on the cleanses, because I hadn't changed my eating habits in between. So I cut out fried foods, gluten and my new Singapore love, *char kway teow*, and I adopted a passion for interesting salads instead.

Nat has always pushed me to the next level when I have become too comfortable; next, it was time to start a regular fitness routine. I discovered zumba, and it quickly became my new vice. I found a great teacher and within six months I was doing a combination of both zumba and body combat classes. Fast forward 12 months, and I'd lost another 30kg.

Then she wanted to introduce weights into my regime. As much as I kicked and screamed inside my head, I gritted my teeth, smiled and obliged. Everything she had introduced to me so far had given me great results; by this stage I had a bull ring through my nose and was happy to let her lead me anywhere!



It was at around this 12-month mark that Singapore Slim – now Urban Remedy Asia – was born.

Urban Remedy Asia first started out on Facebook. Where did the idea for the community spring from?

N: It started as a closed group to help support a few people in their wellness journey, and to provide a space to give each other proper encouragement; we'd witnessed a fair bit of weight-related bullying on other Facebook groups. Honestly, we thought only around ten people would join at most, and never expected it to grow so fast.

H: I second that. On a personal level, it has helped me immensely. At the time, this support group community of likeminded people was 100 percent my reason for pushing towards my long-term goal: to lose half my bodyweight. I literally owe this community my life.

At what stage did you decide to transform the concept into a dedicated website?

N: Within just a few months, 3,000 people had joined the group, so we knew we needed to create something bigger. Keeping Facebook trolls at bay was a problem, even though the group had a closed setting. So, we decided to move on to a dedicated web platform which we could scale and make safer, and generally offer much more helpful content to the Singapore community. Our mantra is to provide wellness information and help, no matter age, budget or ethnicity.

Tell us some cool features of the new platform.

N: We publish five articles daily written by our journalists, so there is constantly new and interesting information on the site. We also have our own wellness directory which contains the details of 17,000 professionals and resources. If you're in the member space there are private community groups too. Oh, and of course we have a \$500 sign-up goodie bag!

H: We're one of the largest publishers of wellness content in Singapore and the articles are the powerhouse of the site, but the special sauce for me is our dashboard, where you can create your own e-vision board, much like Pinterest. It's a space where you can organise your to-do's for the week, with everything from online ordering of specialist foods to recording your training, fitness and nutrition goals. Your ultimate wellness goal sits at the top of your dashboard so that you never lose sight of it.

I do all my planning for the following week on the site every Sunday evening, and I feel so inspired and empowered about all of the great things I will be achieving in order to reach my long-term goals. It's where I come every morning with my coffee!

You can also receive specific articles and event news from the Urban Remedy main pages, tailored to the tastes you indicated when you signed up. It's a really smart space. I also love our calendar tab, which lists fitness events and activities across Singapore (and sometimes beyond!). We wanted to compile everything in one easy spot.

When it comes to staying motivated, what are your tips for fellow entrepreneurs?

N: Allow yourself to be a "business creative" and make your own rules! This approach has permitted us to shape deals that a larger corporate could never do; being nimble and creative can pay big dividends. Finding unique, flexible ways to add value to our partner relationships and corporate customers has also been a real strength and has helped to attract large brands to our platform. I've discovered you should never discount the worth that great energy or a fresh approach can bring to a partner or customer.

H: The power of two is my number one tip. I've owned a couple of businesses as a sole proprietor in the past, and it's tough. Diversified skills sets are the obvious benefit of a partnership; another is having someone else there on those tough days, or to prop you up at meetings, or to know when it's time to pop the champagne cork! Victories are always much more enjoyable

when they're shared. Read biographies of successful people who you admire; success rarely happens overnight or without covering some seriously rocky terrain. You need to have an unwavering belief in your product, service and intentions – and in our case, in each other!

How has it been to go from being friends to being friends and business partners?

N: As Holleigh says, it has been the power of two. Any startup needs as many hands on deck as it can get; we have clearly defined roles that play to our individual strengths. As a plus point, we're still the best of friends.

H: That was my biggest fear. Ninety-five percent of the journey has been surprisingly brilliant. Nat has the patience of a saint; organising me is like herding cats! We've had a couple of disagreements regarding what would be best for Urban Remedy, but we've sorted those out with love and respect for each other.

How do you spend your leisure time?

N: After my work day, there isn't much time for anything else! I really look forward to skiing holidays and spending time with family.

H: The business takes up much of our time, seven days a week. Work often overlaps into family time, so it's lucky that our partners and kids also love being fit and active. It's not all kale and burpees, however – we do love our treat nights! Life is all about balance.

Any exciting plans ahead that you can share?

N:We pinch ourselves every day when we see how fast things are moving. We recently announced an amazing partnership with Under Armour to work with them on their Armour@TheBay events. We're also getting requests from corporate companies to be their staff wellness platform, which is very exciting. Watch this space! ϵ

"Our mantra is to provide wellness information and help, no matter age, budget or ethnicity."

- NATALIE DAU

PSST! READER OFFER!

You can now kick-start your own wellness journey with an exclusive Expat Living reader offer of 50 percent off a \$48 Urban Remedy membership. This entitles you to a welcome goodie bag with approximately \$500 worth of wellness goods and services, including a free month of access to over 100 gyms and studios in Singapore. Simply enter promo code "EXPATLIV" upon signing up. urbanremedy.asia

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FASHION



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Ethical Intentions: The locally-based team promoting sustainable style

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242 Physically Chic: New sportswear to sass up your workout wardrobe



What's New

Editor's Pick

These gladiator flatforms have caught our eye for all the right reasons. With lace ties, cute mini-tassels, supple tanned suede and a woven flatform sole, what's not to love? Stuart Weitzman, \$1,200

Lightweight Business



Tell your man that formalwear needn't be a stuffy affair – thanks to Zero Gravity fabric, available for customisation at The Bespoke Club. A full suit weighs a mere 300 grams, and is made with Icebreaker merino wool blend, a clever technical fabric that wicks away moisture from the skin making it ideal for beach weddings or business trips in the region. The material is also travel-friendly as it's crease-resistant and his suit will fit easily into a cabin bag. To find out more, visit The Bespoke Club at #01-484 Suntec City Tower 1, or call 6734 4167.

Opening Doors

You can now get more of your Tiffany & Co. fix at its grand new 5,000-square-foot store at ION Orchard. The beautiful frontage takes design elements from the flagship store in New York's Fifth Avenue. #01-21 and #02-11 ▼



New Classics

Whether you're after smart heels for the working week or casual flats for downtime, the latest collection from Clarks has a shoe for all tastes. Our favourites? The athleisure-inspired sporty Pastina Malory design with its block heel and velcro strap; and the iconic Ledella York clog, inspired by Clarks' design archives from the seventies and complete with buckle straps and cool studs. Visit clarks.sg for store locations.







Style Discovery

Looking to discover local fashion? Then pop into Society A, a new store where you can browse and shop up-and-coming Asian designs. Familiar names include Ying the Label (Singapore) and Twisted Sisters (Hong Kong). Also look out for LIE from South Korea and Indonesian label Sean & Sheila. #03-07 Orchard Gateway, society-a.com



British Summer

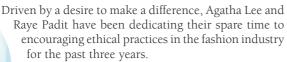


In its latest exciting collaboration, Uniqlo has teamed up with Liberty London to produce a vibrant, summery collection for women, men and kids. The colourful collection, shot by photographer Nick Knight (OBE), is full of iconic floral patterns taken from Liberty's archives.

Prices from \$12.90 to \$59.90.

The Movement

With fashion being the second most polluting industry on the planet, promoting sustainable practice has never been more important, and that's the message that **Connected Threads Asia** wants to spread across Singapore. We met the team to find out more about their work.



After working to promote the global Fashion Revolution campaign (headquartered in London) here in Singapore, they decided to start a new initiative, Connected Threads Asia, in order to raise even more local awareness about the cause. "We want to bring about a more respectful fashion industry for everyone. It begins locally, and it's all about making our fellow consumers aware that the power to demand a more sustainable industry lies in our hands, and that it's for entrepreneurs to step up and take responsibility to build more socially conscious brands," says co-founder Raye.

The duo are Singapore's coordinators for Fashion Revolution Day, a global campaign culminating with activities on 24 April each year. Its aim is to increase awareness of the environmental and humanitarian impact

of production practices. The date marks the Rana Plaza tragedy in Bangladesh, where over 1,100 workers were killed when a factory that produced clothes for several major fast fashion labels collapsed after basic safety measures were ignored by its owner.

To raise awareness, the group has organised fun interactive workshops, interesting talks and discussion sessions with opinion leaders and ethical retail brands, as well as fun clothing-swaps to promote recycling and waste reduction.

"Connected Threads Asia is not only about challenging the norms of the fashion industry, but challenging the way we consume as well," says Agatha.





DON'T MISS:

Fashion Revolution Day Singapore 24 April, 4pm, 128 Prinsep Street

Attend Fashion Revolution Day 2016 at Impact Hub Singapore, where you can mingle and chat with like-minded individuals over drink and nibbles, watch documentary *The True Cost* to gain a deeper understanding of the impact of the fashion industry, and find out more about how you can help the cause. α

For more information, visit connectedthreadsasia.com or facebook.com/connectedthreadsasia



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BLOMIN'S AND STATE OF THE PROPERTY OF THE PROP

Pregnant and glam? Of course it's possible, but for many mums-to-be out there, dressing up your bump can feel like a big challenge. Fashion editor SUSANNAH JAFFER dishes out maternity style tips to take you from feeling frumpy to fabulous.

STYLING BY SUSANNAH JAFFER; PHOTOGRAPHY BY MICHAEL BERNABE; HAIR AND MAKEUP BY KELLY BILIMORIA, KELLYBILIMORIA.COM

GLOWING GODDESS

Choose the right style

When shopping for an evening dress, choose a style that draws attention to the most flattering parts of your body (and when you're pregnant, that's probably not going to be your waistline!). Katie has fabulous shoulders, so I chose a dress with an embellished neckline to highlight that area, which in turn minimises attention to her baby bump.

Block colours work well

A dress in a block colour gives the effect of a column and elongates your frame – this works best if the dress is loose and flowing, rather than hugging the body.

Feel the material

Material also plays a part. The double-layered Tencel and rayon fibres in this piece make it feel comfortable against the skin and flow beautifully over the body. It's easy to wash, too!

Katie wears the Cleopatra embellished maxi-dress by Mothers en Vogue, \$149.90, and a geode gold cuff by Taula, \$150

Look out for clever

construction. This dress

has a side

seam for nursing

access and concealed zippers <u>for</u>

discreet breastfeeding

for after baby arrives, too.



For behind the scenes footage, visit our style page at expatliving.sg

SLINKY & SULTRY

Natural fibres work well

This elegant number is crafted in bamboo spandex, which skims over pregnancy curves perfectly.

Try metallic accents

The shimmering snake-print silk panel draws attention again to Katie's toned top half and elongates her figure.

Wear statement jewellery

Eye-catching statement jewellery like this chunky stone bracelet can help to draw attention away from a growing tummy; I also chose the blue shade to complement and bring out the colour of Katie's eyes. α

Always go for colours that flatter your natural features. Generally, a special event isn't the best time to try a shade you've never worn before. Bringing an honest friend along on a shopping trip for a second opinion always helps.

Katie wears the Venus maxi-tank dress by Mothers en Vogue, \$109.90, and a blue stone bracelet and ring by Taula, \$129 and \$49.



How do we like to feel after a good workout? Sweaty? Check. Still stylish? You bet. Spice up your fitness wardrobe with new active-wear that looks so good, you'll want to wear it outside your boot camp session, too.



The Pavement Pounder

If fast-paced sports like running or high-intensity classes are your thing, you can still look fresh while working up a sweat by mixing pops of bold colour with neutral tones. When shopping, pick out designs with features like mesh or knit panelling that help keep key sweat points cool.



The Studio Bunny

Do your sun salutations and crow pose in style with these cheerful prints. A handy tip: use patterns to your advantage to highlight parts of your body you want to show off. On the flip side, opt for darker colours for areas you want to appear slimmer.



The Adrenaline Junkie

Spinning class calls for short-shorts as well as chest support designed for fast movement. High-waisted shorts or ones with a body-fitting under-layer are big confidence boosters.



The Court Queen

Mix up traditional tennis whites with pops of fluorescent hues, or opt for a stylish two-piece dress.

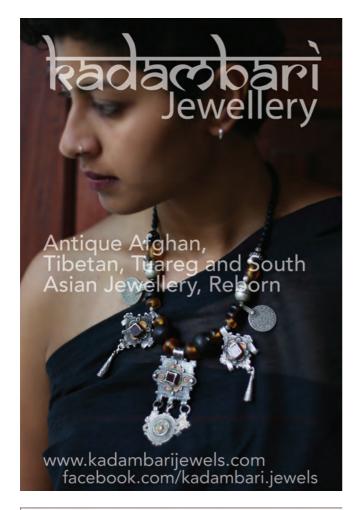
Mesh fabrics and linings will help keep you cool on and off the court.





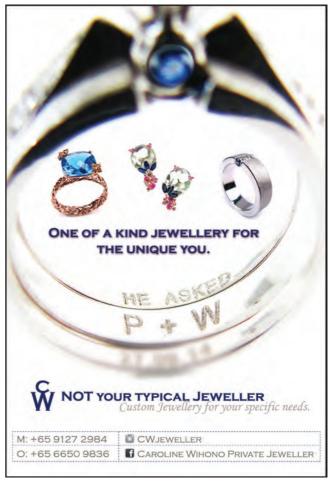












BEAUTY



What's New



Say "I do" to the Tom Ford Honeymoon Eye Color Quad (\$112) and you won't regret it. The luxurious pigmented shades suit all skin tones and can be used wet or dry to create a variety of day-to-night looks. Just say yes!



Service with a Smile

We're not the only ones who think the service at **Cutis Medical Laser Clinics** is nothing short of impeccable. The aesthetic clinic has won the WhatClinic.com 2016 Customer Service Award for the third time. WhatClinic.com helps you book the right clinics, whether they're doctors, dentists, physiotherapists or aestheticians, by allowing you access to location, service, pricing and reviews. Congratulations, Cutis Medical Laser Clinics!

The Perfect Solution

It took 117 trials for Chanel to perfect La Solution 10 (\$125) for skin that's become sensitive due to climate, controlled environments, pollution, travel and day-to-day stress. Consisting of only 10 ingredients, this moisturiser is simple yet effective. At its heart is Silver Needle white tea extract that soothes, rebalances and strengthens the skin's barrier, keeping you comfortable in your own skin.



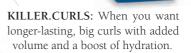
Two minutes with...

WADE BLACKFORD, expert session stylist at Kevin Murphy who recently dropped by at **The Big Blow**. We got him to recommend five favourite products that will help maintain your hair in Singapore.

SESSION.SPRAY: With memory-hold resins that protect the hair from harsh UV rays, this strong hair spray also acts as a barrier against moisture to hold your styles for longer.

DOO.OVER: Part hairspray, part dry shampoo, this is great for detoxing an oily scalp and keeping your hair fresh and clean for longer.

RE.STORE: Use RE.STORE on the days you do not want to wash your hair. It's your "no-foam" cleansing and repairing treatment.



SMOOTH.AGAIN: This anti-frizz smoothing product blocks out the humidity to tackle day-to-day frizz that just won't settle down. It even comes with heat protection up to 220 degrees Celsius.

All products are available at The Big Blow, #02-21 Cluny Court, 501 Bukit Timah Road. 6465 4836 | thebigblow.com



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Dr Ganesh Ramalingam

MBBS(Sing), MMed (Sing), FRCS (Edinburgh), MRCS (Edinburgh)

Consultant General Surgeon Gastrointestinal, Bariatric and Laparoscopic Surgery



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Parkway East Medical Centre 319 Joo Chiat Place,

#04-03 Singapore 427989 Tel: (65) 6346 6348 Fax: (65) 6346 6901





Beauty in Bali

Clinics are the pioneers of medical tourism in Bali. The country's leading anti-ageing facility, they specialise in non-invasive cosmetic procedures, combining great results with unbeatable safety and comfort. They have just launched Classic, Gold and Premium beauty packages that include a variety of treatments, such as Botox, dermal fillers, thread lifts and platelet-rich plasma (PRP) therapy, with prices ranging from \$750 to \$1,800. For more information, visit arcclinics.com.

Believe in Miracles

Wake up to your best skin yet with **Philosophy Ultimate Miracle Worker Night** (\$120). Thanks to encapsulated retinol that is slowly released into the skin, and iris flower extract – kept potent in pearls to be mixed in just before the first use – this serum in cream is your answer to enlarged pores, fine lines and loss of elasticity.



Get Glowing Skin

Bioderma is adding three new products to its Hydrabio range: Hydrabio Perfecteur SPF 30, Hydrabio Gel-Crème and the Hydrabio Crème. Our favourite? The Perfecteur (\$49.90), because it contains moisturising rapeseed extract and glycerine, exfoliating salicylic acid and vitamin E and arginine to fight free radicals. Additionally, mica, soft powder and a rosy tint blur minor imperfections for a glowing complexion. Use it as a makeup primer or by itself.



First. Cleanse

Dry skins will love the **RMK Moist Cleansing Balm** (\$49) that hydrates with a blend of beauty oils (including sugarcane squalane and olive oil) while thoroughly removing stubborn makeup and other impurities. All you need for clean, supple skin is a grape-sized scoop.



So Cheeky

Blush up your beauty game with the Estée Lauder Pure Color Envy Sculpting Blush (\$64). The luxurious lightweight powder blends effortlessly to give your cheeks an added glow and enhanced definition. Available in eight shades, there's one for every skin tone.



Super Booster

Wouldn't it be ideal to have skin that appears healthy and bright, despite clocking in late hours in your daily routine? Thanks to a concentrated formula of radiance-boosting ingredients, Swisscode's Pure Dynalift HYA could help you achieve just that.

t's simply a matter of time before our hectic lifestyles catch up with our skin. Working overtime at the office or partying it up after hours can result in a tired and lacklustre complexion the morning after, even if you're feeling wide awake.

Consider Pure Dynalift HYA by Swisscode your magic dust for those emergency days. Upon application, it significantly reduces dullness and puffiness so you can cheat with a complexion that looks energised and ready to

face the day.

Suitable for all skin types, the supercharged serum firms, illuminates and reduces fine lines on the skin's surface in just five short minutes. What's more, just two or three drops of the formula can create a visibly lifted effect that can last for up to five hours. Consider it your new little skincare secret.



Wait, what is co-washing?

Hint: it has nothing to do with showering with a buddy. SMITA DESOUZA clues you in on the trend.

Prepare to change your shampooing habits forever. In fact, prepare to ditch your shampoo altogether. Co-washing or conditioner washing refers to cleansing your hair with a conditioner.

A cleansing conditioner is formulated with fewer baddies (no sulphates, detergents or parabens) and is gentler on the scalp and hair. Where shampooing almost every day can strip your hair of its natural oils, leaving it dry and frizzy, a cleansing conditioner retains these oils for smoother, shinier, more manageable locks. And who doesn't want that?

The key is to make sure you've distributed enough product throughout your hair and left it on for a few minutes for it to effectively

cleanse and condition. If you've got coarse, curly or colour-treated hair, your dry and damaged strands will benefit from the intense moisturising from cowashing. You might have to get used to no-foam washes, but that's a minor trade-off for hair that is healthier and less frizzy.

Finer hair types may have to alternate between shampooing and co-washing, as it could over-moisturise the hair and weigh it down. Ultimately, though, all hair types will benefit from co-washing.



O&M Maintain the Mane (350ml, \$46)

Rescue hair that has been damaged from daily stress and harsh elements with antioxidant-rich banksia flower, evening primrose and macadamia seed oils. Additionally, provitamin B5 protects from UV damage and prevents frizz.



Shu Uemura Essence Absolue Nourishing Cleansing Milk (\$48)

This milky cleanser-conditioner is enriched with camellia oil to protect and strengthen hair fibres for smoother hair that is less prone to tangling.



Percy & Reed Perfectly Perfecting Wonder Cleanse & Nourish (\$44)

Avocado, aloe vera, camellia oil, wheat proteins and a blend of essential oils ensure your locks – even coloured ones – are glossy and revitalised.



L'Oréal Professionnel Cleansing Conditioners (\$39)

With four different types created specially for curly, colour-treated, damaged and unmanageable hair, there's something for everyone.

Kevin Murphy Re.Store Repairing Treatment (\$40)

It's like a nourishing smoothie for your hair with papaya enzyme, pineapple fruit extract and green tea proteins that hydrate, nourish and strengthen elasticity.



The Mane

We asked veteran hair stylist DOMINIC SEOW of

Visage The Salon about his favourite trends this season - and what ticks him off!

What prompted you to become a hair stylist?

As an artistic person, I loved to doodle and create art out of recycled products. I wanted a job that would allow me to express my creativity, while simultaneously earning me a regular income. Most importantly, I wanted to make women feel beautiful.

Tell us about Visage The Salon.

I started Visage in 1987. We generally cater to expat wives with fine hair who have problems adjusting to the humid climate. Many don't stay for very long in Singapore – they tend to come and go, staying for an average of around three to five years – but it also means we get a consistent flow of new clients.

Who are you inspired by?

Vidal Sassoon – I was trained at his school in London.

Which current trend is your favourite?

Natural ash blonde highlights – fine and natural streaks of highlights. And keratin treatments – they smooth the frizz away.

What is your pet peeve when it comes to hair?

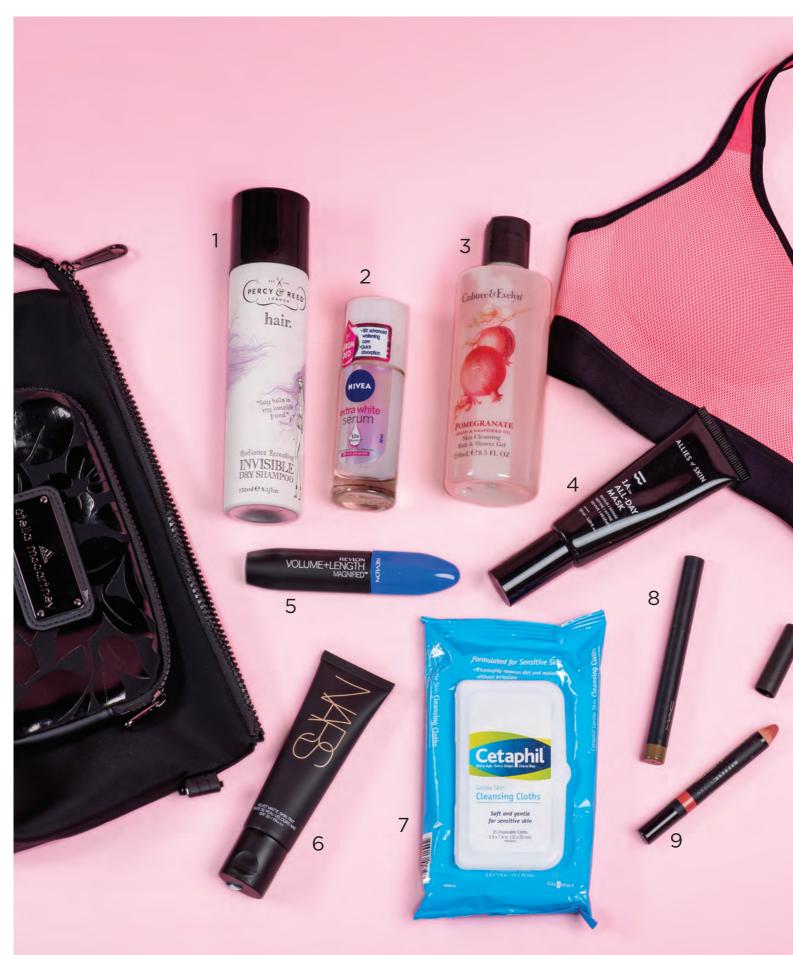
Stop growing out the roots! I dislike it when women highlight or colour their hair and don't get regular touch-ups. Some leave their hair growing out for months. Once the natural colour at the roots starts to show, it looks unsightly – especially when the hair is dark with blonde highlights. You can wear the most expensive and beautiful outfit, but if your hair isn't well maintained it spoils the total look.

What do you do when you're off-duty?

I love playing tennis – I play four or five mornings a week – and taking long drives into Malaysia, which I do monthly. α







H&M SPORTS BRA, \$49.90, ADIDAS X STELLA MCCARTNEY POUCH, \$89, STYLING SUSANNAH JAFFER, PHOTOGRAPHY MICHAEL BERNABE



GYM CLASS HEROES

BY SMITA DESOUZA

Don't forget to pack these along with your protein shake

1. Percy & Reed Radiance Revealing Invisible Dry Shampoo (\$26)

No time to wash your hair? No sweat. Just spritz on a dry shampoo that'll absorb the excess sebum and add volume and texture – and you're good to go.

2. Nivea Extra White Serum Deodorant Roll-on (\$5.90)

Nix body odour and keep your underarms soft and moisturised with this deodorant that comes with skincare ingredients like vitamin C, avocado oil and glycerin. It also helps brighten discoloured skin.

3. Crabtree & Evelyn Pomegranate Skin Cleansing Bath & Shower Gel (250ml, \$30)

Perspiring is part of your workout, but it can also dehydrate you. Replenish and soften your skin with antioxidant-rich grapeseed and pomegranate extracts along with argan and glycerin.

4. Allies of Skin 1A All Day Mask (\$99)

Boost your post-workout glow with this lightweight leave-on mask. Gentle enough to be used under the eyes, it eliminates any need for a separate eye cream.

5. Revlon Volume + Length Magnified (\$19.90)

Always use mascara. It's a small element that will pull your postgym makeup look together: it enhances your lashes, adds subtle definition and opens your eyes for a pretty, polished finish.

6. NARS Velvet Matte Skin Tint (\$70)

Skip the full coverage foundation and opt for a lightweight, tinted moisturiser that will even out skin tone and conceal the flush you worked up during your workout.

7. Cetaphil Gentle Cleansing Cloths (\$13.90)

Whether you're hitting the gym after work or first thing in the morning, these wipes will effectively cleanse away makeup and perspiration to keep your pores clear, clean and unclogged.

8. MAC Big Brow Pencil (\$33)

Don't forget your brows. Fill and set them with this chubby pencil. The hybrid wax-powder texture keeps them in place, and sheer, buildable colour allows you to create a bold frame for your eyes.

9. Nudestix Lip + Cheek Pencil (\$34)

Save space in your bag with this nifty lip and cheek pencil. Swipe on to cheeks and blend well with your fingers. They also have Magnetic Eye Color Pencils (\$34) that you can apply in a jiffy. α



Le Serum CosmeLed: Global Anti-aging Serum Light Activator (\$130)

Packed with chlorophyll, it fights free-radical damage as well as prevents dark spots. Other key ingredients include encapsulated hyaluronic acid, aloe vera, vitamin C and fruit acid complex that work together to regulate sebum and brighten and plump the skin.

LA CRÈME



Nurad. Porcelain Serum Sérum Porcelaine

Murad White

Porcelain Serum

Packed with the moisturising,

reparative and purifying

benefits of porcelain flower

extract, along with the

brightening and firming

properties of green tea extract, it assures you of plump, healthy skin that is translucent and luminous.

Brilliance

(\$196)

Astalift White Brightening Mask (\$92 for 6)

Boost your skin-brightening efforts with this mask. While it evens out and refines skin tone, its special design ensures it delivers a concentrated dose of brightening ingredients to the cheeks and temples, which see the most damage from the sun.

Brighten Up

Don't let dull skin and sun-spots get you down. Even out tone, boost radiance and banish fine lines with these miracle creams

JUNE JACOBS brightening serum brightening serum brightening serum brightening serum brightening serum brightening serum lluminateur

June Jacobs Brightening Serum (\$205)

Free of nasties, this serum contains a concentrated botanical complex that promotes an even skin tone, antioxidants that neutralise free radicals and lactic acid and vitamin A that encourage skin cell turnover. The result: radiant, younger looking skin.



Sulwhas

자정미박

스팟트리트

SK-II Genoptics Spot Essence (30ml, \$187)

Powered by Lumina kelp extract, this potent serum effectively tackles visible signs of sun damage as well as those hidden beneath the skin, to give you a clear, blemish-free complexion and prevent future



The earlier you treat spots, the more likely you are to get rid of them. This product prevents melanin pigmentation to curb the formation of dark spots and freckles. Works well on dry skin too.



GENOPTICS SPOT ESSENCE



CNP Doctoray White Peel (\$58)

Tackle wrinkles while brightening and evening your skin tone in the comfort of your home with this three-step treatment. A polyhydroxy acid peel, it's gentler than other AHAs, making it ideal for sensitive skin.



Lighten dark circles, reduce fine lines and strengthen capillaries around the eyes with this effective serum. It also improves microcirculation and provides anti-inflammatory and anti-oxidation benefits to prevent puffiness, and brighten and tighten skin.



EDITOR'S TIP

A day spent outdoors can reverse all efforts to orighten your skin. Make sure you wear sunscreen every day, irrespective of the weather.



Vichy Ideal White Sleeping Mask (\$59)

This overnight mask does more than just tackle dull skin and dark spots. It also hydrates, strengthens the skin's defence against external aggressors and has anti-ageing benefits.

IDEAL WHITE

Eucerin White Therapy Body Lotion SPF 7 (\$18)

Prolonged exposure to the sun can damage your skin and make it sensitive. Natural licorice extract helps brighten, while the UV protection complex and vitamin E protect skin from further damage.



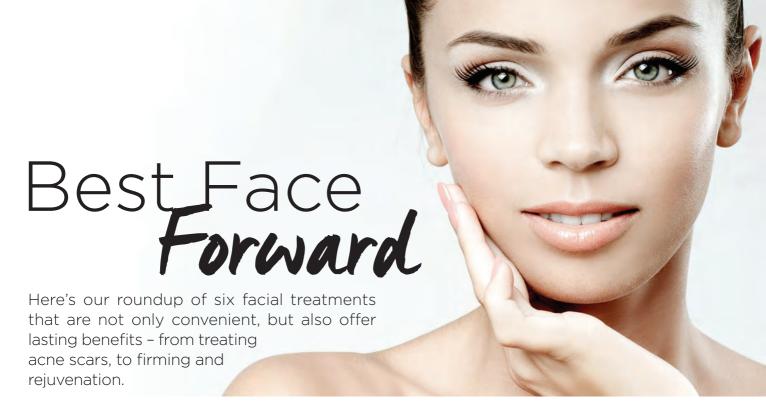
LANEIGE

The new and improved formula penetrates deeper, hydrating and strengthening the dermis to reduce redness, while brightening polymers and truffle yeast extract disperse melanin and rid skin of toxins and impurities.



The Body Shop Drops of Light Pure Healthy Brightening Serum (\$43.90)

A couple of drops twice-daily of this fastabsorbed serum that's rich in red algae will minimise pores, brighten sallowness and leave your skin refined and glowing.



Laser Skin Rejuvenation

Give dull skin new life and smoothen uneven texture with this treatment that combines the benefits of non-ablative laser peeling and aqua-dermabrasion. The two treatments are done alternately every three to four weeks, and the result (after three sessions of each) is noticeably smoother skin that is brighter in tone and more refined in texture.

Compared with an ablative laser peel, the **non-ablative laser** peel spares the epidermis (and the chances of you looking like a lobster), along with greatly reducing the need for down-time, and penetrates deeper to promote production of collagen to

tighten the skin from within. The hour-long session helps to minimise pores, fine lines and mild scarring.

After three weeks, you go back for the **aqua-dermabrasion**. Unlike microdermabrasion that uses microcrystals, here a jet spray of sterile water and pure oxygen gently removes dead skin while hydrating the new layer of skin. It's ideal for those with sensitive skin. The session lasts only 40 minutes and there is no discomfort or need for down-time. Afterwards, you find your skin soft and smooth. Those with oily skin will also notice that it's more balanced and less shiny.

Available at The Aesthetics Centre, #03-15 Great World City. 6820 3308 | anitasoosay.com



Laser Touch

If you fancy your lunch with a bit of skin rejuvenation on the side, pop down for a quick session of Laser Touch. The 20-minute treatment involves a quick zap of **microscopic laser** to the face, stimulating collagen production and new skin cell growth in the underlying layers to bring about smoother, younger, healthier-looking skin.

You may feel a warm sensation throughout the treatment, but nothing intolerable, and you can go back to work – or to high tea with the girls – as soon as you're done. You might have your colleagues or friends wondering why you look so fresh and rested, but the real benefits start to kick in a few weeks later as the collagen starts to build. Expect to see fewer fine lines, reduced pores, less-visible acne scars and more radiant, rejuvenated skin.

Available at Dr Valentin Low Aesthetic & Laser Clinic, #08-03 Paragon Medical Suites, 290 Orchard Road. 6720 3323 | drvalentin.com.sg

CACI Ultimate Booster

As the name suggests, this 45-minute treatment brings together breakthrough resurfacing technology along with the gold standard in toning and hydrating. Your treatment starts with **orbital microdermabrasion**. But what makes this different is that the treatment head is crystal-free (making it gentler on the skin) and can be adjusted to suit different skin types. In addition, it comes with a therapeutic **LED light** that helps stimulate collagen production while it simultaneously sloughs off dead skin. This combination is ideal to treat concerns like acne, sun damage, stretch marks and scarring.

Once the skin is suitably revitalised, it's time to hydrate and tone with the CACI Hydratone mask. Electric microcurrent rollers gently charge an electrically conducive mask that has also been infused with powerful hydrating properties, collagen, hyaluronic acid, vitamin C and vitamin E. Sounds scary? It's not. Together they recharge and replenish the bio-electrical energy within the facial muscles, thus toning and firming them. You can look forward to tighter facial contours, fewer lines and blemishes and a glowing, refreshed visage.

Available at SWUK Aesthetics, #02-25 Alexandra Central, 321 Alexandra Road. 6250 1326 | swukaesthetics.com



Picosure Laser

Originally created to erase tattoos you regretted getting when you were 16 (or even a few months ago), this treatment is now being used to remove freckles, sunspots, stubborn melasma and unsightly birthmarks. Along the way, it also helps to build collagen and tighten sagging skin.

Now available in Singapore for the first time at the Aesthetic & Medical Clinic, the **non-ablative laser** is delivered in short bursts of energy – via a hand-piece best suited to the size of the area to be treated – to target and eliminate pigment without harming the surrounding skin. A wavelength of 755nm (ideal for all skin tones) effectively zaps away melanin clusters as well all colours of tattoo ink, so you see results as early as your second session. The treatment is almost painless, and children as young as three years of age can have birthmarks removed with it. The number of sessions required depends on your skin concerns as well as your lifestyle (for example, golfers who spend more time in the sun may require more sessions). Recovery time is minimal, with chances of scarring even lower. What's more, the treatment comes with skincare and supplements that help you achieve the results you desire.

Available at Dr Joseph Yang @ Orchard, #17-04 Wisma Atria, 435 Orchard Road. 8368 8492 | yangaestheticcentre.com.sg



VI Peel

Acne and the resulting scars can haunt us well past our teens. Now say goodbye to acne skin conditions, scars, pigmentation, freckles and sun damage with this **medical-grade peel**.

What sets it apart is that it goes deeper for more effective results, while still being gentle on the skin. Any mild stinging you may experience soon disappears, and you're free to resume your daily activities once your session is over. Avoid anything that stimulates the skin, though – like a workout or steam. There may be some mild post-treatment redness, which can be concealed with mineral makeup.

Real peeling starts a couple of days later and can continue for the next three to four days to reveal clear skin. The unique combination of pharmaceutical-grade ingredients helps repair skin at a cellular level and support healthy skin function that results in reduced fine lines and a radiant glow.

Any stubborn scars can be treated with the **Dermapen** a month later. Using multiple adjustable stainless steel microneedles that penetrate to a controlled depth and create tiny punctures in the skin, it stimulates collagen growth and new cells replace the damaged ones. This results in a smoother, more even skin texture. α

Available at Cutis Medical Laser Clinics, #08-07 Pacific Plaza, Scotts Medical Centre, 9 Scotts Road. 6801 4000 | cutislaserclinics.com





For the most natural lift, re-educate your muscle to defy gravity on their own. A beauty secret of stars such as Jennifer Aniston, Jennifer Lopez and Linda Evangelista. This non-Invasive, needless and painless facial shaping treatment will give you A-Lister facial contours and cheekbones.





CACI Orbital Microdermabrasion Benefits

- Complexion is left clearer, smoother and
- · Results are visible after just one treat
- Microcurrent Benefits . Lifts and tones facial muscles · Reduces appearance of lines and wrink
 - Increases blood and lymph circulation . Enhances the penetration of skincare for
 - . Increases the production of collagen and elastic







CACI Wrinkle Comb Benefits



- . Firms and tones body mus
 - · Measurable inch loss





321, Alexandra Road, Alexandra Central, #02-25, Singapore159971

Tel: 6250 1326 www.swukaesthetics.com

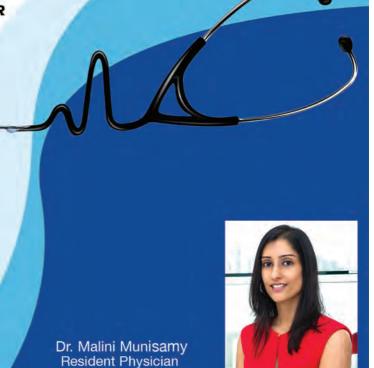
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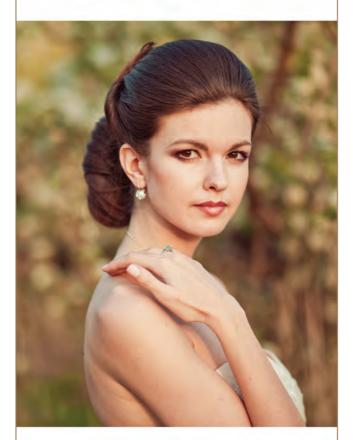
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- Senior Clinical Fellow in Vascular and Endovascular Surgery, Prince of Wales Hospital, Sydney (2007).
- Registered as a Medical Practitioner with the Medical Board of Australia
- · Member of the American College of Phlebology



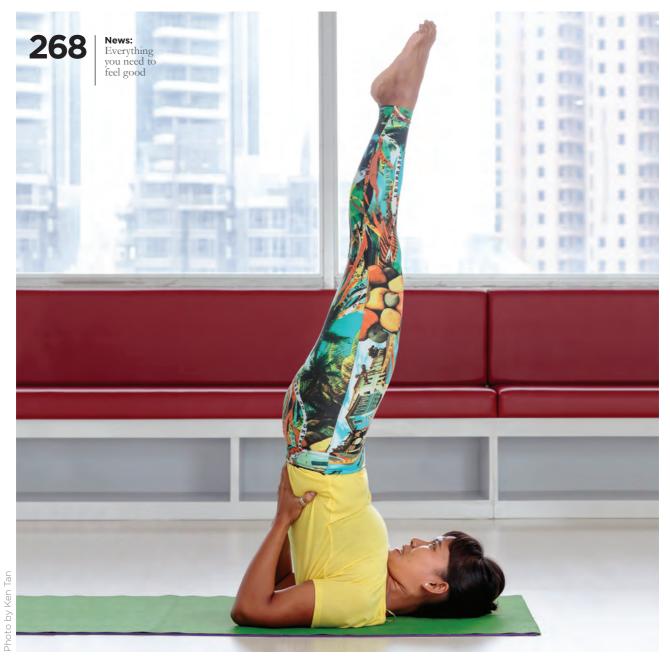
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HEALTH & FITNESS



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Workout with a View

Armour@TheBay - a range of free fitness training sessions for the public organised by Under Armour is back. And, to make you really sweat, this instalment features a collaboration with international health and fitness club Virgin Active and wellness collective Urban Remedy all month (and up until June). Work out with a group of like-minded people with a view of the river and the twinkling lights of the city every Tuesday evening (6.30pm and 7.30pm) at Clifford Square, Fullerton Bay. Join the sessions and start ticking off some of your fitness goals. facebook.com/underarmoursea



Hello and Goodbye

As Smile Focus bids au revoir to Dr Trevor Holcombe, the clinic welcomes



treatment as well as orthodontics, minor oral surgery and behaviour management. #08-02 and #14-02 Camden Medical Centre, 1 Orchard Boulevard. 6733 9882 | camdenmedical.com

Stretch with Benefits

PHOTOGRAPHY BY KEN TAN

Following on from our March issue, DWI SISWIANTI, founder of boutique fitness studio **Yogabar**, guides us through four more yoga moves with health bonuses.

#1 The Plank

In Sanskrit: Kumbhakasana

Practising your plank on a daily basis is an excellent way to strengthen your core and your spine. If you have wrist problems, you can hold the pose on your elbows instead. Just remember to keep your back straight and your toes tucked in.

#2 The Spine Stretch

In Sanskrit: Ardha Matsyendrãsana

Not only does this move stretch out your back, it can also help to relieve kidney pain, period cramps and stomach cramps. Make sure you position both feet firmly on the ground to feel the best stretch.

#3 The Downward-facing Dog

In Sanskrit: Adho Mukha Svanasana

Excellent for your circulation and to get you feeling more awake, downward-facing dog is one of the best-known yoga poses. To reap the most benefits, try holding it for a few minutes after a long day at work, or first thing in the morning. It also helps to stretch out the calf muscles after a more intense workout.

#4 The Shoulder Stand

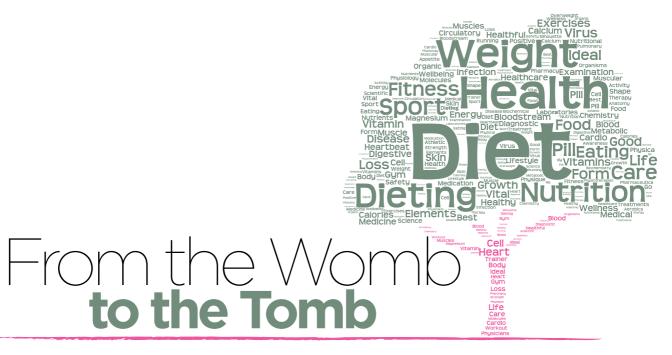
In Sanskrit: Sarvangasana

Holding this move — which is also known as the queen of poses — for just one or two minutes every day can boost your memory function and immune system. Beginners should try to hold the pose for about 15 seconds and then increase the duration over time. To perform this move correctly and comfortably, make sure you tuck your chin in close to your collarbone, and shift your weight to your shoulders.

Note: Those with a heart condition or high blood pressure should avoid this pose. Et

#16-01 Far East Shopping Centre, 545 Orchard Road 8237 2798 | yogabar.sg





Is it threatening or is it empowering to know that we are not purely the result of our genes? In our regular column on health matters, VERNE MAREE takes a strictly layman's look at the exhilarating promise of epigenetics, which opens a different window on to the old nature-nurture debate.

know a pair of genetically identical six-yearold twin girls who don't look identical and most certainly don't behave identically. They're superficially alike, yes, but one is all princess-pink with flowing locks and Barbie dolls; the other goes for ponytails, baseball caps and Batman capes. At breakfast-time, one won't eat toast, the other won't eat her eggs. Why these differences, when they have exactly the same genetic inheritance? "Epigenetics" may be the short answer.

When we studied genetics in biology class, it was all about Friar Mendel's captivating studies of pea plants in 1866. I'd never even heard of epigenetics until recently, but now the word keeps cropping up in conversation (maybe I should get out more?) and research scientists worldwide are beavering away to discover its various promising health implications.

What is epigenetics?

To brush up, I google Wikipedia as usual. Quickly, I grasp that epigenetics concerns cellular and phenotypic trait variations that are caused by external or environmental factors that switch genes on and off. (Not that quickly, actually: I had to look up "phenotypes", which turns out to mean something like "observable characteristics".)

But when I get to "eukaryotic biology and morphogenesis, where totipotent cells become pluripotent cell lines", it's clearly time for *Epigenetics for Dummies* – or whatever its online equivalent may be.

I find a site called **whatisepigenetics.com** that's a lot more promising. After telling me that epigenetics is the study of biological mechanisms that switch genes on and off, it then goes on to explain more about how DNA is structured, and how these biological mechanisms (mainly histone modification and DNA methylation) work.

If there's one main message, it's that how we humans – along with amoebas, algae, ants and aardvarks – turn out is not purely and simply determined by the genes we inherit. Genes for any trait, from buck teeth and moodiness to great ball-sense, a taste for smelly cheese or a tendency to develop breast cancer, can be either promoted or suppressed by all sorts of things.

Each of us has more than **20,000 genes**, so the possible permutations of activating or suppressing different combinations of genes are practically infinite. What's more, some epigenetic changes are thought to be heritable, that is passed on to our offspring, but without involving any change to the underlying DNA structure; instead, it's **extra genetic information** that's layered on top of DNA. Epigenetic changes don't change the gene sequences in the DNA; instead, they involve *how our cells read the genes*.

There's a big difference between this and **gene therapy**, of course. Gene therapy for disease seeks to correct a genetic deficiency by replacing a faulty or mutated gene with a more functional copy of the gene, or by adding a new gene. That's another area that holds huge implications for health but seems fraught with practical challenges.

The good, the bad and the ugly

As epigenetics is believed to strongly influence human development, starting in the womb and continuing throughout our lifespan, it's of vital interest – not least because we're passing on or otherwise triggering epigenetic changes in our own children.

The sub-field of **foetal epigenetics** is fascinating, especially when you know that certain food nutrients or chemicals can act to switch certain genes on or off. Referring to Barker's Foetal Origins Theory, fertility

specialist Dr Kelly Loi tells us that this "foetal programming" can start very early during conception and pregnancy. For example, having an underweight mother who lacks essential nutrition may pre-dispose you to having chronic diseases such as diabetes and heart disease in later life.

"It is a still an area under much research," she says - "but it does reinforce the importance of cultivating a healthy diet and lifestyle even before getting pregnant."

So, what are the **factors** capable of causing epigenetic modifications? The answer is: any outside stimulus that the body is able to perceive – encompassing diet and nutrition, exposure to toxins, social experiences and much more.

A few examples

- Bisphenol A (BPA) found in certain plastics and now banned in some countries – is epigenetically linked to cancer and other diseases.
- Childhood trauma such as abuse is associated with epigenetic markers for lifelong ill health; and in a study of suicide victims, those who'd been abused as children showed epigenetic brain markers that were not present in the others.
- A study showed that infants whose mothers suffered from clinical depression during their pregnancy later showed markers for lower tolerance of stress.
- In an example of environmental factors and epigenetics working hand in hand, environmental stress first leads to the abuse of alcohol and drugs, which subsequently causes epigenetic changes that entrench and worsen the behaviour.
- Children of older fathers (over 35) are three times more likely to develop schizophrenia later on, thought to be due to an epigenetic dysfunction that develops in the sperm cells of older men.

So *that's* why I'm fat!

Yes, it's true: not only underlying DNA but also epigenetic status - the two are closely intertwined - could explain why some people are more susceptible than others to obesity. In a new (2016) study involving mice, the cutely named Trim28 gene was thought to form an epigenetic switch that can "turn on" obesity by suppressing certain other genes implicated in body weight management.

Another study – this time on human children – found abnormally low Trim28 activity in overweight kids. A related study found similar results in 14 sets of identical twins, one of whom was obese and the other not.

Scientists admit that this research is still in its very early stages - there's a long way to go before they're clear on the triggers that pull the "on-obese" switch, for example, let alone able to answer the myriad other health questions raised by epigenetics. It's something to look forward to, though! a





A six-year-old's gappy grin is undeniably cute – being temporary, after all – and top models like the two Jagger sisters are made even more famous (and richer still) by the distinctive gaps between their top front teeth. In most other cases, though, dental gaps are generally problematic and should be corrected. To find out more, **Verne Maree** confers with two dental specialists – starting with orthodontist DR VICPEARLY WONG.

ooth alignment is key for an attractive smile, not to mention healthily functioning teeth. In her orthodontic work, Dr Wong sees and fixes gaprelated issues on a daily basis: from teeth spaced too wide apart to overcrowded, criss-crossing ones that have no gap at all between them.

In cases of "poor bite", or malocclusion – that is, where the upper and lower teeth do not come together effectively – she works with braces to eliminate any gap between the upper and lower biting surfaces. And in her dentofacial orthopaedic work with children, she uses orthodontic devices such as expansion plates to help increase the span of a too-narrow dental arch, so as to prevent future crowding.

Catching it early

There's a good reason why the American Association of Orthodontists (AAO) recommends that all children should have a check-up with an orthodontic specialist no later than the age of seven, says Dr Wong.

Around the age of six or seven, permanent teeth start to erupt. Although orthodontic treatment is seldom prescribed at this age, there are cases where early intervention is needed – often, it's related to extended sucking of a thumb, finger or pacifier, or to the subconscious habit of trapping the lower lip behind the upper front teeth. Early treatment with preventive devices may be indicated to help discourage these habits and prevent more serious problems from developing. The good news is that any treatment required later on is likely to be shorter and less complicated.

Ways to close the gap - for children

Interceptive treatments for children are aimed at utilising their growth potential to achieve a better outcome than with fixed braces alone. Various appliances that Dr Wong prescribes include:

- Growth expansion appliances that modify jaw size to either accommodate the permanent teeth or improve the upper airway. She usually prescribes these orthodontic expansion devices in conjunction with upper airway obstruction treatment by an ear, nose and throat (ENT) surgeon.
- Removable retainers or bite plates that modify dentition to encourage more harmonious facial growth, or sometimes to discourage bad oral habits
- Speech and tongue positioning appliances used to reduce tongue thrust and improve speech. Usually, she works closely with a speech therapist in these instances.
- A protraction face mask used to encourage upper jaw growth and a good outcome, usually during the mixed dentition stage (about 7 to 9 years old).

For adolescents and adults

Once almost all the adult teeth have erupted into the arch, fixed braces are the way to move them three dimensionally into their optimal position. Today, orthodontists like Dr Wong can offer various different options.

- Self-ligating braces are more comfortable than traditional metal braces, partly because they use a clip instead of rubber ties and make it easier to maintain oral hygiene
- Ceramic braces are popular for aesthetic reasons you avoid the "metal look" and they come in different designs and materials. "In our clinic," says Dr Wong, "we use Radiance Plus (for the modular ligation option) and Empower Clear (for self-ligation)."

"The human body is an amazing machine. It does its best to adapt to a problem, until it is unable to cope"



• The **Invisalign** approach to straightening teeth uses a custom-made series of aligners created for the patient with the help of a computer software program. They're made of smooth, comfortable and virtually invisible plastic that you simply wear over your teeth to gradually and gently shift them into place.

Why bother - especially as a grownup?

Besides the obvious aesthetic reasons for treating overcrowding or gaps between teeth, there are several **functional reasons**, too. Crowding or gaps usually indicate an arch length problem, as a result of which the teeth are not optimally positioned in the jaw.

Firstly, you're unable to chew efficiently, because the chewing load is not evenly spread between the teeth. When some teeth are overloaded by "masticatory stress" and others have none at all, this can lead to teeth cracking, or even to temporomandibular joint disorders.

Secondly, food can become impacted in areas that are difficult to reach due to misalignment of the teeth. Infection sets in, leading to gum disease that will lead to bone resorption around the teeth and eventual tooth loss.

My story

That sounds like my story, I tell Dr Wong. The "poor bite" I had as a child wasn't obvious, as my teeth looked fairly straight. And in those days – in South

Africa, anyway – it was not the norm to take a child for orthodontic assessment unless he or she was so buck-toothed that, as we put it, they could "eat an apple through a tennis racquet".

Being prone to caries, too, I ended up with a mouthful of fillings that kept on cracking as a result of my malocclusion; and finally, during my mid-thirties, I spent two years in traditional metal braces before getting rid of all my old amalgam in favour of some well-fitted crowns and inlays

Dr Wong sees a lot of this sort of thing. "In the old days," she agrees, "it was common practice to leave a child to 'outgrow' his or her issue, so they had to live with it until a dental crisis arose. And by then, it would usually involve lengthy procedures and restorations."

Many of her patients arrive with problems like temporomandibular joint disorders caused by the poor positioning of their jaws. "The human body is an amazing machine," she says. "It does its best to adapt to a problem, until it is unable to cope. For example, it ropes in the neck muscles and cranio-skeletal muscles, until they go into spasm, causing severe migraines and neck-aches together with joint pains."

How does she treat this complex situation? "I will usually start with a pain-alleviating device to break the pain cycle, followed by orthodontic treatment to move the dentition and jaws into harmony. It is so gratifying to see our patients pain-free and smiling again."

We're lucky to be living in an age where dental implants are not only feasible but becoming downright commonplace – they've even been referred to as "your third set of teeth". DR NEO TEE KHIN, dental specialist in prosthodontics with a special interest in implants, crowns and dental material research, is just the man to tell us more.

t's no wonder that the demand for dental implants is increasing, says Dr Neo. "As people are living longer, they're having to use their teeth for longer than the previous generation. What's more, we also have higher expectations of quality of life, and implants are an effective and predictable long-term solution."

In essence, he explains, a dental implant is a titanium fixture that's placed into your jawbone to replace the root of a missing tooth; it serves as an anchor for your new tooth (crown). A temporary replacement crown will be fitted immediately, and two to six months later, once the implant has bonded with your jawbone, your new permanent crown will be fitted to the implant. The great thing is that is looks, feels and functions just like a real tooth and should last for the rest of your life.

Why bother?

A missing tooth or teeth is a problem. Losing both the tooth structure and its root leads not only to bone loss, says Dr Neo, but to difficulty in eating or chewing, getting fibrous foods caught in-between teeth, cavities, gum

disease and the shifting of adjacent teeth. Missing front teeth affect speech and pronunciation. And, as teeth support the cheeks and lips, missing teeth cause a facial aesthetic change that's prematurely ageing, gradually progressing to a "collapsed face".

Dental implants offer distinct advantages over the two other solutions for missing teeth: dentures and bridges. While more affordable, removable dentures generally take time to get used to, they don't work well with certain chewy or sticky foods, and they require scrupulous oral hygiene if gum disease and dental decay are to be avoided. Also, removable dentures are easily left behind or lost. Dr Neo remembers a Californian tourist who urgently needed him to replace the dentures she'd accidentally flushed down the hotel toilet!

More stories

People lose teeth for different reasons and at different ages.

"A German woman in her mid-twenties came to us because she'd broken one of her front tooth while rollerblading," he recalls. Being an active swimmer, jogger and rock-climber, she was not only worried about her looks – imagine having





"We advocate the rule of 2-2-2: Brush two times a day, for two minutes each time, and visit your dentist two times a year"

a gap right in front of your mouth, even for a day or two! — but about possible pain and infection, and how the treatment would affect her daily activities.

"With the technology of 'immediate loading', we were able to extract her broken tooth, put in a dental implant and install a temporary crown for her front teeth, all on the same day. There was no downtime and no pain or swelling. Three months later, she came back to get her permanent implant crown fixed. There'd been minimal disruption to her lifestyle."

In his experience, outcomes have been consistently positive.

"Our patients often tell us they've been able to go back to eating various foods they used to enjoy, swimming and singing without the fear of their dentures falling out, laughing out loud, travelling and sharing rooms with a friend without worrying about whether their friend will find out about their dentures. If they have any regret, it's only that they did not decide to get implants earlier." And, it seems, one is never too old to get an implant.

Dr Neo's oldest patient was a Singaporean aged 92. Explaining his decision, the man said that having suffered for so many years with poor chewing function, he wanted to have the joy of appreciating food again. Even if he could only use his implants for one or two years, he said, he would die a happy man.

Technology and trends

As a result of better technology and materials, dental implants now function, look and feel like natural teeth. CAD-CAM technology is increasingly accurate, allowing a more precise fit of the prosthetic teeth and greater comfort and functionality.

Two main components make prosthetic teeth look so real, explains Dr Neo: the replacement tooth and the gums. "For dental crowns, we have better materials now — porcelain (zirconia oxide), ceramics that mimic the colour of one's teeth." (Previously, gold was used as part of the supporting structure, imparting a discolouration to the final crown.)

"For what we call the pink aesthetic, gum grafting techniques have been refined so that we are now able to create the natural gum contour to support the implant crown, better replicating the aesthetic of natural teeth."

Another trend is that implant dentistry is becoming a multi-specialty procedure. Often, the patient will be seen by a team comprising an oral and maxillofacial surgeon and a prosthodontist, or a periodontist.

Any exceptions?

Happily, most people are suitable for dental implants. In the rare case that they're not, says Dr Neo, it would be due to a medical condition like severe and uncontrolled diabetes. With them, as with cancer patients, or patients who are on blood-thinning medication, it's important for the dentist to be experienced in collaborating with medical doctors to ensure a holistic approach.

Quantity and quality of jawbone are also important for a successful implant. "However, today's dental implants have better implant surface technology and geometry, which helps to overcome any problem in this area." What's more, bone grafting technology can augment missing bone to make it better able to receive implants.

Final word

Caring for dental implants and dental crowns is the same as caring for natural teeth, says Dr Neo. "We advocate the rule of 2-2-2 to ensure that your new smile lasts a lifetime: brush two times a day, for two minutes each time, and visit your dentist two times a year." α

Orange Orthodontics and Dentofacial Orthopaedics #05-44 Lucky Plaza, #304 Orchard Road 6737 0544 | orangeorthodontics.com

Specialist Dental Group

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VARICOSE VEINS: The Facts

Often appearing as twisted or swollen blood vessels that bulge from the skin's surface, varicose veins aren't just a cosmetic problem; they can also be the early signs of a longer-term health risk, such as deep vein thrombosis (DVT), or blood clots.

#1 Varicose and spider veins can be related.

"We see some patients who first start to develop spider veins – which appear as small, purple, thread-like veins – at an earlier age, from late teens to early adulthood. Sometimes, this can be a warning sign of varicose veins developing later in life, so it should be looked at," says DR CHENG SHIN CHEUN from the Pacific Vein and Endovascular Centre.

#2 Varicose veins are often inherited.

According to research, you can inherit tendencies towards both varicose and spider veins. "We do tend

to observe the problem in our patients' parents, and often their siblings too. That said, don't be too quick to blame your folks – it can also skip a generation," says Dr Cheng.

#3 They can form due to pregnancy.

This is due to the extra pressure that the expanding womb places on the main veins in the pelvic area, which compromises the upward flow of blood from the legs. "It's an all-too-common story that varicose veins worsen during pregnancy, or even appear for the first time," says Dr Cheng.

#4 They tend to be more prevalent in women.

The female hormone oestrogen seems to weaken vein walls, meaning prominent veins tend to be more common in women than in men.



VARICOSE VEINS: The Treatment

Treatment for varicose veins has advanced a lot over the last decade. "Prior to 2000, invasive surgery was the norm; it involved multiple incisions that could leave the patient with unsightly scars and ongoing discomfort," says DR JOHN TAN from **The Vein Clinic and Surgery**.

"Since 2013, international guidelines recommend treatment via endovenous laser therapy (EVLT). Performed under local anaesthesia, this involves a fibre optic wire being inserted into the vein, delivering heat to shrink the vein and swelling with minimal pain, no downtime and no scarring.

"New data shows that it is highly effective, involving fewer surgical complications and better recovery time. In my experience, 95 percent of patients don't even have to take a painkiller," he says.

With endovenous laser therapy, scarring is kept to a minimum.

Healing much faster than the incisions that were previously required, EVLT's 1mm needle marks usually disappear completely in one to two months. Before EVLT, patients were advised to try more conservative methods first – compression stockings, for example – whereas the current methods mean we can deal with the problem a lot faster and more easily.

"In my opinion," says Dr Tan, "wearing stockings simply delays the need for treatment. I now have a 'treat it rather than live with it' approach."

New technological developments are in the works.

Today, vein treatment is better than ever. Not only does it tend to be performed in an office or specialist centre – rather than in a hospital – but there is minimal downtime, meaning it's less disruptive to your lifestyle.

And according to medical practitioners, this year brings even more advances. "I'm excited to see the release of the Venaseal device here in Singapore this year," says Dr Cheng. "It uses a sealant glue compound and has had encouraging results among my colleagues in Hong Kong, the States and Australia."



Although it's still in the experimental phases, this new method promises even more improvements on previous treatments. Says Dr Tan, "It's practised in the clinic under local anaesthesia, and the patient is immediately able to get up, walk and resume daily activities. Within a week, you can even start exercising again."

TREATING SPIDER VEINS

Although spider veins – so named because the bluish-purple vessels form web-like patterns under the skin – are usually harmless, they can be a symptom of poor circulation or an early sign of varicose vein formation, so it's wise to get them checked out. Vascular surgeon DR IMRAN NAWAZ tells us more.

What are the key causes of spider veins?

Some cases are related to what we call underlying venous incompetence (valve failure), but there are others that occur without demonstrating symptoms. Spider veins have similar risk factors to varicose veins: they tend to be more common in women, especially during and after pregnancy, and in those who have careers that involve prolonged standing; they can also be passed down genetically.

When should they be looked at?

Usually, spider veins are a cosmetic issue, and aren't primarily the cause of any serious health problems, so I often see patients come in wanting to simply improve their appearance. Some people, however, do experience aches around where the spider veins are, and this of course can also be a reason for treatment.

What are the different treatment methods?

Spider veins can be treated either with injection sclerotherapy or with transcutaneous laser treatment. Both methods have pros and cons, and not all spider veins can be treated exclusively with one method or the other. Often, the best results come from using both methods.

Can you treat spider veins on the rest of the body, or on the face?

Yes. In fact, we frequently treat spider veins on the face, and sometimes on other parts of the body too.

Can you treat spider veins in pregnant women?

We don't recommend treatment during pregnancy. In my opinion, if the treatment is just for cosmetic reasons the risk of treatment overrides the benefits. Also, spider veins may improve spontaneously after pregnancy, so it's better to wait a few weeks after delivery before making a decision.



Pacific Vein and Endovascular Centre #19-01 Paragon Medical Centre 290 Orchard Road 6883 6966 pachealthholdings.com.



The Vein Clinic & Surgery #11-08 Paragon 290 Orchard Road 6425 6666 theveinclinic.com.sg



The Vein Centre 38 Irrawaddy Road #10-42 Mount Elizabeth Novena Specialist Centre 6733 0377 | tvc.sg

PreventingProblem Veins

Keep your weight in check: Being overweight tends to put extra pressure on the veins in your legs, and so encourages the potential for varicose or spider veins to form.

Exercise regularly: This helps to improve circulation while keeping your leg muscles fit. Low-impact activities such as biking or swimming will do the trick.

Try a regular supplement: Tablets for vascular health are readily available at local health suppliers and stores. Horse-chestnut seed extract is a popular choice, as is bilberry extract.

And if all else fails ... conceal and correct!

Sally Hansen Airbrush Legs, \$29.90

A quick and convenient way to cover up marks, blemishes and even thread-veins, this spray-on, lightweight leg makeup goes on in seconds with no streaks. Enriched with palmaria extract, it covers imperfections and gives the illusion of healthier and firmer skin.



James Read Tan Express Glow Mask Body, available at netaporter.com

Containing jojoba seed oil, aloe vera and algae to hydrate, this tanning formula creates a radiant, post-holiday glow in just 30 minutes. Left to develop for a full hour, it will deliver a deeper bronze colour. a







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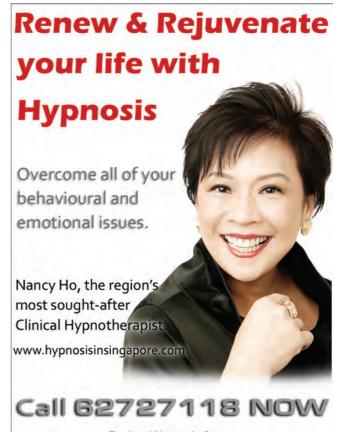


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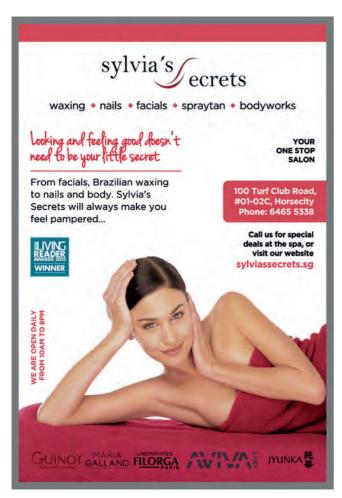


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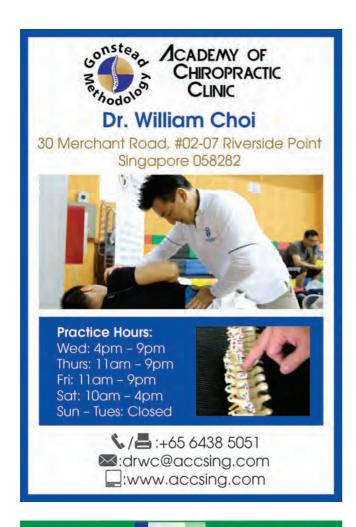
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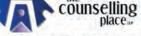
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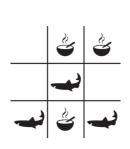
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ARIES MAR 21 - APR 19

You seem to be in the mood for some emotional declutter this April – after all, it is the Lunar eclipse. You've allowed yourself to wallow in selfpity far too long. It's time to sit up and make the month as productive as possible. You begin with organising

things at home. Delegation will help to free up time that can be spent with others instead of on niggling tasks. There's a lot of soul-searching this month as you question your priorities. You work through that list of priorities rigorously, as you really don't want to miss out on opportunities any more. By the end of the month, you'll be ready to take on the world with a renewed sense of determination to make things work.

GEMINI MAY 21 - JUN 20

A very self-reflective April lies ahead. The events of the past month seem to have come full circle, and you feel a sense of completion regarding what you set out to achieve. A lot has happened in recent months, and you feel you haven't had the chance to think about why things panned out as they did, or what it was you were meant to learn from them. This month, you pick up another new lesson: perfecting the art of giving and receiving as you choose to impart some of your learned wisdom to those around you. This exchange leads to building a different perspective to your life. A very enriching month it will be for you, Gemini, in terms of self-improvement, so take this in while

LEO JUL 23 - AUG 22

you can.

Your spirit feels rather low this month, Leo. You feel weighed down; the daily grind is getting to you, making you unhappier with each passing day. Carry on as you are and you

passing day. Carry on as you are and you will only spiral further into depression. This is the perfect month to reignite your passion. Find what is it that will drive you. Or, if you already know this, start taking some action to get your wheels in motion. A slight tweak won't do it – rather, you need a major engine overhaul. You have to stand out and reposition yourself, or otherwise drown in a sea of everyone trying to be something.

TAURUS APR 20 - MAY 20

It's choices, choices and choices this month! You're rather lucky - not everybody gets that many good choices all at the same time. Picking the best option is going to test your decision-making. Practise calm and work through an elimination process to arrive at your destination. Don't take on more than you can handle - as in taking on more than one option at a time, for instance. Doing so could result in you losing all the available options and having to start right at the bottom again. So, don't ruin things for yourself - your moment will come!

CANCER JUN 21 - JUL 22

If you're going to carry on along the path that you're on now, then you're never really going to grow and learn. In order to improve,

you will need to ditch the old ways and familiar people and open your horizons to different and more creative ways of doing things. Speak and mingle with people who aren't your usual crowd. Placing yourself in unfamiliar territory and situations may be the only way to move forward. Daunting as it may sound, you really need to throw yourself into the deep end if you wish to radically change your life.

VIRGO AUG 23 - SEP 22

Your positivity from last month flows into April. You have all the tools and ingredients before you to pursue your dream. It is a very positive

month to venture into business. The key, however, is to be very clear and precise with your workflow plan. You have to be clear right from the beginning. Don't think that you'll dabble in some new thing as a safety net in case Plan A fails. If you feel that lukewarm about Plan A, then don't pursue it at all. Only unwavering confidence will see you through to success. So be firm and crystal-clear, and everything should go according to plan.

LIBRA SEP 23 - OCT 22



to make life harder for yourself. It's a damned-if-you-do-and-damned-if-you-don't situation. The options before you seem equally good and tempting. But in order to make things work you need to stay focused; hence, you can only pick one option. It's all in your hands this month. The sooner you decide, the sooner you can throw off the old and embrace the new.

SAGITTARIUS NOV 22 - DEC 21

Your instincts will be guiding you this month to seek out a passion. It could be anything from a relationship to a career change, a pet or even a hobby. It's all basically a test of listening to your own inner guidance. You have a strong wish to create something out of nothing for yourself and you're not going to waste any time. You would like to feel a surge of excitement for someone or

something that you feel drawn to, and to

lose yourself in it as one would when in

love. There's no stopping this motivation.

AQUARIUS JAN 20 - FEB 18

Aquarians are naturally quite a curious bunch, and it is this that spurs their creativity. This April will be a perfect reflection of that. You're getting weary of the familiar; it's just not doing it for you anymore. Things have become mundane to the point of stagnation. You wish to put an end to this by taking a leap into the unfamiliar. It might mean taking up a job offer you never thought you would, striking an unusual business deal, or simply taking an adventurous holiday to get your creative juices flowing again. You'll be on a guest to reawaken what you may have left behind along your journey.

SCORPIO oct 23 - NOV 21

The message this month is a very holistic and healing one. It may relate to people or things that have hurt you in the past. There is a realisation that life is indeed fragile, and a little give and take would do no harm – it actually makes our journey much easier and happier. You decide on letting go of any grudges or feelings of upset. This lifts a heavy burden off your chest and your spirit feels lighter than ever. Do not be surprised if this emotional healing leads to some improvements in your physical wellbeing! Whatever you choose to let go of this April, it's the very thing that has been weighing your health down as well.

CAPRICORN DEC 22 - JAN 19

You've grown tired of doing things the "right" way. You feel like you have tried and tested it and that it's not really for you. Usually, you aren't the sort to throw caution to the wind. But you'd like to find out what it feels like to do just that. You adopt a child-like energy and eagerness to tread into the unknown. As exciting as this time might be, you will still need to keep your head screwed on properly. So, don't stick your finger into too many pies, otherwise you might find all that abundant energy dissipating without achieving anything by the time April is over.

PISCES FEB 19 - MAR 20

intellectual Pisces. You don't really like sitting around and not achieving much. For you, taking things easy is easier said than done. So it's time to pick up the speed and indulge in what stimulates and excites you. You're like a child at Christmas when you discover what excites you. But don't get ahead of yourself, or try to fill shoes that are bigger than yours. As capable as you think you are, volunteering for something that you aren't ready for would not reflect well on your CV. Reach for what is within your means and abilities, and you will be more likely to blossom.



ver had one of those years where just getting through January feels like an achievement? It makes you wonder what the rest of the year will bring.

2016 didn't have the most auspicious start, granted. My sister was visiting Singapore for the first time, so I booked us into the Lantern Bar on top of the Fullerton Bay Hotel for New Year's Eve, sure the spectacular view would sufficiently wow her. (When do siblings 10 years younger than you become cooler than you?)

We turned up hours in advance, nursing our free drinks and strategically placed, only to be pushed out of the way by a family that arrived 10 minutes before midnight and who held up their kid so my view was blocked. Two minutes — that's all it took for my bright, shiny New Year's resolution ("be more patient and generally nicer") to be made and broken.

To be fair, the fireworks were amazing and you actually only have to look up rather than straight ahead to see them, but you get the drift – if looks could kill I'd be in Changi by now.

Then my mum, who had kindly come out to stay for a year to help us settle in, went home. I love my mum; she's

the sort of person who arrives and just rolls up her sleeves and gets stuck in. She seems to always know the answer to everything, even though she left school at 15. And, bless her, she really embraced life in Singapore, becoming a favourite at our local wet market and affectionately known as "Nana" not only by her Chinese hairdresser but also by the helpers in our condo; she befriended them in the playroom, doling out advice on love, the limitless uses for vinegar and the best way to treat chickenpox.

She left before anyone was up so she didn't actually get to say goodbye – she just left a note thanking us for giving her a blast and reminding me the dehumidifiers needed changing.

Two weeks later, I got up to get the kids ready for school and myself for work and I realised our helper was missing. Checking my phone, I saw I had gotten a message at 1am that she'd been in an accident and was in hospital.

My calls and texts went unanswered until that afternoon when I got a call from the police advising me that they had her in custody. "At last," I thought – my gallows sense of humour kicking in – "I now have my very own 'helper story' to tell."

It was all a storm in a teacup as it turned out, with no charges brought or harm done, but I did miss three days of work sorting it out.

Then, just a few hours after dutifully returning to the office, I was given the news that I was being made redundant. Oh well, who doesn't love a short week?

So, I am hopeful that 2016 will improve substantially, despite the Monkey clearly not being compatible with my Tiger sign. It has to, right? α

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