



ZHONG CHEN

12 MAY - 10 JUNE 2016

REDSEA GALLERY PRESENTS A SOLO EXHIBITION BY AWARD-WINNING CHINESE-BORN, AUSTRALIAN ARTIST, ZHONG CHEN; AN INTERNATIONALLY EXHIBITED ARTIST RECOGNISED FOR HIS VIBRANT CONTEMPORARY WORK EXPLORING ISSUES OF CULTURAL IDENTITY, BELONGING AND PLACE.

OPENING NIGHT RECEPTION THURSDAY, 12 MAY 2016 6.30 - 8.30PM

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OR'S NOTE



The wonderful thing about being sick is that it makes you realise how good it is to be healthy.

I know it's our body's way of saying "What are you doing to me? I can't cope!" so I always try and look at the positive side of it; that is, your body is getting rid of what it doesn't want.

Another positive, you could say, is having to sit in bed and watch hours of Netflix because you have no energy! It's lethal having the whole show in one thread, because each episode always ends on a cliffhanger. The bad fairy on my shoulder whispers "Go on, it's OK, just one more and then you can go to sleep or do what you really should be doing." It says this several times, actually, before I stop listening to it, mainly because I can no longer open my eyelids.

May is always one of my favourite issues because we feature black-and-white homes. I think they're still some of the most beautiful homes in the world and should be listed and protected as much as possible. I love shophouses too, so if you live in one and would like us to feature it, please get in touch.

Thank you for voting for your favourite business; the results of our Reader Awards are out – see page 18 for details if you haven't been online yet. It was lovely telling the winner of the Bali stay that she had won – she was so surprised and happy. Remember, you have to be in it to win it, so keep entering our competitions!

It's Mothers Day soon, and if you don't have a clue what to do for it, don't worry, we have heaps of ideas – remember to keep up to date with our newsletters and online calendar too. And to all of you out there who are mothers, remember to pat yourselves on the back. It's one of the most important jobs in the world.

Happy May!

PS Look out for the winners of our Photo Competition in the June issue.





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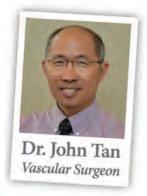
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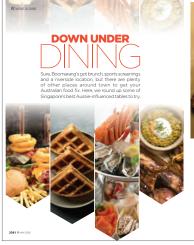
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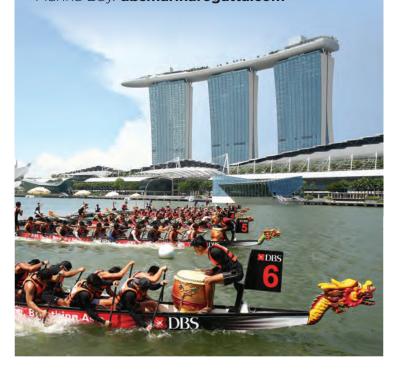


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Upfront News

Row Your Bo

For great spectator sport, head to Marina Bay this month to cheer on your favourite of 160 local and international dragon boat teams battling it out to cross the line first in the DBS Marina **Regatta 2016**. Watching the dragon boats is just one part of the action; you can also try out kayaking, take a sailing lesson or, if you'd rather stay on dry land, take a turn on Asia's tallest inflatable slide. As well as activities at the popup beach, check out the talented home-grown artists, foodies and musicians at the artisan market. Looks like you'll need the two weekends to discover everything! 28 to 29 May and 4 to 5 June. Free. 11am to 10pm, The Promontory, Marina Bay. dbsmarinaregatta.com



Marine Life

This year, the Singapore Art Museum's sixth annual children's exhibition goes deep underwater to delve into seascapes and



oceans. Imaginarium: Over the Ocean, Under the Sea invites adventurers of all ages to explore tactile and interactive works by contemporary artists. There will be a focus on the impact that humans have on the natural world and how, through inventive and wise ideas, we can save our earth and its awe-inspiring oceans. 14 May to 28 August. singaporeartmuseum.sg

Precious History

Back in the day, letters were the only form of communication between Sir Stamford Raffles and his wife Lady Sophia



with their families back home in England. For the first time, three of these letters are now on display at a new exhibition entitled From the Stacks: Highlights from the National Library. The exhibition is a treasure trove of 100 rare artefacts including maps, photographs and newspapers - there's even a Koran printed in Kampong Glam in 1869. To get more out of your visit, join a free weekend guided tour. Until 28 August. nlb.gov. sg/exhibitions

Retail Therapy

Block your calendars on 5 May for some welldeserved shopping time at The Fair. The new range of special items on sale



includes pashmina shawls, handbags, gorgeous jewellery, skincare, kids' toys and clothes, homeware, leather goods and beautiful pewter tableware and cutlery. Pan Pacific Hotel Orchard, 10 Claymore Road, 10am to 6pm. 9737 2384 | fairsandbazaars.com

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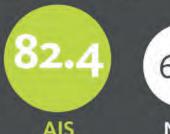


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Point Average





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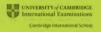














congratulations!

Votes are in and we're delighted to announce the winners of this year's **Expat Living Reader Awards 2016**. We've highlighted everything from furniture to beauty, to reveal the best in the business based on YOUR votes. Do look out for the "Expat Living Reader Awards 2016" seal on the windows or websites of these businesses to spot the winners.





A BIG thank you to all those who voted this year and to our partners, The Laguna Resort & Spa in Bali and Pan Pacific Singapore for contributing amazing prizes for our voting readers.

HOME & SERVICES

Favourite Furniture and Homewares Store

1ST PLACE **TAYLOR B**2ND PLACE **ORIGINALS**

avourite Carpet Dealer

1ST PLACE THE ORIENTALIST CARPETS
2ND PLACE THE RUG MAKER

Favourite Interior Designer or Home Stylist

1ST PLACE **DESIGN INTERVENTION**2ND PLACE **E&A INTERIORS**

Rest Antiques Store

1ST PLACE FAIRPRICE ANTIQUE 2ND PLACE WOODY ANTIQUE HOUSE

Best Home Services Company

1ST PLACE **A-TEAM AMAHS & CLEANERS**2ND PLACE **COMFY HOMES**

Best Finance and/or Insurance Company

1ST PLACE CITIBANK SINGAPORE
2ND PLACE EXPAT INSURANCE

ARTS & LEISURE

Favourite Photography Studio

1ST PLACE THE STUDIO LOFT 2ND PLACE LITTLEONES PHOTOGRAPHY

Favourite Art Gallery

1ST PLACE **REDSEA GALLERY** 2ND PLACE **THE ART FELLAS**

Preferred Kids' Activities Provider

1ST PLACE CENTRE STAGE SCHOOL OF THE ARTS 2ND PLACE CAMP ASIA

TRAVEL

1ST PLACE SINGAPORE AIRLINES **2ND PLACE EMIRATES AIRLINES**

Favourite Hotel, Resort or Villa in Asia

1ST PLACE SHANGRI-LA'S RASA SENTOSA RESORT & SPA

2ND PLACE W SINGAPORE SENTOSA COVE

Best Travel Provider or Booking Website

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FASHION & BEAUTY

Favourite Women's Fashion Provider

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Favourite Men's Fashion Provider

1ST PLACE THE BESPOKE CLUB 2ND PLACE CYC THE CUSTOM SHOP

Favourite Children's Fashion Provider

1ST PLACE MOTHERCARE 2ND PLACE **ELLY**

Favourite Jewellery & Accessories Retailer

1ST PLACE STONES THAT ROCK **2ND PLACE LUSTRE JEWELLERY**

Best Spa

1ST PLACE ESPA, RESORTS WORLD SENTOSA 2ND PLACE **AWAY SPA, W SINGAPORE SENTOSA COVE**

Best Mani-Pedi Salon

1ST PLACE PINK PARLOUR 2ND PLACE **THE NAIL SOCIAL**

Best Salon for a Massage or Facial 1ST PLACE LE PETIT SPA

2ND PLACE MY COZY ROOM

Best Hair Salon

1ST PLACE TONI & GUY 2ND PLACE **THE EXPAT HAIR STUDIO**

Best Aesthetics Clinic

1ST PLACE CUTIS MEDICAL LASER CLINICS 2ND PLACE CLEARSK ORCHARD

FITNESS

Preferred Yoga or Pilates Studio

1ST PLACE SKY PILATES **2ND PLACE FOCUS PILATES**

Favourite Fitness Provider or Personal Trainer

1ST PLACE **OOBERFIT** 2ND PLACE GYM N TONIC

WINE & DINE

Favourite Champagne Brunch

1ST PLACE FULLERTON BAY HOTEL **2ND PLACE CAPELLA SINGAPORE**

Favourite Wine Bar/Retailer

1ST PLACE **1-ALTITUDE** 2ND PLACE **LEVEL 33**

Favourite Higher-end or Special Occasion Restaurant

1ST PLACE **LEVEL 33** 2ND PLACE TAMARIND HILL

Favourite Casual Eatery

1ST PLACE BREWERKZ **2ND PLACE MARMALADE PANTRY**

1ST PLACE FULLERTON BAY HOTEL **2ND PLACE RAFFLES HOTEL**

Best Butcher

1ST PLACE HUBER'S BUTCHERY 2ND PLACE **THE BARBIE GIRLS**

Best Online Grocer

1ST PLACE REDMART **2ND PLACE HONESTBEE**

Favourite Food Delivery Service

1ST PLACE FOODPANDA 2ND PLACE **DELIVEROO**

For the full list of winners, visit expatliving.sg/ awardwinners

This Month

SHOPPING & FAIRS

Expats' Weekender Fair at PasarBella (13-15 MAY)

This family-oriented market retreat has been a passion project from the start, and will continue to stay true to its goal of being a warm, community-based, open-concept market. To add to the ambience, live music and busking performances keep both young and old entertained. 200 Turf Club Road #02-14, PasarBella. theexpatfairs.com

Singapore Food Expo (27-30 MAY)

One of the biggest food-related events in Singapore, this expo has been garnering plenty of support from local restaurateurs and foodies. This year, over 100 exhibitors will showcase thousands of quality products. **Singapore Expo Hall 4**, 1 Expo Drive. singaporefoodexpo.org.sg

Great Singapore Sale (MAY-JUL)

For good bargains on just about anything, the Great Singapore Sale starts this month. With countless stores offering amazing discounts and promotions, you might want to start saving now! Where to shop: Orchard Road, Marina Bay, Bugis, Southern Waterfront and throughout Singapore. greatsingaporesale.com

SPORTS & FITNESS

Netball Super League (NSL) (UNTIL 14 MAY)

Sponsored by M1, NSL is regarded as a pathway to elite netball and the main event for local netballers in Singapore, as it features some of the island's best players. Six teams will battle it out over ten weeks before the semis, play-offs and grand final. **Toa Payoh Sports Hall. netball.org.sg**





FairPrice Walks With U 2016 (14 MAY)

Join in the fun and sign up your family to take part in this non-competitive mass walk. Arrive early to play traditional carnival games or get involved in the multi-generational activities taking place before and after the walk. Stadium Riverside Walk, Singapore Sports Hub. walkswithu.activecm.net

Cold Storage Kids Run 2016 (22 MAY)

This child-focused event sponsored by Cold Storage features kid "celebrities" Iryan Fandi and Abbie Rose Humphreys, along with great activities including races for kids of all ages and their family and friends. **The Meadows, Gardens by The Bay. kidsrun.com.sg**

OSIM Sundown Marathon (28-29 MAY)

Known for being Singapore's first-ever night marathon, the Sundown is expected to be Asia's largest this year, with an estimated 30,000 runners. There are different distances to choose from, making it the perfect event to challenge body and mind. F1 Pit Building. sundownmarathon.com

DBS Marina Regatta 2016 (28 MAY - 5 JUN)

The Singapore Dragon Boat Association and DBS Bank are again hosting the DBS Marina Regatta. Be a part of the thrilling races across two weekends in May and June, right in the heart of the financial district. Marina Bay. sdba.org.sg/events/dbs-marina-regatta-2016

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FAMILY

More Than Monkeys (ALL MONTH)

In honour of the Year of the Monkey, the Singapore Philatelic Museum is home this month to *More Than Monkeys*, an exhibition designed for children and families to explore the world of our primate friends through stamps (there are 300 on display!) and other philatelic materials, plus puzzles and various educational activities. **Singapore Philatelic Museum. spm.org.sg**

The Illusionists (6-15 MAY)

Boasting an all-new show and cast, the Broadway smash hit returns to Singapore. Featuring seven of the world's greatest magicians, the two-hour show involves mind-blowing magic, death-defying stunts and acts of breathtaking wonder. MasterCard Theatres at Marina Bay Sands. sistic.com.sg/events/illusion0516

PLAYtime! Grandpa Cherry Blossom (6-21 MAY)

A dog who can sniff out gold? Who doesn't want that? But when Shiro the magical dog mysteriously vanishes, his owner Grandpa goes out in search of his beloved pet. Enjoy this heart-warming play about gratitude and true friendship. Esplanade Theatre Studio. Tickets from Sistic.

Rise and Shine Carnival (21 MAY)

Rise and Shine is the largest carnival in Singapore, and its great advantage is that it's held indoors! Parents can bring kids of all ages to experience a fun-filled day of games and activities. Food and drinks are available. **6 Raffles Boulevard. riseandshine-expo.com**

Courses at Expat Kitchen (7, 12, 19, 26 MAY)

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

THEATRE, DRAMA & DANCE

The Superstars of Ballet (UNTIL 1 MAY)

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 – this two-hour show will include highlights from iconic modern and contemporary ballet classics like *Le Corsaire* and *Don Quixote*. MasterCard Theatres at Marina Bay Sands. baseentertainmentasia.com



The Rainbow Fish (UNTIL 15 MAY)

Based on Marcus Pfister's award-winning storybook, this musical production returns to the stage as part of I Theatre's special 15th anniversary season. Meet Rainbow Fish, Tiny Stripes and other fishy favourites as together they learn valuable lessons about friendship and generosity. The new version features magical black light theatre in a mix of live action and puppetry. **Drama Centre Theatre**, 100 Victoria Street, Level 5 National Library Building. itheatre.org

The Three Degrees Live In Concert (2 MAY)

Perhaps the world's longest-running female group, The Three Degrees (Valerie Holiday, Helen Scott and Freddie Pool) have been topping charts for more than four decades. This one-night-only show in Singapore will include hits like "When Will I See You Again", "My Simple Heart" and more. **Esplanade Concert Hall. sistic.com.sg/events/three0516**

The Vortex by Noël Coward (UNTIL 15 MAY)

Love. Sex. Betrayal. This twisted love story from master playwright Noël Coward has acclaimed West End director Bob Tomson at the helm and stars Hollywood actress Jane Seymour OBE, along with upcoming actors such as James Cartwright. Jubilee Hall, Raffles Hotel, 1 Beach Road. 6449 4855. britishtheatreplayhouse.com

Shakespeare in the Park - Romeo and Juliet (UNTIL 21 MAY)

Spread your picnic blanket under the stars and be captivated by the greatest love story ever told. Fort Canning Park, River Valley Road. Tickets from Sistic.



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Jacques Brel is Alive and Well and Living in Paris

(26 MAY - 4 JUN)

Last staged in Singapore in 2008, this internationally successful jukebox musical will take the audience on a rollercoaster ride of emotions. It features 23 songs, each represented by a "mini play". SOTA Drama Theatre. singtheatre.com

Les Misérables (FROM 29 MAY)

Seen by over 70 million people, Les Misérables has won more than 125 awards and is one of those shows that everyone really needs to see at least once in their lifetime. This production has glorious sets, new staging and memorable music, so you'll need to book early to snare a good spot. Esplanade Theatre, 1 Esplanade Drive. lesmis. com/singapore

Wu Guanzhong: Beauty Beyond

(UNTIL 3 MAY)

This show, featuring works in both both oils and ink, celebrates the opening of the Wu Guanzhong Gallery in Singapore. The artist has been a major advocate and forerunner of synthesising Chinese art and Western modernism, and this exhibition highlights his talent in this area. National Gallery Singapore. nationalgallery.sg

Nomadic Beauty

(UNTIL 6 MAY)

Contemporary photographer Rohit Chawla - who has collaborated with Ai Wei Wei, Robert De Niro, Frank Gehry and others – presents over 30 works in his exhibition, Wanderlust. Chawla's portraits capture the tribal members' natural flamboyance in their use of traditional textiles, intricate embroidery and motifs. REDSEA Gallery, Block 9 Dempsey Road. redseagallery.com

Identity - Thibault Gauriau Solo Exhibition

(7-21 MAY)

In this new exhibition, Thibault Gauriau explores the questions that every one of us struggles with throughout life. Who am I? Who are you? Who are we? Providing answers to these questions is complicated and involves myriad layers and subtleties. Suntec City. thibaultgauriau.com



Mystery Island: Artist Mojoko (UNTIL 10 MAY)

This exhibition features new works by Mojoko that draw the viewer into a narrative of nature and folklore, and are inspired by Southeast Asian archaeological treasures. SPRMRKT, 2 McCallum Street. artsrepublic.sg/ mystery-island-by-mojoko

Folk Hues from India (13-14 MAY)

An exhibition and sale of wall art representing folk painting styles from different parts of India. Also on sale are pottery and home décor items, clothes and accessories showcasing India's rich textile craft traditions. Prices range from \$3 to \$3,000! Colonial at Scotts, 31a Scotts Road. facebook.com/ KalaTarang | sangeeta.roy@kalatarang.com

Treasures of the World from the British Museum (UNTIL 29 MAY)

Explore the finest artefacts the world has to offer at this highly anticipated exhibition from the British Museum in London. Come face to face with the "unlucky mummy" rumoured to have sunk the Titanic. National Museum of Singapore, Exhibition Galleries, Basement. nationalmuseum.sg

A Fact Has No Appearance: Art Beyond the Object (UNTIL 19 JUN)

This exhibition features original artworks, photographs and documents that broke new ground in Southeast Asian art circles in the 1970s. The exhibition is complemented by Earth Work 1979 (until 29 May), focusing on another innovative artist of the period. National Gallery, 1 Saint Andrew's Road #01-01. nationalgallery.sg

HOME

Home & Decor Shop-Hop

For the second time this year, *Home & Decor* magazine is organising an exclusive one-day shopping trip to help you find furniture, household appliances and interior design items of note. Morning meeting point: HarbourFront Centre, 1 Maritime Square. homeanddecor.com.sg



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Plan Ahead

Aviva Superfundae 2016 **(4 JUN)**

Whoever said playtime is only for kids? This June school holidays, head along to Aviva Superfundae 2016, a first-of-its-kind family "funival" that will tempt both the young and the young-at-heart to disconnect from their digital gadgets and connect through play. **The Meadow, Gardens by the Bay. Tickets from Sistic.**

Marmalade - A Festival for Children (31 MAY - 5 JUN)

This festival aimed at ages two to 12 years is a celebration of the world of Marmalade. Two dance performers invite the audience on an amazing, multi-sensory ride that includes poetic movement, soft circus skills and stunning visuals. **Drama Centre Black Box**. **Tickets from Sistic.**

Shrek The Musical (8-19 JUN)

Based on the Oscar-winning movie, the new Shrek musical hits the Singapore stage this June. This show about the life of the gentle green ogre will leave you wishing you had a friend just like him. Tickets from \$65, through Sistic. **Grand Theatre, MasterCard Theatres at Marina Bay Sands.**



Anderson & Roe Piano Duo: The Forte Awakens

(16 JUN)

Every classical music lover has heard of Greg Anderson and Elizabeth Roe. Nicknamed the "Fred Astaire and Ginger Rogers of the keyboard", they will be performing various classical pieces, plus their renowned *Star Wars-*inspired works, in this one-off performance. Tickets from \$38. Esplanade Concert Hall. esplanade.com/whats-on/category

Palate Sensations Cooking School (21 JUN)

Keen to impress a special someone with your cooking skills, but have absolutely no idea how to cook? Just sign up for a cooking class at Palate Sensations. Located within walking distance of Buona Vista MRT station, it's the perfect place to learn how to whip up some delicious dishes with the help of professionals. 10 Biopolis Road. palatesensations.com

Maker Faire Singapore (25-26 JUN)

Keen to foster a "do-it-yourself" attitude in your children? A medley of interesting, goofy and fun projects ranging from science to engineering awaits at this event. The festival revolves around discovery and creativity, and is definitely one to keep the kids busy! Singapore University of Technology and Design. makerfairesingapore.com

Singapore Theatre Festival 2016 (30 JUN - 24 JUL)

Wild Rice presents a thought-provoking theatrical event that celebrates new and original Singaporean writing. Ticket prices: \$35 to \$130. Lasalle College of the Arts. wildrice.com.sg

Future World Exhibition (UNTIL 31 DEC 2017)

The ArtScience Museum's new exhibition takes visitors through a futuristic journey of high-tech artworks and interactive digital experiences, including 15 installations by Japanese digital art collective teamLab. One of these, "Crystal Universe" (pictured), consists of seemingly endless light particles in a 3D space, and lets youinteract with the artwork with the swipe of a smart device. Marina Bay Sands. marinabaysands.com/museum

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LETTERS

BEST LETTER

We want to hear from you!
Send us your thoughts on the magazine, or on any subject under the sun. To celebrate her son Aden's excellent taste, **Leah Bharij** wins a bottle of champagne.

OUR YOUNGEST READER?

Two-year-old **Aden Bharij** is potty about *Expat Living*! According to his mum, Leah, during his potty-training he would only sit on the toilet if he could flick through his favourite magazine at the same time – no other publication would do, it seems.



NEW-LOOK EL IS A HIT!

I just want to say that I do not like the new *EL* magazine look – I absolutely love it! With its smooth texture, it not only looks good, it feels so good too! As it's my birthday month, I consider this as a birthday gift from my favourite magazine.

I received my copy yesterday, and last night my twin sister beat me to reading it. Talk about sibling rivalry! Well done to the *EL* team for always giving us loyal readers more value than what we pay for.



- Khadija Sanari

Ed: Thank you, Khadija - we're delighted with our new look, too.

AMAZING ARCHITECTURE

Gardens by the Bay's beautiful architecture is a must for anyone visiting Singapore. It's the perfect place to visit, both for young and old, as I discovered when I went there with my whole extended family over the Easter weekend. They had come together from several different countries, and were all amazed by what a massive undertaking it is, and how it brings together plants from around the world in a modern architectural marvel.

- Emily La



INSPIRING WRITERS

I so enjoyed the interview with Alice Clark-Platts in your April issue, and especially finding out about the Singapore Writers Group. Though I'm still pretty busy settling into our new life here – it's a very different life from our last posting in Jakarta! – I do expect



to find myself with time on my hands quite soon, and what better opportunity to follow my passion for writing? Thanks for introducing new expats like me to the many, many options that are open to us. I can't wait to get my hands on each month's issue of *Expat Living*.

- Jeanine Forsyth

Email us at info@expatliving.sg



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Congratulations to the lucky winners of our Reader Awards 2016!

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Reader photo of the month



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Checking out cool new brunch spots



coordinating our fashion choices - case in point, monochrome madness!

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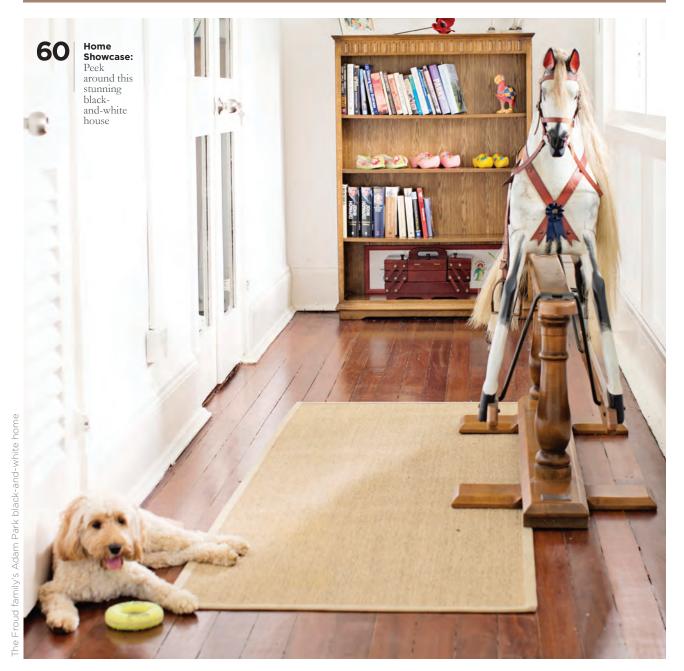
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HOME



Expert Voice: Tips on styling a colonial home

Antiques: A look at accessories on the market

Shopping Guide: Rounding up the latest in sideboards and consoles

What's New



Mountain Teak has even more of Karpenter's funky new furniture in its store. Find out more on page 72.

Nice Threads

Turn the air-con up just a notch and snuggle down with these gorgeous new soft furnishings by **Eadie Lifestyle**, available at Maissone. The collection includes cushions, throws and bed linen, all made from natural fibres for extra comfort. Head to the Maissone showroom at **20 Eng Hoon Street, Tiong Bahru**, or visit **maissone.com** to find out more.





Antique Designs

Deeb Designs has just received a new collection of cabinets, side tables and consoles, adding to its current stock of resort-style indoor and outdoor lanterns, table lamps, home accessories and more. Visit the store at 20 Sin Ming Lane, #03-64 Midview City.



Online Property Tracking

Wondering how to easily keep track of your real estate portfolio online? MyPropp.com, launched by two Singapore-based expats, is a website that helps investors keep track of and monitor their portfolios. *Expat Living* readers can enjoy a 15 percent discount on their first year's membership – just enter the code ELSG415.



One-Stop Décor Shop

HomesToLife has opened the doors of its River Valley flagship store, and already offers a wide range of furnishings and accessories under its Inspire collection, located on the first level of the fourfloor showroom. The store will open up three more themed areas over the coming months, promising a convenient one-stop shop for customers. HomesToLife, 65 Mohamed Sultan Road.



DELICATE DETAILS IN FRESH COLOUR COMPOSITIONS



The Casale Blu décor takes lovers of a contemporary country look to southern Europe, Italy. In the Umbrian town of Deruta, traditional hand-painted ceramics have been produced since the Middle Ages. The brilliant blue tone of Casale Blu creatively echoes the famous art nouveau majolicas and the impression of hand-painting underscores the particular charm of the series.



More Room

Interior design and styling hub **Make Room** has placed a serious stake in the retail market by taking on a larger showroom in Outram, as well as adding Dutch décor and furniture brand HK Living to its offering. The new outlet includes a bigger studio space for founder Barbara Fritschy, with the showroom displaying rattan chairs, poufs, lighting, rugs, locker cabinets and plenty more. To take a look, go to **#11-09B Tan Boon Liat Building, 315 Outram Road**, or, for more information, visit **make-room.net**.

Aussie Designs

Abode & Co is bringing in more Antipodean designs in the shape of lifestyle brand Kip & Co. The collection will include blankets, cushions and towels for adults and children, and adds to its range of other Australian brands including Goosebumps. Click on abode.com.sg to find out more.



Carpet Clearance

Nab a bargain at the moving-out sale of **The Orientalist**, with up to 80 percent off items as well as a free \$50 voucher to spend. There are over 10,000 hand-knotted carpets and rugs to choose from, so head to #01-07 **TripleOne Somerset**, 111 **Somerset Road** to pick up a great deal before 1 June.



Pieces from the Past

With the arrival of a new shipment of British colonial dining and side tables, Portuguese cupboards, Dutch chests and other heirlooms from India's colonial past, **The Past Perfect Collection** now has even more choice on offer. See for yourself at #02-01D Sime Darby Centre, 896 Dunearn Road.



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Less than a year after opening its second showroom in Singapore, interior styling expert Arete Culture has now expanded its space in the Tan Boon Liat Building, offering even more affordably luxe home furnishings in over 1,800 square feet of retail space. From consoles and bed frames to dining tables and bookshelves, the furniture can be customised to your measurements and arrive on your doorstep within three weeks.

With its portfolio of professional stylists available to call on, Arete Culture can also help if you're looking for inspiration and ideas to pull together your dream home. On top of full-suite home makeovers, they've also launched "Design in a Day", a compaction of their standard service that quickly and affordably refreshes a targeted area of your home with spatial and design



Homes with a Story

Who lives in the house:

British expats (with Australian citizenship) Beverley and Michael Froud, with daughter Ellie, housekeeper Annavi, and Mabel and Maggie the dogs.

The rest of the family: Eldest son Daniel, who now lives in Sydney; Lewis, who lives in London; Natasha, who still lives in Singapore and works at the Australian International School; Jessica, in her final year at Winchester University in the UK; and Rhiannon, now studying at RMIT University in Melbourne.

Time in Singapore: Five years. Prior to this they emigrated from the UK to Australia, where they lived for four years.

Beverley's favourite room:

The living room. "Now I just have to bring the rest of the house up to this standard."



Tucked away in a corner of Bukit Timah is Adam Park Estate, home to 19 colonial black-and-white houses that are steeped in history. We invited ourselves over to see BEVERLEY HAMPSON-FROUD's beautiful example of this architectural style, to discover how her family secured their dream home – and to hear the historical secrets they've uncovered while living there.

BY AMY BROOK-PARTRIDGE PHOTOGRAPHY BY EMILY NEWELL





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Boutiques | Sungei Kadut - 50 Sungei Kadut Ave Singapore 729674 Tel: 6362 7077

Toh Guan @ The Furniture Mall - 10 Toh Guan Road #01-07 Singapore 608838 Tel : 6294 8832



ABOVE Beverley recently discovered China Collection. where she purchased the console.

aving arrived in Singapore from Australia in 2011, Beverley admits she has always had her eye on living in a black-and-white house. "We took a tour of various black-and-whites when we first moved here, but the prices were still quite high, so we moved to a house in Serangoon Gardens. I really wanted to live locally, not in 'expat city', and I loved it for the two years we were there."

Despite the fact they loved the area and their neighbours, the house became something of a disaster area; and with Beverley feeling like a project manager for the property rather than just a tenant, they decided to move.

They relocated to a house closer to the Australian International School, which daughter Ellie still attends. "But the house was just too big for us, so we ended up looking to move on again after two years. We had tried to find a black-and-white house before, but they were rarer than hen's teeth back then.'

This time round, there were more than 70 showing up as empty on the Singapore Land Authority website, and so Beverley set her sights on securing one. She rang agent after agent, and eventually got to speak to someone who was willing to show her two properties

in Adam Park – one was up for auction, the other open to offers. "Our agent was pushing us towards the first one, but we pushed back, and eventually secured the one that we had fallen in love with. Sadly, there are still many others that are empty."

Five of their six children having flown the coop already, Beverley and husband Michael didn't need as much space, so the three-bedroom Adam Park bolthole suited their needs perfectly. The house did, however, need some care and attention. "We had the pool put in, added decking and air-conditioning, and replaced the old attap, as well as a lot of the lights; we also removed a partition wall in Ellie's room, and generally refreshed everything."

Although they are spending money on items that will most likely have to be removed once they leave, Beverley doesn't mind. "One of the reasons for choosing a place like this is that we can take care of it ourselves and make it as homey as possible."

Beverley is a keen gardener (and helper Annavi provides plenty of assistance), so having a good green space was a prerequisite. "Gardening is one of my passions, even here; I get my inspiration from the Botanic Gardens, where I take pictures for us to try to copy at home."



E&A Interiors have an exclusive range of over forty boutique fabric and wallpaper collections from LA, New York, Paris and London, and showcase beautiful lighting by Vaughan Designs, London



Making **Discoveries**

Having decided to turn one of the four rooms in the annexe into a guest room - the others being rooms for Annavi and Rhiannon, and a study -Beverley started stripping down and repainting the walls. In doing so, she unearthed a little piece of history: a handwritten calendar marking out "pay days" on the wall. Beverley liaised with Jon Cooper, who set up battlefield archaeology venture The Adam Park Project (TAPP) seven years ago, and they concluded this was the handiwork of a prisoner of war who'd been held here by the Japanese during their 1942 to 1945 occupation of Singapore. Unwilling to paint over this long-hidden gem, Beverley has now covered the handwriting with perspex to display and hopefully preserve it.

According to Beverley, this particular area of Adam Park was known as "Hellfire Corner", as it was the site of some of the fiercest fighting in Singapore during World War II, when the Allies attempted to fight off the Japanese invaders. "Jon believes that the Australian Army 8th Division Signals may well have been kept prisoner in these houses."

Jon frequently arranges battlefield tours in Singapore, touching on the history of black-andwhite houses and some of the findings they have yielded. He has brought

a few people to Beverley's home, including some who believed that their grandfathers may have been held here. "It's fascinating to hear their stories," she says.

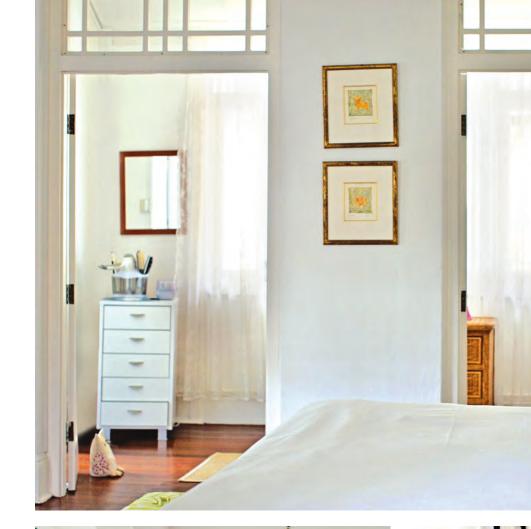
Recently, Jon and his team discovered a mural depicting a scroll in another Adam Park house, suggesting the house served as a chapel during the war. They have also uncovered items such as regimental cap badges, gas masks, boots, a small can holding some ruined camera film, and bullets. Beverley says: "Sadly, the only bottles we've found in our garden date to around 1990!"

Adding Elements

Much of the home's current furniture came with Beverley from Australia, including the sofas in the living room, the dining table and the beds. "I've just discovered the wonderful Anne Lockett and her China Collection – how did I not know she was there before! I've been down there an awful lot these past few weeks, and Michael was seriously impressed too." They ended up buying a number of pieces, including an 18th-century table.

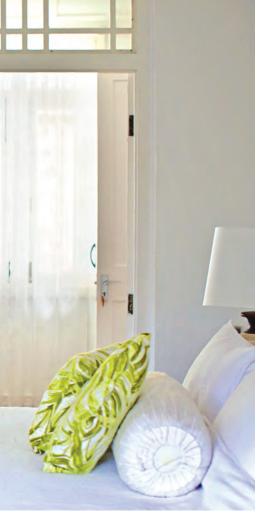
Rather than having a particular style, she says, they simply buy what they like. Her own tastes range from the China Collection pieces and the outdoor furniture from Woody Antique to ordering from British staples Marks & Spencer and Next (for towels), and even making the odd trip to home DIY mecca B&Q when she's back in the UK. "Sometimes it might just be a bit of nonsense, but if I like it I like it."

Nonsense notwithstanding, the family home is a pleasure to nose around in, with the typical open airy feel of a black-and-white. It's been made stylish and cosy with Beverley's touches, including the rocking chair belonging to eldest daughter Natasha, and the statue they call Thursday standing outside the kitchen. The bones and the interior of this house have plenty of character, a reflection of the personable Beverley herself.













TOP "The master bedroom is another one of my favourite parts of the house."

OPPOSITE Thursday, a statue purchased from Woody Antique House, stands outside the kitchen door.

ABOVE A mural found in one of the outside bedrooms is from when these houses were used to hold British WWII soldiers.

The Adam Park Project (TAPP)

fa TAPP was set up in 2009 with the aim to assess the potential for battlefield archaeology in Singapore. At first look, one might believe that in this modern, bustling city there is little evidence



THE LOWDOWN FROM FOUNDER JON COOPER

to be found of a war that took place 70 years ago. However, such conflict leaves deep scars, and every river, street corner, forest track and building that is older than 70 years could have been a battlefield.

Adam Park is a remarkable WWII heritage site. Not only did the buildings witness a three-day battle but they also housed 2,000 prisoners for most of 1942. In addition, the wartime story of each tenant in the estate provides a remarkable snapshot of civilian life during the war years. Over 1,400 artefacts connected to the fighting and the lives of the prisoners of war have been recovered from the gardens. However, as the discovery of the murals at the Froud's house demonstrates. there is much more evidence to be found. The greatest 'finds' of all, though, are the houses themselves, and we hope that they will be brought under government protection to ensure their preservation in the years ahead.

The latest phase of TAPP has now come to an end with the publication of the book *Tigers in the Park*, and more importantly with the opening of the first virtual battlefield museum in Singapore, which acts as a depository for all the research material and archaeological findings. This allows the visitor to delve into the same material that inspired the book and to explore the wealth of archives and photographs for themselves. We hope this is the first of many such museums that will enhance the heritage experience of Singapore and keep these incredible sites intact for future generations. **

adamparkproject.com







Recommendations

History

The Adam Park Project facebook.com/ AdamParkProject

Food & Drink

Yahava KoffeeWorks 4 Jalan Gelenggang 6554 7080 yahava.sg

The Tiong Bahru Bakery 56 Eng Hoon Street, #01-70 (plus other locations) 6220 3430 tiongbahrubakery.com

Home Décor

China Collection 20 Malcolm Road 6235 1905 chinacollection.com.sg

Khim's Collection 13 Bussorah Street 6299 1192

Taylor B Level 1, 2 and 4, 43 Keppel Road 9420 4000 taylorbdesign.com

Fitness & Beauty

Botanic Butterflies ("We meet at 8.30am Tuesday mornings at the Botanic Gardens MRT station and walk about 6km at varying paces, finishing with coffee")
Closed Facebook group (request to join)

A-Confidence ("The best facials in town, by mother and daughter Robina and Rachel") Unit 103, 30 Orange Grove Road 9787 7886 a-confidence.com.sg

Trimmings ("for hair and nails") 75B Loewen Road 6471 1922 trimmings.com.sg &





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Adding Roman blinds to the windows makes a big difference to a room, and they're especially good for one with a lot of windows, as black-and-whites tend to have. The bonus is that you need less fabric for Roman blinds than you do for curtains.

The rooms in black-and-white houses tend to be really large, often with white tiled floors, so adding a nice big rug fills the space and connects the furniture so it doesn't look like it's floating.



Hunt down vintage finds at places like Hock Siong or Junkie's Corner, which is where I found this coffee table. These pieces often work really well with historical homes and can easily be given a new lease of life with a bit of restoration and some nice cushions and fabrics.

If your black-and-white doesn't have any outside space for eating or relaxing, consider building an attap shelter. These are great here in Singapore and are really sympathetic to the surroundings and to the black-and-white look and feel. We built a large one, which we use for relaxing and eating outside as our house didn't initially have any outdoor living space. Whenever we sit in it we feel like we're on holiday!



As black-and-whites are only available to rent, you probably don't want to spend too much on the structure of the house. Use your budget to invest in lovely furniture and upholstery, which immediately breathe life into an old room or house. You can then take these pieces with you when you leave.



If you need to renovate the bathrooms or kitchen and don't have a huge budget to tile the whole area, think about some fun and striking flooring tiles and splashbacks to add colour and interest. Adding nice cabinet handles can also make a huge difference to the overall look. Choose sanitary ware with a classic feel, as something too modern won't work in these historical homes.



Painting the walls with colour immediately makes a room feel more homey, instantly refreshing it and adding character. Even a neutral colour will make a huge difference.

Many people like to retain the black-and-white feel by keeping things monochromatic, but you shouldn't be afraid to introduce colours and patterns with textiles. These historical houses lend themselves to antique textiles and an eclectic mix of old and new. a

eandainteriors.com

SOMETHING A LITTLE DIFFERENT

Looking for an Asian antique that transcends the norm? There are some fascinating and fun antique accessories and collectibles out there that also have their own unique story to tell. From pillow box to urinal pot (!), here's our round up of what's out there to suit any taste.

RICE MEASURES, JUST ANTHONY



"The shorter piece could be used to hold magazines and the taller one could be used as an umbrella stand, though the umbrellas would need to be completely dry before you put them in"

- Just Anthony's Danielle Lee

PROVENANCE: These two different grain measures from Shanxi Province are approximately 80 to 100 years old. The smaller one is the standard design, while the pyramid-shaped one is more unusual. Each one features original iron detailing, which is more elaborate and complete on the taller.

PRICE: \$80 (small), \$280 (tall).

WINDOW SHUTTERS, CHINA COLLECTION

"These work well as an alternative to a wall treatment or piece of art, and can even be used above a bed in pairs as a striking alternative to a headboard"

- Doug Lockett, China Collection

PROVENANCE: Carved window shutters such as these 100-year-old hand-carved pieces from Zhejiang Province were typical in traditional Chinese buildings and homes for many centuries. When old buildings are torn down or renovated, it's quite common for the beautiful windows and doors to be saved and reused. The restoration includes the meticulous reworking of all joinery using traditional Chinese wood-working techniques, ensuring the screens will last for many more years.

PRICE: \$1,200 per pair







THREE-DIMENSIONAL LAST SUPPER IN EBONY WOOD, TREASURES OF THE RAJ

"The beauty of this piece is that, given its size, it could be a main item on a mantelpiece or even placed on a dining table for dramatic effect"

- Harriet Dias, Treasures of the Raj

PROVENANCE: This piece of Christian art from Africa, featuring finely carved figures with expressive features, is a one-off. It's a late 19th-century piece that was sourced from the erstwhile Portuguese Governor General's palace in Goa, part of the wide range of religious treasures collected over a period of time.



LEATHER PILLOW-BOX, CHINA COLLECTION

"At China Collection we often use pillow boxes as a fun way to display an arrangement of orchids or tea-light candles"

-Doug

PROVENANCE: This is a mid-to-late-19th-century leather pillow-box from Shanxi Province, China. Leather boxes such as these were used to store important documents such as contracts and land titles, as well as family valuables. The round contoured top is meant to be used as a neck rest so one could lie on top of the box and guard its contents, hence "pillow box".

PRICE: \$850

PINE-WOOD WATER BUCKETS, JUST ANTHONY

"These are now often used to hold magazines and newspapers, or as laundry baskets"

- Danielle

PROVENANCE: These water buckets are from Zhejiang Province and are around 40 to 60 years old. Reinforced with metal rims for strength, they would have been used to fetch water.

PRICE: \$90 each



CHINESE SAGE IN EBONY WOOD, TREASURES OF THE RAJ

"This piece would stand out anywhere in the living room, but ideally at the top of a cupboard or wall unit, or on a high standalone base"

– Harriet

PROVENANCE: This unique piece, carved from a single piece of ebony, uses both the wood and the bark. Dating to around the 1850s, and originally from China, the piece was a part of the royal treasures of one of the former Maharajas of Gujarat, picked up on one of his various travels.

















Woody Antique House

Blk 13 Dempsey Road #01-05 Singapore 249674 Blk 15 Dempsey Road #01-11/12 Singapore 249675

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WOOD CARVING, JUST ANTHONY

"This long carving was most likely part of a house's interior decoration"

- Danielle

PROVENANCE: This piece is approximately 100 years old (apart from its new base) and shows what appears to be a group of deities in heaven and Fu Lu Shou (the three gods also called the "Three Stars") in the middle. There are dragons in the skies and the entrance in the middle is most likely the dragon gate.

PRICE: \$1,200



ANTIQUE CHESSBOARD, TREASURES OF THE RAJ

"This practical piece could still be used as a game set, or as a decorative item for the living room"

Harriet

PROVENANCE: This amazing chess table with brass feet fashioned from elephant bone and bison horn is intricate yet simple. Made around the 1880s, it was a favourite of one of the erstwhile Maharajas of Pondicherry and was sourced from one of his residential palaces.



BARBER STOOL, CHINA COLLECTION

"Many China Collection customers use these as an alternative to sofa end-tables"

-Doug

PROVENANCE: These 19th-century barber stools from Shanxi Province were often used by travelling barbers in central and northern China looking for prospective clients around towns and villages. The barber's tools, such as scissors and combs, were stored in the drawers that surround the base of the stool. The top of the stool has a coin slot, through which a coin can drop down into a separate top drawer used to store any money that was earned.

PRICE: \$595



TRAIN SET IN IVORY, TREASURES OF THE RAJ

"This unique item would make an ideal conversation piece"

– Harriet

PROVENANCE: This piece was a part of a dining set used for condiments at the royal table of the erstwhile Maharaja of Patiala. It's a unique piece that dates to the 1860s.



FOOD BOX, CHINA COLLECTION

"This works well as a living room accent, or as a functional and fun way to store hand towels and soap in a bathroom"

- Doug

PROVENANCE: Layered boxes were used to carry various types of steamed food, such as traditional steamed buns, and this particular example has a hand-carved frame adorned with iron hardware. An iron rod at the top secured the top of the box in order to prevent it from slipping. The arching iron handle is shaped to allow it to be carried on a bamboo support pole. Late 19th or early 20th century, Zhejiang Province.

PRICE: \$750 €



POTS FROM JUST ANTHONY

"The dark blue pots were used for wine or sauces; the green one is a urinal"

– Danielle

PROVENANCE: These pieces are from Zhejiang Province, and are approximately 60 to 80 years old. Just Anthony regularly receives old ceramic wine jars, saucepots and teapots such as these, which can be highly decorative.

PRICE: \$150 to \$250

Directory

China Collection 20 Malcolm Road 6235 1905 | chinacollection.com.sg

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From Belgium, with Love

PHOTOGRAPHY MICHAEL BERNABE

Immediately after you swing left from hectic Thomson Road into leafy, meandering Mount Pleasant, a cool haven of mature saga trees interspersed with cinnamon, palm and fig, you involuntarily relax, slow down and just breathe. It's so green, so shady, so, well... pleasant. Who would not want to live in such a rarefied colonial ambience, surrounded by nature and steeped in history? ANNE-JEAN LIÉTAER showed **Verne Maree** around her lovely retreat.

Who lives in the house: Belgian expat Anne-Jean Liétaer, her Belgian-born Greek husband Panagiotis and their four children, Constantin (12), Marguerite (11), Alexandre (7) and Leonard (3), well guarded by Cookie the SPCA rescue dog.

Time in Singapore: Initially from 1997 to 2002, followed by nine months in Shanghai. Returned to Belgium in 2003, and came back to Singapore in 2007 "with two children and four suitcases".

Historical note: Mount Pleasant's elegant pre-war black-and-white houses were built for the families of colonial British police officers. Apart from being the name of a hill, Mount Pleasant was also the name of the 1860s mansion of early resident G. H. Brown, who owned the estate at that time – explaining the name of the neighbouring Bukit Brown Cemetery (bukit meaning "hill").







What brought you to Singapore?

Back in 1997, I came here to join my then boyfriend and now husband, Panagiotis; we had met at university. He was here on a Belgian government scholarship created to encourage SMEs all over the world. I came out on a similar scholarship, doing business development for a Belgian chocolate company.

How did you secure this prize property five years ago?

Panagiotis found it on Property Guru. The Mount Pleasant estate doesn't come under SLA's bidding system; instead, the properties are privately rented by Ascott Residences, the master tenant.

We'd enjoyed the black-and-white experience for one amazing year, in a small double-storey house on the Oval at Seletar Camp. *Expat Living*'s editor-in-chief Rebecca was our neighbour there, and it was lovely – a real community, until everyone was given notice because of the development of the aeronautical hub. We moved to the East Coast for a couple of years.















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This Mount Pleasant house was my dream Singapore property: a place where I could be creative and raise my children well. Having grown up in the Belgian countryside with chickens, horses and open doors, that's what I wanted for my children – to run around barefoot and get dirty in the garden, to be surrounded by nature.

So, when we took the plunge to move in here five years ago from our little semi-detached off East Coast Road, I vowed that I'd make it work through my new interior business!

What did you have to do to the place?

Ascott provides quite good bathrooms and kitchens, and it leaves the pools and air-conditioning installed by previous tenants, unlike some other landlords. We had to renovate the pool deck, though, and all the aircons. We also extended the terrace by a metre and sealed up the verandah ceilings to get rid of the bats that liked to hang there all night, pooing on the outdoor furniture.

What's it like to live here?

It's a great experience! For me, these black-and-white houses are beautifully adapted to this tropical climate – though you still sweat, of course! Thick walls keep

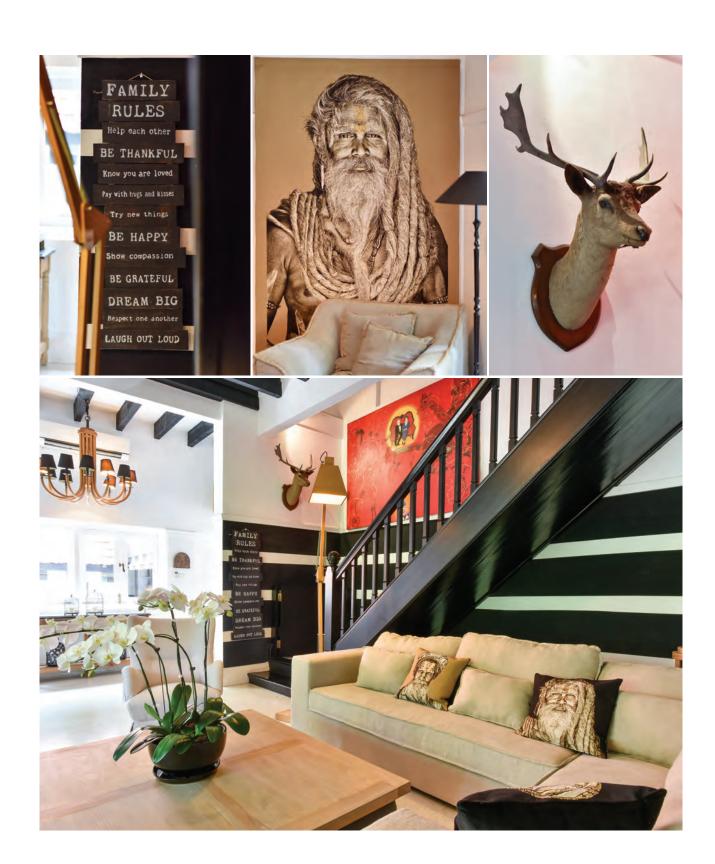
the interior several degrees cooler, and we hardly use the air-cons downstairs.

The first thing I fell in love with was the garden and the view – I think we have the best view, though not necessarily the biggest or the best house. And it's just 3km to Orchard Road as the crow flies, so it's very conveniently located. The kids can walk to the Polo Club, which is amazing; they can cycle around the neighbourhood and they like to go fishing in the drains in the neighbouring Bukit Brown Cemetery.

Only once did we have a snake in the house; we've seen a few in the garden, though, and our dog, Cookie, is very good at chasing the monkeys off. The odd monitor lizard swings by, and we have plenty of squirrels and birds, from huge eagles flying overhead to Indian cuckoos, kingfishers and so on. These houses are a beautiful heritage for Singapore, and I hope they will be preserved.

How did you start your business, House of AnLi?

My family background is in textiles. My grandfather had a swimwear and lingerie business, and even as a child I would design my own swimsuits – five or six at a time – and have them made up for me in the factory.





So, after a couple of years of employment in Singapore, in 1999 I felt it was time to be my own boss. I took a year's sabbatical to explore the market, and finally came across a local importer of straw bags from Indonesia that I believed in. I took a sample collection back to Europe, bought a car so as to visit fashion and accessories companies all over Europe, and came back with a whole book-full of orders. Before long I was buying hats and bags from my own Indonesian sources, and gradually evolved from buyer into designer.

Panagiotis joined the business 12 years ago. During the 15 years our fashion accessory adventure lasted, we built up the name of House of AnLi all over the world with my twice-yearly collections, most notably in Japan and Europe, where we worked with the best brands and were in all the best stores.

How did House of AnLi switch from fashion accessories to home furnishings?

About six years ago, I decided to follow my passion for interior decoration. And when we moved into this house in January 2011, my husband's suggestion that we use the place as a showroom worked out well.

Actually, when I first established House of AnLi I wanted to become a buyer for the Belgian interiors company, Flamant, which has stores all over Europe. Whatever you see here in my house is part of the collections we bring in, including those carried by Flamant, and all very much in the Flamant style: displayed in context, in a real home setting, rather than ten sofas in a row or 20 lamps on a shelf. Flamant did in fact become one of my customers for the hats and bags. Now I am a customer for their retailers.

Our collections are mainly Belgian, along with some other European labels, in a toned-down palette that works to create a "rustic chic" look. Accessories are generally both beautiful and utilitarian, including what we call *les arts de la table* – crockery, cutlery such as Laguiole (we're its distributors in Singapore), and especially linen. Both for beds and tables, linen is amazingly suitable for the tropics, being anti-allergenic and very durable. We also bring in rolls of fabric for our bespoke upholstery and curtains.

ABOVE

A remarkably rustic dining table complements two huge, fishing-themed artworks by Anne-Jean's Amsterdambased cousin, a professional artist. "They're painted on boards recycled from a Dutch cheese factory."



Having opened your busy Tanglin Mall showroom only in May last year, what made you decide to also reopen your house to customers – albeit for three days a week plus Saturdays by appointment only?

There's more space here for showcasing larger items of furniture, and for spreading out big rolls of fabric. Also, having done the Asian furniture style during our early years in Singapore, when we came back we wanted a more cosy, familiar European style; and that's what our like-minded customers can find here in this real home environment. α

Recommendations:

Bukit Brown Cemetery for walking and cycling

Far East Flora, 565 Thompson Road, for plants and flowers

House of AnLi Interiors, #03-03 Tanglin Mall (6235 3851)

Loy Kee Best Chicken Rice, 342 Balestier Road, for Sunday lunch

Singapore Polo Club, 80 Mount Pleasant Road, for its kids' menu (under \$10) and Lush Spa



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DESIGN in the Bones

BY AMY BROOK-PARTRIDGE; Photography by Kym Bernabe

We met up with **Hacienda Blue**'s JOSEPHINE BLUNCK to talk about her striking bone-inlay furniture business, her thoughts on recent trends and what inspires her.

What brought you to Singapore?

My husband was relocated here for his job in 2008, and we moved here with our two children. I'm an Australian country girl who was brought up on a farm in New South Wales.

Why did you set up Hacienda Blue?

When we moved to Singapore I decided to research the furniture space; I saw a gap in the market for distinctive and affordable handcrafted furniture. In 2009, I dived in and took the risk to import a 20-foot container. The response was overwhelming, and word of mouth has kept the business growing ever since.

In hindsight, it would have been wise to start advertising earlier, as we are the only suppliers of bone-inlay furniture. Word of mouth is essential, but advertising expands your exposure exponentially. It's a little scary initially, as it looks like a lot of money to outlay, but it's worth it!

What other advice would you give to those starting out?

Know your brand and what you are trying to achieve, set realistic goals, keep focused and be persistent. Finding a unique product that isn't currently in the market definitely gives you an advantage. Setting prices that are affordable and keeping the business model simple should all go towards creating a successful company.

What's in store for the future?

Expansion! I would like to move into wholesale distribution throughout Singapore and into Australia. We currently stock five shops in Singapore, and some of those pieces are specifically designed for those particular boutiques and cannot be found elsewhere.

Trend-wise, colours and patterns are back in a huge way; people are no longer looking for ultra-clean lines with only neutral colours and patterns. Console tables are in huge demand, especially ones that are multi-functional and can either stand alone or go behind a sofa to place your lamps and accessories on.

Custom-made pieces of furniture have always been the most popular orders – choosing the colour, design and dimensions to fit the décor and space help to make a piece truly unique.



Where do you go to feel inspired?

I feel inspired by the beautiful materials and patterns I find throughout Asia, particularly in India and the Middle East. I love mixing traditional and modern patterns with new colours and styles.

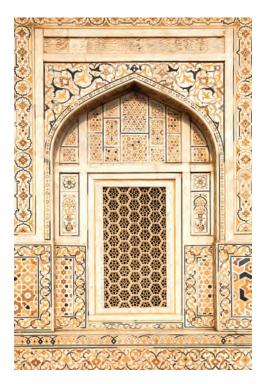
BEHIND BONE INLAY

In Rajasthan in India, the meticulous skill of bone inlay has been handed down from generation to generation. Three craftsmen are employed to make a single piece of inlay furniture: the first craftsman hand-carves camel bone into delicate shapes, the second fixes the bone pieces onto a wooden frame in intricate patterns, and the third fills in around the bone with the coloured resin background. The entire process takes around three weeks.

To clean bone-inlay furniture, wipe with a slightly damp cloth. The surfaces are porous, so items in high-use situations, such as coffee tables, should be sealed prior to use. Grout sealant (available from any hardware store) is apparently perfectly suitable.







A few of Josephine's favourite things

Food... steamed ginger-and-shallot chicken, and dark chocolate.

Drink... vodka and soda with loads of fresh lime – yum!

Holiday... I love going to India, especially wandering around the old forts and palaces; they're filled with stunning design inspirations.

Relax... flicking through magazines, researching design inspirations – I can get lost for hours!

Hobbies... anything I can do with my hands; I love creating, from food to furniture to art. ε

9061 9446 | josephine@haciendablue.com



It's been a busy few months for **Mountain Teak**, opening its concept store Mountain Living in the popular Bukit Timah shopping haunt PasarBella, adding lifestyle products to its offering, and now increasing its furniture collection. We popped in for a look.

"Classic", "timeless" and "contemporary" are words often used to describe Mountain Teak's collections, and fittingly so. Clean, sleek lines are what you see in the showroom, with pieces that also fit neatly under the banner of "environmentally friendly". The collections are mostly crafted from either reclaimed teak certified by the Forest Stewardship Council, or teak that's sourced from government-regulated plantations. The teak isn't coated in lacquer, but rather has a water-based coating that is VOC-free, which means no harm to the environment or health hazards to the owner.

Mountain Teak opened concept store Mountain Living in PasarBella in September last year, to complement its flagship furniture store in the Tan Boon Liat Building. In doing so, the company extended its range to include lifestyle products such as aromatic French teas, luxury soap brands, craft games and home accessories.

Now, three more collections by Karpenter have been added: Organik, SimplyCity and Tribute. As you can see from these pictures, it's good news for lovers of quality timber furniture. ϵu

■ #07-02 Tan Boon Liat Building, 315 Outram Road ■ #02-K92 PasarBella, 200 Turf Club Road 6224 7176 | mountainteak.com





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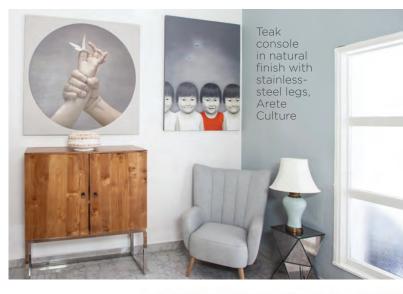














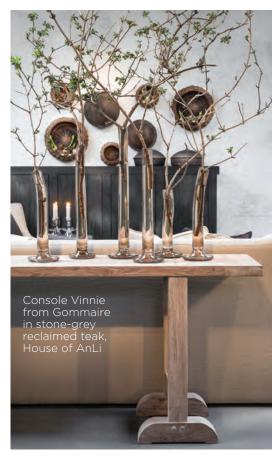


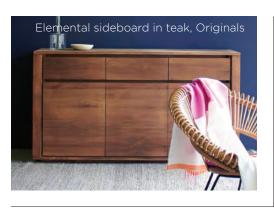
Brooklyn dresser by Karpenter, Mountain Teak



















Early 20thcentury cabinet from Dongbei, China Collection



Distressed teak sideboard, Arete Culture















Universo Positivo hall console, Ethnicraft Online



Burlesque console by Koket, Pure Interior



Avalon Heights Neo Deco flip-top console, Taylor B



Artisan buffet, Taylor B



















Hacienda Blue





TV-Locker sideboard, Make Room















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Antique sideboard, Deeb Designs

Antique red-and-gold sideboard from Dongbei, China Collection







Console, Treasures of the Raj



Fujian carved sideboard, Just Anthony









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China Collection 20 Malcolm Road 6235 1905 | chinacollection.com.sg

Danish Design #06-03 Century Warehouse 100E Pasir Panjang Road 6270 8483 | danishdesignco.com.sg

Deeb Designs #03-64 Midview City 20 Sin Ming Lane 8722 6381 | deebdesigns.com.sg

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Galanga Living 211 Henderson Road, #01-02 6475 2633 | galangaliving.com

Hacienda Blue 9061 9446 | haciendablue.com House of AnLi #03-13 Tanglin Mall 163 Tanglin Road 6235 3851 houseofanli.com

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Woody Antique House #01-05 Block 13, Dempsey Road 6471 1770 | woodyantique.com

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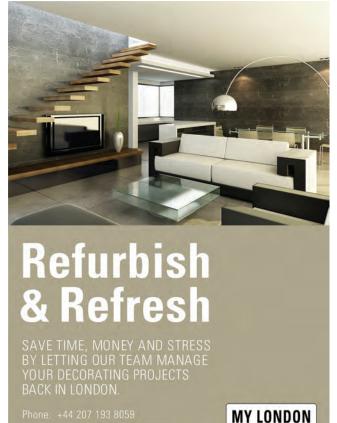
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Fampines (photo: Property Guru)

91 Smart Moves: Find out how the owners of this Bedok Reservoir condo made it feel like home

95
Inside Stories: Readers explain how they chose their removal companies and why they're glad they did

102 Street Talk: The scoop on what it's like to live in Jalan Besar



Artist SARASVATHY TK and her husband RAJ PALIVELA show us around their brand new three-bedroomed condo at Waterside Isle overlooking Bedok Reservoir – and explain how they went about stamping their character on it.

Why did you come to Singapore?

Raj: I came here in 2003 from my home town of Hyderabad, for my IT job with Credit Suisse. Sara joined me here in 2007 after our wedding; she's originally from Pondicherry, but was working for a software company in Dubai, where her parents still live.

Over these past 13 years we've lived in a variety of different areas, mainly in the east. First was a condo in Yishun, then Bedok South, Tampines and Simei Rise. We bought our Simei Rise condo in 2010 and lived there for exactly five years before moving here: TOP (Transfer of Property) took place in August 2015.

BY VERNE MAREE PHOTOGRAPHY BY KEN TAN





"Depending on the mood you want to create, different light sources can be used."

What do you like most about your new home in Waterside Isle?

Raj: The east suits us, as we continue to be near to my office in Changi Business Park, and this condo development is very well located for family life. It's ideal for our son Revant (nearly six), who is currently in K2 at Josiah Montessori - conveniently near my office - and will soon be moving to an IB school. He loves his playroom, and also has multiple places to play outside with his friends – not only in the condo grounds, but also at the reservoir, where there's a big playground. **Sara:** As an artist, I really appreciate the view, the space and the sky! Having such an outlook over the hydrotherapy pools and the playing fields across to the reservoir is an absolute pleasure. An open sky view, in particular, is a rare feature, especially in a condo development, and we can go for a lovely walk around the reservoir anytime we like.

Another attraction was the spacious balcony – we spend most of our time there. As for the interior, I particularly like the open-plan kitchen. While I'm preparing meals I can continue to enjoy the view, watch my favourite TV programmes or interact with the family.

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Tell us why you changed the interior before moving in.

Raj: As it came with very plain walls and floors, it was an opportunity to do some restyling to express our own taste. Although we'd been hankering to renovate our previous property, I'd had reservations about doing so much to a ten-year-old apartment.

How did you go about it?

Raj: Sara worked with interior design company Rezt & Relax to add more interest, texture and detail to our home. You'll see there's a lot of marble in the living areas, but in fact the only real marble is the original flooring and the kitchen countertops. All the "marble" on the walls, including the display cabinets, and together with the built-in dining seat, is actually cleverly painted wood. The seat also provides extra storage.

Sara: We found Rezt & Relax very understanding and helpful when it came to the practicalities of transforming our ideas into reality, and it took them just two months. Lighting was an important part of what we wanted to achieve. Our previous home had warm lighting, but here we wanted bright "day cool" lighting, except for the spotlights for my artworks—

one in the entryway and the other at the entrance to our bedroom. Obviously, it's not like office lighting; it's tastefully done.

Depending on the mood you want to create, different light sources can be used. There's cove lighting under the living room console, behind the TV panel and in the island-style false ceiling. A double-lighting effect can be achieved by switching on the LED strips that line the glass-fronted knickknack cabinet, and the pendant lighting feature above the kitchen counter adds another dimension of illumination.

What did you do in the bedrooms?

Both in the master bedroom and in the guest bedroom, we continued with the modern contemporary theme of the living area. Instead of the cool, reflective marble look that you see there, however, we have gone for a lot of contrasting textures — wallpapers, stacked walls, faux leather and so on. Again, lighting was important to us; and our built-in beds provide useful storage, too. We kept the honey-coloured wooden strip-flooring that came with the condo; and there was also no need to change the bathrooms, which came with black marble finishes.

Behind the master bed is a stacked wall feature - a sixinch-thick panel specially created for the space. It's designed according to how you want it: for example. the thickness of its wavv. sanddune effect lines. An ornate Korean wallpaper with metallic highlights covers the TV wall, opposite, and another laver of subtle texture is provided by leather-effect panels (actually wood) behind the TV and at the bedhead. Shades of black and dark brown are enlivened with touches of cream.





Tell us about your art.

Sara: When I conceived our son, I gave up my IT job in order to follow my passion for art. Largely self-taught, I spend my days painting — either in the study room or on the balcony, depending on my mood. My medium is oil and my genre is realism, including landscapes, but I'm working on a still life at the moment.

I'm fortunate to have done a number of exhibitions in Singapore, including the Affordable Art Fair; I've also exhibited in Hyderabad's Canvas of India in 2011, and at Art Expo New York in 2014, and every year the Taiwanese government invites me to participate in the annual Taichung art exhibition. You can see more of my work on my website, sarasvathyart.com. α

bedroom is used as a combined study and kid's room, complete with Revant's various collections – cars, superheroes, books, Lego and more.

ABOVE Echoing the design sentiments of the master bedroom, the guest room also has a stacked feature wall that complements and contrasts with the wallpaper opposite.

Recommendations

Interior designer

Rezt & Relax 6348 7787 reztnrelax.com

Play centres

The Polliwogs #03-12 VivoCity 6376 8097 thepolliwogs.com

Cool de Sac #02-379/80 Suntec City 6337 0205 cooldesac.com.sg

Eating out

Blue Bali ("our favourite!") 1D Cluny Road (at the NUS campus) 6733 0185

Yantra ("for the best Indian food") #01-28-33 Tanglin Mall 6836 3088 | yantra.com.sg

Myra's Beach Club ("where kids can play on the beach") 1390 East Coast Park 6443 3005 | myras.sg

Viva Mexico 23 Cuppage Road 6235 0440

Marché Mövenpick marche-restaurants.com

Margarita's 11 Dempsey Road 6471 3228



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Sangeeta Nambiar and daughter Rhea Shrivastava, Indian and Singaporean PR

If I was making a move within Singapore at the last minute. While no other company could take on my move because it was going to be over a weekend, Raffles Relocation accommodated my request, despite it being peak period.

I run a drama centre and am a theatre and film director, so I was moving with some very precious belongings including theatre props, awards and household items. It was important to keep them safe.

I had seen Raffles Relocation's consistent presence on Facebook and read through a few testimonials by their clients. They seemed genuine and reliable, and, what's more, they agreed to move on a Sunday.

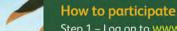
Their relocation manager Ms Lau was very attentive, she understood my situation and she made sure that she assigned the right people for the job. The men arrived on time, and they went about their work very quietly and without any fuss. It was wonderful to see them treating each item with so much care. They even went the extra mile to return a day later with a handyman to help move a bed that had a jammed screw. I was delighted by their attention to detail and customer focus, which appears to be in their DNA.



When you move, it's towards a change, whether for better or worse. At times like this, you really want a mover who understands your needs and who will make the transition effortless. For me, Raffles Relocation is that company and I would trust them with my belongings for any move, whether it be my office or my home.

Raffles Relocation #04-03A Sime Darby Centre 896 Dunearn Road 6894 3720 | rafflesrelo.com





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Step 2 - Fill up the Best Things In Life Registration Form

Step 3 – Submit the registration form by the end of each month to qualify for a monthly prize. Contest period is from May to July 2016

Step 4 – Shortlisted candidates will be notified and would be required to visit Leisure Farm to complete a slogan as the final step

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Meagan Winthrop and Stephen Stoyka, **American**

We moved from Chicago to Singapore for my husband's job. I had read good reviews about Allied Pickfords, so I arranged to meet with a representative, who proved to be knowledgeable and very professional.

The company was incredibly communicative and kept us informed every step of the way. Our container was delayed for quite some time due to the ship being detained in several ports; however, my agent emailed us with every change and let us know when we should expect our delivery.

When our shipment did arrive, the movers in Singapore were very efficient and unpacked our home within several hours. They removed all packing materials and left our condo very neat. They also had no trouble with moving two large couches, which was a huge relief.

In terms of what could actually be controlled, the move went very smoothly, and we will definitely use them again when we eventually move back to the US. "

Allied Pickfords #06-01 Keppel Towers 10 Hoe Chiang Road 6862 4700 | alliedpickfords.com.sg





Chris Coburn and Ria Nield, Australian

We were living in Melbourne and were relocating to Singapore with my company. We chose to go with Asian Tigers Mobility as they had been recommended through colleagues at work who had also relocated from Australia and had had a great experience.

We can't fault any part of the experience we had with Asian Tigers: the communication in advance was great, they turned up according to the schedule, they had made all the necessary arrangements with the condo in advance, and they completed the job in half the time they said it would take. The team was efficient too, unpacking everything with care and without damage to any goods (including plenty of wine and glassware).

It was amazing watching the apartment take shape so quickly as they unpacked, built, stacked and filled the empty space! It was a very smooth move, and I can highly recommend them as a removal company.

Asian Tigers Mobility enquiry@asiantigers-mobility.com asiantigers-mobility.com

Andrew (Australian), Lynnette (Singaporean), British daughters Isabel (12) and Emily (10), and Ziggy the Cairn terrier

Andrew has been an expatriate for 21 years, and together he and I have spent the last 15 years living abroad. Shyla Mathews, managing director of SIR Moves, and I are childhood friends, and after she and CEO Charlie Scott started the company a decade ago, our decision to use them was a very simple one.

We trusted them and, with Charlie's extensive experience spanning over two decades in the industry, we knew we were in good hands. We were very impressed with their prompt and personal service and the team's consistent quality and efficiency.

SIR has relocated us from Bangkok to Hong Kong, Hong Kong to Bahrain, Bahrain to Singapore, and finally now Singapore to Perth. After these multiple moves we are pleased to say nothing has been lost, broken or damaged. The team is professional at all times and our moves have all been completed on time. We would absolutely use SIR again and have recommended them to our friends over the years. However, it is our hope that Perth will be our final move, or at least for long a while!

SIR Move 6534 7345 | sirmove.com





Simon Sall and Jaclyn Reutens, Canadian

When our move from Devonshire Road to Marina Boulevard came up, I wanted to make sure we got a good removals company. This was our second Singapore move - the first had turned into a very bad experience. We were looking for good service and people who would actually take good care of our furniture. The other important factor was timing, as we wanted to move in one day.

A friend recommended Oranje Movers, and they were one of the companies I met with as I went through my checklist of good moving companies. Alvin Aik came to our house to give us a quote and went through everything in detail. He told us how much time the move would require, including packing, loading and unloading our furniture. He went through our furniture and special packing material for our valuables.

On packing day the team came in at 9am sharp; they packed everything in one day, taking special care of our valuables. Alvin called in the afternoon and recommended they load half of the furniture that afternoon; the next day he would deploy two teams, one to load the remaining furniture, and one to go to our next home and start unloading. They were so efficient; they had our furniture stacked in the hallway so that the moment we got our keys they were ready to bring it all inside. Everything was completed on time, and, most importantly, without any stress at all and no damage to our furniture.

We have already recommended Oranje to our friends and family, and the feedback from everyone has been positive. We're also currently building a house, and we plan to use them again later this year. " ==

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The 597-unit Santorini condo, scheduled for completion in 2018

Property Focus:

East Side Living

Once home to swamps and sand quarries, Tampines has evolved into a popular residential and commercial estate in eastern Singapore, with much to offer its residents. Here, CHERYL MARIE TAY and CHRISTOPHER CHITTY of **Property Guru** give us the lowdown on what the area has to offer.

Tampines today is Singapore's largest residential area, brimming with malls, schools, offices and more. The area has changed dramatically over the past three decades – where once there were only Housing Development Board (HDB) flats, there are now DBSS (the HDB's more upmarket Design, Build and Sell Scheme) developments, executive condominiums (a public-private housing hybrid) and private condominiums.

New developments

A project that has attracted strong interest is **The Santorini** (owned by MCC Land), a 597-unit condo due for completion in 2018. Located along Tampines Avenue 10, the property is expected to fetch a launch price of \$595,000 for a 527-square-foot one-bedroom apartment.

The nearby quarry is being redeveloped into Tampines Quarry Park, as part of the Singapore government's plans to turn this area into an eco-friendly residential sub-district.

Tampines Avenue 10 links this part of Tampines to a similar district in Pasir Ris, where **Vue 8**, a 463-unit condominium due for completion in 2017, is situated. The development is surrounded by greenery, and its units on higher floors enjoy stunning sea views. At the same time, the nearby Overseas Family School makes Vue 8 a good choice for families with children. Pasir Ris Interchange, White Sands Shopping Centre and Downtown East are a few bus stops away.

Prices for Vue 8 units are mostly between \$1 million and \$1.5 million, though there have been a few

transactions from \$845,000 to \$900,000. The condo also has single-storey penthouse units, which provide owners with additional usable space.

Work and play

The office infrastructure in Tampines is continuing to grow, and currently includes Changi Business Park, Tampines Telepark and many more. With plenty of schools and tertiary educational institutions, including United World College, it's a great spot for families.

There are three shopping malls – Tampines 1, Tampines Mall and Century Square – all close to the bus interchange and MRT station; and IKEA Tampines, Courts Megastore and Giant are a short shuttle-bus ride from Tampines MRT station.

To help you keep fit, there are plenty of gyms in the area too, while those who prefer an outdoor workout can head to the upcoming Boulevard Park and Quarry Park, or to the Outdoor Play Corridor, which stretches 30km and connects Bedok Reservoir to East Coast Park.

Completing the picture, travel to and from Tampines is a breeze, with buses connecting to Orchard Road, the CBD, Yishun and even Bukit Timah, easy access to the PIE and TPE motorways, and construction of the Tampines East and Tampines West MRT stations on the upcoming Downtown Line in progress. $\boldsymbol{\varepsilon}$

Vue 8, a 463-unit condo due for completion in 2017

To find out more about the properties available for rent or sale in Tampines, Pasir Ris and elsewhere in Singapore, visit propertyguru.com.sg.

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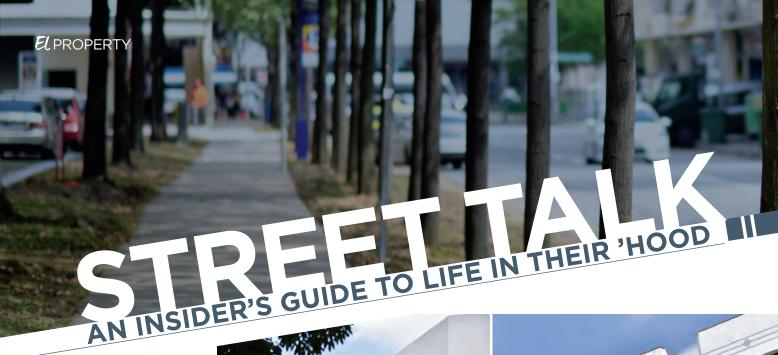












THE SPECIFICS

What street do you live on?

Cavan Road.

Exact words you tell a taxi driver to get home?

"Uncle, stop next to Jalan Besar stadium or Lavender MRT."

What's the name of your neighbourhood?

Jalan Besar.

Closest MRT station?

Lavender or Farrer Park.

How long have you lived here?

One-and-a-half years.

Why here?

When I arrived in Singapore in 2013, I spent four days in this area and appreciated the atmosphere and convenience as it's so close to the CBD where I work. At the time there were none of the nice cafés and restaurants that exist now; it has became so trendy, and almost every Sunday I go for brunch in one of them!



















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

Jalan Besar Stadium. I love it when it a soccer game is on, as the area becomes so animated and so full of supporters attending the game. I often go and support the local team, the Lions XII.

The closest store to your front door is:

Edith Patisserie and Charlotte Tattoo. You can basically create yourself a tattoo and enjoy a delicious cake at the same time!

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

Of the old factories. So many of the industrial buildings have been converted into fancy restaurants and cafés – and I really hope it continues.

The unofficial uniform of your street is:

Supporters wearing the Lions XII jersey.

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

Go to the local Community Centre to learn a new language, or participate in an Indian or Chinese cooking class.

If you're missing home, you:

Go to AEIOU Café, for the French music and heavenly homemade dishes.

A mandatory stop for out-of-town guests is:

Chye Seng Huat Hardware Café, for the cool outdoor terrace decorated with cactuses and funny arty plants, and the super combination of a beer and a pizza for about \$20. We take our gourmet guests to The Tiramisu Hero so they can experience the best tiramisu in town, in a range of different flavours.

You'd swap houses in a second with:

Antoinette Café: I like the Marie Antoinette-style décor and ambience, and they serve amazing French pastries.

A common myth about your neighbourhood is:

That it has a 24-hour flower shop. (When I hear that, I always say, "What for?")

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

My two kittens who look longingly out the window and meow something along the lines of, "I want to catch the birds sitting in the trees outside."

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

Patrons enjoying themselves at one of the KTV bars or late-night spas.









Your favourite neighbourhood ioints are:

Two Bakers for bread (88 Horne Road); Bao Makers for specialty buns (78 Horne Road); dim sum at Swee Choon (187 Jalan Besar); café fare at Oberstrasse (#01-50 Block 809 French Road) and coffee at The Bravery Café (66 Horne Road). Each place has a unique soul and matchless atmosphere, which can easily transport you somewhere else; it's easy to forget you're in Singapore!

You won't find better local food than at:

Lai Huat Seafood Restaurant. The chilli crab, butter crab and black pepper crab are as good as anything served at Jumbo Seafood and much less expensive, and you will most likely be surrounded by local people only.

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

A regular customer of the hotel situated in front of my place who drinks vodka every

night with the guests of the hotel. He's a really nice guy; I once went for a drink with them – now we're friends!

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

I think Swee Choon dim sum is better than Din Tai Fung and half the price! Can you believe it?

The guiltiest pleasure in your area is:

Midnight cheese pratas at Mufiz.

One thing you'd never change is:

The giant swimming pool at the Jalan Besar Swimming Complex.

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

The ice cream shop, because a person inside rings the bell every time I pass by to try to sell me an ice cream!

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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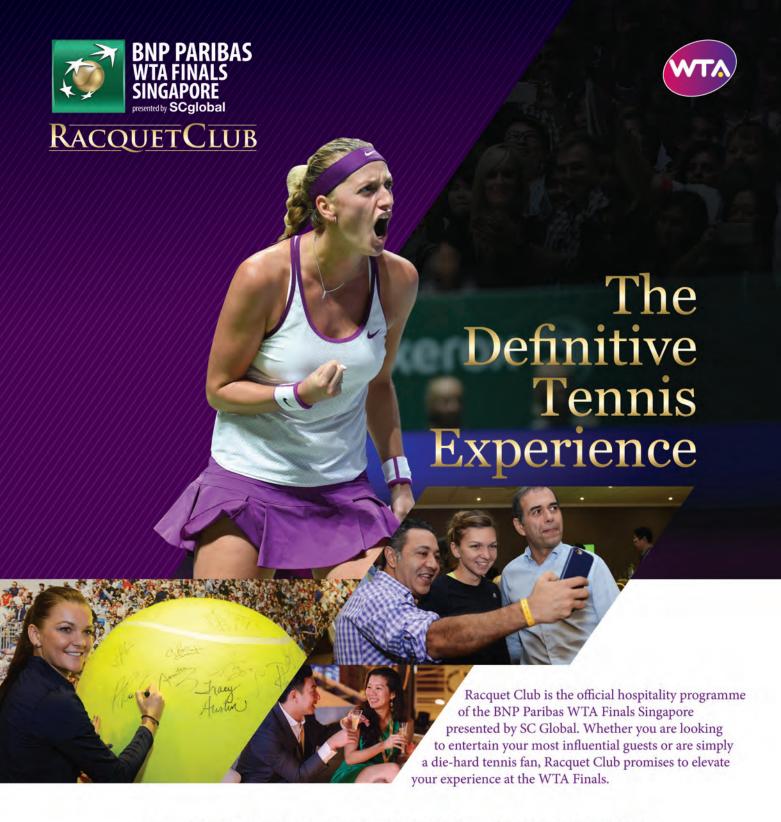
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ARTS & LEISURE



110
On the Stage: Theatre productions and concerts to catch this month

114
On the Screen: Movies and TV shows to watch now

Read On: We talk to children's author David Seow about Resorts World Sentosa's Imagine Native – Creative Fest for Kids!



Here's what's happening in Singapore's theatres and concert halls this month

MUSICAL MASTERPIECE

Cameron Mackintosh's production of *Les Misérables* opens at the Esplanade Theatre this month, giving audiences here the chance to experience one of the most popular musicals of all time. Set against the backdrop of 19th-century revolutionary France, *Les Misérables* is a story of heartbreak, redemption and the resilience of the human spirit, following several characters including ex-convict Jean Valjean and Inspector Jalvert. Expect beloved songs such as "I Dreamed a Dream", "On My Own", "Do You Hear the People Sing?" and "One Day More", among many more *Les Mis* favourites. See it from 31 May to 17 July. Tickets from Sistic. **esplanade.com**



WIDE-EYED WONDER

From 6 to 15 May, Broadway hit *The Illusionists* returns to Singapore with an all-new cast and line-up of acts. Featuring seven

magicians, including the Eccentric, the Clairvoyants, the Escapologist, the Master Magician, the Alchemist and the Manipulator, the show will include more mind-blowing magic and death-defying stunts. See it at MasterCard Theatres at Marina Bay Sands. Tickets from Sistic. baseentertainmentasia.com



FOLKSY FUN

Icelandic quintet **Of Monsters and Men** will bring its popular brand of uplifting indie folk-pop sounds to Singapore when the band hits The Coliseum stage at Resorts World Sentosa's Hard Rock Hotel Singapore on 10 May. Fans can expect songs like "Crystals", "Wolves Without Teeth" and "Thousand Eyes" from the group's latest album *Beneath the Shin*, plus older favourites like "Little Talks" from *My Head is an Animal*. Tickets from **woahfest.com**.



MORE FOLK ROCK FUN

Next month, Irish singer-songwriter **Damien Rice** will perform live in Singapore for the first time, at The Star Theatre on 4 June. Audiences can look forward to hearing folk-rock songs from Damien's 2014 album *My Favourite Faded Fantasy*, as well as hits from older albums, 9 and *O*, including beloved track, "The Blower's Daughter". **facebook.com/secretsoundsasia**





GIRL POWER

This month, British girl group Little Mix brings The Get Weird Tour to Singapore for a one-night-only performance on 23 May at The Star Theatre. Since winning *The X Factor* in 2011, the pop group has sold over seven million records, and has had two UK number one singles and two platinum albums, DNA and Salute. Get ready for signature songs such as "Move", "Wings", "DNA" and "Black Magic", among others. Tickets from Sistic. little-mix.com



THE GREAT CHANSONNIER

From 26 May to 4 June, catch Jacques Brel is Alive and Well and Living in Paris, the off-Broadway musical revue that has remained a hit since its original release in 1968, spawning a West End production and other revivals around the globe. Featuring 23 songs - each treated like a "mini-play" - the musical, performed by four local artists, gives audiences the opportunity to hear some of the Belgian chansonnier's famous songs, many of which speak about the power of love and call for an end to discrimination. See it at SOTA Drama Theatre. Tickets from Sistic. singtheatre.com



French electronic music group M83 returns to Singapore for a one-night concert on 19 May, giving fans the chance to experience the Grammy Awardnominated band's unique sound – best described as a mix of contemporary pop, synth-pop and 1980s dream pop, with heavy use of reverb guitar effects and drums. Since its last visit to the Lion City in 2012 for Laneway Festival



Singapore, M83 – led by Anthony Gonzalez - has played at some of the best music festivals across the globe and, just last month, released a new studio album, Junk, featuring the single, "Do It, Try It". See the show at The Coliseum, Hard Rock Hotel Singapore, Resorts World Sentosa. Tickets from Sistic. ilovem83.com

FOR KIDS

THEATRE-FEST

This month, children aged two to 12 can look forward to a brand new arts festival packed with six special theatre performances – from puppetry to improvisation to modernised Shakespeare. Aimed at exposing young audiences to art and culture through highquality and awe-inspiring performances, the ACT3i Festival for Children will feature original works from Singapore, Italy, Sweden, Argentina, Canada and the UK. See it from 24 May to 5 June at Drama Centre, Level 3, National Library Building, 100 Victoria Street. Tickets from Sistic. act3international.com/sg/act3ifestival



NEXT MONTH

FAIRYTALE FUN

From 8 to 19 June, catch Shrek the Musical, the live adaptation that brings the hilarious story of everyone's favourite ogre to the stage. Based on the mega-popular Oscar-winning DreamWorks Animation film, the show features Shrek and feisty Princess Fiona, along with the other fairytale misfits we know and love – from a donkey that doesn't keep quiet to a temperamental villain and a gingerbread cookie with an attitude. See it at MasterCard Theatres at Marina Bay Sands. Tickets from Sistic. baseentertainmentasia.com







Here's our pick of this month's happenings in cinemas and on television

BIG SCREEN

PELÉ: BIRTH OF A LEGEND

Starring Vincent D'Onofrio, Rodrigo Santoro and newcomer Kevin de Paula, this biographical sports drama tells the story of the legendary footballer



Pelé's rise to glory from a young, impoverished boy to the 17-year-old who scored the winning goal in Brazil's first ever World Cupvictory in 1958. From a childhood full of disadvantages, Pelé used his unorthodox yet authentic style of play and his unbeatable spirit to overcome all odds, find greatness and inspire a country. Opens 5 May at Golden Village cinemas.

THE NICE GUYS

Set in 1970s Los Angeles, this comedic mystery-thriller follows down-on-hisluck private eye Holland (Ryan Gosling) and hired enforcer Jackson (Russell



Crowe), who must work together to solve the case of a missing girl and the seemingly unrelated death of a porn star. During their investigation, they uncover a shocking conspiracy that reaches up to the highest circles of power. Opens 19 May at Golden Village cinemas.

THE ANGRY BIRDS MOVIE

This 3D animated comedy finally gives some answers as to why the birds are so darn angry! Temperamental Red (Jason Sudeikis), speedy Chuck (Josh Gad of *Frozen*) and the volatile Bomb (Danny McBride) have always been



outsiders. But, when mysterious green piggies visit their island, it's up to these unlikely outcasts to figure out what the pigs are up to. The movie, which also features the voices of Maya Rudolph, Bill Hader and *Game of Thrones*' Peter Dinklage, opens 26 May at Shaw Theatres.

SMALL SCREEN

ALL THE WAY

An adaptation of the Tony Award-winning Broadway production, this HBO original film takes a behind-the-scenes look at American President Lyndon B. Johnson's tumultuous first year in office in the wake of President Kennedy's assassination. Starring six-time Emmy Award-winner Bryan Cranston (Breaking Bad), Emmywinner Melissa Leo and Anthony Mackie, the movie follows Johnson during his early administration, as he sacrifices his past, his ties with the South and all that brought him to power in order to pass the landmark Civil Rights Act. It also focuses on his efforts to secure his legacy, control his insecurity demons and win the presidency on his own terms. Premieres 22 May at 8am on HBO (StarHub Channel 601), with a same-day encore at 9pm.





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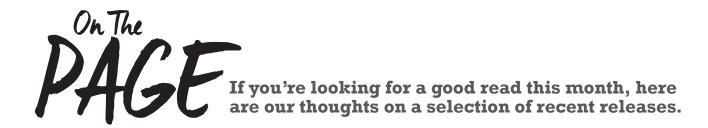










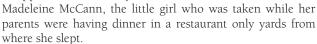


The Darkest Secret

Sphere | 400 pages

Picture the scenario: you and your family are on holiday with friends. You put your three-year-old daughter to bed before going out to dinner. You have an arrangement that you will take it in turns to go back to the apartment and check on the children. At some point, one of you returns to find that your daughter is missing. And she is never seen again.

The Darkest Secret was no doubt inspired by the 2007 disappearance of three-year-old



In this gripping and un-putdownable novel, three-year-old twin Coco Jackson goes missing one bank holiday weekend in the UK at a house party where tensions are rife between her seemingly irresponsible parents and the friends who are their house guests. Cut forward 12 years later to the death of Coco's father, and the secrets that were borne at the time of the child's disappearance are threatening to spill over and wreck the carefully put-together lives of the people involved.

The narrative splits between Mila, Coco's step-sister, and the various voices of the guests in the house at the time that Coco went missing. As Mila struggles to unearth the truth of what happened to Coco, she discovers a relationship with the remaining twin, Ruby, that offers her comfort from her own dysfunctional and fractured family.

This book is full of darkness and bitter resentments, but Marwood's brilliant plotting turns initial preconceptions on their head. In particular, the character of Claire, mother of Coco, is a tour de force in writing twisty and meandering behaviour that evolves so deftly alongside the emerging plot that we are as unsuspecting as Mila in discovering the truth of her personality.

For a taut and edge-of-your-seat read, *The Darkest Secret* comes highly recommended.

- Alice Clark-Platts

New Thai Style Michael Freeman (photography), Kim Inglis (text) Talisman Publishing | 192 pages

This beautifully presented coffee-table number showcases contemporary Thai style, exploring how it has come to merge ancient practices with modern fashions, graphics and technologies. Featuring forward-looking designs from the worlds of



architecture, furniture design, art, interiors and landscaping, it presents an interesting variety of well-chosen homes, resorts, hotels and residences from the length and breadth of Thailand.

You'll find everything from pavilion-style architecture and elegant interior designs to the innovative use of textiles and materials, seamlessly combining ancient cultural traditions with skilled craftsmanship and modern interpretations. Described as both a worthy successor and a tribute to the late Luca Invernizzi Tettoni's *Thai Style* – published nearly 25 years ago – it could be valuable inspiration for home designers with a taste for Oriental elegance.

Master photographer Michael Freeman and longtime Singapore resident Kim Inglis, a British writer and editor, are both prolific publishers in the genre. You'll want to curl up in an undisturbed spot with this gem for at least a couple of hours.

- Verne Maree

GIVEAWAY!

We have three gorgeous copies of *New Thai Style* to give away. To win one for your own coffee table, drop an email to verne.maree@ expatliving.sg and we'll pop one in the post to you. First come, first served.

Nature-loving Urbanite

The Brooklyn collection by Karpenter is built with various species of 100% FSC-certified feclaimed hard wood, with the natural texture of the wood retained to remind the owner that each piece has a history. Each item comprises of a mixture of open, flip door or drawer compartments; with minimally-designed knobs inspired by simple and free living.







Exclusively available at:



Mountain Teak Furniture Gallery

- w www.mountainteak.com
- E sales@mountainteak.com
- T +65 6224 7176
- A #07-02, 315 Outram Rd (Tan Boon Liat)



Mountain Living

- **E** sales@mountainteak.com
- T +65 6219 9716
- (A) 200 Turf Club Rd, #02-K92 (Pasarbella @ The Grandstand)

Just for Kids

Afternoon Tea at Raffles Hotel

Fleur Vella-Chang

Ethos Books | 28 pages



What do the animals from the Singapore Zoo do on their day off? They meet for cake and tea at Raffles Hotel, of

course! This little book for early readers is a celebration of important landmarks and icons in Singapore, filled with characters from the Singapore Zoo and all our favourite Singapore things – taxis, Raffles Hotel. Merlions and more.

ABOUT THE AUTHOR



Moving to Singapore allowed Fleur Vella-Chang to pursue her creative interests:

she changed her career path from teaching to study graphic design here. During her course of study, she became the recipient of the prestigious D&AD Award, an international design award for students, which made her feel that she might just have enough talent to be successful in this very different profession.

"It has been a pleasure to work with Ethos Books," says Fleur. "I admire what it represents as an independent, grassroots Singapore publisher that focuses on producing a democratic range of book titles."

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!



Jade McLean,

British

So You've Been Publicly Shamed Jon Ronson



How did you get hold of it? This was a birthday gift from a friend.

How far have you got? I finished it very quickly!



I would. This is a great commentary about how an off-the-cuff remark on Facebook or Twitter can ruin your life. Ronson interviews people who have made jokes on social media, how it subsequently affected their lives and what they did to put their pasts behind them. He explores the reasons why thousands of people feel justified in ganging up on one person, without any empathy for the individual, and he identifies the fact that shaming can be a worse punishment than imprisonment. A great read that will make you think twice before you share a joke with the online world.



Geeta Colaco. Indian

Persépolis Marjane Satrapi

Genre? Graphic novel

How did you get hold of it? It was a gift from my dearest friend,

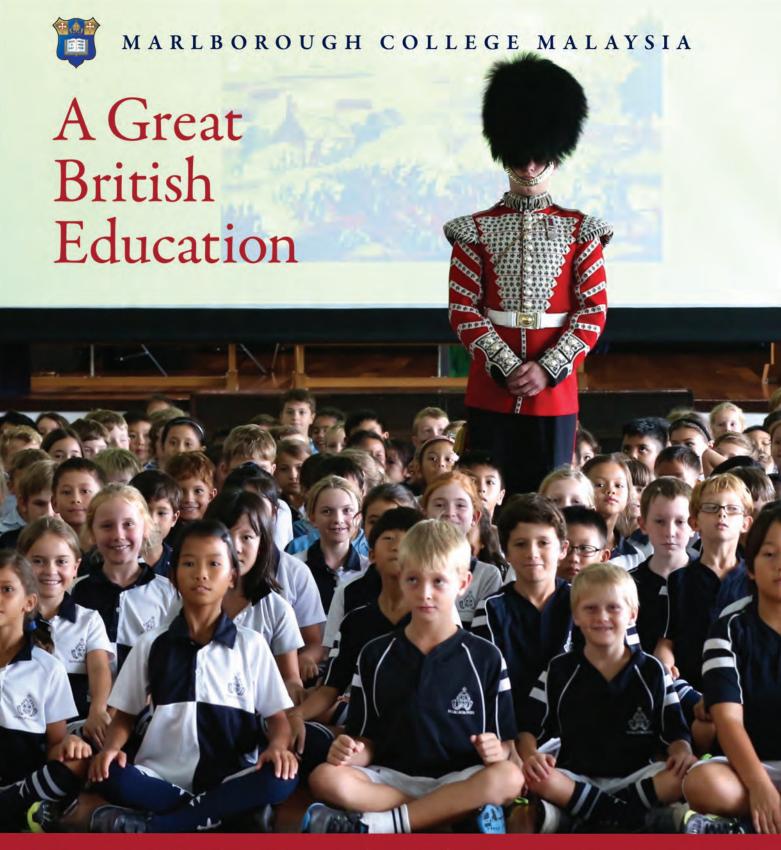
who thinks I don't read enough "different" things.

How far have you got? Finished it... and reread it.



I definitely would, and it's easy to read because it's in pictures. Written by an Iranian woman, it describes her life in the Islamic revolution, but the experiences are relatable and the thread is topical. She tells you dark truths, half-truths and home truths through a satirical novel wrapped in a comic strip.



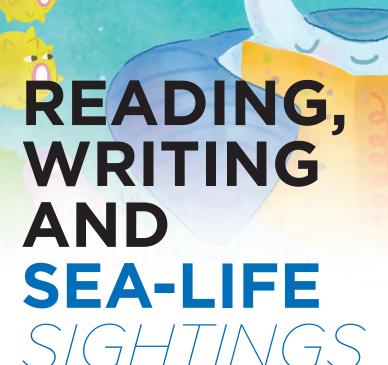


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offer our pupils the same opportunity to learn and to grow from the wisdom of those who have gone before them. We are a co-educational Preparatory and Senior School offering an outstanding education for pupils aged 4-18.

For details of our forthcoming Admissions Event on 18th May 2016 at Marlborough College Malaysia Visit: www.marlboroughcollege.my



ELARTS & LEISURE

Looking to get your kids' creative juices flowing? From 27 May to 12 June, Resorts World Sentosa (RWS) is hosting **Imagine Native - Creative Fest for Kids!** Here's what visitors can expect from the event.

aking place at RWS's The Maritime Experiential Museum at S.E.A. Aquarium, Imagine Native – which is part of the annual Asian Festival of Children's Content – is aimed at nurturing kids' creativity and promoting reading. The two-and-a-half-week "creative fiesta" will include performances such as Fin-tastic Fishy Friends, meet-and-greet sessions with popular characters, the "Neptune's Legends" storytelling session, writing and drawing workshops, marine animal touch pools and a plethora of other interactive activities set to a marine conservation theme. Over the course of the festival, a treasure trove of children's books will be up for sale – both newly published ones and old favourites (think Roald Dahl and the Geronimo Stilton series, for example).

Authors and illustrators representing 18 publishing companies will be among the special guests at Imagine Native. Also in attendance will be the child beneficiaries of the ComCare programme, a support organisation offering social assistance to low-income families across Singapore.

Back in March, RWS held a book donation drive as part of its philanthropic RWS Cares programme, to benefit the underprivileged children under ComCare. At Imagine Native, these same children will be given the opportunity to further develop an appreciation for reading through the fair's educational activities and workshops.

The fabulous opportunities extend to all visitors too, with RWS offering a 15 percent discount on all books available at the festival, and a daily lucky prize draw worth up to \$20,000. In addition, there will be a free goodie bags (worth \$25) for every child that attends the event.

WORD FROM AN AUTHOR

One of the participating children's authors at Imagine Native will be DAVID SEOW.



What can kids expect from your writing workshops?

They can expect the unexpected. I'll be working with the brilliant illustrator Soefara Janney to provide a glimpse into coming up with characters, plots and rough sketches of their stories. I hope that kids will realise they can get their inspiration anytime, anywhere and from anything.

Are you launching any new books at Imagine Native?

Yes, my new book *Return to the S.E.A. Aquarium*, which is a sequel to *At the S.E.A Aquarium*. I wrote the book as part of my Sam, Sebbie, Di-Di-Di series because my niece and nephews love marine life.

What's the key to writing a good book for children?

The key ingredient to writing a fun children's book is setting the imagination free. It's your book, and anything is possible.

What's your advice on helping kids to cultivate good reading habits?

Parents should spend time reading with their children whenever they can. And try not to edit what your children want to read. If they want to read a comic, let them read a comic. If you try to force children to read something they're not interested in, you'll put them off reading.

What advice would you give to aspiring authors in Singapore?

I would say join the Society of Children's Book Writers and Illustrators, attend events organised by the National Book Development Council of Singapore, and just keep on writing. $\epsilon\iota$

For tickets and more details, visit rwsentosa.com.

Where children



learn to learn and learn to live



On The WALL

What's on in Singapore's art scene this month



SCENIC SETTINGS

Inspired by his exploration of landscapes and his studies of sculpture and optical art, Scottish artist Ronnie Ford takes painting to new dimensions with his latest exhibition, **TextureScapes**. Using his memory, Ronnie captures the spirit of what he has seen by creating impressions, rather than representations, of the places he's depicting. Incorporating textures surfaces and vibrant, contrasting colours, his works capture all kinds of scenic, open spaces, from vineyards and wild meadows to ponds and mountainous valleys. See it from 26 May to 25 June at Ode to Art Platform at Raffles City Convention Centre (foyer area), Level 4. **odetoart.com**



NEW ARTS SPACE ALERT

The new Visual Arts Centre opened recently at (#01-02 Dhoby Ghaut Green (10 Penang Road), providing both a gallery space for

exhibitions and a studio at which established local artists can teach fine art courses. Dedicated to promoting cultural activities and community engagement in the arts, the centre offers free exhibitions to the public, plus complimentary gallery tours, art talks, pop-up workshops and art demonstrations. For more details, visit visualartscentre.sg.

NATURAL BEAUTY

If you're looking for something artsy and different to do, check out French expat Florence Berthet's **lotus painting workshop**, which involves painting dried lotus leaves applied to canvases.

After falling in love with the lotus painting technique while living in Thailand, Florence decided to bring it to Singapore last October, offering workshops at an Ulu Pandan Road studio, as well as at the Hollandse Club, in function rooms and at people's homes. The classes cost from \$90 to \$285, depending on canvas size, and include all painting materials; they normally last three to four hours. Participants choose their own colour schemes and canvas sizes. Anyone over the age of 12 is welcome to try a class and, whether you're an experienced artist or a beginner, you'll leave with a one-of-a-kind masterpiece — or what Florence describes as "a lovely piece of Asia captured in a painting".

For more information and to book a workshop, visit **himapansingapore.com**.





foundation your child needs for their future success.

OPEN HOUSES May 2016 Register at www.cis.edu.sg/kindergarten





Around Town



Monte Carlo in Singapore

On 18 March, guests got glammed up for a Casino Royale-themed gala to raise money for AkarakA, a non-profit association that supports education in the Philippines and Cambodia. Held at Artemis Grill (CapitaGreen's 40th-floor rooftop restaurant), the event included cocktails and gourmet canapés, games of roulette and blackjack, and an adrenaline-filled auction that raised over \$112,000. Special guests included H.E. Luis Fernando de Andrade Serra (Ambassador of Brazil to Singapore), H.E. James Sinclair Manley (Ambassador of Chile to Singapore) and Commander Sean O'Connor (Attaché to the Embassy of the United States).













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Are you Bulletproof?

Friends, business partners and other well-wishers gathered at the stunning Artemis Grill on 17 March for the cocktail-party launch of Bulletproof: Building Better Employee Benefits, by Expat Insurance founder Danielle Warner. Apart from having proven entrepreneurial and writing abilities, Danielle is also a dynamic motivational speaker who wins over audiences with her sincerity and passion. Her new book provides HR leaders and other decision-makers with The Benefits Blueprint - a fivestep process to help you successfully "structure, launch and integrate an engaging benefits solution".









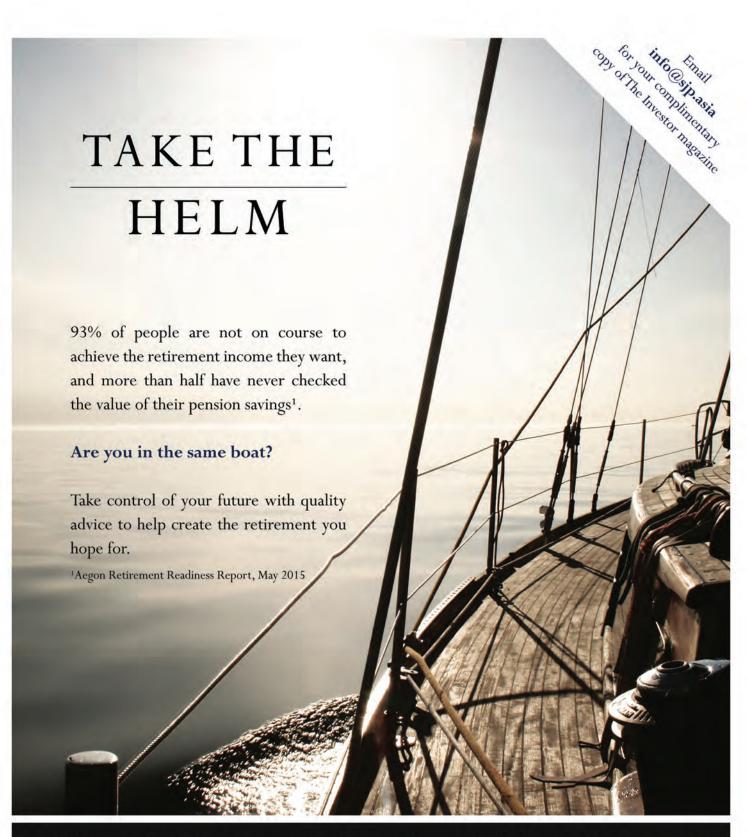
A Century and a Half

To mark the 150th year since the founding of Wesley College Melbourne, the first of a series of international sesquicentennial celebrations was held at the Singapore Cricket Club. In her address, Principal Dr Helen Drennen discussed the Wesley of today and introduced the new Learning in Residence, a contemporary private boarding facility with eight individual townhouses, housing two students per room.









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A Taste of Italy

Bacco Wines celebrated its new tasting space in Robertson Quay with two informal wine tasting events on 17 and 18 March, showcasing "healthy" wines from around Italy, made with organic or biodynamic production methods. Homemade snacks accompanied the vino, and the Bacco team shared stories and facts about the grapes, wines and wineries.









Bigger Collection

Make Room celebrated the opening of its new and improved space in the Tan Boon Liat Building with a party for the press and public. Drinks and nibbles were provided, while guests viewed the space and the new HK Living collection in store.







Artists in Wessex Estate opened their doors for the bi-annual Artwalk@ Wessex, giving art lovers the opportunity to visit the studios of 10 local and international artists living and working in the historic complex of 1940s black-and-white houses and walk-up apartments. It was a great chance to talk to and buy directly from artists who work in a variety of media, from painting and drawing to printmaking, photography and ceramics.







Eton House[®] Pre-School



Saturday, 28 May 2016 | 9.30am - 12.30p

- Inquiry curriculum based on research and international best practice
- Integrated bilingual programme in English and Mandarin, with Japanese language option and specially designed Japanese programme
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Going the Extra Mile...?

Everyone had a good time at the annual NTUC Income 350 half-marathon, 10K and 800m kids' dash on 10 April, despite a bit of haze – and a surprise extra kilometre in the half! *Expat Living* was there, of course, and so was the Mizuna team.















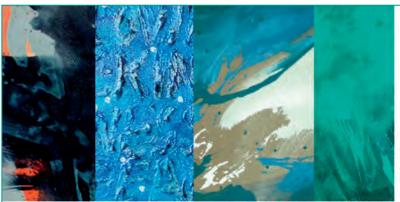
Art Outreach

On 9 March, UOB conducted a collageon-plywood workshop for artists from Pathlight School and alumni as part of UOB's corporate social responsibility initiative. Designed to inspire creativity, the workshop was led by Geraldine Martha Schubert, Silver Award Winner of the 2015 UOB Painting of the Year Singapore Established Artist Category, with Ezra Chan, Winner of the Most Promising Artist award in the 2015 UOB Painting of the Year (Singapore), also in attendance.













ABSTRACT ART painting classes for NON-CREATIVE & CREATIVE PEOPLE.

Join Cabaleiro Atelier and Art School acrylic workshops to play/experiment with colors and enjoy yourself guided by fine artist Patricia Cabaleiro.

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LIFE & FAMILY



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School Holidays: Camps that will keep the kids out of your hair

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Singapore Secrets: Why you should visit Bukit Brown Cemetery



The lightweight Valco Snap LX features a reclining seat that's perfect for newborns and children up to 20kg who are keen for a snooze. \$399 (usually \$469), while stocks last. First Few Years, #05-40/41 Paragon, 290 Orchard Road. firstfewyears.com.sg

What's New

ROCK That School

Casting around for a full day preschool for a child with special needs? Opening in January 2017 is **KidzRock International Preschool**, one of just a handful of preschools on the island that offer a mainstream curriculum and integrated therapeutic services for children with diverse development and learning needs. Look forward to personalised attention afforded by a three-to-one student-teacher ratio and The Creative Curriculum, a leading, scientifically based, award-winning early childhood curriculum. School for two-to six-year-olds runs five days a week from



Fun Flicks

For something a little different to mainstream Hollywood films, take the kids to the 2016 Singapore International Children's Film Festival. Get set for a smorgasbord of the world's best films for kids, all of which aim to educate, enrich and inspire. Check the programme for details about the five-film collection, catering to four different age groups. 22, 28, 29 May and 4 June. National Gallery. bigeyesbigminds.com



Calling all Thrill-seekers

Open now at Adventure Cove Waterpark is a new attraction called Wet Maze, which combines a rope obstacle course, a maze and water features in one exciting wet adventure. This two-level experience challenges you to navigate your way out of a tricky maze while watching out for sneaky water-blasters and dumping water-buckets, all before contemplating the planks and logs of the mid-air rope course above. This is a great confidence-builder for anyone who is tentative about heights. Resorts World Sentosa. Open 10am to 6pm. Park entry is \$36 for adults and \$26 for children. rwsentosa.com







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

Is your child 7 yet?



Free Your Smile! Braces and Invisalign®

Provider of







Camden Medical Centre #06-05 One Orchard Boulevard

Lease with Freedom

Considering getting a car but hesitant about the substantial upfront costs required to purchase and maintain a personal vehicle? There is another option: leasing. **Wearnes Leasing** has a range of new and pre-owned luxury vehicles available for lease, such as a Range Rover Sport available from \$5,400 per month. Full-service leasing packages include insurance, maintenance and servicing, roadside assistance and more. **6876 5063 | wearnesleasing.**



Stop Sex Slavery

Every month, the Human Trafficking Film Forum screens documentaries focused on the horrendous global trade in human trafficking and modern-day slavery. Three truly eyeopening films are showing this month at The Arts House: Fatal Promises (6 May, 7.30pm), Daughters for Sale (6 May, 9pm) and Anonymously Yours (7 May, 7.30pm). Free, no reservations necessary. 1 Old Parliament Lane. emancipasia.org/filmschedule

com/promotions



Stork's Nest Returns

This is one date to pop into your diary: Saturday 28 May is the **Stork's Nest Annual Family Sale**. If you have a stash of baby, toddler or maternity items that you've been desperate to get rid of, here is the opportunity to grab a table and sell. There will be 120 tables selling new and pre-loved children's items, and an expected footfall of over a thousand people. Proceeds go to StarPALS, a charity helping children with life-limiting conditions in Singapore. 10am to 1pm, Australian International School. To book a table, contact **events@storksnest.org.sg**.



Someone to Lean On

Are you, or is someone you know, going through marriage difficulties or a divorce? The Singapore Council of Women's Organisations provides services for women, including expatriates, such as Maintenance Support Central, a one-stop drop-in centre that offers advice and counselling about the effective enforcement of maintenance orders. Other services include a twice-monthly legal clinic and Star Shelter, a temporary refuge for women and children who have experienced the trauma of domestic violence. 96 Waterloo Street. 6837 0611 | scwo.org.sg



WHO WOULD YOU LIKE TO BE THIS SUMMER?

13 AMAZING SUMMER CAMPS TO ENJOY
AT STAMFORD AMERICAN

JUNE 13th to AUGUST 2nd 2016





AGES 3-16 YEARS

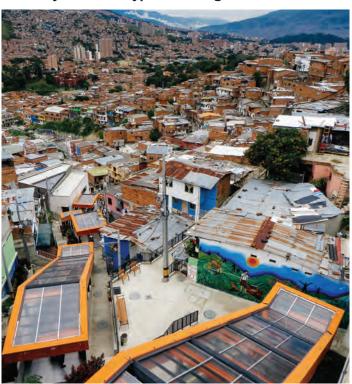
WWW.CAMPASIA.ASIA

Environment Focus

Grabbing Attention (for the right reasons!)

One of Lee Kuan Yew's considerable legacies is the biennial **World City Prize**, awarded in his name to recognise liveable, vibrant and sustainable urban communities around the world. This year's top gong - chosen from 38 entrants - has gone to Colombia's second-largest city, Medellín, which has overcome the massive challenges of uncontrolled urban expansion and years of violence fuelled by social inequality. Creative and non-conventional urban solutions implemented by the city include the world's first cable-car system for daily commuting, library parks that double up as social nodes in the city's poorest districts, and urban escalators that have greatly improved mobility in one of its most troubled neighbourhoods. The prize will be presented during the World Cities Summit, to be held here from 10 to 14 July.

leekuanyewworldcityprize.com.sg



Wildlife Rangers - Who Protects Them?

Saving the last wild tigers and other critically endangered species is a life-threatening job. According to a new survey by WWF, 63 percent of wildlife rangers in Asia say their lives have been in danger, and most feel they do not get adequate support from the authorities employing them. With tiger poaching at an all-time high, these men and women are sometimes all that stands between a species and

extinction. But the survey shows they are inadequately equipped to deal with armed poachers and that they face unacceptable working conditions – 45 percent see their families for less than five days a month. You can help endangered wildlife by supporting a ranger at giftcatalogue.wwf.sg.





Sign the PEAT-ition

You can now take action to help prevent the return of the haze by adding your name to the "PEAT-ition" calling for a legal ban on peatland development. Last year, 50 percent of slash-and-burn fires in Indonesia were on peatlands, contributing greatly to the terrible pollution, and catapulting the country to fourth on the global league table of the world's biggest greenhouse gas emitters. Peatland fires add considerably to our climate change problems, as burning peat releases huge amounts of carbon dioxide. Now, concerned people in Singapore, Indonesia and Malaysia have united to create the PEAT-ition, to which you can add your own voice at earthhour.sg.





Places currently available for entry to Nursery in August 2016









"The curriculum is outstanding. It develops the skills and attributes pupils need for life in a constantly changing global society. It meets the needs of the whole child, inspiring their curiosity, independence and love of learning." British Schools Overseas Inspection Report, 2015

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- Tanglin Infant School awarded Outstanding in British Schools Overseas inspection 2015

NOTICEBOARD

FAMILY NEWS



Ross and Katy Martin are delighted to announce the birth of their first son, Archie, on 18 September.



Oliver Alexander Kee was born on 22 September, joining excited parents Neil and Sophia, and Honey the dog.



Lachlan Cullen and Laura Dobberstein welcomed the birth of their daughter Marlowe June Cullen on 19 September.



David and Jenny Meredith are thrilled to announce the birth of their daughter Penelope Gladys on 12 October.

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 receipt of prize. 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

HOPE Dog Rescue aims to give street dogs a second chance by giving them a life away from the streets. It also routinely carries out the catch-and-release sterilisation of street dogs, in the belief that sterilisation is the most humane and effective way to manage the stray dog population. Its feeding programme supplies dog food to those in need, such as the pet dogs of low-income senior citizens, and factory workers who care for the dogs within their compounds.

HOPE Dog Rescue does not have shelter facilities and is fully dependent on volunteers and fosterers. To find out more, go to hopedogrescue. blogspot.com or email hopedogrescue@singnet.com.sg. All dogs featured are sterilised, vaccinated and microchipped, and ready for adoption.

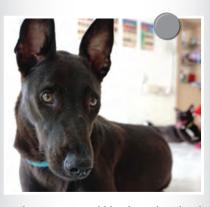
For more, go to **expatliving.sg** and click Noticeboard.

Io post an ad, email your text and a photograph if available to noticeboard@expatliving.sg. It's free!

Looking for a job?
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all_joblistings.



This two-year-old local cross is a calm and low-energy dog who is content to just lie in her favourite corner with her chew toys. She is good with other dogs, and ok with calm children. She would be suitable for a family with busy working adults, or senior folks looking for a laid-back buddy to accompany them on evening walks.



Audi is a two-year-old local crossbreed and in perfect health. He is very obedient and extremely good-natured, he walks well on a leash and he is active and intelligent. He's extremely affectionate and will stick close to his favourite humans, nudging them for a pat.



Happy is three years old, and thrives best with a fixed routine as she dislikes constant change in her surroundings. She remains one of the best-loved dogs at HOPE as she is still full of innocence and happiness, and she brings contentment to the people around her.



Two-year-old Cassie has come a long way from when she was first rescued, with a huge maggot-infested wound on her neck, and timid and terrified of her own shadow. She has no aggression at all and has the mildest temperament you can find in a dog. Cassie would make a perfect pet for families with kids as she loves the company of children and is very gentle with them.

Should Muha at Cluny Court

Say "I love you, Mum" on 8 May this year with a gift from Cluny Court, your one-stop shop for Mother's Day gifts.



You can't go wrong spoiling Mum with flowers!

Girl O' Girl - Passion for Flowers, #01-01B | 6465 0064 | girlogirl.sg

believe

Hand-blown glass Duchess Peony candle, \$110. *Tip!* Receive a 15 percent discount on all American Express Card purchases until the end of August.

Lemongrass & Aubergine, #02-26 6463 0752 | facebook.com/ Lemongrass.Aubergine



Sporting vintage and animal-loving designs from Catseye London, these bags are a perfect pouch size for everyday essentials. Receive a free notebook worth \$9.90 with a minimum spend of \$100. Believe Beauty Bag, \$33.90.

Twelve by Elly, #02-06 6466 8718 | twelvebyelly.com



Celebrate motherhood with your nursing bub in a Mothers En Vogue hot favourite: the Zahra appliqué dress (\$82.90) and short sleeve onesie (\$29.90), in graphic leaf print.

Mothers En Vogue, #02-18 6463 1322 | mev-global.com

For blissful relief of aches or pains, treat Mum to a physio session and receive 20 percent off the initial consultation until 31 May. (Quote "Myphysio MUM".)

My Physio, #04-01

6698 2421 | myphysio.com.sg

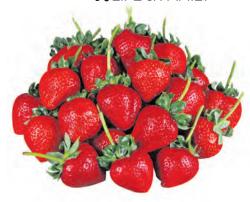




While flowers may be a traditional gift, these delicate, handmade Tuscan almond biscuits with orange are an even sweeter thought! Perfect served at the end of a meal or with a cup of tea.

Gastronomia, #01-01 6468 7010 dapaolo.com.sg

ELLIFE & FAMILY



Exclusive to Cluny Court Cold Storage are Driscoll's strawberries with stems – special price, \$22.99 for 454g (usually \$29.99). While stock lasts!

Cold Storage, #01-02 6763 0939 | coldstorage.com.sg







These ring-spun cotton garments are made from yarn spun and fabrics woven in Italy, and are tailored in the A.Browns & Co factory in Florence, which all adds up to a softer and more comfortable fit. a

A.Browns & Co
- Made in Italy,
#01-12
6468 6826
brownsco.com

Cluny Court is at 501 Bukit Timah Road. facebook.com/ClunyCourt



Making Sport fun



Shaws Little League is Singapore's longest running multi-sport programme for young children.

At Shaws Little League, we teach children to play a variety of sports – Rugby, Soccer, Hockey, Tennis, Volleyball, Basketball, Golf, Cricket, Baseball, and Athletics in a fun way. With our developmentally appropriate teaching methods, age appropriate equipment and a safe environment, your child is sure to develop all those fantastic sports skills that we all dream about and will have a great time.

Try one of our 50 minute programmes. We cater for children aged between 2 and 12 years old.

In association with Shaws Pre-schools

SHAWS Little League @ The Cage 38 Jalan Benaan Kapal Singapore 399635 (Near Leisure Park Kallang)

SHAWS Little League @ Offside 2 Whitley Road Singapore 297715

Shaws Little League @The Cage Sports Park 220 Turf Club Road Singapore 288001



Gala Dinner

Kick-starting the Best of British celebrations will be a gloriously gluttonous **Gala Dinner** – celebrity chef Mark Greenaway preparing a five-course dinner to be served in the Elizabeth Suite at the British Club, and in the presence of guest



of honour Alexandra McKenzie, the British Deputy High Commissioner. An award-winning chef with a coveted three AA Rosettes ranking for culinary excellence, Mark's menu promises to be a gastronomical delight. His career began in Scotland in 1992, followed by a five-year stint in Australia, and he now runs his self-named restaurant in Edinburgh while also supporting a number of charities including Bowel Cancer UK and Marie Curie Cancer Care.

He earned his celebrity moniker by representing Scotland in the BBC's Great British Menu competition in 2012 and 2013; he also writes for the *Edinburgh Evening News*. His passion for Scottish ingredients is shown in the menu of his Edinburgh restaurant, which includes dishes such as Loch

The details:

Friday 3 June, 7.30pm, The Elizabeth Suite, Smart attire, \$98 member, \$108 guest Fyne crab cannelloni, roasted Perthshire wood pigeon and Scottish hake fillet with shellfish cannelloni and fennel bisque.

The menu for this Best of British opening gala dinner includes Cullen skink, British lamb and bread-and-butter pudding, paired with fine wines from some of the Commonwealth's most amazing vineyards.

Ladies' Lunch

The popular annual Ladies' Luncheon is on the calendar again, with Chef Greenaway cooking up a three-course meal for guests that will include Anne Wightman, wife of the British High Commissioner. Take advantage of the free-flow wine as you watch a cooking demonstration by Mark, as well as a fashion show in collaboration with Robinsons Singapore. To top that all off, there's a Body Shop goodie bag for each lady, and a lucky draw with products from Dejewel Galleria, La Prairie, Covetella and Dyson, worth over \$5,000.



Live from the West End

Spend an evening with West End musical star Emma Dears at the West End Dinner & Cabaret Show. She played the role of Liza Minnelli to perfection in the musical biopic Judy and Liza, toured her own one-woman cabaret show around the world, and has also released an album, Where Do You Start? Her superstar wattage is underlined by her involvement in concert performances for the 10th anniversary of Les Misérables and the 25th anniversary gala of Miss Saigon. Emma Dears is an entertainer not to be missed.





Get Down to Downton

Drawing the Best of British celebrations to a close will be the **Downton Abbey Ball**, the grand finale of all the events. Guests can either choose black tie for the men and evening dress for the ladies, or get creative with themed outfits – and with a special prize for the best-dressed table, it might be a good idea to go for the latter.

To get into the spirit of the night, guests will be welcomed with a champagne reception, which will be followed by five-course dinner. Compere for the evening, Mr Liverpool (otherwise known as media

The details:
Saturday 11 June,
7pm till late,
The Tower
Ballroom,
Shangri-La Hotel,
Black tie and
evening dress or
themed dress,
\$285 per member
or guest

personality Pete Price), will manage the auction, which includes prizes such as two business class tickets to London courtesy of British Airways and a four-night stay at the Dorchester Hotel, worth a total of \$25,000. The auction will raise funds to support the Gurkha Welfare Trust and Riding for the Disabled – more incentive to dig deep.

Above-mentioned West End musical star Emma Dears will entertain guests in style.

Fancy That!

See yourself as a Lady Mary or more of a Mrs Patmore? Here are just some ideas for your Downton Abbey Ball fancy dress.

Lady Mary: It's all about glamorous flapper dresses, plenty of beads and jewellery, and don't forget those essential elbow-length gloves for dining, and that disinterested look at all times.

Lady Sybil: She pushed the boundaries with her up-to-date fashion sense, showing off more ankle than was appropriate, but it's probably her wartime nursing outfit that's most recognisable – sure to lure in a hunky Irish chauffeur on the night.

Violet Crawley, Dowager Countess of Grantham:

Think Victorian fashion, high necklines and lace; cover every inch of skin and set off the look with a tiara and a scowl.

Mrs Patmore: Dust down that pinny and cap, dig out a ginger wig and you're well on your way. Accessorise with a large frying pan.

O'Brien: Black skirt, black shirt, black shoes, black eyes (and black heart!) – you get the picture.

And for the men? That's easy – black tie and a stiff upper lip!

Tickets are open to everyone and available now online.

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Can't Stop Learning (and having fun!)

Even though school's out, there's no reason for kids to stop learning. To help feed young and inquisitive minds, we've found 10 outstanding holiday camps that will not only keep the kids occupied and engaged over the long holiday, but full of stories that they can tell at the family dinner table!







Camp Asia Summer Camp

Ages: Three to 16 years

Cost: \$625 per week-long camp, including lunch, morning and afternoon snacks and a T-shirt (or \$695 for the Super Chef and Super Soccer camps); two-way bus service, \$65 per week

Duration: Five days, Monday to Friday, 9am to 3pm

Focus: Multi-activity and super sports

Location: Stamford American International School, 1 Woodleigh

Lane

Registration: 6593 3691 | campasia.asia

Kids are spoiled for choice at Camp Asia, which hosts 14 different camps across four themes catering to sporty kids (football, basketball and multi-sports), creative types (drama, cooking, arts and multi-activity), and those pursuing academics (science, mathematics, Mandarin) or creative technology. The Super Sports camp, for example, is for sport-mad kids aged six to 16 years and includes tennis, swimming, basketball, games, team building and soccer coaching courtesy of the Real Madrid Technical Academy!

Camp Asia staff members are highly experienced and passionate about teaching and looking after children, which gives parents peace of mind. Staff are interviewed and background-checked according to Camp Asia's recruitment policy. An on-site nurse is on hand to administer medication or first aid where needed.

New! Camp Asia has launched two innovative new camps, Super Basketball and Creative Innovators – guaranteed to banish any holiday boredom.

Canadian International School (CIS) Summer Camp

Ages: Four to 13 years

Cost: \$785 per week-long camp (full day), including T-shirt, snacks and field trips listed as part of the camp activities; a half-day camp option starts from \$401.25 for the week

Duration: Full-day is 8.30am to 4.30pm; halfday is 8.30am to 12.30pm - children can attend on either a daily or weekly basis, from 20 June

Focus: A mix of learning opportunities in a fun and engaging environment

Location: CIS Lakeside campus and Tanjong

Katong campus

Registration: cis.edu.sg/summercamp

Children are sure to find a summer camp to suit their interests among the diverse offerings at CIS. Camps are split into four themes and focus on subjects that ignite young passions: creativity and performance, sport and wellness, STEM (science, technology, engineering and maths) and global languages.

The staff comprises qualified, passionate teachers with substantial experience in the camp activities they teach. A qualified nurse and a Camp Principal are on campus at all times. Assistant teachers support teachers of camps for four- to six-yearolds. No students are employed, and all staff are reference-checked before they start working.

CIS camps are well regarded and among the island's long-running camps; children comment that they like the warm and friendly staff and the opportunity to make new friends, and many of them return year after year to try their hand at a new range of fun and engaging activities.

Note! The English Language Learning camp (\$650 per week including lunch) runs from 8.30am to 2.30pm.



The Keys Academy

Ages: Six to 15 years

Cost: \$690 per week-long camp (early bird discounts available) **Duration:** Five days, Monday to Friday, 9am to 2pm (lunch provided) Focus: Interdisciplinary learning encompassing both academic skills and

Location: 331 North Bridge Road, #02-08 Odeon Towers

Registration: 6734 8559 | thekeys.global

Camp Choices

#1 CSI: Murder Mystery

For: 10- to 12-year-olds Use science and mathematics to solve a murder mystery, and learn the communication skills required to present your case in front of a grand jury.

#2 Silicon Valley 101

For: 8- to 10-year-olds Budding entrepreneurs design a consumer product for the millennial generation using 3D printing technology, and learn how to market the product, basic business skills, product design and pricing to improve their chances of selling a viable product.

#3 Design Innovation

For: Six- to eight-year-olds Creativity is developed through fun yet challenging hands-on activities that introduce design-thinking methodologies. Children can build their confidence by prototyping solutions in building and programming robots, microcontrollers and smart-phone applications.







Also, look out for more camps focused on Martian robot construction and programming (for nine- to 12-year-olds) and programming basics for creative writing and animation (for seven- to eight-year-olds). Camps are led by teachers with experience in the Ministry of Education curriculum, and in conjunction with teachers from the US and the UK; all have made an impact in their respective fields and want to teach students how to do

Tip! For a special discount, Expat Living readers can quote the code "SummerCampELMag2016" when registering.

Little Mandarins Summer Camp

Ages: Four to nine years **Cost:** From \$330 per week **Duration:** 9.45am to 12.45pm daily

Focus: Learning Mandarin
Location: Block 71, Loewen Road

Registration: 6473 8377 | little-mandarins.com

Learning is never boring at Little Mandarins, where kids comfortably acquire Mandarin via fun activities including storytelling, speech and drama, singing, loads of games – both indoors and outdoors – and arts and crafts too. (Phew!)

Hands-on activities are built around a weekly theme to enhance children's self-confidence, teach teamwork and build on their language development. Last year, for example, campers who attended the Little Scientist camp conducted interesting science experiments: they made guitars to learn about sound, discovered waves using shaving foam and went exploring with handmade magnifying glasses!

The native Mandarin-speaking teachers are handpicked for their passion for teaching language to children, and are trained to deliver interactive and stimulating lessons based on a proprietary curriculum that draws from both Eastern and Western teaching methods. This is no doubt one of the main reasons why children return year after year.









The Children's Centre for Creativity

Ages: Four to 12 years **Cost:** \$290 per four-day camp

Duration: Tuesday to Friday, 10am to 1pm **Focus:** Creativity inspired by nature, science and art

Location: 47 Malan Road, Gillman Barracks **Registration:** 6262 0750 | playeum.com

Camp Choices

1 Hands-on Budding Entomologists

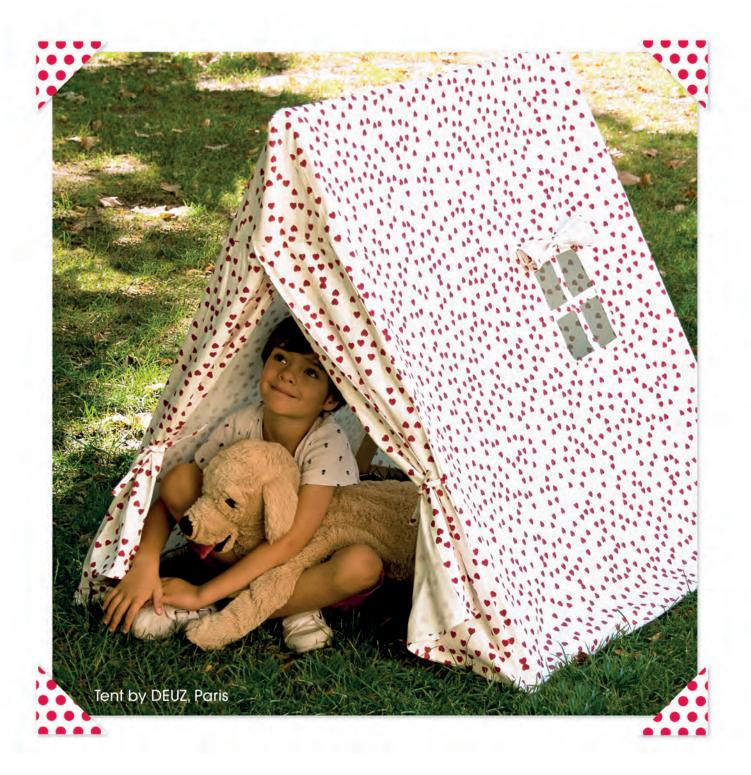
For: Six- to 12-year-olds When: 7 to 10 June

Led by artist Isabelle Desjeux, children will become acquainted with the various bugs of Singapore (including insects, spiders, worms and snails) and will enjoy observing, documenting and engaging with the natural environment. Many aspects of entomology will be covered, from learning to identify beetles to finding strategies to observe their habits. Inspired by the bugs' constructions, body shapes and living habits, kids will also spend time drawing, imagining and crafting, and will leave camp with the curiosity to continue their own observations of the world around them.

#2 Creating with Nature

For: Four- to ten-year-olds **When:** 14 to 17 June; 4 to 7 July

Nature provides the creative inspiration for children's own art on daily morning walks around Gillman Barracks, during which they enjoy observing and engaging with the natural materials they spot. Led by artist and facilitator Eve Tan, children are encouraged to discuss, play and reflect, and to collect leaves, seeds, branches, twigs, flowers and more to create four original and natural artworks: a nature collage, a painting, a sculpture and an environmental artwork.



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Visit www.uwcsea.edu.sg or contact admissions on +65 6305 5344 to find out more.



Ready Steady Go Kids

Ages: Five to nine years

Cost: \$30 for one hour, \$50 for two; 10 percent discount for five

hours or more

Duration: Monday to Friday, one- or two-hour sessions from 9am

or 10am

Focus: Multi-sports

Location: Kovan Sports Centre (20 to 24 June); The Cage Sports Park,

Bukit Timah (27 June to 1 July)

Registration: 9855 8221 | readysteadygokids.com.sg

The newly launched Supersize Sports Me camp promises to be intense and engaging, as staff focus children on fun and challenge while honing their fundamental movement skills. They'll develop ball skills, hand-eye and leg-eye coordination, and learn to handle a bat, throw, kick, catch and more. The emphasis is on the benefits gained from participation and skill development in a range of sports – soccer, basketball, rugby, tennis, T-ball, cricket, hockey – as well as overall improvement in agility, balance and core strength. An experienced instructor with child first-aid certification and extensive programme curriculum training leads these sessions and aims to spark in children a life-long love for sport and healthy living.







Create your own sports camp

Gather a special group of six or more kids together and create a personalised summer sports programme on a day to suit you – perfect for ages three to nine years. The focus is on fun, with lots of running, playing and learning new skills as children are led by engaging, enthusiastic and high-energy trainers. Choose from locations at The Cage Sports Park Bukit Timah or Kovan Sports Centre, or choose your own venue. A typical camp runs for three hours per day for three days (from \$280 per child). Email info@readysteadygokids.com.sg.



Whizz Kids

Ages: Five to 13 years

Cost: From \$280 for three-day camps, and \$440

for five-day camps

Duration: Days and times vary from camp to camp **Focus:** Science, technology, media and multi-activity **Location:** Camps are held at locations including UWCSEA's Dover and East campuses, Canadian International School's Lakeside and Katong campuses, eXplorerkids, and the German European School Singapore

Registration: 6271 1478 | whizzkidz.com.sg

Whizz Kids camps offer exciting, original and educational programmes with lots of opportunities for hands-on investigation and discussion. The focus is firmly on fun as children learn about science, technology, art and media from an experienced team of educators who range from engineers, scientists and photographers to teachers and artists.

One of many popular camp choices is Dr Droid, an action-packed exploration of technology and robotics. Get started with Lego robotics and progress to independent programming, before creating your own robot and having it carry out tasks and navigate mazes. There's also a chance to have a go at computer design compatible with a 3D printer, and to take home your own printed work.

Check out the range of camps for kids interested in science, movie-making and technology, or the multi-activity camps for all-rounders.

Quayside Isle Preparatory School

Ages: Three to six years **Cost:** \$450 to \$500

Duration: Five days, Monday to Friday, 13 June to 8 July

Focus: Multi-activity

Location: Quayside Isle Preparatory School, #01-17 Quayside Isle, 31 Ocean Way Registration: 6235 7527 | quips.sg

When school is out for the summer, the newly revamped program at Quayside Isle Preparatory School begins. Send your children along to learn drama (presented by the creative and highly respected team of Centre Stage School of Arts), do yoga and movement with language arts. Or, join in for the fun support programme, where kids can learn the skills to improve their writing and spoken communication.

Quayside's summer school offers children the space to unwind and do something different from regular lessons, through games, crafts, role-playing and even making their own healthy snacks with freshly squeezed juice! Students can utilise the school premises as well as exploring the open spaces of the Quayside Isle area for their summer adventures.





SITA Tennis Camp

Ages: Four to 16 years

Cost: \$380 per week or \$80 per day

Duration: Daily or Weekly; Mini Tennis from 9am to 12 noon;

Advanced from 1 to 4pm

Focus: Tennis

Location: SITA Tennis Academy (corner of Minden and

Sherwood Roads)

Registration: 9750 7400 | sitatennis.com

There's room here for all levels of tennis players. Beginners will focus on fun tennis-related games that get them up to speed with the sport. For more advanced players, the emphasis is on intensive drills, point play and physical conditioning. The international coaching staff from Australia, Spain, the UK, Czech Republic and the Philippines have extensive playing and coaching experience.

TFL Tennis and Swim Camp

Ages: Four to 12 years

Cost: \$380 per week or \$80 per day

Duration: Daily or Weekly; Mini Tennis from 9am to 12

noon

Focus: Tennis and swimming

Location: Raffles Town Club, Dunearn Road **Registration:** 9750 7400 | tfl-training.com

Combining two fantastic sports, this camp teaches kids the basic strokes both for tennis and swimming; they'll also take part in drills and games, and finish the day off with a fun swim and water-slide – all under the watchful eye of accredited and experienced international coaches.

Hint! Prizes and photos will be handed out on the final day of both camps, and lunch is provided too. at





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WORK AEABY

VINNIE ANG KIN LEONG is completing the final year of a Bachelor of Arts with Honours in Graphic Design at Raffles College of Higher Education in Singapore (Raffles Singapore). The 24-yearold Malaysian student talks about his achievements and aspirations.

Raffles Education Corporation a leading educational institution with an extensive network of 30 colleges in 29 cities across

13 countries.College

Where are you from?

I was born in Malacca, Malaysia but I grew up in Papua New Guinea, where my parents relocated for their work when I was young.

Tell us about your education.

I completed my secondary school in Malaysia and later studied graphic design for one year in Brisbane. After that, I transferred to Raffles Singapore. I'm graduating in December 2016.

What are some highlights of your education?

My studies at Raffles Singapore have been a balance of theory and practical – and most importantly I've had the opportunity for hands-on industry projects that offered me real-life experience in the graphic design industry. Recently, I participated in the Giordano design-a-T-shirt competition, in which I was the first runner-up.

Tell us your experiences of the industry attachment, which is offered as part of the course.

I worked for start-up company Covetella, an online fashion store here, and was involved in almost everything, from the designing of marketing collaterals and the website, to product shoots, photography and even crowd management at events! I had the chance to work on the F1 Fashion Show and it was really challenging for me; I gained great experience from running the entire event.

How does the college prepare you for the experience of work?

Hands-on projects such as creating publication books and developing new campaigns with Raffles' industry partners were useful learning experiences. We attended workshops to learn about relevant software for the industry; and the compulsory industry attachment, or internship, provided us with real working-life experience and the chance to build our portfolio.

What job do you aspire to after graduation?

Before transferring to Raffles Singapore, I was considering work as a packaging designer. Since receiving guidance and mentoring from my creative practitioner at Raffles, I've become very interested in working as a graphic designer in the publication design and advertising industry.

Where do you see yourself in 10 years?

After graduating, I would like to pursue graphic design in the publication industry in Singapore to gain more work experience, and then move on to explore graphic design in other countries.

Raffles College of Higher Education was established in 1990. It is a subsidiary of Raffles Education Corporation Limited (Raffles Education Corp), a premier private education provider, owner and manager of education assets and facilities, and education-linked real estate investor and developer.

The more than 20,275 students enrolled in Raffles Education Corp's tertiary programmes benefit from a quality education that provides graduates with a well-rounded, hands-on experience that is relevant to the industry. Raffles Singapore offers a wide range of courses from Advanced Diplomas to Masters qualifications in areas including design, merchandising, business and psychology. Raffles Singapore has the benefit of strong industry input to inject the latest industry practice and know-how into its curriculum and pedagogy.

The Raffles Centre of Professional Development (CPD) assimilates students to the industry for Projects, Industrial Attachment, Industry Research and Career and Professional Development. Raffles prepares our students with professional development skills and provides resources in support of their careers.

In addition, Raffles has strong collaboration with key industry partners like the Paragon Shopping Centre, RafflesCPD set up Raffles Privato, a business incubator, to promote and support up-and-coming designers in establishing their own private labels.



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10 CLAYMORE HILL SINGAPORE 229573 T 6737-3411 F 6732-8308 WWW.AMCLUB.ORG.SG Learning Together

The integrated approach at Dover Court International School (DCIS) brings children with special learning needs together with mainstream students, and everyone reaps the rewards.

With its unique combination of an academically challenging mainstream and a Department of Supportive Education (DSE), the system at Dover Court International School not only benefits students who need assisted learning, it also helps mainstream pupils to understand the needs of others and learn to work together. **Alison Ford**, a Year 5 teacher and Deputy Head of Primary, explains more:

"We provide a holistic education which focuses on the whole self: that includes academic and social. Children with additional needs are integrated as much as possible within the school, creating a true sense of community. Children learn to communicate with one another using strategies they would not normally experience in other international schools. Everyone benefits.

"For me, every day at DCIS makes me smile. The inclusive approach to teaching and learning provides opportunities for each child to interact with peers and adults with varying personalities, abilities, interests and ages. This social education is invaluable in developing individuals who are kind, patient, tolerant and, most importantly, aware and accepting of individual differences. Children are by nature wonderfully matter-of-fact and accepting of others; they do not see differences until they are pointed out to them. A culture of support and openness is something I strive to create with my colleagues and students.

"The easiest way for me to share what I love about DCIS is to give a real-life example. One of my students (whom I shall call Joe) is on the autistic spectrum and has associated communication needs. One playtime, I witnessed another child without learning needs engaging with Joe, using single words and gestures to help him understand. When I praised the child, he replied that of course he would speak to Joe in this way, as that is how I had taught him. It was as simple as that. This interaction made me smile for the rest of the day (I'm still smilling now, in fact) and reinforced my belief that if we as adults give children the tools for inclusion, then they will do so as second nature."



EL ADVERTORIAL



About Dover Court International School

A global perspective: DCIS is part of Nord Anglia Education, which operates more than 40 international schools across the globe, educating over 34,000 students.

Mainstream learning: Students develop critical thinking skills, creativity and project-based learning, all of which are integral to the Dover Court British curriculum.

Assisted learning: A comprehensive programme taught in classes of 10 or less, its students are integrated into mainstream enrichment activities as well as academic subjects where appropriate. At present, the programme is at full capacity and applications will automatically be waitlisted. Admissions assessments and decisions only occur when a place becomes available.

Enrichment opportunities: The Juilliard Performing Arts Curriculum engages students with the arts, and the Global Campus initiative exposes them to their international peers online, in school and through international experiences. Plus, there are over 50 extracurricular activities on offer.

Find out more at www.dovercourt.edu.sq





From: Singapore

Journey to photography:

Studied computer engineering in Sydney and, later, a Bachelor of Arts (Photography) at RMIT, Melbourne.

Years in photography: 16
Areas of interest: Family,
personal portraiture,
couples, babies, newborn,
maternity and corporate.

What's your favourite location for an outdoor shoot in Singapore?

MacRitchie Reservoir, especially after a storm. Looking across the reservoir can at times feel surreal, when you know that civilisation is just across a road, so close to that dreamlike scene.

What about your favourite Asian location for photography?

Japan; the interesting culture has such great depth, the varied landscape offers excellent mountain hiking with awesome scenery, and the people have genuine expressions.

If you could have photographed any well-known person, who would it have been?

Lee Kuan Yew. I have a deep interest in the history of the Hakkas, a minority Chinese diaspora renowned as "hardy stock" that migrated through China and into Southeast Asia. I'm half-Hakka, and Lee Kuan Yew, who epitomised the Hakka can-do spirit, came from a Hakka family. It would be interesting to do a photo-essay on Lee Kuan Yew, not just as the founder of modern Singapore, but specifically on his Hakka heritage.

Tell us a bit about your cameras.

I use Nikon and Canon systems. There are of course more expensive, higher-specification cameras on the market, but these usually come with a huge trade-off in flexibility and speed of use. For me, as a portrait photographer, it's important to have a camera that is fast — one that can capture a moment before it shifts into another moment.

What's your prediction for the next big thing in photography?

Super high-resolution imagery and 360-degree videos! Technology has progressed to such an amazing stage in digital photography – the future knows no bounds. α

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FOR CULTURE:

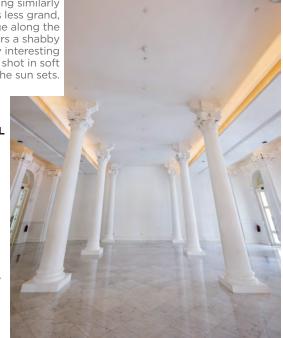
Choose Little India for vibrant streetscapes and lashings of colour (though you might want to avoid the huge crowds on Sundays). Or, for the quintessential shophouse shot, it's hard to beat the streetscape of Koon Seng Road in the Peranakan heartland of Joo Chiat.





FOR HISTORY: For something grand, it's hard to go past the gorgeous, white Victoria Concert Hall, or for something similarly old but perhaps less grand, the old iron bridge along the Green Corridor offers a shabby yet architecturally interesting ambience. Best shot in soft evening light as the sun sets.

FOR QUINTESSENTIAL SINGAPORE: While you can take your pick of your favourite landmarks, the city skyline captured at dusk from Gardens By The Bay East really is something special - and it screams Singapore! Another place for skyline views is Pinnacles at Duxton, itself an interesting example of urban architecture, from any





MOROCCAN WANDERER

Enjoy wild honey and khobz in your mudbrick kasbah while you get a crash course in Arabic. Walk the streets of Marrakesh and engage with shopkeepers as you discover bustling souqs full of fascinating wares such as lanterns, leather, and spices. Then pack your bags and enjoy a camel caravan journey to a desert camp, where you'll end your day with a moonlit stroll across peaceful sand dunes. At Singapore American School, our 1,200 high school students select from 60 different courses such as Moroccan Wanderer as part of our annual Interim Semester program. Students participate in service, global studies, and eco-adventure activities that help them develop into global learners prepared to soar anywhere.



Classroom Without Walls

Middle school students kick off each year with grade level excursions in Singapore, Malaysia, and Indonesia to engage in goal-setting, risk-taking, and trust activities to build strong social and emotional foundations.



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It is possible to carry out your own wealth management if you have the knowledge, time, patience and self-discipline. But there are good reasons why you probably won't want to – even if you have all these characteristics, along with the courage to make the big decisions alone. If you want to get started but are unsure where to actually start, then read on to find out more about the three-stage approach of wealth management specialists, St. James's Place.

ealth management addresses a wide range of issues, including investing a lump sum, deciding how much you need to save in order to retire comfortably, dividing up pension entitlements on divorce, getting the right types and amounts of life and health insurance, and planning to pay for education fees. These are crucial issues for most people and their families, and a wealth manager will assist you in finding the best solutions for your financial needs.

1 Meet your advisor

Initially, the wealth manager and client must get to know each other well enough to decide whether to take the relationship further and the best way for it to work. This will involve agreeing the broad content and scope of the service and, crucially, how much it will all cost. There's likely to be an enormous amount of information to be gathered together about a person's financial circumstances: savings, investments, property, mortgages, wills, pensions and much more.

The planner's job is to find out what the client wants to achieve with their money, both now and in the future. That means gaining a thorough understanding of their views about such issues as borrowing, investing, spending now and in the future, retirement and estate planning.

In investment terms, there will be specific questions about the level of risk the client is prepared and able to take on. The aim is to build a portfolio of investments that will provide the returns the investor requires and with which they are comfortable.

2 Make a plan

The next step in the planning process is for the manager to make sense of all this information and come up with a range of preliminary conclusions and initial ideas for ways forward.

An important aim of the analysis stage is to identify financial gaps or shortfalls. These could be between income and expenditure now or in the future, pension or insurance provision and others where some action is needed to bridge the gap between aspiration and reality. A very important issue is clarity about priorities – what might have seemed to be a high priority at the start of the process might have to be replaced by another need.

3 Find the right products

Once these needs and wants have been identified, it's time to do some specific research into funds, tax wrappers and insurance products. Wealth managers will, as required, work with other professionals such as lawyers and accountants, who can provide specialist legal and tax advice and help with the implementation of aspects of the plan.

Most clients want their advisor to keep an eye on their investments and other financial arrangements; so after the plans are implemented, regular reviews and communication are important. This review process is intended to act as a catch-up with what has changed — either in your own circumstances or in the financial world generally.

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Divorce affects many expats living in Singapore, and it seems that its ramifications are becoming more and more complicated. Yet one thing hasn't changed: children's interests remain of paramount importance. Thankfully, imminent changes will improve outcomes for children in high-conflict cases.

Last November, news that a Belgian national living in Singapore was accused of murdering his son made headlines across the globe. The man was reportedly fighting with his former spouse for custody of the child. Ostensibly, father and son had enjoyed a loving relationship, and there was little sign of what was to come.

Custody undoubtedly remains the top priority for most parents when a marriage breaks down. The issue becomes more complex for expatriate couples who are here for a short period of time. Some parents wish to return to their home country with their children after the divorce, while others wish to stay.

Currently, three approaches are commonly used to reach a mutually agreed outcome: mediation (both court-mandated and private), lawyer-client negotiation and collaborative family practice (negotiations prior to court proceedings). According to Gloria James and Javern Sim, two members of the legal team at Gloria James-Civetta & Co, it's become clear to the Singapore Family Justice Court that divorce, child custody and child maintenance matters have become more complicated, and new procedures are needed to guarantee the best outcome for children.

Child Representative

Children in highly acrimonious divorce cases now have a "voice" in court. A Child Representative (CR) is appointed in cases where the child's interests or custody is at stake. Parents can also apply for a CR to be appointed. The CR will present an objective assessment in the best interests of the child; the interests of the parents are secondary.

To be a child's voice, the CR needs to spend time with the child to gain a better understanding of their thoughts on their arrangements. They may also meet with other parties who interact with the child including teachers, counsellors and parents. CRs are not appointed for children who are too young to articulate their thoughts.

In some instances, when parents are able to reach an agreement, a Consent Order may be recorded by the court. Otherwise, the CR may be required to present his or her findings to the court and the court will make a decision on child-related issues after listening to all parties.

A change for the future: Parenting Coordinator

There are still various issues to be sorted out before a Parenting Coordinator (PC) scheme is established officially. However, it's envisioned that high-conflict cases may require such an appointment. PCs will have powers to make minor decisions where parents are not able to reach an agreement between themselves with regards to a child's arrangements; such decisions may relate to access pickup and drop-off points and access timeslots, for example. α

For more information on legal issues surrounding divorce and how it affects children, contact Gloria James-Civetta & Co at 25 North Bridge Road, #03-02 EFG Bank Building. 6337 0469 | consult@gjclaw.com.sg



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Dealing with Distance How to cope with long-distance tragedy

For the 1.6 million foreign residents in Singapore, isolation from extended family can be a confronting and lonely experience. However, most expats are prepared for the challenge of building and maintaining a dayto-day support network in lieu of homeland connections. Yet nothing can prepare you for the illness or death of a loved one back home. It's in these moments of despair and helplessness (and often guilt) that each kilometre between here and there can feel like a light-year of emptiness.

BY KIM FORRESTER

odd received the phone call two days into the New Year; his father, who had been battling ill health for some time, was in hospital after a series of severe strokes. Although he wasn't close to his father, the implications for Todd were clear; if he did not get on a plane immediately, he might lose any chance of saying his final farewells

Even armed with this knowledge, the decision to travel 8,500 kilometres did not come easily. How long would he need to stay? How could he juggle work and family commitments over that time? And did he actually want to go?

Death, sickness or other family emergencies are distressing at any time. But for expats, the complications of living far from home can heighten feelings of isolation, guilt and helplessness. Nothing can ease the emotional rollercoaster of these situations – but there are some simple practices that can make you stronger and more resilient as you deal with the distance.

Acknowledge your needs

From the moment you become aware of an emergency back home, there is an automatic and intense focus on the individuals affected; your compassion, support, concern and attention is directed outward, toward others. This is a natural and necessary reaction.

However, it is vital for your long-term wellbeing also to acknowledge that you have needs of your own, and to take real steps to ensure they are met. In particular, ask yourself:

- What support do I want at this time, and from whom?
- What regrets can I avoid by taking action now?
- What expectations are being placed on me that I resent or reject?

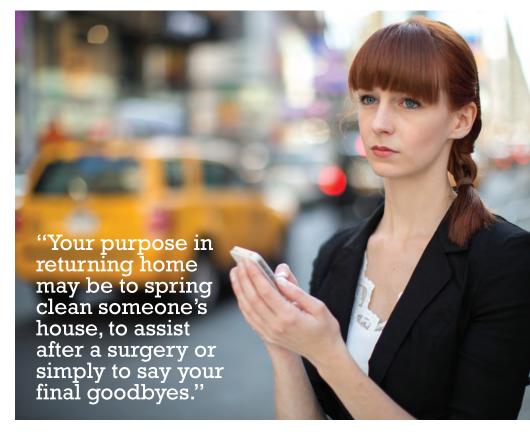
For Todd, the dire state of his father's health triggered a need in him to play the protective older brother. "I hadn't spoken to my father in years and would have been OK staying in Singapore," he explains. "But I knew my sister needed me and I wanted to be there to support her."

Go home with a purpose

In some situations, the decision to fly home to be with family and the timing around that is self-evident. But in many cases, the trauma or tragedy is a lengthy process and being away from Singapore for the entire time is not feasible. This can create an added level of uncertainty and instability. Should you travel? For how long, or how often, can you realistically leave your expat life to be with loved ones? If you stay there, will you miss out on something important here? Is it selfish to want to come back?

Having a predetermined purpose if, and when, you fly home can help establish a sense of certainty and clarity. For Todd, his trip home was all about reconnecting with his father; he set the intention to say everything that had been left unsaid, to hear stories that would otherwise be forgotten and to tell his dad that he loved him.

Armed with this clarity of purpose, Todd was able to discern when the time was right to return to his expat life. "I had planned to stay for two weeks, but after ten days I realised that I had done, said and heard everything I had intended. I came back to Singapore with a sense of completion and no regrets."



Your purpose may be to spring clean someone's house, to assist after a surgery or simply to say your final goodbyes. The vital component is to know what you are hoping to achieve and focus your energies on fulfilling that purpose.

Invent ways to help

One of the most distressing realities of dealing with distance is the general sense of helplessness and, often, guilt. However, in today's connected world there are many ways you can offer help and support from your base in Singapore.

Aside from regular Skype or telephone calls, you may find practical ways to alleviate stress for loved ones back home such as buying home-delivered meals, paying for a gardener or handyman, funding a bookkeeper to pay household bills or coordinating a roster of nearby friends and family to make visits.

Be inventive and realise that, although the distance may prevent you from holding a loved one's hand, you have many opportunities to reduce pressure in their daily life. By offering support – even indirectly – you can take comfort in knowing that you are doing something constructive, being helpful, and contributing to the healing process. α

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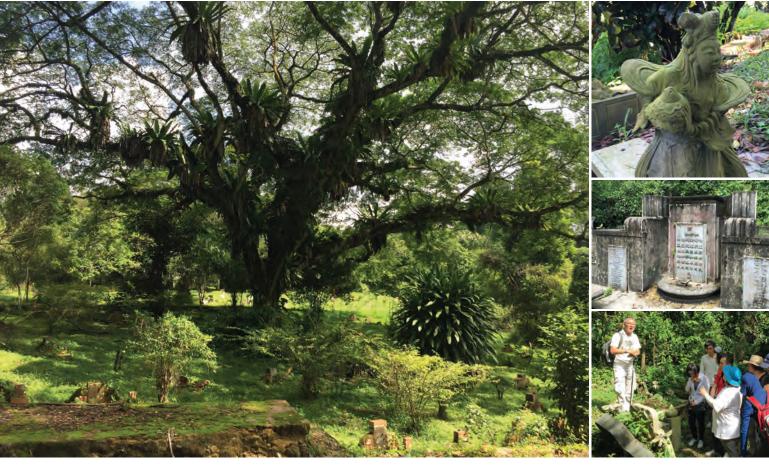


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A Final Resting Place?



Every square metre of space counts in Singapore, and the city is grappling with the issue of accommodating not just the living but also the dead. This is especially evident at Bukit Brown Cemetery, which, as KATIE ROBERTS discovers, is a priceless remnant of the nation's disappearing physical past.

onstruction of an eight-lane road has cut a swathe through Bukit Brown Cemetery, once the biggest Chinese graveyard outside of China, which has sat largely neglected since the last burial took place there in 1972. This abandonment has created a unique environment not to be found anywhere else on the island. Among a canopy of towering trees, over a hundred thousand graves remain; some are almost consumed by verdant tropical growth as roots entangle tombstones; and the sounds of woodpeckers and cicadas are an omnipresent soundtrack. The cemetery grounds are now a haven for walkers, horse riders and a growing band of people interested in Singapore's heritage.

Uncovering history

Volunteers – known as "Brownies" – conduct free, guided walks through the cemetery, passing on their years of research and local knowledge to anyone who's interested. They are part of an advocacy group formed in response to the government plan and eventual decision to build the road through Bukit Brown in 2012, and they give a welcome voice to the silent cemetery.

Anyone driving along Lornie Road several years back may have wondered at the signs calling on people to register for the exhumation of relatives whose graves were in the path of the planned new road. This orderly and thorough process ensured that graves were appropriately recognised. Still, only a third of the 4,000 graves in question were claimed and cremated; those that had not been claimed were exhumed and the remains cremated – in January 2017 their ashes will be scattered at sea. With the permission of families, the tombstones of some prominent graves were disassembled and are in storage awaiting a new home.

While it seems incredible that so many graves were unclaimed, there are in fact practical reasons for this. These are well explained to me on one of the aforementioned early morning walking tours of the cemetery. Our guide notes that finding the location of one relative among 86 hectares of graves can be incredibly difficult, because the position is often known to a family only by a confusing series of landmarks handed down from an elderly family member: "At Hill 2, walk past the coconut tree, count five graves up, two across and it's under the rain tree."

Geography isn't the only obstacle. Tradition dictated that upon a person's death, his or her name could be changed posthumously by the family; in practice, the name was generally modified into something more formal or grand. If the deceased's true name is not written on their tombstone, what hope do their descendants have of finding it?

Space for the living

Demand for land has long necessitated the closure of cemeteries in Singapore. This picked up pace in the 1960s and 70s, and it's reported that approximately 120,000 graves from 21 cemeteries had been exhumed by the Housing Development Board by 1985 (see Singapore: A Developmental City State, 1997, page 169). Burial lands were often privately owned by kongsi (clan associations), and the government took back much of this land to accommodate the growing population.



Among the larger cemeteries serving many faiths was Bidadari in Upper Aljunied Road (140,000 graves); its graves were cleared 20 years ago, many of them re-interred in Mount Vernon Colombarium. The Colombarium is slated for closure, so the graves are on the move again; this time, those that are claimed will be moved to Mandai Colombarium.

On the other side of the island, the former Hakka cemetery at Commonwealth Avenue – situated on land purchased from the British by the Ying Fo Fui Kuan clan, was acquired by the government in 1965. Now, neat rows of Hakka memorial stones sit adjacent to – and oddly resemble! – the HDB block that replaced it.

It's still possible to visit the remaining cemeteries, although just one, Choa Chu Kang in the far west, is open for burials – the length of burial entitlement there is 15 years. Over the years, whole sections of this cemetery have gradually been exhumed to make way for more graves. A crematorium is the other option.



Beautiful Peranakan tiles have weathered during the passage of time and stone guardians remain on guard.

What is heritage?

All of this raises the question: does the heritage value of Bukit Brown matter? Greek expatriate Kostas Ikonomopoulos's interest in Singapore's shrinking heritage led him to research and visit every cemetery on the island. Subsequently, he searched archives, old newspapers and historical records to uncover the stories of many of those buried.

He documents his findings in a book published last year, *Remains: A Singapore Journey*, in which he shares his frustrations at the loss of precious heritage. His own birthplace has a history dating back thousands of years and, when asked about the construction of the road through Bukit Brown, he says, "Heritage matters because it connects us with generations past. Our identity of who we are is tied with the past – and gives all citizens a shared sense of belonging. History is a part of what makes your country. When it's gone, what defines us? What do we stand for?"

Volunteer Brownie and academic Darren Koh says Bukit Brown matters to him because it represents the many stories of the people of Singapore – stories that tell us how they got here, and how the country got to where it is today. "The more people know about the story of Singapore, the more people appreciate that there is more to the place than just shopping centres and casinos – it's real, not just a man-made park, not just a staging post to life elsewhere."

Tales from the grave

Kostas, Darren and others have documented the history of some of those laid to rest in the cemetery, and recorded some of the colourful and fascinating stories that offer an insight into a very different Singapore from today. "Old newspapers, now digitised and online, are useful for their wealth of primary information, including death and marriage

notices, tales of legal disputes, land and business transactions," says Kostas. Searching these documents is simple enough: you start by entering the date of birth and death on a tombstone.

Other sources include the repository of the 100,000 digitised Teochew Letters (see teochewletters.org) – which includes letters sent by Singapore's coolies, or unskilled migrants, to their families in Teochew in the eastern part of the Chinese province of Guangdong. Many coolies were illiterate, so their words were recorded by letter writers, and sent with their savings by remittance service providers to families back home.

Tales include that of Mr Lee Kim Soo who passed away in 1933 and is buried in a remarkable Art Deco-inspired "Gotham City" grave. It was only rediscovered when an unrelated person was searching for another grave. It's a dominant and masculine representation of the entrepreneur, who was educated at the Victorian Institution in Kuala Lumpur and went on to become an industrialist; he founded a matchstick company and a ceramic factory to make the pottery cups to capture the sap dripping from the rubber trees in the region's countless plantations; he also ran a chair manufacturing business. Then there's Mr Tay Koh Yat, who died in 1957. He helped organise the resistance movement before the fall of Singapore in 1942; he then fled to Indonesia. After the war, he witnessed the hanging of Japanese generals convicted of war crimes. He went on to start a bus service to the then far-flung East Coast, which grew from two buses in 1921 to well over a hundred buses.

Of these stories, Darren Koh says, "History defines a place and defines a people. Remove us from the history and do not be surprised that people are not attached to the place we live in."

What's ahead?

With the road now well and truly under construction (effectively cutting the cemetery into two halves), advocates have turned to raising awareness about Bukit Brown's heritage, nature and beauty. With land scarcity a major issue in Singapore – and with the government actively encouraging population growth – does Bukit Brown remain under threat in the long term?

A spokesperson for the Urban Redevelopment Authority (the government department with responsibility for Bukit Brown) has this to say on the matter: "In the Master Plan 2014,



which guides the physical development plans for Singapore, we have proposed to retain historical and community spaces that are memorable and meaningful to our people.

"For Bukit Brown Cemetery, the Government had commissioned a documentation of the graves affected by the new road. Between July 2014 and early 2015, key findings from the documentation project, which involved historians and anthropologists, were exhibited at various local venues.

"The bulk of Bukit Brown Cemetery will only be developed in the longer term and the plans are still being studied."

While some may view this interest in cemeteries as macabre, I choose to view Bukit Brown as not only a cemetery, but as a place of history and nature. I have no ancestor buried there, but as a visitor, it's one of the few places in Singapore to escape cars, roads, buildings and crowds. Peaceful, tranquil and calm, Bukit Brown is well worth a visit any day for a guided walk or a solitary stroll to discover a unique piece of Singapore's history.

READING A GRAVE

The ideal position for a Chinese grave, according to feng shui principles, is facing away from a mountain or hill, with a clear view in front — a larger clearing tends to denote a person of wealth and means. In Bukit Brown, the large Hokkien and Teochew clans have graves that are slightly different shapes, while Christian graves are clearly delineated with a cross, yet retain a traditional Chinese grave shape. Look out for the beautiful Peranakan tiles on some graves, as well as stone guardians, including angels or Sikh guards with turbans. When walking among the graves it's permissible to step carefully around the peripheral wall.

Above:

Road under construction

Find out more

- Join a walking tour; see bukitbrown.com for details.
- Read *Remains*: A Singapore Journey by Kostas Ikonomopoulos (ethosbooks.com.sg).
- Learn about the Urban Redevelopment Authority documentation project at bukitbrown.info.

Getting there:

Access to the cemetery is from two directions; either Kheam Hock Road, or take a left off Lornie Road (in the direction of Dunearn Road) onto Sime Road. Look out for large signs which display maps of the cemetery and its internal roads. &



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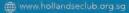
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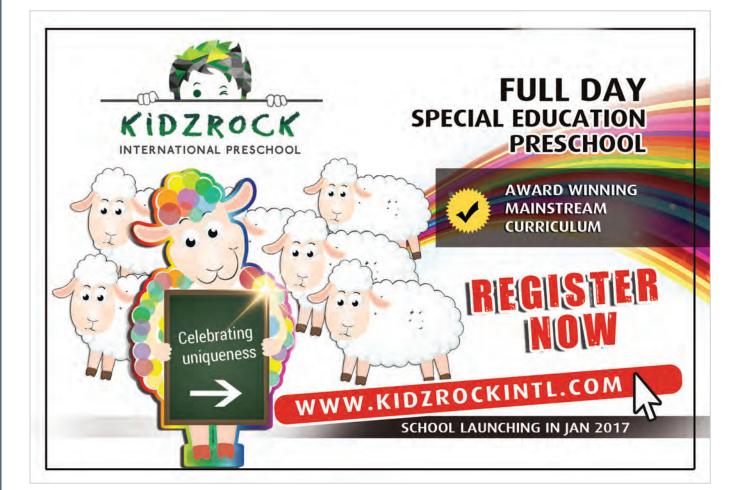
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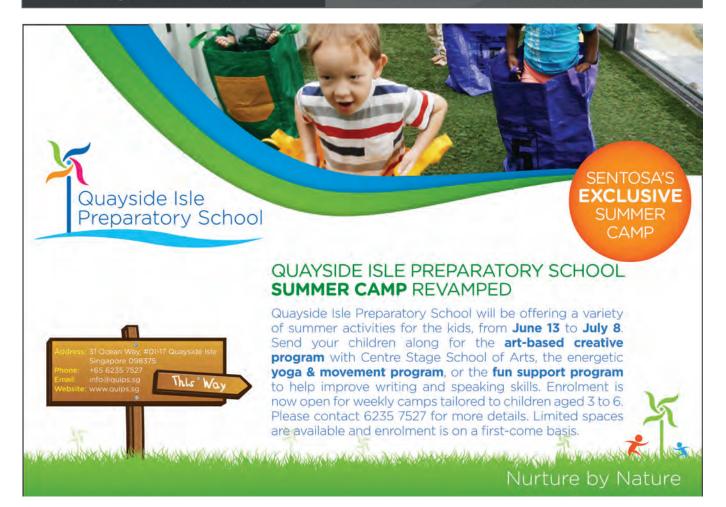
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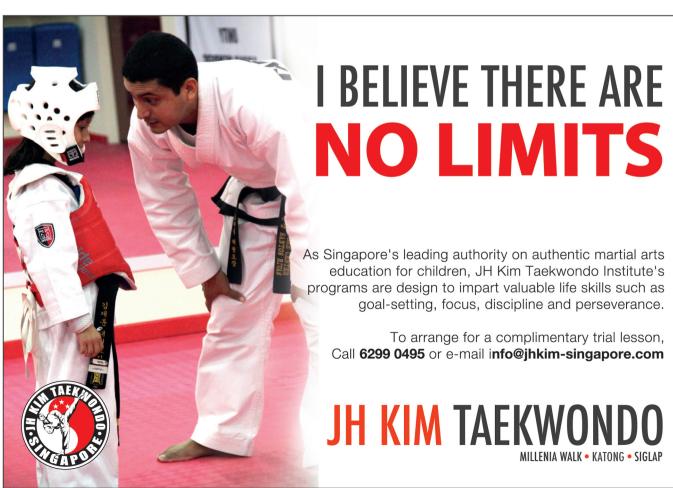
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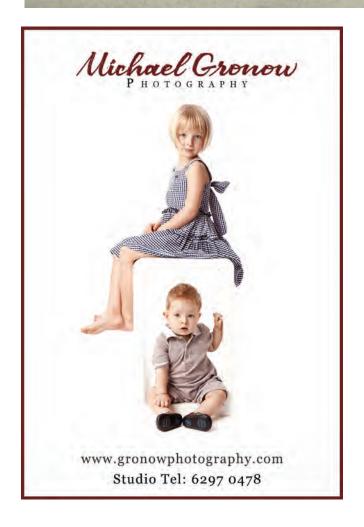
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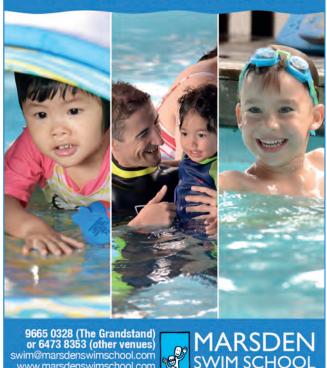






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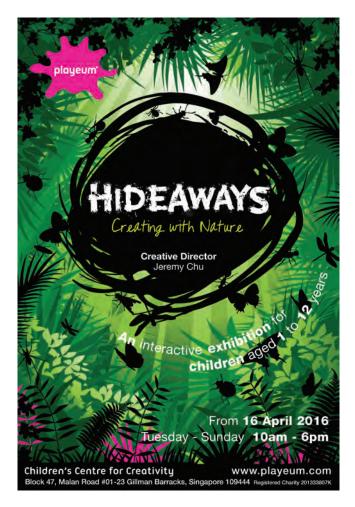
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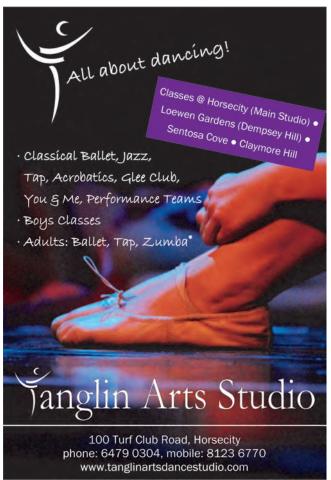
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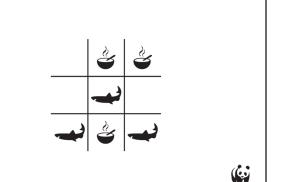
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WINE & DINE



Oysters with jalapeño ponzu, Esquina

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What's N The latest trends in food and wine

If you enjoy dining at the Grand Hyatt Singapore as much as we do, you'll love the privileges that come with being a Club at the Hyatt member. The hotel's dining loyalty programme offers members up to 50 percent discounts at any of its five signature restaurants, including mezza9, Oasis, Pete's Place, StraitsKitchen and 10 Scotts, plus other membership perks like discounts at the gourmet boutique, 15 percent off special festive menus, complimentary parking for up to four hours and a 30 percent reduction on dry cleaning and laundry services at Grand Hyatt Singapore, as well as discounted room rates at other participating hotels worldwide. And, while the annual membership costs \$298, for a limited time Expat Living readers can sign up for a one-year Club at the Hyatt membership for just \$198. Simply quote "Expat Living" when calling 6416 7000 or emailing cath.sg@hyatt.com by 31 July.





Burgers for Your Babes

Buzzy burger joint Meat Liquor has introduced its new \$12 kids' combo menu, which means you can bring along your little ones without having to buy them an adult-priced meal. Kids can choose between the trendy eatery's bestselling cheeseburger (made with USDA prime Angus beef), the chicken burger and the hot dog - each served with fries or veggie sticks, and a drink. And, if you're still throwing back Space Gin Fizzes and Pisco Punch cocktails by the time they're done, set your kiddos up with some ice cream for \$3 extra. 99 Duxton Road. meatliquor.com/singapore

FOOD FESTS

The annual Savour gourmet food festival returns to Marina Bay from 12 to 15 May, offering tastings, celebrity chef master classes, cooking demonstrations and other culinary activities, plus a gourmet marketplace. For more details, visit savour.sg.

Also, through 31 May, check out the Voilah! French Food Festival Singapore 2016, in which loads of participating bakeries, wineries, restaurants and bars - including Absinthe Restaurant, Balzac Brasserie, Cocotte, Café and Bar Gavroche, and La Maison du Whisky, among many others – will be offering promotions, special menus, and wine and whiskey tastings. For more information, visit voilah.sg/food.





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New Bites

- Popular brunch spot **Kith Café** has opened a new outlet at Millenia Walk (#01-44/45, 9 Raffles Boulevard), serving up coffee, juices and crowdpleasing brunch items like the Better than Benny (\$18) bacon, poached eggs, hollandaise sauce and sourdough. This branch also serves dinner, with wines, steaks, salads, pastas and other mains available. **kith.com.sg**
- A new addition to Little India, modern European gastropub Roots Kitchen Bar offers affordable mains like pancetta and poached egg carbonara starting from \$16, and beers from \$8 for half a pint. The signature three-course set meal gets you a soup, main, dessert and wine or beer for \$50. 30 Dickson Road. rootskitchen.bar
- 1 See I See Handcrafted Icy Desserts, a popular ice-pop shop from Hong Kong, recently opened at 313 Somerset (#B3-46) on Orchard, offering special flavours like Strawberry Hokkaido Milk and Earl Grey Pistachio (\$6.90 each). facebook.com/iseeiseesg





Shabu-shabu with Flair

Sakurazaka is mainly a cosy and low-lit showcase for authentic shabu-shabu – but with European influences. Executive chef Masashi Horiuchi presides over several venerable joints of highly marbled wagyu beef. (We last met him at neighbouring Shelter in the Woods, where he puts his subtle Japanese spin on a menu of meaty delights.)

Our **Bouillabaisse Set** (\$105 for two), from a choice of three sets, comes with a traditional aga dashi stock and a bouillabaisse that's of course ideal for the seafood course – tiger prawns, white clams, scallops, red snapper, squid, mussels and prawn balls. To the Japanese wagyu Holstein F1 crossbreed striploin that's part of the set, you could add on a bit of à la carte **Joshu waygu** (\$45 for 100g) or **Japanese rice-fed beef** (\$25) as we did, or Western items such as foie gras (\$14) or **mozzarella wontons** (\$9). A flask or two of chilled sake (\$40) is a must, too.

As a concluding highlight, sticky rice, beaten egg and grated cheese are stirred into the now-concentrated bouillabaisse and transformed into the most glorious risotto in the universe. Dessert is the shaved-ice confection **kakigori** – one is made with *matcha*, Hokkaido milk and mango, the other with port, red wine jelly and grapefruit confit with a dash of condensed milk. Remarkable! 24 Greenwood Avenue. **sakurazaka.com.sg**

French Fête

We're always on the lookout for great new venue ideas. After all, what's better than finding the perfect private party room? Here's what: a private space that can be reserved without a

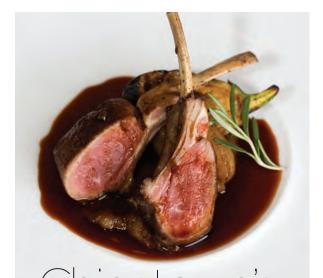


minimum spend requirement. Boasting an elegantly furnished private dining room that can accommodate six to 12 guests for lunch or dinner, charming French restaurant Fleur de Sel offers just that, plus a classic French menu by acclaimed Chef Alexandre Lozachmeur, making it a fabulous pick for your next private gathering. Choose from à la carte or set menus, or work with the eatery on a special menu tailored to your preferences. And, until August 2016, receive 15 percent off your à la carte food bill when using an HSBC card. 64 Tras Street. 6222 6861 | fleurdesel.com.sg



Revolving Doors

- European fine dining restaurant Saint Pierre has relocated from Quayside at Sentosa to the more central One Fullerton (1 Fullerton Road, #02-02B). In addition to offering a special vegetarian "Nature" menu available in six- and ten-course versions. Chef Emmanuel Stroobant's new Saint Pierre is dedicated to creating a kid-friendly atmosphere with children's gastronomic menus. And, in Saint Pierre's previous location (#01-15 Quayside Isle, 31 Ocean Way), Chef Emmanuel has opened French brasserie Jean Doré, offering a scenic view of the marina alongside classic French fare such as cabillaud à la tomate (\$38) and filet de boeuf rossini (\$42), roasted tenderloin beef with foie gras. If you're craving seafood, try the weekend-only seafood platter (\$188 for two), which features oysters, lobster, mussels, crab, prawns and garlic mayonnaise.
- The Providore has opened a fifth outlet, at 7 Raffles Place, in the glass building formerly occupied by Coffee Club. The new café and retail store offers the downtown crowd quick pick-up or dine-in lunch options like gourmet salads, sandwiches and The Providore's old favourite, lobster mac and cheese. There's also a selection of wine and beer on tap at \$12 a glass. theprovidore.com



Chinatown's

New Golden Child

Taking inspiration from the finest form of gold, modern European restaurant 999.99 ("Five Nines") serves up elegant dishes made with seasonal flavours and techniques from around Europe and Japan. This cool spot has a laidback, chic atmosphere, and its snazzy openconcept kitchen lets you see the cooks in action. Dishes here are meant for sharing. Starters include a light and refreshing tuna and peach salad (\$14) and a creamy burrata and tomato salad (\$14). For mains, expect a range of exotic options such as truffle cream risotto and foie gras (\$19), a satisfying mix of perfectly cooked risotto with a punchy truffle aroma, topped with a piece of melt-in-your-mouth foie gras; meatlovers will enjoy the tender and flavourful smoky lamb and eggplant (\$22). A standout dessert is the pistachio and chocolate cake (\$9), a rich, bittersweet fudge cake paired with sweet pistachio ice cream. Flavours are well executed. and plating and presentation spoton. 29 Keong Saik Road. **6221 7098** fivenines.sg



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

DON'T TELL MAMA

52 Tanjong Pagar Road 6221 2007 | dtmm.sg

First Impressions Korean-Mexican fusion bistrobar, housed in a small shophouse in vibrant Tanjong Pagar. Keep your eyes peeled, as the sign outside reads "The da bang" (the bar's daytime persona). The small but high-ceilinged interior has an industrial look, with exposed copper pipes on one side and a chalkboard wall on the other, where patrons can leave little messages for a fun touch

The Chosen One The Beerita (\$22) – a bottle of Corona perched on top of, and cascading into, a margarita. Or, there's a good selection of easygoing wines here, too – we shared a bottle of Oyster Bay Pinot Noir (\$59).

The Cheapskate They mix up a mean mojito for just \$14.

Bite on This We "took down" an array of Mexican fusion fare, including **kimchi fries** (\$18) – think juicy fries topped with pulled pork and layered with sauce; the **bulgogi quesadilla** (\$14), a classic Mexican favourite with a Korean beef twist; and the **chicken enchilada** (\$12).

Last but not least The Liquid Buffet is a daily event (\$28 for girls, \$35 for guys), offering free-flow beer and cocktails from 6 to 9pm. For Singapore, that's insanely good value.

- Emily Finch





TERRA ROOFTOP GARDEN BAR

#03-308 Suntec City Sky Garden 3 Temasek Boulevard 6336 6009 | terrasingapore.com

First Impressions Perched at the top of the newly revamped Suntec City Sky Garden, this spacious open-air terrace bar is stylishly designed, and friendly staff make you feel like you've met them before.

The Chosen One The **Viva Brasil** (\$18) is an enjoyable, revitalising summer cocktail consisting of cachaça (distilled from sugarcane juice), pineapple, agave and house-made rosemary syrup – with a tropical presentation. The **sangria** (\$18) could easily top the list, too, with its a mix of fresh berries, sweet basil and red wine.

The Cheapskate Happy Hour (weekdays from 3pm to 8pm) includes house-pour spirits, draft beers and wines for as low as \$10, or pop open a bottle of Viu Manent Sauvignon Blanc for around \$60.

Bite on This The nibbles have Latin American and Mexican influences. We enjoyed the signature **Terra Salpicão** (\$18), cubes of marinated tenderloin beef with sliced garlic, and the seafood **chimichanga** (\$18) – sautéed mussels, squid, prawns, fish and vegetables wrapped in a flour tortilla and deep-fried.

Last but not least Fancy a boogie, or need a place to host your next birthday bash? Terra can accommodate up to 180 people in both indoor and outdoor areas, and there's plenty of space for dancing. A centrally located DJ booth spins various tunes, depending on the night.

- Valmai Dhir





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Binomio 20 Craig Road 6557 0547 | binomio.sg

Who's cooking: You know Binomio is the real deal in authentic cuisine when you learn that there are five Spaniards in the kitchen. Head honcho is Executive Chef Jose Alonso, who has worked with his homeland's renowned Santi Santamaria, among other Michelin-award-winners.

What's cooking: Frankly, everything here is top-notch, so the \$88 **Menu Degustación** (minimum two people) is a great strategic choice. Its many highlights range from favourites like **jamón Ibérico** (36-month cured Spanish ham) and paella (more on this below) to the linguine-looking **strips of cuttlefish served in a veal vinaigrette**, and simple yet sublime **pan-fried crayfish wrapped in pork**. If there were some global award for "best-ever croquette", Binomio's **mushroom** variety would win it every time.

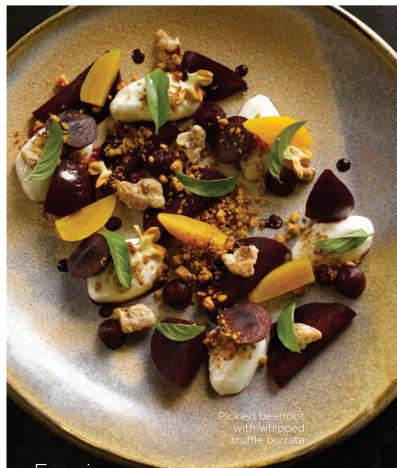
I'll be back for the wondrous-sounding Galician-style seafood pot stew, and, knowing me, probably the braised Iberian pork ribs.

Must-try: The **arroz negro** (squid-ink paella with clams and calamari) is served in a cast-iron pan, with a rustic wooden spoon for scraping up the *socarrat*, the golden, caramelised crust that can be found on the bottom of every perfect paella. *Magnifico!*

Need to know: The word "binomio" means "a pairing" in English, and here it refers to the restaurant's dual concepts: the fine-dining area where I sat in my state of engorged repose, and the vibrant tapas bar at the street-front. The latter was packed on the Friday night of my visit, with happy punters (mostly Spanish) perched on stools and sampling specials such as Padrón peppers and *fideuà* (a Valencian seafood dish), along with traditional favourites.

- Shamus Sillar





ESQUINA
16 Jiak Chuan Road
6222 1616 | esquina.com.sg

Who's cooking: Barcelona-born Chef Carlos Montobbio, whose first stint in Singapore was at Fairmont Singapore's Anti:Dote where his Asian-inspired tapas menu won him a finalist nomination for Rising Chef of the Year Award by World Gourmet Summit Awards of Excellence.

What's cooking: After taking over at Esquina last year, Chef Carlos added his own flair to the menu. Of particular note are the oyster with jalapeño ponzu, salmon roe and pickled ginger flower (\$7), Spanish omelette (\$6), Spanish nigiri (\$6), grilled baby romaine lettuce (\$12), and pigeon with forest berries (\$22).

Must-try: Don't leave without having the pickled beetroot with whipped truffle burrata, raspberries and smoked walnuts (\$14). The mixture of sweet, salty, tangy flavours along with creamy, soft, crunchy textures is simply divine. The grilled Spanish octopus (\$28) is another must; cooked sous vide before being lightly charred on the grill, it has just the right amount of chewiness, and is paired with a creamy Jerusalem artichoke puree. Also delicious is the rich and hearty braised beef and pork cannelloni (\$28) served with foie gras, cèpes béchamel and black truffle, though it won't leave you with much space for anything else!

Need to know: Go early, or book seats at the chef's table. Watching the 28-year-old head chef and his team grill, fry, sauté and assemble each plate is like watching a practised orchestra that produces the most beautiful symphony, or in this case, Spanish tapas.

- Smita DeSouza





1 Rochester Park 6773 0070 | una.sg

Who's cooking: A team of clever chefs who know a thing or two about Spanish food and definitely appreciate that quality ingredients are the foundation of awesome food – no matter how simple the dish.

What's cooking: Spanish is a cuisine well suited to outdoor dining, so UNA's alfresco setting in front of a gorgeous black-and-white house at Rochester Park feels perfect for a casual night out: it's relaxed, spacious, airy and green. There's much on the menu to tempt us, and apart from a traditional bowl of **green and black marinated olives** (\$8), we decide to go off-piste and are not disappointed with the simple but deliciously sweet **Spanish peppers** (\$15), **creamy béchamel croquette with Ibérico ham** (\$14) and **grilled clams** (\$18) for starters. This is all washed down far too easily with a fruity jug of, what else, **sangria** (\$70).

There's a decent interval before the best-selling **seafood and chicken paella** (\$62) is served (all good paella takes time). Top marks for presentation: two luscious king prawns top the thick rice bed with a yummy crust that defines this national dish. The friendly wait staff recommend the highly quaffable house red, a Rioja tempranillo (\$18/90), which, unlike some reds, is not too heavy to drink outdoors. We probably didn't need to have dessert, but who can say no to a serving of **churros and chocolate** (\$14)? We also tried the **panna cotta** (\$15), unusually topped with sherry apricot puree and a crunchy popcorn layer for good measure!

Must-try: The grilled sweet clams with sherry in a tomato and thyme broth. **Need to know:** UNA is home to Asia's first Tio Pepe sherry bar – this is a wine that deserves more attention.

- Katie Roberts

My Little Tapas Bar 42 Club Street

6223 8048 | mylittletapasbar.com.sg

Who's cooking: Founding Chef Maria Sevillano hails from Salamanca, Spain, while Executive Chef Edward Esmero is from Batangas in the Philippines. (His grandmother is half-Spanish.) Also contributing to the menu is Chef Bernat Playa from Girona in Spain, who is the Head Chef of My Little Spanish Place in Seminyak, Bali.

What's cooking: There are some lovely main courses, but we opted for the "any seven tapas for \$85" deal; you can also get a single tapa for \$15, three for \$42 or five for \$65. First came the patatas picantonas, lightly fried potatoes in a fairly spicy tomato aioli, then, my favourite, the croquetas de jamón – hamstuffed creamy croquettes. The gambas picantes - succulent tiger prawns cooked in olive oil, garlic, and a secret sauce - and calamares a la Andaluza (Andalusian-style deep-fried crispy calamari) were also tasty, while the huevos al nido, a fried egg with truffle-oil fries and crispy jamón could have been a little more truffly for me. Coco de probadura is a crispy flatbread with a lovely blend of chorizo, caramelised onions, Manchego cheese and pine nuts – this one was very tasty. Last but not least was the chorizo al vino, spicy Spanish sausage cooked in red wine. They also do a great selection of jamón, proudly displayed on stands. Psst! All the tapas go well with the sangria, which is available in red, white and sparkling varieties.

Main courses are reasonably priced too – specials include baby lamb cutlets (\$32) and tender **beef cheeks** (\$26). The **pastel de lava** (chocolate lava cake, \$14) is a must for dessert.

Must-try: The *croquetas de jamón* are so creamy and tasty.

Need to know: My Little Tapas Bar is situated right in the heart of buzzing Club Street; you can choose to dine alfresco or snag a table inside next to the extensive wine collection.

- Jacqui Young



Los Primos 81 Club Street

81 Club Street 6423 1773 | losprimos.com.sg

Who's cooking: Executive Chef Mauro Muroni and his team of Spanish chefs.

What's cooking: Traditional Spanish cuisine with all the favourites you'd expect to see on the menu, although the "Tapas Frias" section contains a few curve-balls such as tartare de salmon (\$22.90), a fresh, delicious and generous dish of Norwegian salmon with avocado and cucumber. The "Tapas Calientes" is where the more traditional Spanish fare can be found. We polished off calamares a la Andaluza (\$15.90), croquetas de jamón Ibérico (\$14) and the tortilla de patatas classica (\$12.50), washing it all down with a bottle of classy Spanish Rioja (\$115), of course.

Must-try: The **secreto Ibérico** (\$37.50) – grilled acornfed Iberian black pig – is tender and naughty, and not for the health conscious!

Need to know: Daily happy hour is from 6pm to 8pm, when ladies receive a free glass of sangria, \$10 house pours and complimentary *pinchos* (Spanish canapés). Oh, and if you'd like to try the **whole roasted suckling pig**, you'll need to give 24 hours' notice.

- Emily Finch





La Ventana by Carles Gaig #01-0, 16A Dempsey Road 6479 0100 | laventana.com.sq

Who's cooking: It's a family affair, with Chef Eduard Castellarnau in the kitchen daily, cooking up classic Catalan dishes, many of which have been passed down from his father-in-law, Michelin-starred Spanish Chef Carles Gaig, and, in turn, from his great-grandmother. When Barcelona-born Chef Carles is in Singapore every other month, you can find him warmly serving guests both in the eatery's beautifully decorated dining room and out on the terrace. You can also find his daughter, Nuria, out on the floor managing the restaurant.

What's cooking: It's all super-authentic Catalan tapas and mains here – oh, and delicious sangria (they've got both red and white – we preferred the red). We loved the black cod with "pil-pil" (\$38) – poached black cod with garlic and olive oil sauce – and the wonderful, sharing-sized black rice paella (\$38) – squid ink-infused *carnaroli* rice with lobster and the fish of the day. Other popular plates include the Cardinal's Macaroni (\$26) – penne layered with acorn-fed Ibérico pork and parmesan cream – and the canelón (\$12), traditional cannelloni stuffed with beef, pork and truffle cream – both recipes from the 1860s, passed down through four generations of Gaig family chefs.

For dessert, you must order the signature **Catalan** "**crème brûlée**" (\$14), made with toffee ice cream – it's divine.

Must-try: The tender, **slow-roasted octopus with potatoes and Spanish smoked paprika** (\$32) is to die for. It's not as chewy as you'd expect, and has a nice smoky flavour.

- Amv Greenburg

So, what sets Catalan cuisine apart? While hearty meat dishes from the region's interior feature significantly on Catalan menus, seafood dishes are prominent as well, thanks to the proximity to the Mediterranean. According to Chef Carles, there are two distinct seafood styles within Catalonia. To the north of Barcelona, a seafood stew called *suquet* is popular, as is the use of *romesco* – a sauce made from nuts, bread, vinegar and olive oil – in various dishes. Southern Catalonia, he says, has a more Arabian-influenced style; Chef Carles' Catalan Roasted "Pularda" (pan-roasted chicken with prunes, apricots and pine nuts), for example.

"We consider Catalonia almost like a small continent, because each area has its own climate and therefore its own style of cooking," he says. Chef Carles also notes that, in addition to the coastal areas, Catalonia's interior has its different cooking styles too, depending on whether a region is dry, say, or mountainous. He feels that having four separate seasons means the region is extra-rich in quality products – also a reason why some of his family recipes can be tough to recreate here in Singapore.

So, how do he and his team achieve the authentic Catalan tastes from so far away? Carles, Eduard and Nuria bring many of the ingredients back with them from Spain in their suitcases – we're talking everything from beans and peas to baby octopuses and baby eels in insulated vacuum bags with ice. And, sure, you can find baby octopus here in Singapore, but Chef Carles swears it just doesn't taste the same. After tasting the octopus at La Ventana, we believe him.

Ola Cocina del Mar

#01-06 Marina Bay Financial Centre Tower 3 12 Marina Boulevard 6604 7050 | olarestaurant.sg

Who's cooking: Warm, friendly and an awesome chef to boot, Daniel Chavez is the Peruvian brains behind Ola; his menu is a creative mix of non-traditional Spanish with a Peruvian twist.

What's cooking: In five years of reviewing, Ola rates in my top five for its friendly staff, homey ambience, excellent food and overall authentic dining experience.

Seated at the counter overlooking the kitchen, we watched dishes being prepared in front of us, and seeing the ingredients on offer, selected heavily from the specials menu. For starters we took the sommelier's recommendation to pair the Spanish house white Gaba do Xil (\$14) with the **tuna belly tiradito** (\$25); and lightly cooked **hedgehog mushrooms** (\$35), freshly flown in from France, with onion puree, dry sherry, *lardo di colonato* and smoked cheese. A third dish, the **Catalanian sausage with chickpeas and chorizo** (\$22), was from the à la carte menu.

Of four paellas listed, we opted for the utterly traditional **Paella Mar y Muntanya** (\$45) with sausage and saffron, and savoured every last bit of those yummy crisp bits on the side of the pan. The house red, Gazur, is made from a Spanish equivalent of the tempranillo grape (\$14), and was a perfect pairing with both the paella and the tender-roasted **lamb saddle** (\$57) with hummus and red wine sauce. We couldn't miss treating ourselves to churros (\$16) for dessert, and **alfajor cookies with mango ice cream** (\$16).

Must-try: The **pisco sour** (\$16) and the **tuna belly tiradito**, a carpaccio-style Peruvian dish with Japanese influences.

Need to know: Do make a reservation at this very popular restaurant: Daniel greets regular diners like old friends – and the food is amazing.



HOW TO MAKE OLA'S PISCO SOUR

Ingredients

- 60ml pisco
- 30ml lime
- 1 egg white
- Splash of sugar syrup

Instructions

- 1. Place all ingredients in a cocktail shaker and shake vigorously.
- 2. Add ice and shake a second time.
- 3. Strain into a short glass and garnish with a few drops of bitters.



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40 Hong Kong Street 6100 4040 | focrestaurant.com

Who's cooking: In what is now arguably the continent's most illustrious stretch of bars – 28 Hong Kong Street having just won "Best Asian Bar" in the 2016 The World's Best Bar Awards – Chef Jordi Noguera executes a spectacular menu devised by Michelin-starred Chef Nandu Jubany. Dario Knox is mixologist. (And with "foc" meaning "fire" in the Spanish Catalan language, the impulse to promote daily "focktails" on the chalkboard must have been irresistible.)

What's pouring: The cool and vibey crowd is at least partly here for brilliant cocktails such as the outstanding savoury-chilli, tequila-based Bloody Jordie (\$16); the rum-based, lemongrass and ginger-infused Blackout in Bangkok (\$13), served cunningly in a bottle; or one of umpteen other classic or innovative concoctions on an endless list. Well-priced Spanish wines by the glass include several types of cava (from \$13.50).

What's cooking: An authentic Catalan menu. Highly recommended by our friendly and enthusiastic server is the unforgettable Galician-style octopus (\$22), slow-cooked, chargrilled and served on crushed potato. Equally perfect is the grilled peppers plate (\$12), two different varieties with a smear of creamy tapenade; a generous bowl of garlicky prawns al ajillo (\$20); braised beef-cheek sliders (\$16 for two) with mustard and kimchi mayo; lamb ribs with curry yoghurt and eggplant puree (\$22 for two chops); and lemon cake (\$12) for a sweet finish. Focking marvellous!

Must-try: The Galician-style octopus.

Need to know: You must book. At 7.30pm on a Wednesday, the two-roomed shophouse is filled to capacity, including its full-length and festive bar.

- Verne Maree





Salt Tapas Bar & Grill #01-22A Raffles City Shopping Centre 6837 0995 | salttapas.com

Who's cooking: The Spanish-inspired arm of the Salt brand founded by Luke Mangan, Salt Tapas & Bar is helmed by Executive Chef Ronald Li, who has also worked at such establishments as the Four Seasons Hotel Singapore and Brasserie Wolf.

What's cooking: In addition to light nibbles such as the moreish chilli salt and pepper squid with yuzu mayo (\$14), there's a new brunch menu from 11.30am to 3pm on weekends, serving up smaller, tapas-style plates. New dishes include the cigar omelette with mushroom sauce and green onions (\$15); flavoured with truffle sauce, butter and dashi, it boasts an intense, earthy flavour. We also tried the Spanish omelette with spicy sauce (\$15), a mix of sautéed diced tomato, onion, potato, bell peppers, house-made chorizo and chives; not too hot, but very flavourful. Also worth the calories are the grilled sirloin with mash, watercress salad, poached egg and madeira dressing (\$18) and the juicy scallops with pancetta crisp, green tomato chutney and apple and chives (\$25); both dishes come expertly cooked with creative flavour combinations. You can also accompany your brunch with a little tipple like the **Luke Mangan Sangria** (\$18 for a glass, \$47 for a jug or, if you're up for it, \$125 for a punchbowl!); or, if you're feeling more saintly, a fresh juice like the green Mr Romaine (\$8) may be more up your street.

Must-try: Don't skip dessert. The French toast with Okinawa ice cream, clotted cream and house-made mango jam (\$15) is absolute heaven.

- Susannah Jaffer

A Local Love Affair with Spanish Fare

You don't have to come from a line of Spanish chefs to be passionate about Spain and its culinary specialties. KEN LIM, owner of **Don Quijote** restaurant, is a perfect example. Having previously worked in IT, Singaporean-born Ken transitioned to the restaurant industry nine years ago after a visit to Macau, where he stumbled upon the Don Quijote restaurant there – owned and run by a Spanish woman looking to sell the business. Ken brought the eatery to Singapore in 2008 and, since then, has taken eight trips around Spain, falling even more in love with the country and its cuisine each time. We spoke to him about his favourite dishes, and what to try at Don Quijote.



What do you love most about Spanish food?

Being ethnically Asian, my natural "comfort food" would be Asian. But I can eat Spanish food almost every day, simply because I find that, flavour-wise, Spanish cuisine is much closer to Chinese than other European cuisines. (Portuguese is close too!) Most of Don Quijote's dishes are meant to be shared, so it doesn't get much closer to home than that.

What's your favourite Spanish region or city to visit?

My personal favourite is San Sebastian, not only because it's such a pretty place, but also because it's where my favourite restaurant, Restaurante Martín Berasategui, is located.

What are your favourite dishes in Spain?

Like chicken rice, it's not the "what", but also the "where" that counts! *Cochinillo asado* (oven-roasted suckling pig) at José María in Segovia, lobster rice at Barcelona's La Perla, and *gambas rojas de Denia* at El Faralló in Denia; red prawns are found throughout the Mediterranean, but the ones at El Faralló beat any that I've eaten anywhere.

Have you translated any of these dishes into Don Quijote's menu?

We have *cochinillo asado* (\$169/329). It took us four years of experimentation with different sources of piglets from Spain, and many recipe tweaks. But it's now available – on a pre-order basis (at least 36 hours in advance), because you simply can't maintain the juiciness of the meat if you pre-cook, refrigerate and then reheat it to serve.

We don't have the same lobster rice dish as La Perla, but we do have lobster paella; that's also on a pre-order basis (24 hours' advance notice), as we use live Boston lobsters.

What are your most popular dishes?

Our market-fresh gambas al ajillo (garlic-fried shrimp with extra-virgin olive oil, \$14), rabo de toro (oxtail stew, \$16) and fideuá negra (shrimp and squid pieces in squid-ink pasta, \$33/48/65).

What regions of Spain do Don Quijote's dishes represent?

We don't limit ourselves to specific regions of Spain, and the truth is that, even in Spain, over the years lines have blurred. We have a pretty huge menu with over 80 items, and we also have quarterly and ad-hoc specials, if we come across something special and want to share it with our diners.

Any new menu items we should know about?

Grilled squid (\$16), spicy *secreto Ibérico* (\$26; you'll never look at Kurobuta the same way!), bone-in tomahawk ribeye steak (Australian wagyu MS4-5, \$18 per 100g), oven-grilled spatchcock chicken (\$38), and sustainably farmed boneless, grilled barramundi (1kg, \$98). *ε*

#01-02, Block 7 Dempsey Road 6476 2811 | don-quijote-restaurants.com

DOWN UNDER

Sure, Boomarang's got brunch, sports screenings and a riverside location, but there are plenty of other places around town to get your Australian food fix. Here, we round up some of Singapore's best Aussie-influenced tables to try.





OSIA Steak & Seafood Grill Resorts World Sentosa, 8 Sentosa Gateway

6577 6688 | osiarestaurant.com

Go for: Aussie celebrity chef Scott Webster's culinary makeover of what used to be Osia Bar & Restaurant, now focusing on Australian air-flown meat prepared in a stone hearth oven grill.

The vibe: Contemporary utilitarian décor with super-efficient service. The new menu is presented in small, big, sharing and side plates, apparently to suit families and groups of casino visitors.

The food: Highlights for us were the small plate of polenta-rolled foie gras (\$30) with banana textures, and a satisfying sharing plate of mud crab cakes (\$26) with celeriac remoulade; the chargrilled Fremantle octopus (\$22) was interesting, too. For mains came the tasty Byron Bay Berkshire pork rack (300g for \$42) and the Mayura Station Matsusaka full-blood wagyu rib-eye (MS 9, \$180 for 200g), perfectly undercooked and served with the sauce of one's

choice – ideal, perhaps, for a high-roller who's just hit pay dirt. We tried several good side plates, too: rocket with pine nuts and olive oil (\$8), zucchini with bush tomato ketchup (\$12), and kipfler potatoes with caramelised onion and chorizo (\$14).

Desserts don't come more ambrosial than the macadamia soufflé (\$32), served with sour-cream ice cream. There's a nice selection of judiciously priced wines by the glass, too, starting from about \$18; Moët & Chandon champagne is \$26 per glass and \$120 for a bottle.

The signature: Mayura Station Matsusaka full blood wagyu rib-eye.

The standout: Macadamia soufflé. It's probably big enough to share, but I could have greedily polished off the lot.

- Verne Maree

Barossa Holland Village, 22 Lorong Mambong 6468 4688 | barossa.com.sg

Go for: The cosy, laidback atmosphere. Enjoy a pint or two of Archipelago craft beer, a glass of wine or a cocktail while tucking into one of the many meat dishes.

The vibe: Intimate and relaxed. Go on a Tuesday or Thursday to enjoy live tunes by The Lost Box.

The food: We decided to try the "Aussie stars" on the menu, opting for the Barossa fish and chips (\$24) and the Barossa Kurobuta grain-fed pork rack (\$28), and, for dessert, the molten chocolate flourless cake (\$12) and the crème brûlée (\$10).

The signature: The **Rib Eye Tasting Platter**, comprised of Tajima 100 percent wagyu 500-day grain-fed ribeye (MS 6/7,120g), Grainge Australian Angus 150-day grain-fed rib-eye (150g) and Thomas Food Australian Angus 120-day grain-fed rib-eye (150g), is a meat feast that can easily be shared between two. Done to a perfect medium, the steaks were juicy and tender, and came with four sauces (bourbon, Bearnaise, blue cheese cream and four peppercorn) as well as a choice of sea salt in four variations (truffle-infused, Szechuan peppercorn, rosemary and thyme, and Maldon flakes).

The standout: We relished the Rib Eye Tasting Platter. A meal in itself, it's a great way to have a little bit of everything. You can add different flavours to your steak with a drizzle of a different sauce for each bite – plus a pinch of sea salt.

- Smita DeSouza





Fremantle Seafood Market #01-05/06 Traders' Market, 3E River Valley Road 6337 1838 | fremantleseafoodmarket.com.sg

Go for: A trip down tourist lane to line the stomach with seafood before heading out to one of the many nightclubs and bars in this party zone.

The vibe: Classic, unpretentious quayside joint, with seating for up to 100 outside and more inside. The restaurant sits near the Clarke Quay bungee-ball, which makes for a little free entertainment during supper!

The food: There is so much to choose from here; the menu is pretty long, verging on overwhelming. When the helpful hostess explained that they receive up to two shipments of fresh seafood each week from Australia, any concerns about freshness (alarm bells can sometimes ring in a large place with a menu of such magnitude) were quickly put to bed.

To start, we shared one of my favourites, **oysters Kilpatrick** (\$9 each) – grilled with bacon and a splash of Worcester sauce (for some, it's the ultimate *faux pas* to grill oysters, but to each to their own!). Sadly, the **mussels and clams in white wine sauce** (\$16 for a single portion, \$26 for a double) looked a little tired and overcooked, so we didn't end up tasting them. However, our hostess was quick to offer a replacement. In the end, the service was excellent.

Being Brits, we couldn't leave without road-testing the **snapper fish and chips** (\$22), which both looked and tasted fresh and hearty.

The signature: The Make Merry Chilled Seafood Platter (\$128) is an impressive centrepiece of four grilled oysters, six steamed butter prawns, mussels and clams, grilled tarragon octopus, and soft-shell crab with chilli crab sauce and fried *mantou*.

The standout: The **whole lobster mornay** (\$72) – a massive and delicious, fresh-tasting beast of a lobster, presented in its mighty shell, covered with béchamel gratin and Gruyere cheese. It's seriously meaty and substantial, and hands-down the best of what we tried. *Psst...* there are pizza and steak options here, too, if seafood's not your thing.

- Emily Finch

Cheek by Jowl 21 Boon Tat Street

6221 1911 | cheekbyjowl.com.sg

Go for: A business lunch or dinner; or a casual catch-up with friends.

The food: Chef Rishi Naleendra's creativity shines through in every dish - and it's clear that highquality produce is the inspiration behind his thoroughly modern-Australian style. Whether you opt for the tasting menu (five courses, \$88) or à la carte (it's a sharing concept), don't miss the divine roast pumpkin with spiced cashew nut, kale and a homemade chutney (\$22), ocean trout with cucumber, yuzu and buttermilk (\$22), and the barramundi (\$32), served unusually with charred scallion, turnip and burnt lemon. For me, every mouthful was an exploration of flavour and texture combinations that surprised and delighted. Chef's experience as a pastry chef is on full display in the two dessert options: coconut semifreddo (\$15) with laksa leaf ice cream, pomelo and green chilli, and **black olive cake** (\$15) with strawberry, yoghurt and white chocolate. Again, these are unusual combinations but the result is amazing.

The signature: Chef won't be drawn on his signature dish, but says a couple of the very popular ones (like the duck confit) remain when he changes the menu every so often. He has an impressive culinary pedigree, having worked previously at the legendary Tetsuya's in Sydney and more recently at Singapore's Maca. It's lucky for us that his incredible talent came to the attention of restaurateur Loh Lik Peng (of Pollen and Burnt Ends), and he now has his own space at Cheek by Jowl, professionally managed by his wife Manuela Toniolo.

The standout: Duck confit (\$36) with five-spice caramel sauce, gorgeous cucumber salad and a quirky serving of waffles on the side. &

- Katie Roberts



Clean, Green

and Aussieapproved



Twenty-six years ago, REBECCA FORWOOD's mother and aunt set up shop in Hong Kong, importing monthly shipments of fresh New Zealand salmon for their customers. After taking over the business. Rebecca brought The Fishwives to Singapore in 2001, expanding the product range to include a wider range of sustainable seafood and meat. We spoke to the Melburnian entrepreneur about her thriving business and her favourite Aussie meals.



Why do you import your red meat and seafood only from Australia and New Zealand?

My guiding philosophy is to source clean, green and sustainably grown products that are free of "nasties". It's also really important to me to have a long-standing personal relationship with the farmers so I can guarantee the source of every product. Apart from being Australian born and bred, I do believe Australia and New Zealand have the highest quality and best-tasting produce in the world, and I will always naturally look to farmers there to partner with. Every farmer I work with shares my commitment to high-quality, sustainably reared produce with no added "helpers".

Tell us about some of the Aussie products you carry.

Oh, so many! We have wild-caught king and tiger prawns from the tropical waters of Western Australia, Pure Black Angus grass-fed beef from Tasmania, an incredible range of 100 percent freerange pork smallgoods (meat products such as sausages and bacon) from Skara Smallgoods of South Australia, a fantastic array of marinades, curry bases, spice rubs and condiments from Melbourne-based Peter Watson, handmade organic pasta (including a gluten-free range) from South Australian company L'Abruzzese, and the best olives you will ever taste, from Corioles Olives.

What are your best sellers?

Fresh Akaroa New Zealand king salmon and Pure Black grass-fed Australian beef.

How has your business grown?

Consumers are more conscious about the source and quality of their food, and I find more and more people sharing my passion for clean, green produce. Thanks to my wonderful and loyal customers, we grew from a fledgling home-operated business to a successful online business. In 2014, I took the plunge and opened my first shop in Cluny Court and, in 2015, purchased my first refrigerated delivery truck, outgrew my shop and moved to a bigger one!

What do you love most about what you do?

The people! I enjoy seeing and talking with my regular customers – they always have great suggestions for menus, products and good food. Over the years, some of my customers have become my good friends. It's inevitable when you share a passion! I also love having long-term relationships with my suppliers, and exploring new possibilities with new products and potential producers.

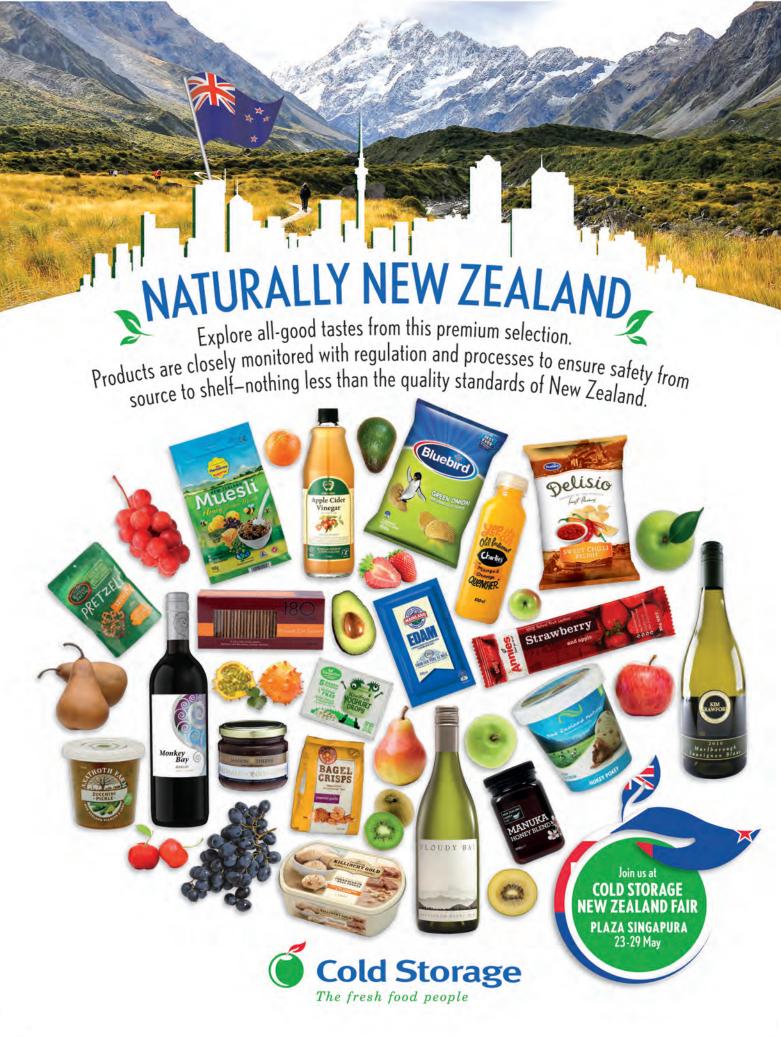
Where do you like to eat Australian food here in Singapore?

To me, "good Australian food" means gorgeous seafood, beautifully tender meat and generous amounts of delicious fresh salad. So many great restaurants here offer that – I love Maggie Joan's and Cheek by Jowl.

What's your favourite Aussie dish to make at home?

I love a barbecue. A whole fish or a great cut of lamb or beef on the barbie is always delicious, especially teamed with some rosemary and garlic potatoes, a couple of big fresh salads and, of course, a homemade pavlova! ϵl

#01-05B Cluny Court, 501 Bukit Timah Road 6464 8384 | thefishwives.com



EXPERIENTIAL PENTHOUSE DINING IN THE WORLD'S HIGHEST URBAN CRAFT-BREWERY





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TO AUTHENTIC RECIPES
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SOME CENTURIES OLD.
RELAXED EXCELLENCE

- CUISINE, AMBIENCE,
SERVICE, WITH ONE OF
THE BEST VIEWS OF
THE BAY.

A Slice of Home ... delivered to your door

We're spoilt for choice when it comes to food in Singapore. But just as we sometimes want new experiences and tastes, we can also crave the familiar. Happily, online grocery store **RedMart** offers a huge range of much-loved everyday products from various expat homelands.

For some people, there may be nothing quite as comforting from a culinary perspective as a tub of Ben & Jerry's, a muffin made with Hershey's chocolate chips, or a Tim Tam biscuit. Others will have a favourite condiment they turn to - be it Colman's English mustard or a French Dijon – to add a certain something to a dish. The good news is that RedMart online grocery store offers all of these familiar products and more, delivered right to your doorstep.

RedMart was set up four years ago with the mission of saving customers time and money on their grocery shopping. The company prides itself on prompt and accurate deliveries, providing an island-wide doorstep service from 10am to 10pm every day, within two-hour time slots. Delivery is free for a first order worth \$30 or more, and for subsequent orders above \$49.

Among the 25,000 products on offer every day on RedMart's website are all the usual products we need for our homes and food cupboards, as well as carefully sourced products that give us a taste (literally!) of life back home.



How does the RedMart team know which products will hit the spot with shoppers?

Our website has a feature whereby a customer can "suggest a product", and our Buying Team regularly reviews these recommendations to ensure that we are meeting our customers' needs. In addition to this, we do detailed quarterly surveys where customers are also able to request specific products, ranges or brands. We also draw on our diverse mix of employees; RedMart employs people from over 25 countries who are passionate about food and passionate about providing our Singapore customers with the widest range of products.

How do you source these products?

We work directly with companies based at source, in the UK, the US, Australia and France. We also benchmark all of our prices against the local market to ensure that we provide the best value to our customers.

Tell us about a product that really took the cyber-shelves by storm.

We identified Dr Pepper as a key brand that was missing from all of our major competitors in Singapore. We were excited about being the first to market this iconic soft drink here; however, the success of the launch far exceeded our expectations, with the first shipment selling out in half a day!

Favourites from home

These are the RedMart products that the various expat groups in Singapore tend to crave most.

Americans

- Kraft Mac & Cheese
- Tree Top Apple Sauce
- MacDonald's Grade A Pure Maple Syrup

Brits

- Cadbury Milk Chocolate Digestives
 - Guinness Draught beer
 - Ella's Kitchen baby food

French

- Danone Petit Suisse yoghurt
- Maille Fine Dijon Mustard
- Le Rustique Camembert cheese

Australians

- Vegemite
- Pure Blonde Premium Lager
- Australia's Own Organic Almond Milk

For all your grocery needs, log on to redmart.com.

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!**



Gill Burns

IJК

"I learnt how to cook this simple, delicious recipe at a cookery class in London. We've been cooking it for years! We eat it with plain rice and pak choi, sautéed in garlic and oyster sauce."



Ingredients:

- 4 boneless, skinless chicken breasts
- 2 garlic cloves
- 2 small fresh chillies, deseeded and minced
- 5cm fresh ginger, peeled and minced
- 4 tablespoons fresh coriander, chopped
- 2 to 3 tablespoons fresh lime juice
- Rind of one lime, grated
- 1 tablespoon light soya sauce
- 1 tablespoon sugar
- 220ml coconut milk

Directions:

- 1 Blend the garlic, chilli, ginger, coriander, grated lime rind and juice, soya sauce, sugar and coconut milk until smooth.
- 2 Make a few slashes in each of the chicken breasts. Assemble the chicken in a single layer in a wide, non-metallic dish. Cover the chicken with the marinade for at least two hours (covered and refrigerated), or ideally overnight. (If making kebabs, as pictured, cut the chicken into medium pieces first and then marinate in the sauce. Pre-soak wooden kebab sticks in water. Thread chicken pieces onto sticks before grilling.)
- **3** When ready to cook, drain the chicken, reserving the marinade, and then cook thoroughly under a hot grill for 12 to 15 minutes. You may need to turn the chicken breasts or kebabs once.
- **4** Heat the remaining marinade in a pan on the stove until cooked through. Drizzle over the chicken and serve with rice.



Charissa Areington

British-South African

"Passionfruit being one of my favourite fruits, I thought I'd incorporate this fresh, tangy, tasty ingredient into one of my raw cheesecake recipes. This cheesecake satisfies that craving for something sweet, and with all-raw, natural ingredients there's no guilt! I always keep portions of this in the freezer for unplanned dessert evenings or when friends come around for a quick chat."

Ingredients:

Base:

- ½ cup almonds
- 1 cup macadamia nuts
- 1½ cups Medjool dates
- Juice and rind of 2 lemons
- 3 teaspoons coconut oil
- ½ teaspoon vanilla extract
- Sprinkle of salt
- 1 cup shredded coconut

Filling:

- · 2 cups raw cashews, soaked
- ½ cup coconut cream
- 3 tablespoons liquid coconut oil
- 2/3 cup passionfruit pulp
- Juice and rind of 2 lemons
- 2 tablespoons natural maple syrup or agave nectar
- 1/2 teaspoon vanilla extract
- Pinch of salt
- Pulp of 3 passionfruit for topping

Directions:

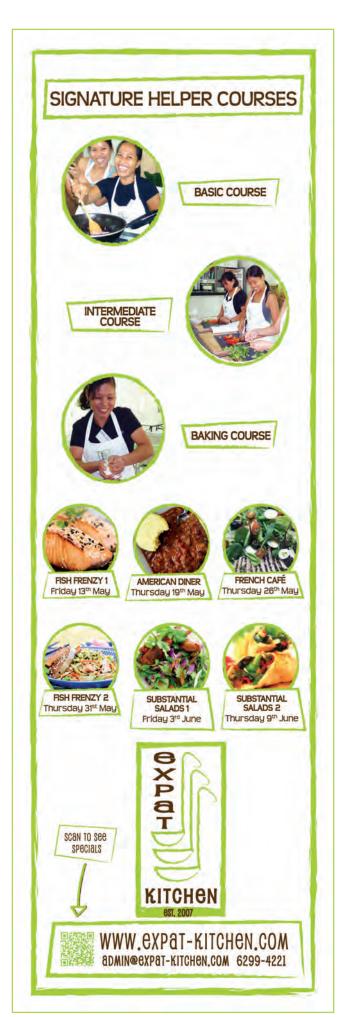
- 1 To make the base, place the almonds and macadamia nuts in the food processor and whizz until they are a fine crumble.
- **2** Add the Medjool dates and blend until they are broken down into chunks.
- **3** Grate the rind of the lemon into the mixture and add the lemon juice, coconut oil, vanilla extract, pinch of salt and shredded coconut. Mix until combined into a dough-like consistency. If the consistency is too dry, add two tablespoons of water.
- **4** Press the base into the bottom of a cake pan lined with baking paper, or into a square silicone tray. Refrigerate.
- **5** To make the topping, drain and rinse the cashew nuts and blend in the food processor until smooth and velvety. Add the coconut cream and coconut oil and keep processing.
- **6** Add the rind and juice of the lemons, as well as the passionfruit pulp (I added the seeds and they got whizzed up very finely), maple syrup, vanilla extract and pinch of salt. Process the topping until very smooth.
- **7** Once the topping is the desired consistency, pour onto the base and place in the freezer for an hour or until firm. Add the pulp of the three passionfruit to the top, then freeze for another hour or until set. Enjoy.

BE PART OF THE GREAT RECIPE SWAP!

If you have a fail-safe recipe you'd like to submit for our next issue, please send an email titled "Great Recipe Swap" to Beate a contribute@expatliving.sg with your recipe, a photo of yourself and a few words about your dish. Thanks, Chef!

















TRAVEL

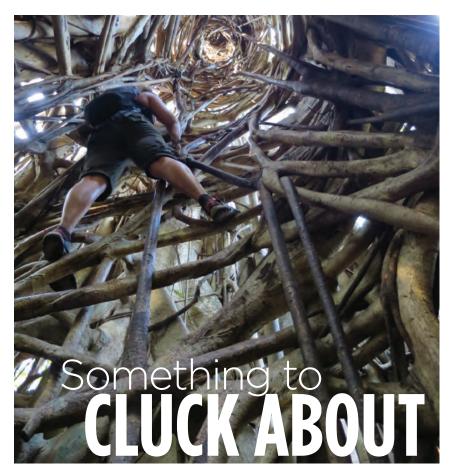


Sandy Sojourns: Rounding up some of the region's best beach breaks

Healthy Getaway: Get back on track with a Phuket wellness retreat

Perth with Kids: Five fab family things to do in the WA capital

What's New



Chickenfeet Travels is a new travel company based out of Singapore that caters to the adventure needs of holidaymakers. Its tailor-made trips in Southeast Asia are easy to arrange with just a few clicks. Adventures by Chickenfeet are streamlined for busy city-dwellers to see a different and more authentic side of Asia, away from the so-called "banana pancake trail". The team only works with local family-run companies who share their same values of social equality and protecting the environment. All getaways have been tried and tested by the Chickenfeet team and friends. explore@chickenfeettravels.com | chickenfeettravels.com |

HK Getaway

Young Hong Kong designer-on-the-rise Joyce Wang has created a new look for the guest rooms of **The Landmark Mandarin Oriental**, Hong Kong, and, to celebrate, the luxury hotel is offering a special "Essential Delights" room package, valid until 18 September 2016. The package starts from HK\$4,820 per night (\$\$830) and includes a night's accommodation in an ultra-spacious L600 signature guest room with a range of extras, including a stocked pantry, breakfast for two and high-speed internet. Suite reservations include a one-way limousine transfer. **+852 2132 0088** | **mandarinoriental.com**

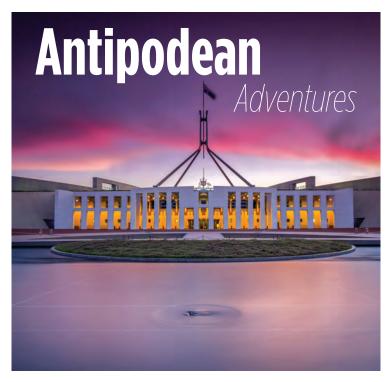


A Tale of Two Capitals

The leading hotels in Hanoi and Hue have joined forces to present A Capital Idea, a five-day, fournight exploration of these cities that each reigned as Vietnam's capital for a time (Hanoi from 1010 to 1802 and again from 1945; Hue from 1802 to 1945). The Sofitel Legend Metropole Hanoi and MGallery La Residence Hue Hotel & Spa, among the most luxurious hotels at their respective destinations, serve as the bases for multi-day excursions that take in famous citadels, temples, tombs and more. A Capital Idea also includes Vietnamese dinners at the Metropole's Spices Garden, and at Le Parfum in La Residence. From around S\$1,500, available on bookings through 30 September. h1555-re3@sofitel.com (Metropole) | resa@la-residence-hue.com (La Residence) ▼







The launch of the new Singapore Airlines **Capital Express** service to Canberra and Wellington is quickly approaching, with 20 September 2016 set as the date of the first flight. The new flights will connect the capitals of both Australia and New Zealand, departing four times a week from Changi (flying Singapore-Canberra-Wellington, and Wellington-Canberra-Singapore on the return leg) on Boeing 777-200s fitted with 38 Business Class seats and 228 Economy Class seats. Singapore Airlines will be the first airline offering direct flights between Canberra and Wellington, and the first to operate regularly scheduled international services to and from Canberra. **singaporeair.com**

CANBERRA COOL

If you're taking advantage of the aforementioned direct flights to Canberra, you'll want to explore the Aussie capital's chic hotels and restaurants. A good place to start is East Hotel, located between the fashionable boutique shopping hubs of Manuka and Kingston, and minutes from some of the country's most notable buildings in the "Parliamentary triangle". The hotel is home to Joe's Bar, whose



Italian-born chef Francesco Balestrieri puts a Down Under spin on Venice's classic Harry's Bar, serving up quality wines and cocktails to locals, overseas guests and visiting politicians alike, plus a menu of fresh, seasonal produce to complement the drinks. $\bf easthotel.com.au$



Sichuan Farms

Six Senses Qing Cheng Mountain, a resort of 113 suites and villas near to Sichuan Province's UNESCO World Heritage Site of Dujangan, has one of the area's largest gardens, where fresh produce is grown and harvested for the resort's kitchen. Now it has launched a Sunday Farmer's Market, encouraging local farmers to join in and display their harvests. It's a great opportunity for guests to learn about the variety of crops in this part of China, and purchase vegetables, herbs and mushrooms to take home; what's more, the farmers retain all income earned from the sales. Other interesting outdoor activities are available at the resort, which also offers several dining outlets and the renowned Six Senses Spa. +86 28 8728 9871 | sixsenses.com



Temples and Toast

Cambodia's Angkor Archaeological Park tops bucket lists the world over, and now Anantara Angkor Resort has introduced Breakfast at Angkor to help travellers beat the crowds in a unique way. The resort's new tour kicks off at 4.30am with a private car or tuk-tuk ride to the temples, where an expert guide escorts you via flashlight through a secret shortcut into the darkened Angkor Wat compound. After sunrise, you move to another temple to enjoy juice, coffee, tea, fruit and pastries served by a butler, while the guide provides background on life in Siem Reap, the history of Angkor and the wonders of Tonle Sap Lake. Breakfast at Angkor includes an all-day pass, so you're free to explore more temples before returning to the resort. From US\$115. anantara.com | facebook.com/anantara

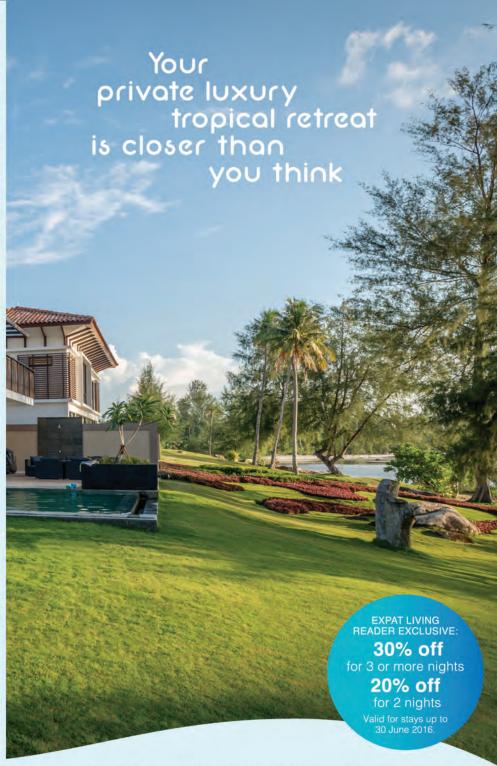










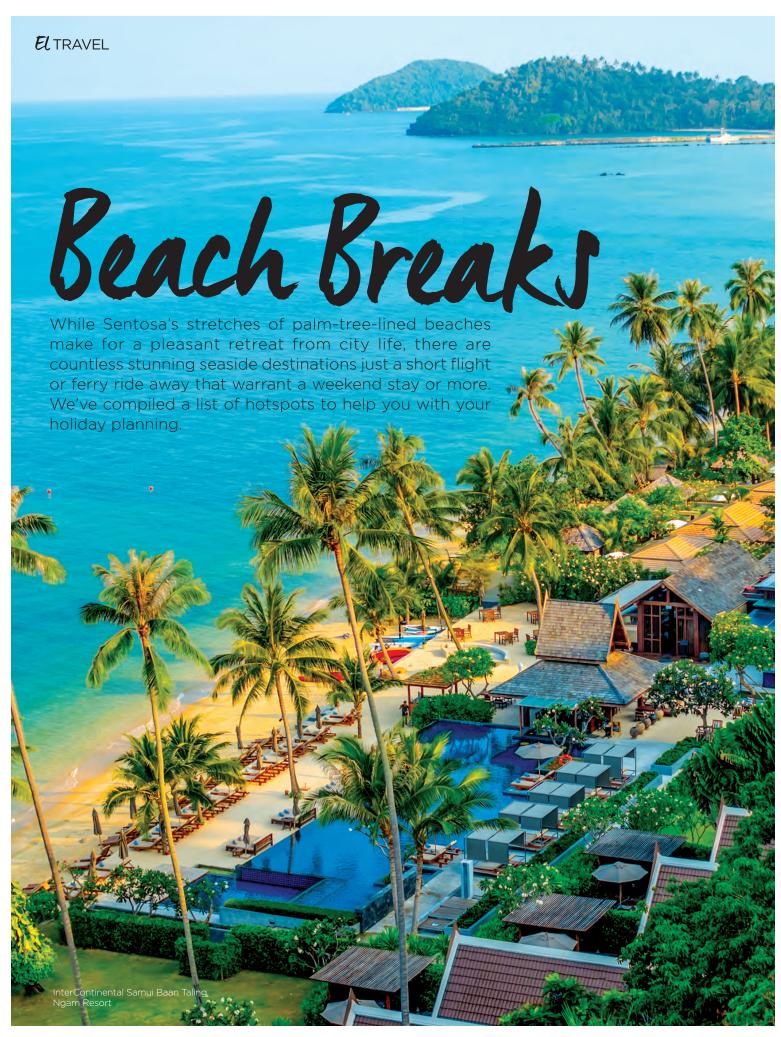


Villa Ombak is a brand-new beachfront 5000sqft Bintan villa, sleeping up to 12 guests - ideal for families or groups of friends. With a giant open plan living/dining room, fully equipped kitchen, media room, large private pool and activity room (climbing wall, ping-pong and foosball), there really is something for everyone. And it's all only steps away from an unspoilt and uncrowded gentle beach, where you'll enjoy paddling around the bay (kayak & 2 SUPs), exploring neighboring islands, spotting flying fish, snorkeling and searching for crabs, starfish and shells at low tide.











VILLA OMBAK

This new 5,000-square-foot luxury beachfront villa is ideal for several families or groups of friends, as it sleeps up to 12 guests in four spacious ensuite bedrooms. It has a giant open-plan living and dining room, a fully equipped kitchen, a media room, a large private pool and sala, a separate 1,000-square-foot activity room (with climbing wall and ping pong and foosball tables) and a large, grassy area. The villa is literally just a few steps from an unspoilt and uncrowded beach that is safe for kids, with shallow water and no big waves. We love the idea of a paddle around the bay (a kayak and SUPs are available), exploring

neighbouring islands, spotting flying fish and snorkelling. And when the tide goes out, the kids can have fun searching for shells, crabs and other critters. In the evening, gather at the outdoor deck for a barbecue and watch the sun set over beautiful Lagoi Bay.

Special offer: Expat Living readers can enjoy a 30 percent discount for a stay of three or more nights, or a 20 percent discount for two nights. Valid for stays up to 30 June 2016.

 $reservations@ombaklagoibay.com \mid ombaklagoibay.com$





NIKOI ISLAND

The private island of Nikoi lies just 85km - two-and-ahalf hours - from Singapore. Sandy white beaches, jungle walks and granite boulders paint a true "castaway" scene; open-air, driftwood beach houses all have direct access to the water and are tailored for both families and couples. At full capacity, the island can accommodate 60 guests; it's also available for private hire. The two dining rooms serve up local dishes and barbecue delights, while three bars prepare perfect sun-downers. There's plenty to keep you busy, from snorkelling, sailing and rock climbing to beach bonfires and kids' treasure hunts, while those looking for R&R can check out Nikoi's newly launched spa treatments. The cherry on top? Your stay supports a great cause. With solid eco-friendly credentials, the resort team is not only "green" but interacts positively with the local community. Close to 100 percent of building and food supplies are purchased locally, and the resort's charity, The Island Foundation, continues to grow; currently, six learning centres are attended by 310 students. Children are involved in English, IT, environmental and sports programmes, and the foundation collaborates with leading schools in Singapore.

Special offer: Expat Living readers can enjoy two complimentary 50-minute masasages when booking a stay of four nights or more. Valid for bookings made in May.

nikoi.com

LAGOI BAY

This 3.5km-long beachfront of soft, white sand fringed with a 2.5 hectare freshwater lake and dense tropical rainforest is the new heart of Bintan Resorts. Located within the bay are two recently opened resorts, The Sanchaya and Swiss-Belhotel Lagoi Bay, offering a plethora of accommodation options near to outdoor activities, restaurants and cafés, and spa and retail outlets. Keen anglers can now even participate in fishing for four different types of freshwater fish in Lake Lagoi, from 9am to 5pm daily.

Special offer: Swiss-Belhotel Lagoi Bay is offering in-house guests a "Fish and Dine" experience, which includes one hour of complimentary fishing (rod and bait provided) at Lake Lagoi, located just next to the hotel. You then have the option of having a chef cook your catch (grilled or deep-fried, with a variety of sauces available) for S\$10 per fish and serve it, accompanied by rice, at the hotel's Swiss-Café.

bintan-resorts.com/visitors





ALILA SEMINYAK

This tropical haven in Bali's renowned Seminyak area allows guests to step out of their rooms and straight onto the beach. The beautifully appointed suites, including a spectacular penthouse, are connected by cascading pools against a backdrop of vertical gardens, and are graced with authentic Balinese touches celebrating the island's culture. Nearby is Seminyak's eclectic mix of chic boutiques and galleries, which you can explore in the quirky comfort of a VW Kombi with your own shopping concierge. What's more, at the resort's "Sunday Graze" you can enjoy all-you-can-eat appetisers and pastries.

Special offer: Book 21 days in advance and receive 30 percent off best available room rates, including daily breakfast. By quoting "Expat Living" when booking a stay through the website (alilahotels.com/seminyak), you'll stand a chance of winning dining vouchers for Sunday Graze and a 60-minute reflexology treatment for two. Valid until the end of December 2016, for bookings made during May and June. Winners will be contacted in August.

salesonline@alilahotel.com | alilahotels.com/seminyak/rates



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ASIA'S BOUTIQUE AIRLINE



GOLDEN SANDS RESORT BY SHANGRI-LA

Golden Sands Resort is a vibrant, family-friendly resort with fun activities for kids. It offers complimentary Wi-Fi and a free daily shuttle to the UNESCO Heritage City of George Town. The resort has a huge, 10,300-square-foot Cool Zone Kids' Club that has giant slides and a modular play area. Children aged five to 12 years can join the Cool Zone for arts and crafts and other fun activities like sand-sculpting, cooking, creating face masks, treasure hunts, lantern-making, storytelling and pool games - they can even take a ride on a Ninebot

personal transportation robot. Pull-down Murphy beds in the rooms allow kids to share their parents' rooms; the beds can be retracted during the day to create more family space.

Special offer: Kids aged 11 years and under eat free when accompanied by an adult at all Golden Sands Resort buffets.

shangri-la.com/penang/rasasayangresort



REEF VILLA & SPA

This intimate boutique hotel one hour south of Colombo is set on

three acres of tropical gardens dotted with lily ponds, with a private spa, a tennis court and a pool; the seven suites all feature fourposter beds. Reef's traditionally thatched restaurant has a focus on fresh seafood, including crab, lobster, squid and mullet; and, of course, Sri Lankan curries. There's an extensive wine list too. Excursions to ancient temples and moonstone mines are just some of the day trips possible from Reef, or if you prefer to stay put, there is direct access from a 65-metre palm garden to a long, sandy stretch of golden beach.

Special offer: Expat Living readers who book a stay at the website (reefvilla.com) using the code "HELLOSL" will receive a US\$100 food and beverage credit, plus flowers and chocolates on arrival in their suite. Book by 31 May for travel between 15 May and 25 July 2016 (minimum three nights).

info@reefvilla.com



With a flight time of around 90 minutes or so, it's little wonder that Thailand's tropical island paradise of Koh Samui is a popular travel destination from Singapore. Ever Asia Enterprises is a luxury villa rental service whose personal mission is to connect holidaymakers with the best accommodation that Koh Samui has to offer. Its villas range from three to six bedrooms, and they're all just a stone's throw from the island's most pristine beaches – perfect for family holidays, corporate retreats and romantic getaways. The Ever Asia team can also help with a host of holiday extras, from renting jet-skis to exploring the island's breathtaking waterfalls.

Special offer: Expat Living readers can enjoy an exclusive 15 percent discount on all stays in Ever Asia's Samui villas in 2016.

info@everasia.co







INTERCONTINENTAL SAMUI BAAN TALING NGAM RESORT

The 79 Thai-inspired guest rooms, suites and villas in this exclusive enclave each feature a private balcony with spectacular sunset views over the Gulf of Thailand, the nearby Five Islands and Ang Thong National Marine Park. You can enjoy one of the resort's seven swimming pools, or treat body and soul at the holistic Baan Thai Spa by Harnn. Head out to explore the buzzing nightlife and charming fishing villages of Koh Samui, or go island-hopping for snorkelling, diving or dolphin-watching.

Special offer: The Stay & Dine Package includes luxurious accommodation for two adults, daily breakfast at Amber, free meals for children with paying adults, a drinks-and-dining credit of THB 3,200 (S\$120) for every two nights' stay, and Wi-Fi access throughout the resort. Book directly via the website to enjoy a best-price guarantee. Until 31 December 2016 (minimum two-night stay, maximum four-night stay; one night deposit required at booking). α

+66 7742 9100 | samui.intercontinental.com



Escape to the clear, blue skies

Air Adventures is Asia's first ultralight sport seaplane facility offering flights along the scenic north Bintan coast. The 20-minute flight offers unparalleled views from thousands of feet up in the open-cockpit amphibious plane. Ranked #1 among Bintan activities by TripAdvisor users, the experience of taking off and landing at Lake Lagoi while enjoying a spectacular aerial view of all the resorts, golf courses and pristine beaches of Bintan Resorts is not be missed.

Unwind with pristine beaches and waters

In view of the seaside location of the various resorts on Bintan, it's no surprise that a wide range of water activities is available, from scooting over the surf on a jet-ski to the calmer pursuits of kayaking and sailing, or taking a look at the interesting and varied marine life beneath the surface while snorkelling or diving. Speaking of diving, Nirwana Gardens has a new dive centre where beginners can take a certification course with PADI professionals either in a pool, from the beach or from an open boat, and where more experienced divers can easily arrange half-day dive trips to explore the beautiful underwater of Bintan.

More activities are in store at Crystal Lagoon at Treasure Bay, where you'll find everything from a floating water park that is safe even during the monsoon season and















suitable for the whole family, to the first purpose-built wakeboarding facility in Bintan, featuring state-of-the-art German technology. There's even the chance to try the Jetovator, a unique flying bike that can propel the rider high into the air.

Discover more of Bintan Resorts

Bintan Resorts' retail heart is Plaza Lagoi, a two-storey shopping mall featuring food and beverage outlets, fashion apparel, souvenirs, a mini-mart, a money-changer and more. The Plaza's weekend bazaar offers local food and drinks with the accompaniment of a live band.

Or you can sign up for one of the fascinating tours of the island, including the award-winning Mangrove Tour that takes you on a back-to-nature encounter with Bintan island's rich mangrove forests; there's an evening version of this eco-tour too! Tours with more of a cultural and heritage angle include one that stops at a fishing village built over the sea and affords a glimpse of one of Southeast Asia's largest gold-plated Goddess of Mercy statues.

In short, in Bintan you are spoilt for choice: you can relax and do as little as you like, or you can dip into the countless fun and interesting activities on offer across the island.

For more information on what you'll find at Bintan Resorts, or to book your next quick getaway from Singapore, visit bintan-resorts.com. \mathbf{g}

Healthy Getaway

REBECCA BISSET heads to Phuket to see if a three-day purifying regime can give her the boost she's after.

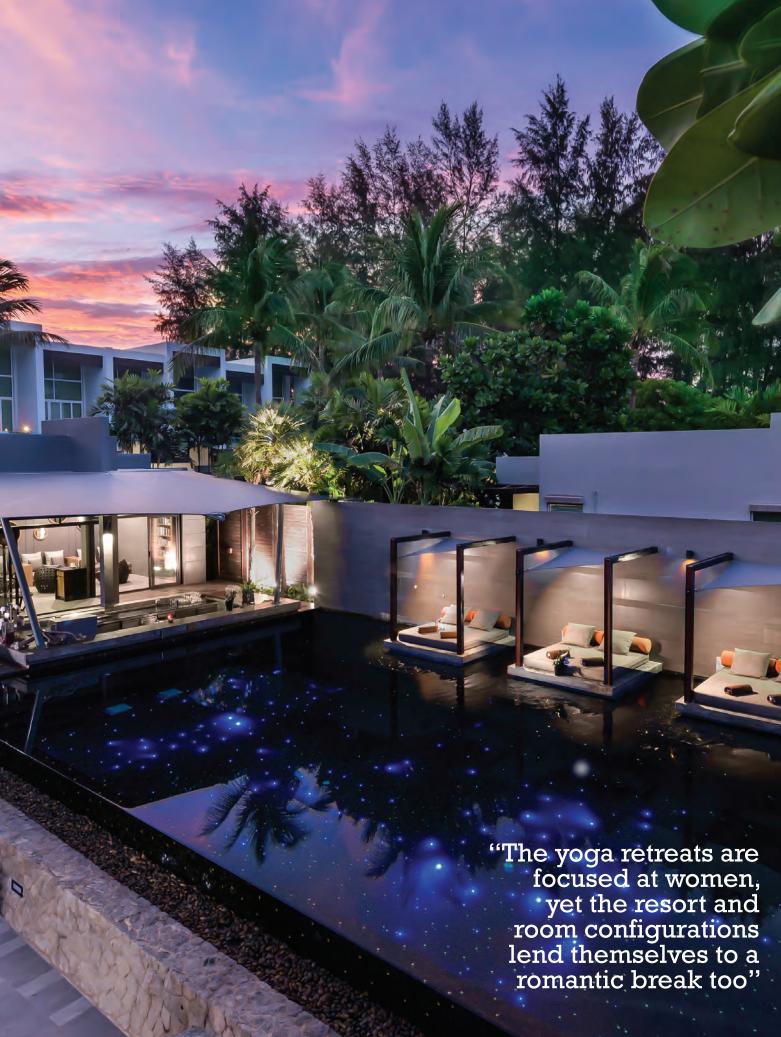
o you reckon that going away on a holiday to loll around and eat and drink loads often makes you feel worse afterwards than before you left?

I do *try* to stay active. I take my gym gear and trainers, but they always come back untouched!

Recently, I was invited to the **Aleenta Phuket** to experience their Wellness Retreat Package. My daily intake of coffee had been steadily increasing and I wasn't sleeping well, I hadn't been doing my regular yoga, and my "girth" was the largest it had ever been. So this sounded like an opportunity to have a structured and healthy break that might get me back on track.









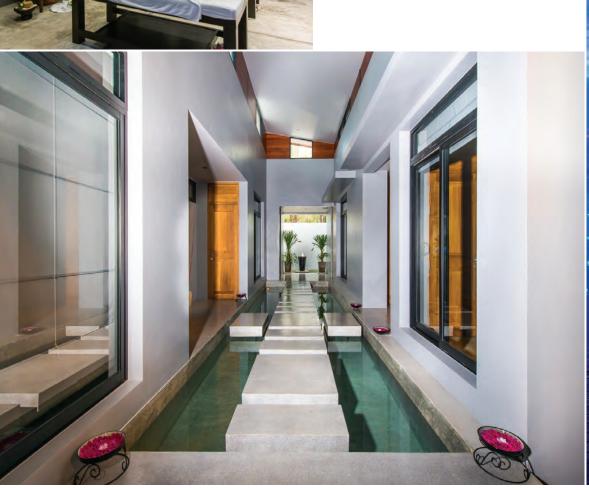


Phuket has such a variety of accommodation and locations so I wasn't really sure what to expect. Aleenta is actually just over a bridge from Phuket, at the bottom of mainland Thailand's Phang Nga Province – only 20 minutes from the airport with no traffic. The quiet drive was a good relaxing start to the stay.

The beach at the resort is long and deep, and empty of hawkers, noisy water-sports and outlets pouring dubious liquids into the sea. The sand is a glorious gold (it looks quite orange at sunset) and it squeaks when you walk on it. The waves are decent for body-surfing but it's still a nice blue colour – a good combination!

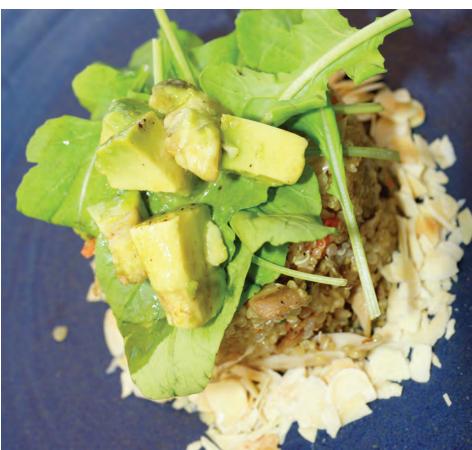
The health centre, Ayurah, which serves Aleenta and the other hotels under the same property umbrella, includes spa treatment rooms, a post-treatment relaxation chamber, a chromotherapy room and a Vichy shower room for horizontal water massages. It offers













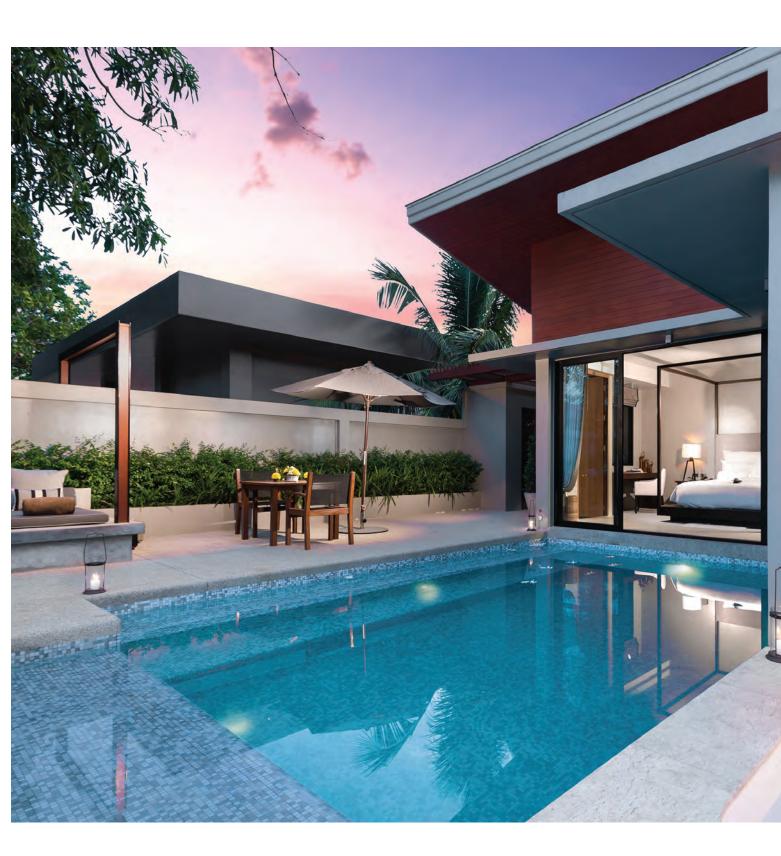
all kinds of anti-ageing spa therapies and treatments, advanced techniques such as oxygen therapy (especially good for jetlag) and even light-therapy technologies.

Ayurah's philosophy of "Eat Well, Live Well, Be Well, Look Good" is at the heart of its various wellness packages, including the three-day Total Purifying Package that I went on as part of my retreat; I think it's the perfect length for a quick weekend getaway with your partner or with a couple of friends for support.

There were three main aims of the package:

Relax: A daily spa treatment is focused according to your body type – either Dinn (Earth), Naam (Water), Lomm (Wind) or Faii (Fire), determined by a Thai Element Assessment. The treatment aims to reduce stress and anxiety, and relax the muscles. My therapist was very good.

Detox: Set healthy meals are prepared using fresh ingredients to suit the needs of each individual. The smoothies and juices were a much-needed replacement for my regular coffee and alcohol, and I couldn't believe that on the second day I was actually enjoying my healthy concoction more than I would a glass of wine!





Be Active: The programme follows a simple schedule each day, beginning with yoga, meditation and breakfast, and ending with an evening workout of either yoga or Thai boxing. I did one session of boxing and thought it was brilliant – for the guys I definitely think this is the way to go if they're not keen on the yoga aspect. After my one-hour, one-on-one session with "Bik", I could feel every muscle in my body the next day.

The resort has a fairly complex combination of accommodation including beach villas, family rooms and the gorgeous new one-bedroom pool villas that are across the road. Although the yoga retreats are focused at women, I think the resort and room configurations lend themselves to a romantic break; the new villas are very private, and perfect if you don't want to see any other people! It's a great place to take your partner, eat healthily, get regular massages and partake in a choice of either yoga or boxing.

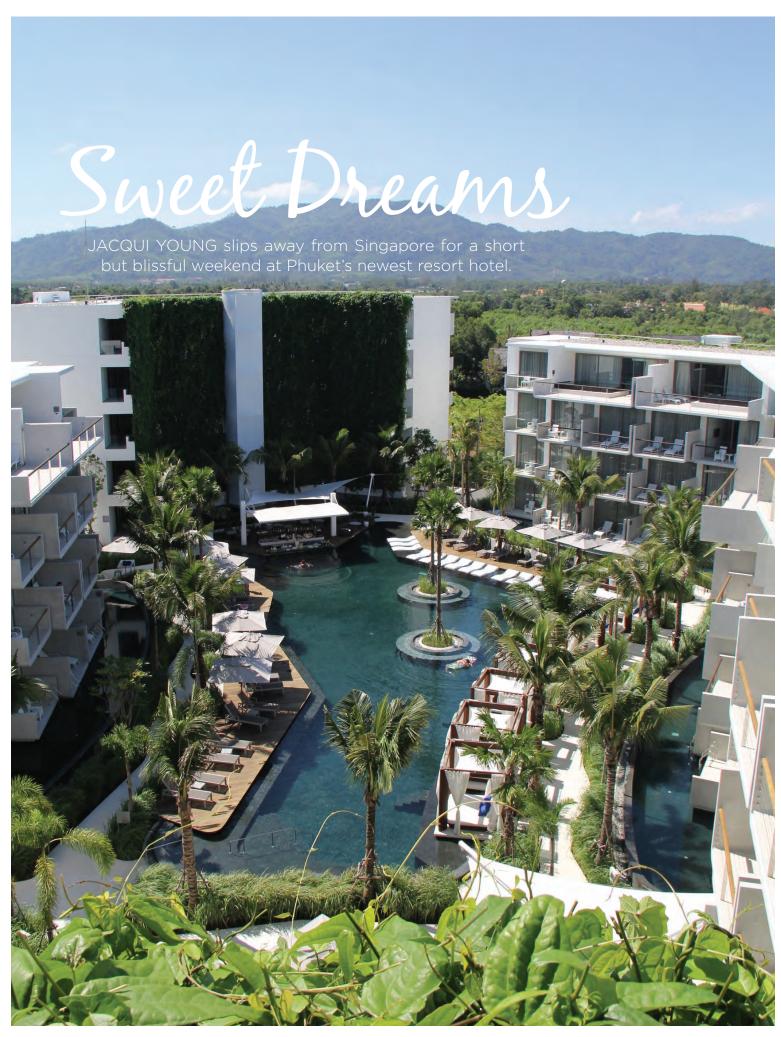
I've decided that this kind of getaway is what will work for me to overcome my procrastination and indolence, and although I was pretty stiff, I felt good and it took me a couple of weeks before I got back into the coffee.

What's included

The Total Purifying Package is available in 3-day, 5-day and 7-day formats, with each one including not just the luxury accommodation but also three daily meals of spa cuisine, two daily detox juices, unlimited use of complimentary wellness and fitness activities, a daily spa treatment, yoga/boxing sessions and more. You also get a special Ayurah Wellness Assessment that includes a personal health and wellness consultation covering a huge range of analyses, from BMI, fat percentage and body water percentage to muscle and bone mass, metabolic age, blood pressure, blood-sugar levels, a skin analysis and more. &

For reservations, call +66 2 514 8112 or email rsvn.aph@aleenta.com. For more information about the various packages available, visit aleenta.com/phuket/special-offers.











fun, laid-back vibe greeted us on arrival at Dream Phuket Hotel & Spa on our recent visit to this newly launched getaway in Thailand. Dream Phuket is situated near Layan Beach (just north of Laguna Phuket) and has been welcoming guests since December last year, though its official opening was only a few weeks ago.

A new venture from Singaporean commercial real estate developer Castlewood Group, Dream Phuket combines top-class hospitality and beautiful design. It's a perfect spot for travellers who want to experience a slice of luxury that still has a friendly and "happening" feel.

There are 174 guest rooms in the resort – a great mix of standard rooms together with a few varieties of **Pool Suites** and **Sky Pool Suites**, and even exclusive three-bedroomed **Villas** that have their own private pools. We enjoyed one night in a Pool Suite and another in a Villa – both had kitchenettes, plush linen, lovely rain-showers and high-speed internet.

Trilogy is the main restaurant, with indoor seating and alfresco dining by the pool. The place has a real buzz about it, whether you're here for the daily buffet breakfast featuring live cooking stations, or for the lunch or dinner menus, which are an eclectic mix of three (hence the name) cuisines: Thai, Tuscan and contemporary European.







We can see where **VU**, the rooftop pool bar and restaurant, gets its name: it has a perfect setting with stunning views of the Andaman Sea and surrounding scenery. There's a fab cocktail menu for sundowners – and keep an eye out for the weekend meat and seafood barbecue hosted here.

Wine bar **Indulge** is where you can lounge in leather chairs and watch sport while drinking fine wines or vintage whiskies, and sampling cigars. The soundtrack is soul, jazz and R&B, and the menu offers tapas, hams and cheeses.

Those who love to relax can take advantage of the large range of services available at **Sanctuary**, the spa that opens from 9am until 10pm daily. The massages, wraps, facials, waxes, manicures and pedicures, hairstyling and other services can all be customised to your preference.

For the party peeps, it's just a four-minute shuttle ride to beautiful **Layan Beach** and its trendy and exclusive beach club, **Dream Beach**. With its own stretch of beach, this 2,000-squarefoot luxury multi-level club boasts plenty of places for sipping speciality cocktails, as well as two pools, and a relaxed restaurant with both indoor and alfresco dining. The rooftop bar is the place to go for exclusive parties and to hear international DJs spin tunes long into the night.

In short, Dream Phuket has something for everyone and is a great destination to head to for a hassle-free weekend away from Singapore. With short flights available on SilkAir, Tigerair and AirAsia, it's easy to arrange a short, refreshing break. α

Book online at dreamhotels.com/phuket/default-en.html.



Bintan Island, Indonesia









1

Learn to surf at Cottesloe Beach

Tourists and locals come to famous Cottesloe Beach to sip caffè lattes, jog the coastal path or indulge in sunset fish and chips. If you're coming to Perth, you definitely need to visit Cottesloe, so you may as well carve up the waves with the kids while you're at it! The surf is perfect for beginners, and the sandy or seaweedy floor makes for a soft wipe-out landing.

Spring bonus: Winter is blustery and cold, and in summer, sadly, the surf is officially flat. Spring's the time to take the plunge!

Suitable ages for children: Any age, as long as they're competent swimmers.

Cost: For a group surfing lesson of 1.5 hours, it's A\$50 per adult or child. Multi-class packages are available.



Vidlers Surf Cottesloe | +61 8 9384 2416 | cottesloesurf.com.au



2

Go sand boarding in Lancelin

Ninety minutes north of Perth along the scenic Indian Ocean Drive you'll find tiny Lancelin – and some massive sand dunes. Hire sand boards at the general store, then proceed to the slopes for a bit of adrenalin-pumping action for the whole family. Trudging back up the dune may be a slog, but the panoramic views and the thrilling ride down will be worth it. That night in the bath, you'll find sand in unexpected places!

Tip: For those not keen on self-driving, consider a four-wheel-drive tour, which also includes a stop at the eerie formations of the Pinnacles Desert and koala-viewing at a wildlife park.

Spring bonus: Every spring, this region hosts spectacular displays of wildflowers. Drive home via Moore River National Park to view the Western Australian Christmas tree in flower, and visit Gingin Cemetery to spot the iconic kangaroo paw.

Suitable ages for children: All ages – there's a dune for everyone!

Cost: Self-drive car hire is from around \$120 for a day.

Sand board rental: \$10 (plus a deposit) for two hours.

Tour with Adams Pinnacle Tour: Adult \$215, child \$120, family \$550.

Bayswater Car Rental +61 8 9325 1000 | bayswatercarrental.com.au Have a Chat General Store +61 8 9655 1054 | facebook.com/Lancelin.WesternAustralia Adams Pinnacle Tour +61 8 6270 6060 | australianpinnacletours.com.au









Kayak with sea lions and feed the penguins

Get the wind in your hair and spray on your face as you paddle double-kayaks to Penguin and Seal Islands in the Shoalwater Islands Marine Park. Wild sea lions may choose to somersault between the kayaks or simply pose on the beach. Proceed to Penguin Island to visit the world's smallest penguins and snorkel on the rocky reefs. Keep your eyes peeled for dolphins on the journey home.

Spring bonus: Penguin Island is closed during winter for penguin nesting season, and reopens on 15 September. Avoid the busy summer holidays (December and January). Kayak tours are available from 24 September this year.

Suitable ages for children: From eight years old. The under-eights will enjoy the glass-bottom boat, which visits the same islands.

Cost: Kayak: Adult \$180, child \$162

Glass-bottom boat cruise: Adult \$38.50, child \$29.50

Capricorn Sea Kayaking +61 427 485 123 | capricornseakayaking.com.au Rockingham Wild Encounters +61 8 9591 1333 | penguinisland.com.au







Build a fortress at Kings Park

More than four square kilometres of manicured gardens, bushland, city vistas and play areas make up the magnificent Kings Park, and within it is the unique Rio Tinto Naturescape. Families can connect with nature here as bird song mixes with laughter and battle roars. Let the kids off the leash to climb rocks, splash through creeks, build cubby houses and get properly dirty.

Spring bonus: During September, Kings Park is bursting with the activities of the Kings Park Festival. Take in a free musical performance, the spectacular wildflower displays or any of the fun family events on offer.

Suitable ages for children: All ages.

Cost: Free. Naturescape is closed on Mondays.



Botanic Gardens and Parks Authority | +61 8 9480 3600 | bgpa.wa.gov.au/kings-park/area/naturescape



5

Cycle Rottnest Island

Cute, fluffy quokkas, flawless beaches and zero cars make Rottnest Island a family cycling paradise. For the youngsters, tandem bikes or bikes with a baby seat or child trailer can be hired. Tootle around, inspecting historical lighthouses and stunning viewpoints. Don't forget to stop for a lamb pie at the Rottnest Island Bakery for lunch.

Tip: Hire your bike from the ferry company to save time when you arrive at the island.

Spring bonus: From September to December, thousands of humpback whales breach, blow and tail-slap their way past Rottnest Island on their annual migration. (Some also slide by quietly.) The kids will love spotting whales from the ferry or from one of the many lookouts as you pedal the island.

Suitable ages for children: Toddlers from 12 months can ride in a child trailer. For babies younger than 12 months, take a ride on the Bay Explorer bus. Cost:

- Return ferry: Adult from \$79, child from \$42, family from \$199
- Bike hire: Adult \$30, child \$15, child trailer \$16



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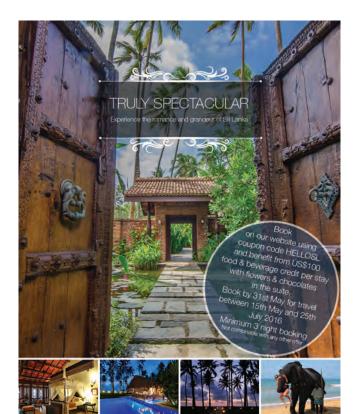


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SPACE TO COMMITTEE OF THE SPACE TO COMMITTE

Some may call her a feminist; MICHAELA ANCHAN simply calls herself pro-women. As the founder of women-only coworking space **Woolf Works**, she seeks to empower female entrepreneurs to get their career mojo back so as to pursue their professional ambitions.

ell us a bit about you, before and after your move to Singapore.

I'm originally from New Zealand (yes, I remain a die-hard All Blacks supporter!), but moved to Singapore in 2011 from India. It's quite a story really: I'd been backpacking through Asia for a year between jobs, when I met a handsome guy in Mumbai. I fell head over heels and stayed put for the next seven years!

While living there, I worked as a project manager for a European shipping company for a couple of years, dabbled in entrepreneurship, had my first daughter in 2008, and then mixed being a stay-at-home mum with some long distance creative writing study for the next few years.

When we moved to Singapore, I kept up the writing and then had my second child in early 2013. When he was a few months old, I began to feel very restless, and knew I was ready to get back into the professional world.

Where did the idea for Woolf Works spring from?

I realised that the key to succeeding either with my writing or with my own business would be to get out of the house and away from distractions and interruptions. I found it very hard to work for long intervals at home and was always feeling frustrated. I started to look at the idea of renting an office for myself, but realised that it would be expensive and lonely; the idea of locking into a two-year rental agreement wasn't very appealing either.

One evening while surfing the net I came across the concept of coworking; I'd been searching online for something along the lines of "studio office for mums to share" as I thought it

would be cool to work alongside other women who were also running a business and juggling multiple roles. I read about a couple of female-only spaces in the US and then looked at what coworking spaces were available in Singapore.

It seemed that all the places here were very tech-focused, the spaces weren't very aesthetically pleasing, or they were just not catering to my needs. Back then, one of the pioneering coworking spaces here, Impact Hub, was solely focused on businesses with a social enterprise angle, while another space, Collective Works, was (and still is) focused on high-performing small teams. I wanted somewhere quiet and calm to get work done, and with a community of diverse and creative women; so I had to create it!

Why a women-only coworking space?

I have always been very clear about the kind of people I wanted to provide space and community for, so why not shout it from the rooftops? I've had a few people get a bit fired up about it, but frankly I'm not really interested in hearing them. I know I'm addressing a very deep point and common issue.

There are so many women out there trying to make something of themselves, working from the kitchen table at night after the kids are in bed, or from a lonely, distraction-filled home office. It can be terribly demoralising. For a woman, having a calm and welcoming space to go to where she can be super-productive, can be a total game changer. Many women, especially mothers, have a tendency to put the rest of the household's needs ahead of their own, and only squeeze in time for their own professional goals around the edges of everyone else's. A Woolf Works membership is a way for them to set clear office hours and work more efficiently.

I'm not at all anti-men, I'm just pro-women! It's outrageous in this day and age that women are still struggling to return to the workforce after maternity leave, and are still paying a career penalty for having babies that men don't even have to consider. So, I hope the Woolf Works space and community can help women find the valuable support and connections they need to thrive.

Tell us more about what the area offers for members.

We have been housed in a beautiful space in Joo Chiat for the past two years, but we're now moving into town! We're thrilled to announce that from mid-May, we will be located in Carpenter Street, close to Clarke Quay MRT.

As with our Joo Chiat space, our members get use of the workspace – at a fixed desk or at a communal table – plus free coffee and tea, printing and Wi-Fi. We have a large meeting room and a small meeting room available for booking and an awesome rooftop space for more casual chats.

We also put on a number of workshops and programmes that are organised by us or by other members. We've hosted workshops on everything from meditation and Google analytics to sketchbook art!

Our new flagship programme, Catalyst, is a bit different. It's a three-month programme aimed at supporting mothers who are looking to return to the workforce but are not really sure what they want to do, or what their next step should be. We've come across many women who have lost confidence in their skills and who've found that motherhood has really knocked about their values and goals. Catalyst groups are very small – just six women at a session – and the programme includes a mix of intensive workshops and shorter, peer-circle reflections for inspiration.

What sort of obstacles do female entrepreneurs face when starting a business in Singapore?

For a start, there are technical problems, such as if you're an expat on a dependant's pass, or on an employment pass for a company you no longer want to work for. Some industries can be more challenging than others in terms of registering a business or getting a work permit.

A sports masseuse, for example, will have difficulty setting up as a sole practitioner due to the restrictions surrounding massage businesses. There are many resources, networks and consultants who can help with this though, and I wouldn't look at it as too much of an obstacle. Sometimes, it's a matter of getting out there and finding out how others have made it work, or simply paying an expert to take care of it all for you!

Start-up culture in Singapore is changing, but the tech side is still very male-dominated. Being in an industry where you are a minority can have its challenges, and it pays to seek out role models and mentors that can help.

Sadly, women still receive significantly less funding in the capital-raising stage, despite it being proven that women-led businesses achieve better returns! Singapore-based organisation

Female Founders is leading the way in research and advocacy, and is hoping to drive some policy changes in this area.

As an entrepreneur, what inspires you?

Being surrounded by great women doing exciting things! When I see our Woolf Works members celebrating successes and collaborating on projects, it's a huge boost for me. Also, being around my daughter and son and thinking of the legacy I'm leaving them helps drive me – it also helps squash the mamaguilt that often rears its ugly head!

What challenges did you face when setting up your own business?

I think my biggest challenge at the beginning was having confidence in myself, and acknowledging both my strengths and weaknesses. Once I realised what I could do really well, and what I wasn't good at (ahem, bookkeeping!), that helped me to identify where I needed support. I started reaching out and opening myself up to new opportunities, and that's created a huge shift for me and for the business over the past couple of years.

Being a solo entrepreneur has always been a challenge, as has making all the decisions alone, so it's been awesome to have a strong network of women I can discuss things with. In fact, while I was planning Woolf Works I met with a great group of women once a month; we would talk about where we were at. Just having an outlet like that to voice concerns and talk about my ideas out loud was a fantastic help. That group came together organically from a simple Facebook thread; it's the kind of support many women find useful when they are in a transitional phase.

Whom do you look up to?

Gosh, where do I start? I admire all the mums who take care of their kids at home all day. That is a hard job. I love the strong, outspoken women who are leading conversations around gender issues — women like Sheryl Sandberg, Lena Dunham, Malala Yousafzai and Emma Watson. I also really admire women who are not scared to be authentically themselves — warts and all — and who don't care if they are universally liked or not.

What is your take on juggling multiple roles - wife, entrepreneur and mother?

I think the notion of having it all is outdated. As women and as mothers, we have got to have whatever works for us. Ask yourself: what's the best life fit for you *right now*; a fit that honestly acknowledges that you are a uniquely skilled person beyond being a mother or a wife? Do what makes you happy and gives you a sense of fulfilment first, so that you can be the other parts of yourself without resentment or frustration. No-one, despite how good their Facebook feed looks, has it 100 percent together; everyone is juggling multiple roles and obligations, and it's up to you to find the best way to make it all work for you. α





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266 Adorned in Ambition: We meet entrepreneur Kanika Mittal **269**Feeling Resort: Chic summer style inspiration

277 Time for a Dip: Time to get poolside ready

What's New



Editor's Pick

The perfect sandals in a staple gladiator design, and at the purse-friendly price of only \$79.90? What are you waiting for? Available at Zara.



Exclusive Arrivals

Sprucing up department store **Robinsons** is the fresh addition of 22 new lifestyle, fashion and homeware brands, 11 of which are exclusive to Robinsons in Singapore. New names to shop now include Raoul, Paper London, Comptoir de Famille and Jil Sander Navy: **Visit Robinsons the Heeren at 260 Orchard Road.** \blacksquare



Eco-Fabulous

Bags made of 100 percent water-repellent material? There's plenty of reason to love Kipling's new Kaeon range, and that's just one of them: cool prints, bold block colours and a new light fabric made of 37 percent recycled fibres are the icing on the cake. Our editor's pick? This trendy envelope clutch bag complete with cute, fuzzy keyring (\$205). Available at Kipling boutiques at 313 Somerset, Bugis Junction, ION Orchard and VivoCity.



From Down Under

Founded by savvy Sydney-sider Catherine Shen who missed her Australian fashion labels after moving to Singapore, new online shopping destination **The Well Dressed Society** boasts a collection of luxe Aussie designers such as Sass & Bide, Camilla and Marc, Fella Swim and Bec & Bridge. All pieces, which cover swimwear, resort, evening and work wear categories, have been carefully selected for their light and airy material to suit our sweltering humidity. **thewelldressedsociety.com**

Inspired by the Past

To commemorate its 65th anniversary, Viennese luxury jeweller **Freywille** has launched two collections inspired by ancient Egypt. For the Tutanchamun range, pieces are crafted in gold and bright colours to emulate the decorative trinkets made at the time of Tutankhamun, while the Luxur range draws inspiration from symbols on treasures discovered at the grave of Khnumet, an ancient Egyptian princess of the 12th dynasty. **freywille.com**







Iconic Collab

When a collection combines a style icon's sartorial prowess with the heritage of one of Britain's biggest retailers, you know it's going to be a hit. For Alexa Chung's collaboration with Marks & Spencer, she delved into the company's fashion archives and revamped various styles for the new **Archive by Alexa** collection. "I rummaged through clothing, magazines and amazing old films and cherrypicked relevant items, bringing them back to life for 2016," said Alexa. **Available at M&S stores now.**



Shopping Haunt

Another shopping discovery this month is Haji Lane boutique An-Cee Chantelle. The store carries plenty of long simple dresses, casual cotton numbers and other sweet essentials perfect for Singapore's humid clime. You'll feel cool as a cucumber, even while running errands around town. 47A Haji Lane. an-cee.com





Join the Tribe

Continually inspired by interesting women, designer Lisa Crosswhite's second collection for label Chi Chi von Tang contains 30 new looks drawn from the daily dress of tribal women in Myanmar. "They wore toga-style tops belted with beads, layers of coin chains, hand-loomed turbans and artisanal silver cuffs. They would dress up like this every morning, before labouring all day and then going to sleep in bamboo huts." Available at #01-11 Scotts Square and online at gnossem.com



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ADORNED IN AMBITION

Deciding to take the plunge and switch careers to follow your passion is seldom an easy option, but KANIKA MITTAL, founder of blossoming jewellery label **Taula**, has embraced it with flair. We talk to her on the second anniversary of her young business.

What did you do before starting your jewellery business, and what prompted the change?

Prior to Taula, I worked with a number of global corporations like Discover, PayPal and Visa, largely within the areas of business strategy, finance and analytics. I helped companies grow their bottom line and their international footprint.

Having worked in the corporate world in different countries, I gained an insight into what busy women juggling their personal and professional obligations want and need when it comes to fashion accessories. In the past, I've worked with various jewellers to craft my own contemporary jewellery designs in 18-carat gold. Friends and co-workers showed strong interest in my designs, and after dabbling in jewellery trade fairs, I decided to go full-time and open up my own physical store.

How have things progressed with the label since you first started?

We started online two years ago, and it's been quite a journey! We've since launched our retail store in Singapore, grown our team, established a showroom in New York for US-based stockists and added multiple product lines such as brass and metal, in addition to 18-carat gold and 925 silver. We're fortunate and thankful to have received tremendous support from our customers.

"No business, product or endeavour can be successful without the people it touches."











As an entrepreneur with two kids, how do you strike a balance between work and home life?

I aspire to achieve balance more in the way I approach tasks than in the hours I spend within each of my roles of mum, wife and business owner. I have the freedom to manage my hours, and that helps a lot with the things like dropping my son off at school, helping with his school work and nursing my newborn. However, the time I would have otherwise spent catching up on my rest and friends, is spent entirely on Taula-related commitments.

I've realised and made peace with the fact that I cannot achieve balance every day; based on the need of the hour, one thing may take priority over the other, and that's OK. This is where the support of your partner and a good team comes in. I cannot stress enough how important it is to have a partner who supports you 120 percent with the business and the children, to help you manage what you can't on a given day.

Is there a motto you like to live by?

Yes. No business, product or endeavour can be successful without the people it touches. I am very people-centred, whether it's my customers, partners, suppliers, employees or family. Communication is key, and extending everyone the respect they deserve is absolutely critical. We listen to our customers, engage with our partners, invest in our employees and prioritise family.

Tell us about the different designs we can find at Taula.

We cater to those looking for contemporary yet trendy designs. You'll find colourful gemstones in varying sizes, set in necklaces, rings, earrings or pendants. Colour is one thing that strikes your eye when you see our range – expect to see stones in hues of red, blue, green, pink and much more.

The stones are combined with a variety of metals, whether 18-carat gold, 925 silver or brass plated with yellow, white or rose gold, to achieve a specific look or colour preference and to suit a variety of personal choices and budgets.

Our intent is to keep a wide range so that every customer will be able to find a piece that suits their needs. What's more, we focus on the customer experience, from the design and selection process to the after-care.

Which are your most popular pieces?

Our necklaces are by far the most requested. We carry them in a range of styles and metals including gold, silver and brass, and they're embellished with pretty gemstones such as rubies, amethysts, rose quartz and onyx. They are great for an everyday casual, day-to-night look.

Our chunky agate rings, earrings and pendants are also appreciated by customers for their eye-popping colour and unique stone prints, of which no two are alike. Our Radianz cuff also continues to be a customer favourite. ϵ

#02-49 The Central @ Clarke Quay 6 Eu Tong Sen Street 8480 2849 | taula.com





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- Graduated from the University of New South Wales, Australia (1998)
- 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



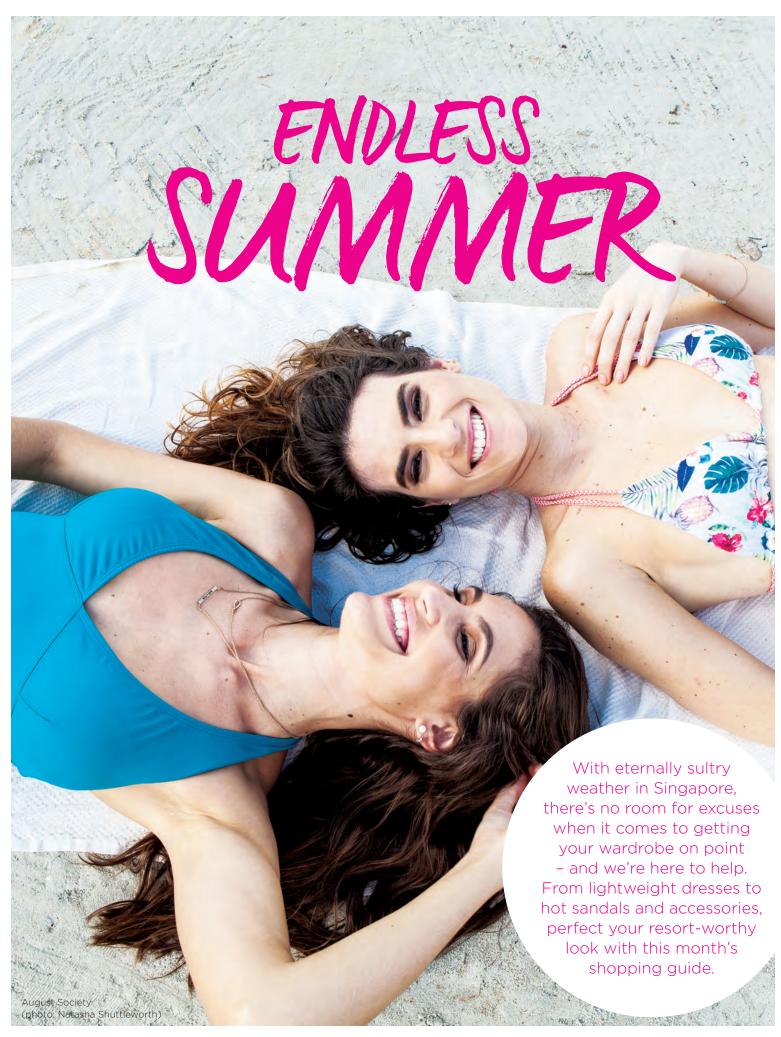
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Dr Cheng SC consults in the following locations:













One-stop FABULOUS

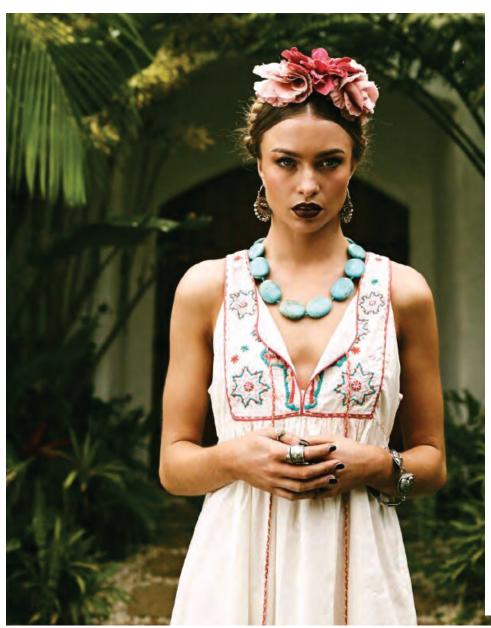
When designer Emma Femminile first moved to Singapore, she saw a real gap in the market for wearable everyday clothing for our tropical climate. Her English summer wardrobe was more suited to an Australian winter; everything felt far too hot! Put that together with Emma's background in interior design — she's always had a penchant for fabrics and geometric patterns! — and fashion label White Ginger was born in 2012.

The label is ideal for on-the-go mums and other women of all shapes and sizes. Its effortlessly chic collections, which include everything from breezy dresses to essential separates, can take you from beach to bar simply by changing your accessories.

Seeing increasing demand for her beautiful prints and designs, Emma decided last year to open her Tanglin Mall store. New garments arrive each week, and you'll also find a range of beautiful jewellery, bags and shoes sourced from all over the world. Ethically produced by Balinese seamstresses in limited quantities, each clothing design is unique to White Ginger, with many of the prints being designed by Emma herself.

#03-04 Tanglin Mall 163 Tanglin Road 6235 0322 | white-ginger.com





MexicanDREAMING

Founded by Tiffany Maughan in 2001, multi-label store Shopping at Tiffany's is a haven for cool, indie brands from Australia, the UK and Asia, with new stock arriving daily. Our editor's pick? The latest collection from Foundling, inspired by ethnic patterns and timeless folk styles – from the Mexican heartlands to the ancient artisanal hub of Java, Indonesia: think tribal designs and cool folk-embroidery. What's more, the pieces are crafted ethically, so you can shop with a safe conscience.

What's Tiffany's favourite piece from the collection? We asked the woman herself, and here's her answer: "This gorgeous shift dress crafted in soft cotton with piped bib embroidery features a traditional Spanish crucifix, a sacred heart and hummingbird motifs. The classic shift silhouette is a wardrobe staple, the quality is premium and it's designed with comfort in mind. It's easy to wear, too; style it up with a simple pair of leather sandals and a tote bag and you're out the door!"

#02-03 Tanglin Mall 163 Tanglin Road

#01-17B Great World City 1 Kim Seng Promenade

8370 8382 | shoppingattiffanys.com

WANT TO WIN A \$250 SHOPPING AT TIFFANY'S VOUCHER? THEN FOLLOW THESE SIMPLE STEPS:

- 1. Follow them on instagram@shopping_at_tiffanys
- 2. Like the Shopping at Tiffany's Facebook page
- 3. Take a picture of yourself wearing an outfit from the store, tag it and use the hashtag #iwentshoppingattiffanys

One winner will be announced every month!



the RUB DOWN

Fashion doesn't have to stop at your wardrobe: these eco-friendly peshtemal towels are trending across Europe and fast gaining popularity across the globe. Crafted from 100 percent cotton hand-loomed in Turkey, they're easy to roll up and tote along in your bag and on your travels; even celebs like Jennifer Aniston and Gwyneth Paltrow are said to be fans.

Available at Singapore-based online retailer Summer Moments in an array of funky styles and fade-resistant colours, they're lightweight, highly absorbent and dry exceedingly quickly, making them versatile for use at the beach, pool, spa or gym, or as a blanket – whatever takes your fancy.

summer-moments.com









SAHA

MULTI-LABEL MECCA

On the hunt for multiple style choices? Take a trip to TANGS, which houses a large selection of chic-casual, beach, swim and glam clothing options from a plethora of international brands. Here are our highlights:

Founded by Australian designer Kaitie Manani, **Vamastyle** produces tropically inspired capsule collections all year round.

American beachwear label **Pitusa** crafts its designs from fine Peruvian cotton in vibrant colour palettes with a signature Inca trim.

Uma and Leopold offers handcrafted pieces that can take a month to create and feature techniques such as kerawang, embroidery, hand-beading and leatherweaving.

Vagabond is a luxe bohemian brand that creates beach towels inspired by nature – from the red rocks of Arizona to the amazing full-colour spectrum of Iceland. Also, the founders donate 10 percent of their proceeds to environmental charities.

Solid & Striped, conceived in New York, presents elegantly simple swimwear and classic loungewear essentials made from fine European and Japanese fabrics.

Mischa, a label which mixes up contemporary and classic design elements, is best known for its iconic hexagon print tote bags and accessories.

MAAJI creates cool reversible swimwear designs so you can create multiple different looks with one piece. Designs are also constructed in seamless materials that don't leave marks or indentations on the skin.

Eden + Elie uses heritage bead-weaving techniques to create jewellery with a modern aesthetic. Each piece is designed, crafted and handwoven in Singapore, using responsibly-sourced materials and miyuki seed beads.

Binary Style was founded by twin designers who say they seek to capture the richness of life, nature and architecture through their scarf designs.

SAHA produces its swimsuits in Colombia from highquality lycra. The luxe designs feature strategically placed mesh detailing that adds a delicately feminine touch to each piece.

PHAX one-piece swimwear is made from a special material called Powernet, which provides supportive shape – great for flattering curvy figures.

TANGS at Tang Plaza 310 Orchard Road 6737 5500 | tangs.com

LABEL LUST





STYLE STEALS

Our favourite resort-worthy buys under \$250



Gold Happiness clutch, Desti Saint, \$199



Lace-up leather sandals, Zara, \$189



Striped shirtdress, Mango, \$69.90



Weekend Riot glasses, Le Specs, \$99, available from thewyldshop.com



Horseshoe dangle earrings, Embrace Jewellery, \$145, available at Level 3 Takashimaya Giftbox section



Tabora 15 sandal, Ecco, \$239.90



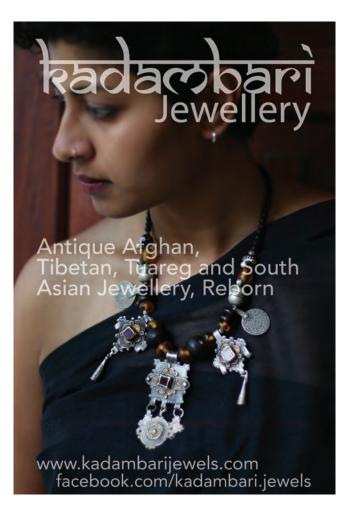
Swimsuit, Topshop, \$63.90

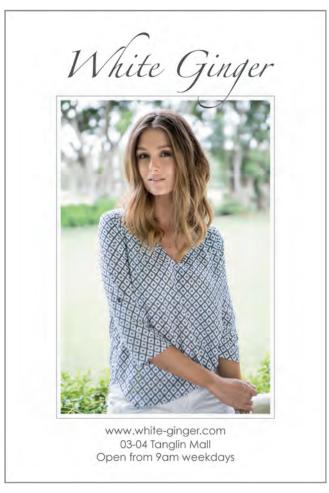


Hat, Helen Kaminski, \$195

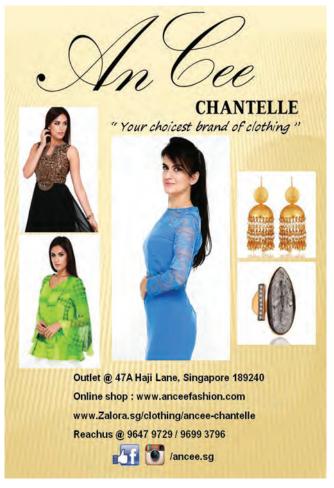


Tie-dye top, Mango, \$95.90











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BEAUTY



286
Every Sun Day: Never leave home without this

292Sexy Summer Hair: It's all about effortless style this season

298
To the Rescue: Let these heroes save your skin

What's New



Bathing Beauty

Turn your shower ritual into a moment of calm with Compagnie de Provence Version Originale bath products. The olive-oil enriched liquid and bar soap as well as hand and body balms are available in scents of Anise Patchouli, Incense Lavender and Black Jasmine and are a joy to use. And our hipster hearts love the minimalistic amber bottles and fuss-free tubes.



Rebuild, resculpt and revitalise your hair with the **Trilogy System** from Chez Vous. Developed with the time-starved modern woman in mind, the three steps of this salon treatment work together as well as individually to inject life and lustre into your hair. The first phase is the Synchronized Advanced Hair Rebuilder (\$155). Using potent amino acids, anti-breakage actives as well as bond rebuilders, this treatment repairs hair to reconstruct bonds and seal cuticles for stronger, more resilient hair. The next phase is the Resculpting Supreme (\$375), which involves the experts first treating your hair with pro-satin, anti-static and silk proteins to eliminate frizz, smooth hair and add volume, and then giving your hair a wash-and-wear style that suits your lifestyle as well as your features. Finally, your hair receives the Express Revitalizing Supreme (\$185) treatment. Fortified with potent skincare actives like hyaluronic acid, peptides and amino acids, the express treatment (only 45 minutes!) revitalises and adds radiance. **#05-05 Ngee**

Ann City Podium, 391 Orchard Road. 6732 9388 | chezvoushair.com

Defence Moves

As we grow older, our skin's ability to hold onto moisture weakens, leaving it dehydrated and prone to fine lines. The new **Biotherm Aquasource Everplump** drenches skin in a wave of moisture with micro-drops that penetrate the dermis to deliver

skin-plumping, sea-sourced active ingredients, hyaluronic acid and glycerin. Together they keep skin fresh and hydrated for up to 72 hours.



Handy Helper

The skin on your hands is one of the biggest giveaways of your age. Exposed to the elements, frequent washing and other daily rigours, it is most likely to display the first signs of ageing. Keep a cream like L'Occitane Almond Velvet Hands SPF 15 (\$36) handy. Packed with almond proteins and sunscreen, it nourishes and tones the skin on your hands while protecting it from the sun.



You could take home one of three self-tan hampers worth \$200 from Tan@Home!

It includes four new products from the mobile tanning service's Glowtanix brand – Instant Tanning Mousse, the Travel Size Instant Tanning Mousse, a Professional Self-Tanning Body Mitt, the 4-in-1 Self-tan Gradual Glow and the Finishing Dust – plus a mobile spray tan gift voucher. Say hello to sun-kissed skin without the damage.

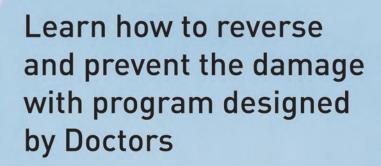
To enter, visit expatliving.sg/competitions _

Stay Hydrated

The key to healthy skin minus lines and wrinkles is choosing the right moisturiser. You want something that is lightweight, but hydrating enough to keep your skin comfortable. The **Restylane Skincare** range features Facial Cleanser, Whitening Day Cream SPF 15, Night Cream, Eye Serum, Hand Cream and Recover Cream. With the exception of the cleanser, each is formulated with patented NASHA technology that features stabilised hyaluronic acid. This crystal-shaped molecule naturally retains water to plump fine lines, improve hydration and maintain the skin's natural protective barriers, for a younger looking visage. \blacksquare



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got your summer makeup needs covered with glosses that drench lips in gorgeous corals and pinks; eyeshadows and liners in velvety greens, browns and golden-beige to play up your peepers; and powder duos that warm up your complexion for a healthy, sun-kissed glow. That's not all - there's also a range of lacquers that come with a new gel top coat for shinier, longer-lasting colour. Simply irresistible!

Eyes Bright

Play up your peepers with RMK's Crayon Color Eyes (\$39) that come in five limited edition shades. The crayon-style tip makes application a breeze for newbies and experts alike, and the soft formula can be manipulated to get either a graphic line or a smudged smoky eye. Go all out and finish your look with W Color Mascara (\$65). It comes with a dual-ended wand, which features two different shades for your upper and lower lashes.

Tame the Mane

Your fight against frizz starts in the shower with John Frieda Frizz Ease 10 Day Tamer Pre-Wash Treatment (\$21.90). Apply evenly from roots to tips and leave on for 10 minutes before you rinse. Follow with your shampoo and conditioner. The



innovative treatment penetrates the hair cuticle to prevent water molecules in the air from disrupting protein bonds and causing hair to frizz. The result is soft, smooth and manageable hair.

So Fresh

Cleanse and purify your scalp – without stripping your hair of moisture with L'Oréal Paris Elseve Hyaluron Moisture 72H. The silicone-free range contains salicylic acid to gently slough off dead cells and product buildup, while hyaluronic acid keeps hair hydrated. Cleanse regularly with the Hyaluron Moisture Shampoo (\$13.90) or Hyaluron Moisture Anti-Dandruff Shampoo (\$9.90), and condition with Hyaluron Moisture Conditioner (\$11.90). Use the Hyaluron Moisture Mask (\$15.90) weekly as a deep hydrating treatment.

Spritz & Go!

Allies of Skin is adding two new products - the Molecular Saviour Toner Mist (\$69) and 1A Overnight Mask (\$109) - to its range. Together with 1A All Day Mask they make up the 24/7 Kit built to equip your skin with the nutrients and antioxidants it needs to rejuvenate and repair itself. We love the Molecular Saviour Toner Mist – it contains rose water with a heavier molecular weight which doesn't evaporate easily and keeps skin hydrated longer. It's just the pick-me-up your skin needs on hot summer days.



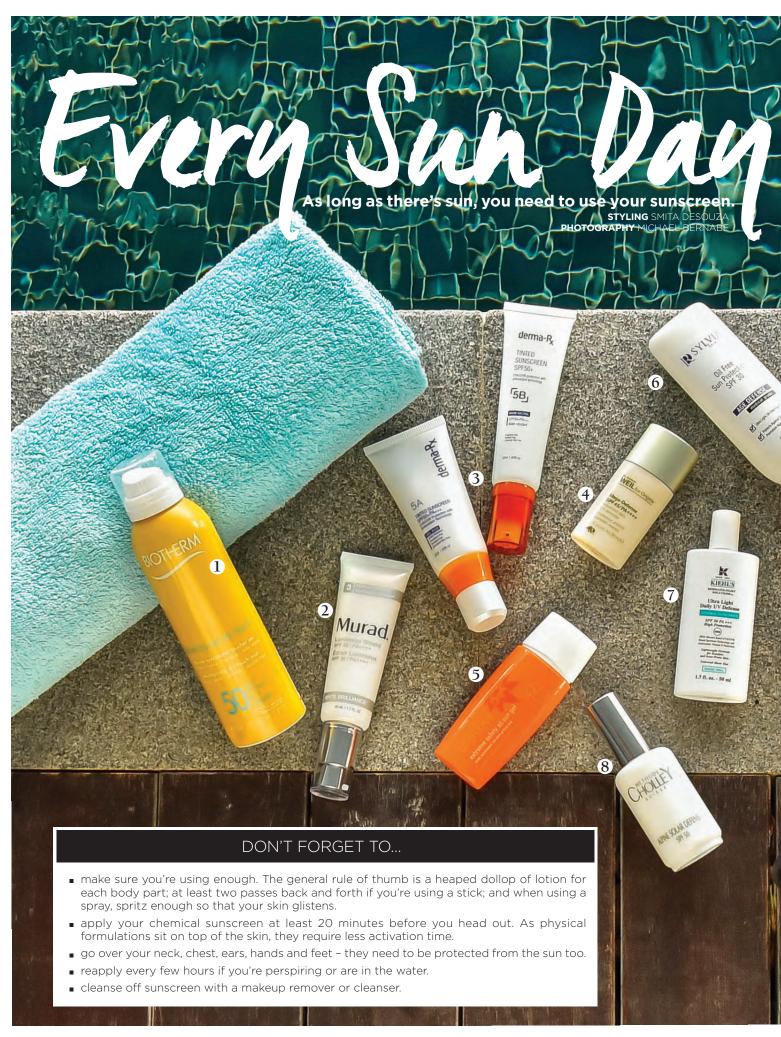


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The Bond Supremacy

BY SMITA DESOUZA

This uber-conditioning treatment rebuilds the bonds in coloured and chemically treated hair to make it healthier, softer and smoother.

If you've ever wondered how celebrities manage to change their hair colour overnight without so much as a dry or brittle strand in sight, we've got the secret for you. Called Olaplex, it's more than just a conditioning treatment, and has been backed by Kim Kardashian as well as a string of celebrity colourists. Hair industry insiders believe this is a godsend for those who like to change their hair colour often.

What's the hype about?

To understand the true power of this game-changing hair treatment, you have to first understand what your hair goes through each time you colour it. Simply put, colouring, perming or heat-styling your hair breaks the bonds within the hair shaft. What Olaplex does is literally reconnect these bonds to make your hair stronger and softer than it was *before* the treatment.



How it works

Olaplex rescues damaged hair through a three-step process. Step 1, the Olaplex Bond Multiplier is added to the bleach or colour used to prevent your hair from breaking or completely drying out. While it doesn't affect the outcome of the colour, it may increase the time taken to process it. Step 2, the Olaplex Bond Perfector is applied immediately after your chemical treatment and left to set for 10 minutes before being rinsed out and followed by a shampoo and conditioner. The Olaplex Hair Perfector, Step 3, is a home care product to be used as a weekly pre-shampoo treatment. This will help maintain and strengthen your hair till you go back to the salon.

Olaplex repairs your hair from the inside by fixing the broken di-sulfide bonds. It limits the damage caused during and after colouring, leaving hair feeling soft, revitalised and easy to manage. While people with coloured hair benefit the most

from this treatment, just about anybody who wants better hair can ask for it. You can even ask for it as a pre-

treatment before your Brazilian Blowout or any keratin-based straightening service.

To find out more, download the Olaplex app from the App Store or Google Play or email olaplaex.sg@ globalstyletrading.com. Look for OlaplexSingapore on Instagram and Facebook to keep up with the latest news. &

olaplex.com





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Tried and . Testec

Is your blonde going brassy? Two of our resident Expat Living blondes tried a few purple shampoos that promise to keep your colour intact. Here's what they had to say.





Amanda

Rebecca

Lakme Teknia Ultra Clair Shampoo was recommended by my hairdresser. I use this once a week to keep the brassiness at bay. It's a really vivid purple and not as thick as the Goldwell one, so I use it less often.

Rated: 4/5 Amanda



My Goldwell Blondes & Highlights Anti-Brassiness Shampoo is good, and fairly gentle on the hair. I like the fact that the conditioner is purple, too.

Rated: 3/5 Rebecca

The new Redken Blonde Idol Custom-Tone Adjustable Color-Depositing Daily Treatment for cool and/or platinum blondes has a lovely texture, but I found it difficult to get out of the pump-style bottle, even though the packaging looked good. I found I hardly needed conditioner. My colour was brighter, but not dramatically so, even when I left it in for at least three minutes.

Rated: 3/5 Rebecca

> I mostly use the Nexxus Platinum Pro Colour Toning Shampoo - it's strong, harder to wash in and does feel a bit harsh, but my hair feels OK after I've used a conditioner. The change is very noticeable - almost like a professional toner. Best to leave it in for at least three minutes – the longer, the better - though it probably does dry the hair.

Rated: 4/5 Rebecca



I use the Goldwell Blondes & Highlights Anti-Brassiness Shampoo once or twice a week, as it's gentle on my hair, doesn't have a really strong scent and is fine to use with my normal conditioner. I don't find that it makes a huge difference to my colour, but it is probably better than just using a regular shampoo every time!

Rated: 3/5 Amanda



The Hair Shop: #05-06 Paragon, 290

Orchard Road

Visage The Salon: #02-11/14 Delfi Orchard, 402 Orchard Road

Trimmings & Spa: 75B Loewen Road Chez Vous: #05-05 Ngee Ann City Podium, 391 Orchard Road

Goldwell Blondes & Highlights Anti-Brassiness Shampoo at

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Nexxus Platinum Pro Colour Toning Shampoo at Trimmings & Spa

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DR. SYLVIA RAMIREZ **Medical & Scientific Director** MD, M.P.H. (Harvard) Fellowship (Harvard) American Board Certified

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Sexy Summer Hair

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The look is carefree and low-maintenance, and ELLIE SAKRZEWSKI of **The Big Blow** shows us how to get it effortlessly.

Undone and beachy looks are hot right now. Think loose, wavy and slightly messy. The easiest way to get this look is with The Surfer Girl from The Big Blow. This kit by celebrity stylist Kevin Murphy contains all you need to create cool, surfer-girl waves. Here's my step by step guide to getting it right.

1. Start by applying Motion Lotion by Kevin Murphy to toweldried hair and blast-dry.

2. Divide the hair into three main sections, one at the back and one on each side. Clip the sides away, leaving the section at the back loose.

3. Starting at the back, take a horizontal section across the top third of the hair. Spray the section lightly with Anti-Gravity Spray by Kevin Murphy, then bunch the hair and attach a clip to it. Repeat with the middle and lower section. Do the same for the sections on the side.

4. Using the lowest air setting and the highest heat setting, gently wave the hairdryer over the head until the hair is totally dry again.

5. Lightly spray with Session Spray and let the hair cool. This will set the hair and hold the waves.

6. Finally, unclip the hair and shake it out for Surfer Girl waves.

Your best styling product would still be a great treatment that keeps your hair in tip-top condition, along with a few other little items to give you a great look for your holiday. Depending on your hair type, there are many different treatments to keep your hair healthy and shiny. My favourite new product for blondes is the Blonde Angel range by Kevin Murphy. It is truly the best blonde shampoo and conditioning treatment I have ever used. It keeps my bleached hair looking perfect, and it also works on brunettes who wish to tone down gold tones.

Available in 250ml and a 40ml travel size, it is perfect for those summer weekends away. ε

The Big Blow #02-21 Cluny Court 501 Bukit Timah Road 6465 4836 | thebigblow.com







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The Dermatology Practice Mount Elizabeth Novena Hospital #07-60/61/62 38 Irrawaddy Road Singapore 329563

Our Doctors



Dr Lim Kar SengMBBS (Singapore), MRCP (UK),
FAMS (Dermatology)

A consultant dermatologist with The Dermatology Practice, Dr Lim Kar Seng has more than 14 years of medical experience both locally and internationally including

centres such as St Vincent's Hospital and The Skin and Cancer Foundation Australia. His subspecialties are in skin cancers, phototherapy and psoriasis.



Dr Lynn TeoMBBS (London), MRCP (UK),
FAMS (Dermatology)

Dr Lynn Teo is a consultant dermatologist at The Dermatology Practice with more than 14 years of medical experience, having trained and worked in London

and Singapore. Her clinical interests are in hair loss and scalp disorders, and in immune system conditions affecting the skin. She has trained in hair transplant procedures and dermatosurgery at Mount Sinai Medical Centre, New York.

Tel: (65) 6694 3290

Email: appt@thedermatologypractice.com www.thedermatologypractice.com



regions.

The quick fix: Shaving

Tackle unwanted hair easily and painlessly in a pinch with a good ol' razor. For a closer shave, exfoliate first with a body brush or mitts to get rid of any dead skin. Choose a gentle exfoliator, though: using a rough salt, fruit or nut exfoliator can cause small tears in the skin that are made worse when you go over them with the razor. Next, use a fresh razor to prevent having to go over each area more than once. Lastly, don't forget to moisturise your skin once you're done.

The quick fix: Depilatory creams

Chemicals in the cream weaken the hair follicles, rendering them soft enough to be wiped away with a cloth. You can use these creams to remove hair from your body, bikini area, underarms and upper lip. You're likely to have the same hair growth, but the texture will probably be softer. Like shaving, you can do this yourself in the privacy of your bathroom, minus the nicks and cuts. The downside, though, is that depilatory creams can be too harsh for sensitive skins and usually have a strong smell.

For longer-lasting results: Waxing

Think of waxing strips as big Band-Aids that pull the hair out from the roots. Afterwards, you're smooth and fuzz-free for up to three weeks. Waxing is especially effective for those with thick, coarse hair and can be used to depilate arms, legs, underarms and the bikini area.

Over time, waxing reduces hair growth. The key is to get it done by a professional. Sylvia's Secrets offers a wide range of waxing services, but is particularly popular for its Brazilian wax.

Therapists trained by Sylvia herself put you at ease the moment you lie down. Using Caron Quality waxes from Australia and a technique honed over the years, they strip away the unwanted hair. First-timers can be assured that extra care will be taken to help you relax before they start. Still worried about the pain? Pop a painkiller an hour before your session.

Sylvia's Secrets, #01-02C HorseCity, 100 Turf Club Road 6465 5338 | sylviassecrets.sg

The long-term solution: Intense Pulsed Light

DOMINIC SEOW of **Visage The Salon** and the team at **EstheClinic** shares the benefits of IPL hair removal treatments.

How is IPL better than shaving or waxing?

Shaving and waxing do not offer long-term reduction or removal of hair. In many cases they can also cause ingrown hair. Depending on how fast your hair grows, you need to shave every three to five days, or wax every two to three weeks. The light used in IPL (Intense Pulsed Light) technology is absorbed by the melanin in the hair and destroys the hair follicles, preventing regrowth.

Is IPL safe for people with darker skin tones?

Most forms of light-based technology are not recommended for removing hair from people with deeper skin tones.

Which IPL technology does Visage The Salon use?

We use the latest light-based technology, called Dynamic Pulsed Light (DPL). It has two functions: IPL, recommended for coarse hair, and DPL for fine hair. For a client whose hair is coarse and dark, the treatment starts with IPL. After a few sessions, when the hair has thinned and become finer, we switch to the DPL function. This dual approach gives better results.

An IPL treatment that is safe for deeper skin tones is the Silky Smooth IPL Hair Removal Treatment. Unlike traditional treatments that deliver a zap of light to destroy the hair follicle, the hand-piece is swept across the skin to gradually raise the temperature of the dermis and destroy hair follicles without damaging surrounding tissue or causing trauma to skin that has more melanin. This means the entire treatment is painless as well as safe for dark or tanned skin.

As the hand-piece is swept across the skin it covers a larger area in a shorter period of time, cutting the number of sessions required to see results. It takes only six to eight sessions to remove 80 to 90 percent of the hair and requires two to three sessions for maintenance over the next two years.

Prices start from \$150 per session each for underarms and bikini line to \$600 per session for full legs. Package prices for six, eight and 10 sessions are also available. &

EstheClinic, 72 Tras Street (6221 4797) and 44 Rochester Park (6254 9913) estheclinic.com.sg



Under sheets

The promise of gorgeous skin lies behind the sheet mask. SMITA DESOUZA introduces the next addition to your skincare regimen.

s it really possible to get better skin in just 15 minutes? The answer is yes. The secret lies in a box of sheet masks. Originally a Korean export (like the cushion compact), these masks are cotton sheets infused with a serum that targets a number of skin concerns, from dehydration to sagging and wrinkles.

Now available in hydrogel and foil versions as well, the biggest benefit of a sheet mask is that it delivers a concentrated dose of nutrients deep into the skin. The occlusive environment means greater penetration of ingredients, so you get results in less time than it takes to watch an episode of Game of Thrones.

To get better results from your sheet mask, it's best to exfoliate first. Sloughing off dead skin means the serum can penetrate better. Adding another serum or ampoule (a serum-like product with a concentrated dose of active ingredients that target specific concerns) before you put on the mask will also boost results. And if you have excess product left over from the mask, apply it to your neck, décolleté, back of the hands, feet, elbows and knees. Used a couple of times a week, these masks are a booster shot to your daily skincare regimen. They're also handy if you're going to spend a lot of time in a plane.



Dr Jart Ceramidin Nanoskin Sheet Mask (\$7)

As you grow older, the skin's natural lipids, called ceramides, become depleted, leading to dryness and roughness that exacerbates the signs of ageing. Aloe vera and panthenol replenish moisture and lock it in while ceramides strengthen the skin's natural lipid barrier to prevent any further loss of moisture. Great for those with naturally dry skin, or skin that has become dry due to age and exposure to the elements.



SK-II Facial Treatment Mask (10 for \$182)

There's a reason Hollywood A-listers swear by this mask. Drenched in Pitera, the brand's signature ingredient that's rich in vitamins, minerals, and organic and amino acids, it boosts the skin's natural rejuvenation process for a plumper, brighter visage that has fewer fine lines. Make like a star and throw one on before doing your makeup for a big night out.

LANEIGE

Perfect Renew Regenerating Mask

second skin mas

Laneige **Perfect Renew** Regenerating Mask (5 for \$52)

Using the brand's patented technology, this bio-cellulose mask revitalises skin and minimises wrinkles. Containing a combination of a flavonoid from galangal (a type of ginger) along with its own Advanced Ceramide Water, which is akin to the skin's natural protective moisture film, it protects skin from environmental damage. Expect hydrated and smooth skin.



Innisfree Second Skin Mask (Brightening) (\$7)

Sandwiched between two mesh sheets is a bio-cellulose mask that fits like a second skin. Once on, expect a relaxing and cooling effect while the ultrafine structure helps moisture to soak in, keeping your skin hydrated. Vitamin C derivatives brighten skin. Perfect for after you've spent too much time in the sun.

Verso Reviving Eye Mask (4 for \$100)

This is for when you need to fake eight hours of sleep in 20 minutes. Patented Retinol-8 (which can be safely used in the day), sodium hyaluronate, grapefruit extract and canola oil effectively penetrate the skin thanks to hydrogel technology that has great dermal affinity. The result: fresher, brighter, younger looking skin around the eyes.



Peter Thomas Roth Un-Wrinkle (6 for \$127)

Treat your skin to this "gilty" pleasure and take a few years off your face in the process. Hyaluronic acid helps retain moisture, while 18 different peptides and neuropeptides, each working in a specifically targeted manner, reduce signs of ageing such as sagging. Lastly, 24-karat gold soothes with its anti-inflammatory properties.

Estée Lauder Advanced Night Repair Concentrated Recovery PowerFoil Mask (4 for \$120)

ESTĒE LAUDER

Advanced Night Repair

Dubbed the Iron Man mask thanks to its metallic exterior, this innovative mask features a dual matrix system that delivers concentrated treatment while forming a protective barrier to enhance penetration of ingredients like hyaluronic acid, ChronoluxCB, lady's thistle, birch extract and magnolia bark extract. Together these plump, soothe, repair and strengthen your natural skin barrier. a



Simply put, that single outing in the sun just added a few years to the age of your skin. And it's not just your skin that's affected. Your hair takes a beating too.

"Sunlight dehydrates the outer layer of your hair, leaving it dull, weak and brittle. When open cuticles (caused by colouring or excessive styling) are exposed to the sun, UV rays penetrate the inner layer making the damage worse," says JACKY DOUGLAS, stylist and colourist at **Expat Hair Studio**.

So what's a girl to do? First things first: cool the body by getting into a **cold shower or soaking in a cold bath**. If you don't have access to either, apply a cold, damp towel to the affected area for 10 minutes every hour. This will help get the heat out.

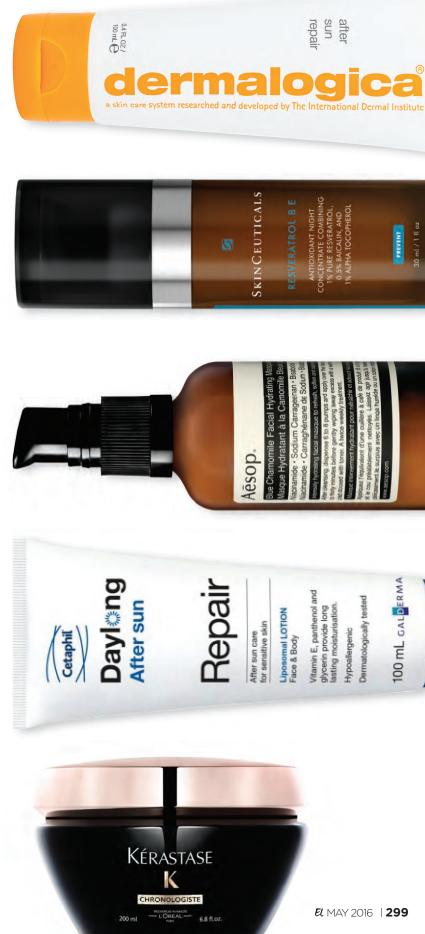
Next, hydrate, hydrate, hydrate. Start by drinking lots of water. Then, replenish lost moisture from your skin with an intense moisturising mask like the **Aesop Blue Chamomile Facial Hydrating Mask**. Its anti-inflammatory and hydrating ingredients include panthenol, witch hazel, bisabolol, rosemary leaf and lavender oils help calm the skin, while strengthening it and restoring its elasticity. **Dermalogica After Sun Repair** also helps to cool the skin, while moisturising ingredients speed up recovery from a burn.

Don't ignore your hands and legs. Heal damaged skin with **Daylong After Sun Repair** that supports the skin's own repair mechanism to prevent it becoming dry and stretched. And treat your hair to a deep hydrating mask like the **Kérastase Chronologiste Crème De Régénération**. Vitamins A and E, ceramides and powerful scalp-regenerating molecules give new life to dry strands while protecting them from further damage.

After too much sun exposure, avoid physical and chemical exfoliators, or anti-ageing skin care with retinol or acids, as they may irritate the skin further. Instead, you can limit the damage with an antioxidant like **SkinCeuticals Resveratrol B E**, which contains a combination of stabilised resveratrol, vitamin E and baicalin. It not only sops up free radicals, but also increases firmness and elasticity by promoting the skin's natural repair system to minimise signs of accumulated damage and strengthen it against further harm. Finally, don't forget to reapply sunscreen the next time you're out in the sun.

Expat Hair Studio 422 Joo Chiat Road 6444 7929 | expathairstudio.com

Cutis Medical Laser Clinics #08-07 Pacific Plaza, Scotts Medical Centre, 9 Scotts Road 6801 4000 | cutislaserclinics.com



When you've gone too far

If you've spent your younger years catching the sun's rays at the beach and enjoying nothing more than lounging by the pool, you could see your freckles turning to permanent age spots and the first signs of photo-damage. In such cases it's best to seek help from the experts.

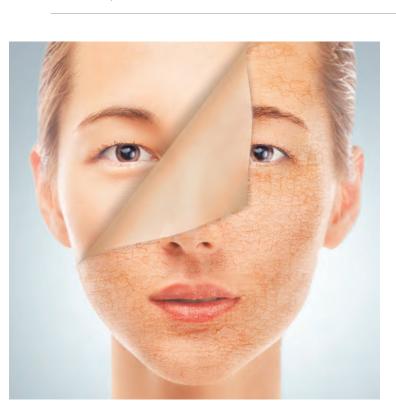
Sunburn isn't the only thing that's causing your blemishes. Other environmental factors, intrinsic ageing, hormones – even your veins – all play a role in causing pigmentation. The good news though, is that it can be treated.

All you have to do is target the root cause. When you are faced with heat, stress or hormonal imbalances, your veins expand, causing a surge in melanin production that manifests in pigmented lesions. The **DrPigment Twin Laser Program** tackles both surface discolouration and the underlying cause of pigmentation.

The treatment involves a two-pronged approach. First surface discolouration is lightened with the Pigment N-Laser. Next, the Pigment Y-Laser uses green and yellow light to target melanin (the main component of pigmentation) and the underlying cause of pigmentation or "growth factor" that lies in our veins. This stops the veins from expanding whenever the body is under stress, and in the long run prevents the recurrence of pigmented lesions.

CSK Aesthetics is offering a starter programme for just \$198 that includes one session each of N-Laser and Y-Laser, available at each of its five outlets. SMS "<N-3>" to 9710 8808 or call 6100 6886 for more details.

6100 6886 | cskclinics.com





According to DR MAYBELLE TAN of **The Belle Clinic**, "Your skin registers every minute that you spend out in the sun, and it has a long memory." Fortunately, it's never too late to start protecting yourself from the sun and stop inflicting additional damage.

The Signature HIFU Advanced Anti-Aging Treatment is one of the ways you can restore sun-damaged skin. The bespoke treatment combines the latest second generation HIFU (High Intensity Focused Ultrasound) Double Pulse Technology with FDA-approved lasers for tightening and lightening. This activates the skin's natural regenerative process to stimulate collagen production, which in turn tightens and lifts while improving skin tone as well as overall texture.

Depending on the areas of sun damage identified, you can choose to have either a targeted or full HIFU treatment combined with a full face laser – all done in a single session. Best of all, you'll experience minimal discomfort and no significant downtime. As collagen continues to regenerate long after the treatment, you can expect your skin to remain more toned, firm and youthful for several months to a year.

The Belle Clinic is at #02-06 Orchid Hotel, 1 Tras Link (Tanjong Pagar). ϵ

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PARIS

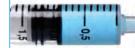
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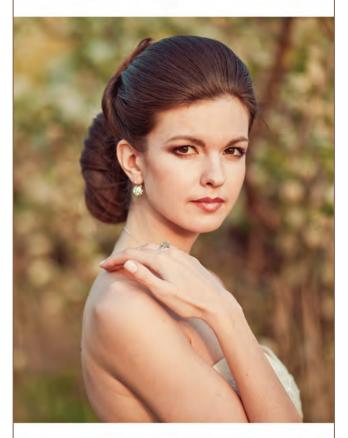
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Need to touch up your roots? Fancy a change? Fed up with your frizz? Need a completely unconventional makeover? Visage specialises in high-lift, blonde highlights. Dominic and his hair colourist recommends them for the following reasons:

- The colour is very light ash-blonde no orange or yellow tones
- Highlights go right to the rootsNo bleaching is used
- All highlights come with a 10-day free touch-up
- 10 day guarantee

And if the Singapore humidity is playing havoc with your straight hair, Dominic recommends his keratin treatments - especially the Brazilian blowout, which doesn't use hair-damaging chemicals and is great for fine or over-processed hair.

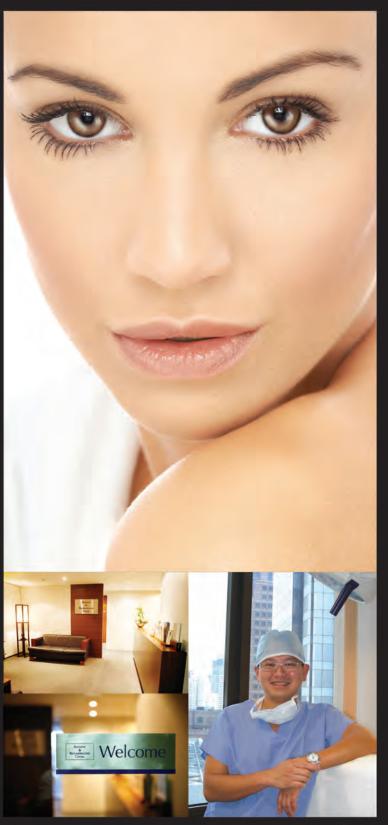
Visage specialises in Caucasian hair.

Visage The Salon

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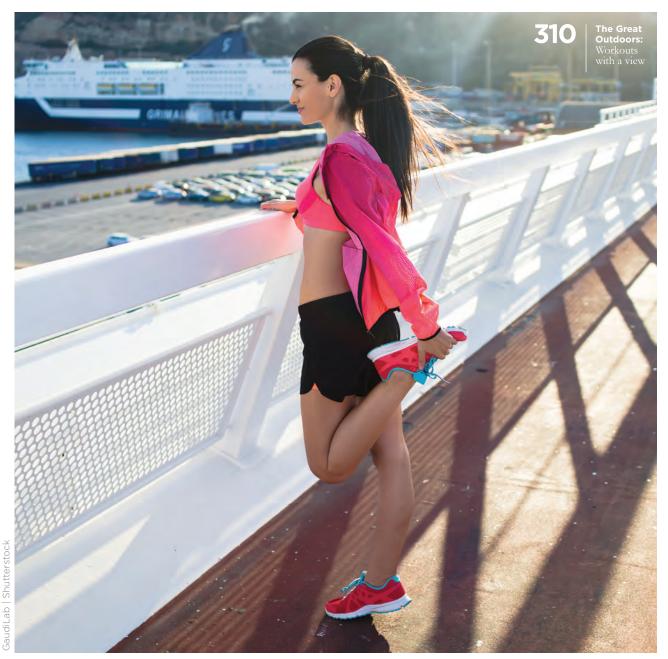
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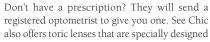
Considering signing up for a marathon? Or enlisting in a boot camp to boost your fitness? It's best to get a **cardiopulmonary exercise test** (CPET) before embarking on a strenuous exercise routine. Not only will it reveal your cardiorespiratory fitness levels, it will also pick up any obstructive coronary artery disease. Additionally, CPET measures your VO2 max – a fitness indicator – and assesses your heart, lung, circulatory and skeletal muscle systems. Book your appointment at The Harley Street Heart & Cancer Centre for a CPET to ensure that you're free of any underlying cardiac risks. It's located at #02-38/41 Gleneagles Hospital (Annexe Block), 6A Napier Road. **6472 3703 | harleystreet.sg**

Pearly Whites

Robin List, founder of **iWhite**, tells us what to look for in an athome teeth whitening treatment:

- Choose a safe and effective whitening product that's free from peroxide and chloride. iWhite is peroxide- and chloride-free, removes stains and shows an immediate, natural whitening effect of up to eight shades.
- Look for one that's easy to use. The iWhite Instant treatment comes with 10 one-size-fits-all soft and flexible trays filled with an innovative whitening gel. All you have to do is put it on.
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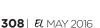
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Hiking

Gather friends or family and head to the Bukit Timah Nature Reserve, Labrador Nature Reserve, MacRitchie Reservoir Park or any one of Singapore's many other trails for a group workout in lush scenery. Everybody wins! You engage different muscle groups all at once, including your core, thighs, calves and ankles, while also building cardiovascular strength and burning calories. At the end of the trail, you'll have improved your fitness and had a fun day out with the family.

Dragon boating

This ancient Chinese tradition is also a killer full-body workout. Paddling one of these boats requires you to use your shoulders, but your back, abdominals, chest, hips and thighs are all engaged as well. Missing practice is a no-no, so you're less likely to skip a workout; and with so many people, movements and paddles involved you will develop a heightened sense of alertness and awareness as you move in sync with your fellow paddlers.

Rock Climbing

If you're looking for something completely different to keep you fit, why not try rock climbing? The SAFRA Adventure Sports Centre has walls of varying heights and difficulty levels including chimney, crack and slab walls. You'll need arm strength to pull your body up while your thighs and

calves simultaneously push you, making it as good as any gym workout. You will also need to concentrate and keep your mind alert as you plot your course to the top. If you prefer the real deal, Bukit Timah Quarries offers routes for the novice as well as the experienced. Just be sure to put on your safety harness before you start your climb.

Stand Up Paddle Boarding (SUP)

This workout looks deceptively simple, but get on a board and you'll need to work muscles you never knew existed. The common misconception is that SUP requires upper-body strength. In reality, you will need to engage every fibre of your core, upper body and legs. A session on the SUP board will help you to improve your balance and overall strength while increasing endurance. Best of all, if you take a tumble, you land in the water.

Wakeboarding and Water-skiing

Two more water-based activities that will challenge your muscles and get your heart racing. Think of wakeboarding as doing squats – on water. It takes significant arm strength to pull yourself up, but your legs too are constantly working and your core is engaged in keeping you upright. Not for the fainthearted, it will take several sessions to build the strength and skill required. Approach with caution! ϵ

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Just when VERNE MAREE thought she knew it all - a habit she's more prone to than most - along came something she'd never heard of before. This time it was UVC, the little brother of UVA and UVB.

he earlier you start protecting your skin from the sun, by which I mean never getting sunburnt, the better. Though I haven't burnt or even tanned my face since my mid-twenties, enough damage had been done by then to cause several assorted lumps and bumps to start popping up during my forties.

And that's why I've just come off a ten-week course of Aldara (topical imiquimod) for a scaly thing on my left eyebrow. The dermatologist described it as an actinic keratosis – left to its own evil devices, it could eventually have become a squamous cell carcinoma. The thing had been niggling for years.

Imiquimod is brilliant, by the way; it works by stimulating the body's own immune system to attack and kill off cancerous and precancerous cells. The process takes anything from four weeks to four months, and the thing you're treating looks far worse before it disappears for good; the location of mine, however, meant I could hide it under makeup foundation and a floppy fringe.

So, that's how I came to hear of UVC last week – from a dermatologist at the National Skin Centre (NSC). Having taken five minutes to check me out and pronounce me healed, he then generously devoted the rest of my \$86 session to advice on sun protection.

<u>NATIONAL SKIN</u> CENTRE

If you haven't yet discovered the National Skin Centre, do keep it in mind. It has that awesome Singaporean efficiency – you book your appointment online, scan your IC card on arrival to get your queue number, wait your turn and sensibly suppress any expectation of social chit-chat and a polished bedside manner.



Regular full-body skin-mapping is a good idea. If your doctor is male and you're not, he'll call in a "chaperone" so as to protect your modesty. It's also possible that a dermatology student may be present, nervously absorbing the wisdom and experience of his senior.

Though your comparatively reasonable bill could be ready for payment within two minutes of closing the consultation room door behind you, be prepared to wait for up to an hour in the pharmacy for your prescription to be filled; the place gets pretty busy. Take a book along.

Best of all is NSC's location in a low-level, older-type building in exotic-sounding Mandalay Road. You can park in the shady open, and it has an alfresco courtyard café that sells yummy yam cakes and the auntie automatically serves your tea already milked and sugared.

UVC

It was a perverse relief to find that my all-Aussie co-worker Kate Roberts, a committed slip-slop-slapping mother of two, hadn't heard of UVC either. Let's start with a boring but blessedly brief recap of its more famous siblings:

- 1. All bands of UV radiation will damage collagen fibres and accelerate skin ageing.
- 2. Both UVA and UVB destroy photo-protective vitamin A in the skin, thereby causing further damage.
- 3. UVB (the one that enables essential vitamin D production) is also responsible for visible sunburn and for the direct DNA damage that causes skin cancer.
- 4. UVA, long thought to be harmless, is now known to cause indirect DNA damage that causes skin cancer, especially basal cell carcinoma.

As opposed to long-wave UVA and UVB, UVC is short-wave. One internet source bills it as "the highest-energy, most dangerous type of ultraviolet radiation", causing skin cell mutation and cancer. Normally, however, UVC is stopped short by the ozone layer – which also limits UVB and has been described as the earth's sunscreen. But in the areas worst affected by ozone-thinning, including parts of Australia, New Zealand, Chile, Argentina and South Africa, that might not be the case, as the NSC dermatologist warned me.

Especially in those areas, he advises wearing a shady hat, using an umbrella and generally covering up. Lotions with broad-spectrum SPF will shield you from UVA and UVB rays, but not necessarily from UVC; but physical barrier creams such as titanium oxide will do so, and their chemicals won't be absorbed through the skin.

Any drawback? From my point of view, covering all exposed skin daily with a

visible layer of white is just not a good look; unless you're Undead, perhaps; or from Myanmar, where it's de rigueur to smear a creamy bark-paste on your face.

The bright side...

Fortunately for worrying types, there's plenty of reassuring information out there, too. One site (hsp.org) reckons that UVC radiation has not been shown to be a cause of cancer. Not only is most of it dissipated by atmospheric gases before it gets to us, but the dead skin that covers most of our body is perfectly able to absorb whatever filters through.

Interestingly, too, UVC is used therapeutically for its germicidal properties, especially in hospitals where the spread of harmful bacteria is an ongoing horror story.

What's more, there's almost general agreement that humankind has managed to bring ozone depletion under control since the 1987 Montreal Protocol by

reducing the use of spray-cans and refrigerants. The "holes" should have just about closed up by around 2065, or at least by the end of the century.

... or not

"Almost" general agreement? Well, a number of scientific studies say it's too soon to claim success in reversing ozone depletion. The jolly folk at geoengineeringwatch.org, in fact, flatly state that mainstream reports of ozone recovery are totally false, and that we are being lied to "on every level and at an unimaginable degree".

Even funnier – depending on the blackness of your sense of humour – is one of the links between the ozone layer and global warming. Some scientists fear that restoring the ozone layer to its previous state could have the side-effect of boosting global warming. Ozone, you see, is itself a greenhouse gas.

Sleep well tonight. &



Out of Sight, out of Mind?

BY VERNE MAREE

Out of sight often does mean out of mind - and with potentially disastrous health consequences. Fortunately, there's a host of global researchers looking into so-called "silent killers" like colorectal cancer. They're developing improved medical and surgical techniques, not only to cure disease but also to detect it before it becomes life-threatening. We asked colorectal surgeon DR QUAH HAK MIEN to tell us more.



Quick keyhole cures

Even during the course of his own career, the relatively youthful Dr Quah has seen great advances in **laparoscopic surgery** for digestive conditions, colon cancer and rectal cancer – "dramatic improvements in the way we treat patients," he says.

In the past, patients could expect a long midline incision – 15cm to 20cm or more, a lot of pain after surgery, a couple of weeks in hospital and a couple of months of recovery before going back to work and normal life.

"But with laparoscopic surgery," he explains, "all we need is a few keyhole incisions, half to one centimetre in length. Using long surgical instruments, we're able to perform exactly the same op, but it's done internally. There's far less pain, you don't need much morphine, and you're up and about a lot faster."

Camera, lights ...

It's not just the tininess of the incisions, it's also advances in the **telescope cameras** used for internal investigation, and for

surgery such as removing part of the colon or rectum; or, nowadays, even for "minor ops" like hernia repair and appendicitis.

"Nowadays," says Dr Quah, "we have the advantage of HD (high-definition) cameras that give us a good magnified view, better than what we'd see with the naked eye. This means we can be even more precise, which results in less bleeding, less collateral damage to surrounding tissues and organs and, again, better and quicker recovery. With less pain, the body bounces back faster."

Enhanced recovery

In tandem with laparoscopic surgery, he tells me, most surgeons nowadays institute an **enhanced recovery programme** (ERP). Long, painful recovery periods expose patients to infections, such as lung infections because they can't breathe well; or to DVT, because they're immobilised in bed; not to mention the high risk of cross-infection in hospital.

In contrast, an ERP encourages patients to get up and walk as soon as possible,

so they breathe better, their circulation is better and they feel better; and when they feel better, their bowel and digestive system recovers faster.

Colonic stenting

A major complication of colon cancer is that the growing tumour narrows the colon, causing a bowel obstruction and leading to a surgical emergency with all its associated risks, including days or weeks in the ICU. In these cases, the bowel is so swollen that surgery is challenging and the chance of complications is high.

Much like coronary artery stenting, **colonic stenting** of the narrowed colon with a self-expanding metallic stent that gradually opens up the blockage, allows stuff to flow through, and converts the case from an emergency to a far safer elective surgery that can be performed at a convenient time. Best of all, the stent is placed by means of a colonoscope – no open surgery is involved.



Consultant gastroenterologist DR ANDREA RAJNAKOVA, who spends quite a lot of time at the external end of both gastroscopes and colonoscopes, clearly enjoys her work in the fast-changing, dynamic fields of gastroenterology and endoscopy.

"Our understanding of peptic ulcers (gastric and duodenal) has continued to make huge strides in the past 25 years or so," says Dr Rajnakova. "Not only have the drugs improved – the newer generation of **proton pump inhibitors** (PPI) like omeprazole, esomeprazole pantoprazole and so on are more effective than H2 blockers like Tagamet or Zantac – we now know that the majority of duodenal ulcers are caused by an insidious bacterium called Helicobacter pylori, or H. pylori, that can be cured with a course of PPI plus antibiotics."

How is H. pylori is spread in the first place? And why does it often persist even after treatment? She explains that, though the infection is not endemic in Singapore, it is fairly common in the region; and it gets passed on between people who live together. Usually, we are infected during childhood, but the symptoms may appear decades later. Fortunately, the incidence has decreased over the past several years because of improved sanitation and hygiene.

"At the same time, complete eradication has become trickier recently," she notes, "and that's because of the bacterium's resistance to the antibiotics we use, caused of course by the too-widespread usage of antibiotics. That's why it may be necessary to undergo several courses of eradication treatment."

Once again, we're back to the old truism: prevention is better than cure; and the answer does not lie solely in

drugs. Instead, the key to a healthy gut and good digestion is to have a healthy microflora that includes plenty of the "good" bacteria that protect us from the bad guys. Many ancient cultures have their own dietary wisdom that supports gut bacterial health, from Middle Eastern yoghurt to Korean kimchi, Chinese fermented bean-curd and Japanese miso. For the best results, of course, we'd be eating it straight from the source, freshly made instead of processed.

Endoscopic advances

The modern endoscope – a long, thin, flexible tube with a camera and light on the end that's inserted through a bodily orifice – is a very sophisticated medical device with multiple purposes. It has several working channels used for inserting tiny instruments for taking tissue samples, or for surgical therapy such as polyp removal or cauterising a bleeding ulcer.

"Endoscopic image clarity is one of the most important improvements we've seen," says Dr Rajnakova. "Most endoscopes now have special image enhancement technology such as narrow band imaging, where a white light is filtered and only very narrow wavelength is projected. It helps us to differentiate lesions as benign, precancerous or cancerous, and to obtain an accurate tissue sample for further microscopy." Another image-enhancing modality called confocal endomicroscopy even

allows the visualisation and exploration of individual cells!

"Another exciting innovation is our improved ability to stop bleeding from ulcers and apply special clips (stitches) that are inserted over the endoscopes like an endoscopic suturing devices. Together with our ability to remove large polyps or superficial, early-stage mucosal tumours during gastroscopy and colonoscopy, it has helped many patients to avoid surgery."

New techniques introduced during the past decade include **endoscopic ultrasound**, single and double **balloon enteroscopy**, capsule endoscopy, highresolution manometry, and more. Still under development is the emerging new field of **natural orifice transluminal endoscopic surgery**, which enables the removal of organs such as the gallbladder or appendix via natural orifices such as the mouth, meaning totally scar-free surgery.

Looking forward

It's an exciting time for her field, says Dr Rajnakova. As a doctor, she revels in her hands-on experiences with the new technologies in endoscopy and treating patients with newly developed medications, together with advice on nutrition and diet.

"The privilege of using modern advances, approaches and technologies in our daily clinical practice translates to major improvements in patient care," she concludes. α





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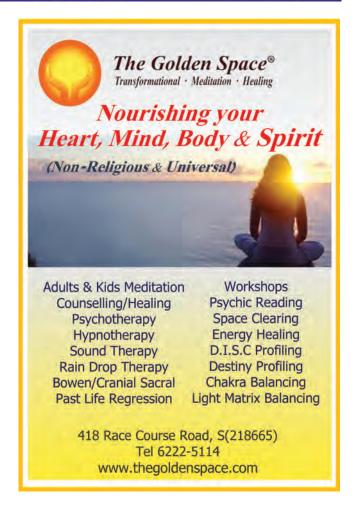
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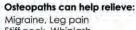
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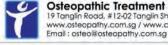
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TAURUS APR 20 - MAY 20

It's matters of the heart that we are dealing with this month. For instance, you may receive a confession of love from someone, or have a family member pour out their emotions as to how they feel about you or something you've done. If it's a confession of love, unfortunately it may not be from the one you were hoping to hear it from;

not be from the one you were hoping to hear it from; you could either invest some time in this person to see if romance blossoms, or you could just move on. As for the frank words from a family member, they may cut like a knife but they will also allow you to reassess your relationship with him or her. Now may be the time to rearrange your priorities with your family members in general.

GEMINI MAY 21 - JUN 20

May is an excellent month if you are aspiring to be your own boss, or if you already are. You have reached

a stage in your life where it becomes crystal clear as to where your passion lies. It's a very exciting time as creative Geminis conjure amazing ideas to drive their big plans ahead. It's all about doing it now – you don't just *think* about doing it, you set the ball in motion. And while Mercury in retrograde may at times hinder your progress, fret not! Plod on and things will reveal themselves by the last week of the month.

CANCER JUN 21 - JUL 22

Brace yourself, as there is another lesson to learn this month. However, when all ends you can breathe a sigh

of relief! Achieving success in life or harmony in your relationships can never be achieved on your own. You may find yourself in the centre of trying to calm situations and bringing people together. You embrace both the dark and the light aspects of yourself and realise that they are what make you *you*. It's all about creating harmony within yourself as well as among others around you, and it's through this process that you realise how important it is for you to weave a fabric of interconnectedness with everyone in your circle – and vice versa.

LEO JUL 23 - AUG 22

You have waited for some positive news for some time now, and it seems like May is going to be your month! Things are finally moving

in the direction you've hoped for and you see your wishes coming true after many months of trying hard. You get to enjoy the fruits of your labour by pampering yourself for a change – this could be anything from getting yourself a new car to doing up the kitchen. It's fantastic that you've got to where you want to be, though just be aware that you need to keep at things to maintain this level of success. So keep your feet on the ground while celebrating this month!

SCORPIO oct 23 - NOV 21

A kind of a happily-ever-after theme is going on this month. The worst is over and you can finally set your mind at rest. Your wishes are granted this

May in the form of someone seeing your value and deciding to invest in you. It's a perfect marriage, also allowing you to find your connection with your "soul mate", which could be in the form of a person, a career, a business or a challenge. Things could not be smoother, so embrace this moment fully and remember to acknowledge your hard work in getting to this stage.

AQUARIUS JAN 20 - FEB 18

Don't drag out your procrastination too far this month. You are very close to completing your task or reaching your goal. You might have made some mistakes, burnt some bridges

or lost some money in the process, but you can't give up now. Feeling distressed over your loss isn't going to help you. And if you sit on things too long, you could miss the boat, and have to start all over again. So, whatever it is that knocked you over, rise to it, face it and fight on.

VIRGO AUG 23 - SEP 22

You're looking to lie low this May, for some introspection and analysis to help you understand how you have come to your present situation. Sudden changes may arise that need your attention and action, but you will need to find a balance when it comes to getting more information before you make a decision. Things might get frustrating at times as you try to divide your time between solitude and taking stock of life, and attending to day-to-day activities that need your undivided attention. Your desire to slow things down might also be due to Mercury being in retrograde. The pace of life should go back to normal by the end of the month, so just hang on!

SAGITTARIUS NOV 22 - DEC 21

You enjoy being in control, and when your boat gets rocked it makes you nervous. You have generally been in charge and don't feel comfortable having it any other way. However, circumstances may change for you this month. Life can't always be cosy. Changes will take place so rapidly that you'll have no time to think before accepting them, and so your mood will be all over the place. The gist of all this is that things aren't going to go as planned. But take it as a test of your resilience, and of your reliable ability to shine in whatever tasks or challenges are put before you.

PISCES FEB 19 - MAR 20

This is an exciting month for Pisces, and you'll feel full of energy to go ahead and take on the world. You might have a

lot going on at the same time – a move, a career change or even taking on a new pet, for example. All this could get overwhelming, though, so do accept help where you can; there's no shame to this. There will come a stage when devoting your attention to one thing at a time might be ideal so as not to waste your energies. So pace yourself and don't let the excitement get to you.

LIBRA SEP 23 - OCT 22

You have finally come full circle this month. It's been a hard battle to get to where you are now. And there is still more energy left in you to pursue further challenges. Whatever you've been working on will see success or receive lots of praise, driving your energies to carry on the pursuit. However, be sensible when spending your energies. With the Mercury retrograde in motion, you may be faced with lots of stagnation, resulting in your emotions becoming erratic. This isn't ideal, especially when you should be basking in the glory of your success. So, wherever you can and especially when things don't go your way, take a back seat and analyse rather than pressing forward.

CAPRICORN DEC 22 - JAN 19

A confrontational May awaits you, Capricorn. Relationships yith friends and family will be tested. Things have been brewing, and you have sensed this yourself for guite some time. You will need to decide which paths you wish to take with these relationships. It's a very unpleasant time to be in, as your emotions will be erratic and you may at times find yourself in a battle-like atmosphere with the people in question. So be focused and clear with your actions this month. In addition, Mercury is in retrograde this month, so be patient and don't let exchanges of words get to you. Remember, there's a tendency for words to be miscommunicated and misunderstood this month.

ARIES MAR 21 - APR 19

You are motivated this month to be a better person. This could be in the form of providing for the family financially, or just giving emotional support by making an effort to be more available and listen more. As for being a better financial provider, good news is on the way, perhaps in the form of a new job opportunity or an investor who sees value in you and your ideas and decides to give you the cash to kick off your business or grant you that dream job. With Mercury in retrograde, things won't always flow smoothly, so expect some obstacles along the way. But if you stay aware and don't allow yourself to be brought down by them, you should have a rather productive May.

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Starting School

BY AMANDA BROAD

y Little Miss started at her big brother's international school today. Up until now she's been going to a small preschool that has a good mix of locals and expats. The problem is that it only caters for up to four-year-olds. And so we have made the move to an international school, in the lead-up to her fourth birthday.

I don't know if it's because it's just not something I ever envisioned, but I find seeing my babies all dressed up in uniform at the age of three so unsettling! With my relaxed Aussie upbringing and public school education, I never thought I would put my kids into a private school—let alone at three years old, and in another country! The floppy hats, button-up shirts and dresses, and little black school shoes, with fees to match; as my husband said when he saw the "infrastructure fee": "How much finger-paint can she use?!"

A lot has been going on in our lives lately. In between planning for overseas visitors, work and medical dramas, I hadn't really been thinking about the actual physical notion of Little Miss going to school. Until that day arrived.

The morning of her first day, I checked my email (so organised!) and found it was PE day. I helped her get dressed in the sports uniform of shirt and shorts (complete with tantrum because she "didn't want to look like a boy"), and I struggled to gather her unruly curls and have them brushed into a respectable 'do. I helped her with her shoes, and we packed her lunch into her little pink backpack. I held her hand in the taxi and watched her gaze out the window. And



then it hit me, like a physical blow: my baby was going to school.

I love her teacher, and she reassured us all as Little Miss skipped in, waving to newfound friends and insisting she build with blocks. With a quick kiss I was out the door, and husband off to work. And so I found myself with a day stretched out, nothing to do, and wishing I had held that little hand a bit longer that morning. And every other morning before that one.

Little Miss has always been

independent. Until one in the morning that is; then she creeps in to my side of the bed, snuggling into me, little arms twisting around my neck as she snores softly in my arms. I can't ever sleep when she is

like that for fear of squashing her, and there are times when I have wished she would stay in her own bed. But not tonight. If she sneaks in tonight, I'll be holding her that little bit tighter, breathing in the smell of her hair that little bit deeper.

It's been a great reminder of the old cliché that this time in life really does go so quickly. Although we're all busy, sometimes it takes a milestone to remind us to just take a minute. α

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