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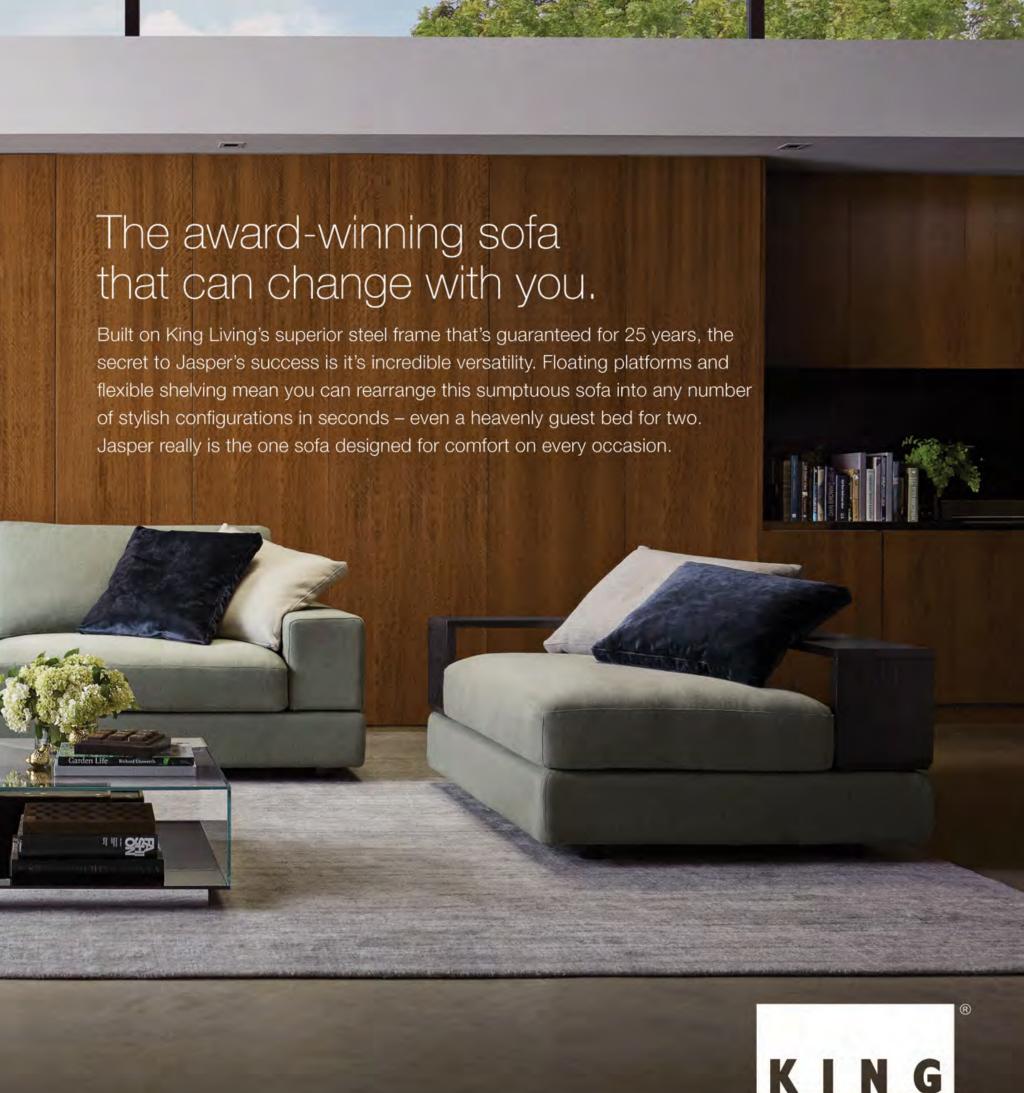


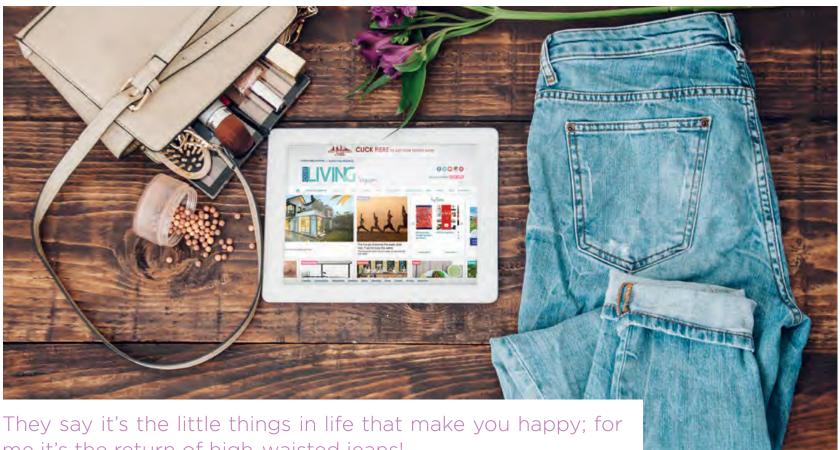




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me it's the return of high-waisted jeans!

I never thought the whole hipster, skinny-leg thing worked and there are few women that it flatters. (Just to clarify, I am not including men in this opinion; even Tom Selleck looked odd in high-waisters.)

So I've been and bought a pair of "boyfriend" jeans and my stomach is now neatly contained and belted! This also coincides with me having had some fat freezing done on the area. (Look out for the story online - it will read "No pain, no gain" or something similar...) So there are two reasons why I now have a waist. It's quite exciting!

This may be sounding rather shallow - there are obviously much more important things happening in the world. And I do have other things in my life that make me happy, but those low waists seem to have been around for a very long time.

We want to know what makes you happy, so we're going to be asking a few questions over the next couple of months and you could win some great prizes. Just log on to expatliving.sg regularly to be part of it.

If you entered our 2016 Photo Competition, it was another year of great entries and a close call to pick a winner. The results are now out, so do check to see if you won the fantastic four-night stay in the Koh Samui villa. If not, we hope you enjoy whatever holiday you've got planned, whether it's a short break or a longer trip.

And if something's not going your way, just remember: everything (including fashion) is cyclical – you just have to have patience!





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GET RID OF VARICOSE VEINS SPIDER VEINS HAND VEINS FACIAL VEINS

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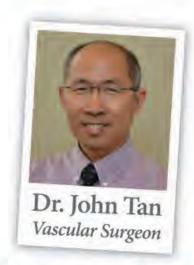
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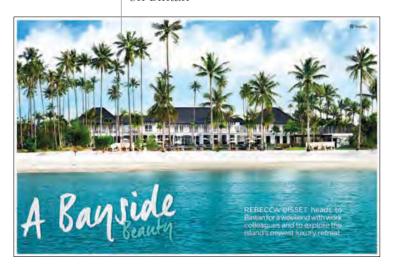
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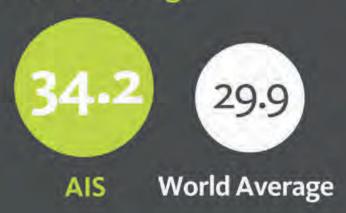
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What's New





Fluttery Fun

What on earth is a Great Mormon? How about a Red Helen, a Swift Peacock or a Clipper? To find out, head to the Science Centre Singapore's newest exhibition, Butterflies Up Close. Not only can visitors see 500 beautiful butterflies from more than a dozen species fluttering by, but they can also learn, in simple terms, about the metamorphosis of the butterfly from egg to insect. \$10 (excluding general admission). science.edu.sg

Inspiring Action

Are you a budding social entrepreneur? Project Inspire: 5 Minutes to Change the World is an initiative that wants to hear about your programme, product or system that is changing the world by empowering women and girls through safety and security in the areas of health, financial inclusion, urban design, education and more. An initiative of the Singapore Committee for UN Women, together with MasterCard, this award-winning project offers 18- to 35-year-olds a five-minute platform to pitch their inspired idea, for the chance to win a prize of US\$25,000 to make that idea a reality. Entries close 1 July. **projinspire.com**



Culture Shot

One way to beat the summer heat and get a dose of culture at the same time is a visit to the National Gallery (in the redeveloped City Hall and Supreme Court buildings, overlooking the Padang). Picasso, Kandinsky and Matisse are among the artists whose priceless works are currently on show alongside pieces by their Southeast Asian contemporaries such as Le Pho, Affandi and Georgette Chen at the **Reframing Modernism** exhibition. Afterwards, we'd recommend lingering for a few hours at one of the Gallery's great cafés, restaurants and bars. Until 17 July. nationalgallery.sg





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This Month

SHOPPING & FAIRS

Volcanic Wine Tasting with Bacco (9 JUN)

Mark this one in the diary, oenophiles! Bacco is hosting an informal wine tasting event, with homemade snacks and stories about the wineries and grapes. The theme is "volcanic wine", so the team will be opening mouth-watering mineral vino from an extensive collection of boutique Italian wines for you to try. #02-09 The Herencia, 46 Kim Yam Road. baccowines.com

Singala II (9 JUN)

The fabulous Singala fundraising gala is back, in support of St Joseph's International School's Scholarship Programme. Individual tickets and tables are available for purchase now via the website, or you can email ursula.ryan@sji-international.com.sg for more info. The Singala dinner last year was a huge success, raising a massive \$719,000 for the scholarship fund. **Goodwood Park Hotel. ji-international.com.sg**

Singapore Coffee Festival (9-12 JUN)

Coffee lovers and enthusiasts will enjoy Singapore's very first festival of coffee. Whether you want to learn how to make the perfect coffee or try different types, you can experience everything at this special event, through its showcases, educational sessions and, of course, a lot of coffee! Tickets from Sistic. F1 Pit Building, 1 Republic Boulevard. sgcoffeefestival.com.sg

SAFYC Flea Market (25 JUN)

Calling all flea market enthusiasts! Buy a bargain (everything from books to small plants) or sell your own wares. Tables are just \$10 if you want to participate as a vendor. SAFYC Sembawang Clubhouse, 43 Admiralty Road West. eventbrite.sg | membership@safyc.org.sg

Yummy Food Expo (25-28 JUN)

Free food anyone? A spin-off from the World Food Fair and the Food & Beverage Fair, the Yummy Food Expo lets you sample new foods and beverages, and also get some great deals at the same time. Free admission. Singapore Expo, Hall 6, 1 Expo Drive. facebook.com/SingaporeFoodShows

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 that will keep the kids busy! Singapore University of Technology and Design. makerfairesingapore.com



SPORTS & FITNESS

DBS Marina Regatta 2016 **(4-5 JUN)**

Watch dragon boat teams battle it out against the backdrop of Marina Bay. This year marks the debut of Southeast Asia's tallest inflatable waterslide and Singapore's only pop-up urban beach. Sounds fun! The Promontory @ Marina Bay, 11 Marina Boulevard. dbsmarinaregatta.com

Tri-Factor Bike & CycleRun Challenge (5 JUN)

For those who enjoy cycling with a beautiful city skyline view, this is your chance! Not only are there four different routes and distances to choose from, you can also gather three other bike enthusiasts for the four-member rally race. All participants get a goodie bag, and finishers also receive a medal. Register to enter or turn up on the day to support the runners. Republic Avenue and Nicoll Highway. Register at trifactor.sg.

Armour @ The Bay 2016 Edition **(7, 14, 21, 28 JUN)**

Fitness lovers will be delighted to hear that Under Armour has teamed up with Virgin Active and Urban Remedy to launch a new fitness programme. Every Tuesday evening, join the fun and free workout sessions accompanied by chart-topping music. Clifford Square, Fullerton Bay, 82 Collyer Quay. pamela@blessinc.net

Mileage Family Day Run (19 JUN)

Celebrate Father's Day this year with a family run! Training with your kids means you'll spend more time with them and build some lovely memories to boot. Kick-off is early: 7.30am, but that leaves plenty of time for a slap-up brunch afterwards. Pasir Ris Park. mileage.sg



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Pledge Your Heart Walk 2016 (25 JUN)

To increase awareness of the dangers posed by cardiovascular disease, Singapore Heart Foundation's Go Red for Women (GRFW) campaign returns this year with this walk to encourage women and their families to take active steps towards a heart-healthy lifestyle. Marina Bay Waterfront Promenade. Register at pledgeyourheartwalk.sg. info@pledgeyourheartwalk.sg

The Performance Series (Race 2) (26 JUN)

As part of the aim of The Performance Series (TPS) to create a national movement to promote a more active and healthier lifestyle, this month sees its second race for 2016. With five races to choose from (including a stair race), runners can enjoy iconic vistas of Singapore while pushing their bodies and minds to the limit. **Jurong Lake. theperformanceseries.com**

MUSIC, DRAMA & THEATRE

Damien Rice (4 JUN)

If you've heard the music of Damien Rice, you'll probably agree that his lyrics are heart-rending and his voice unforgettable. On this, his second visit to Singapore, the Irish singer-songwriter, who is accomplished on piano, guitar, clarinet and more, is playing a one-night-only show at **The Star Theatre**, **1 Vista Exchange. sistic.com.sg**

Gentle Bones (11 JUN)

Due to popular demand, Singaporean singer-songwriter Gentle Bones, best known for his singles "Until We Die" and "Settle Down", will be performing a second show at The Esplanade Concert Hall. Hurry, though – the June 10 show sold out quickly! Tickets from Sistic. **Esplanade Concert Hall**, **1 Esplanade Drive**.

Anderson & Roe Piano Duo: The Forte Awakens (16 JUN)

In this one-off performance, Greg Anderson and Elizabeth Roe, nicknamed "the Fred Astaire and Ginger Rogers of the keyboard", will be performing various classical pieces plus their renowned *Star Wars*-inspired works. Tickets are \$38. **Esplanade Concert Hall. esplanade.com/whats-on/category**

Neil Zaza Live (16 JUN)

Neil Zaza, an instrumental guitarist who is known for his catchy song-writing, keen melodic sense and technical fury, and who is credited with having helped shape the genre of melodic instrumental guitar, performs live in Singapore this month. Fans will be keen to hear that he is also conducting a guitar workshop and competition. Tickets from Sistic. **Esplanade Recital Studio**, **1 Esplanade Drive**.

Singapore Theatre Festival 2016 (30 JUN - 24 JUL)

Wild Rice presents a thought-provoking theatrical event that celebrates new and original Singaporean writing. There's plenty on offer at this annual Festival that celebrates both known and aspiring talent. Tickets are \$35 to \$130. Lasalle College of the Arts. 1 McNally Street. wildrice.com.sg



FAMILY

Hanà e Momò (UNTIL 5 JUN)

Part of the Act3i Festival for Children, Hanà & Momò is an adaptation of a fairytale by Germanborn Swiss writer Hermann Hesse. It's the story of two girls who meet for the first time and how they discover happiness through doing things together. Recommended for children aged three to 12 years. Tickets (from \$28) from Sistic. Visitors Centre @ Drama Centre, National Library Building. act3international.com.sg

Aviva Superfundae 2016 **(4 JUN)**

Whoever said playtime was only for kids? This June school holidays, head along to the 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 to connect through play. Tickets from Sistic. **The Meadow, Gardens by the Bay.**

Marmalade - A Festival for Children (UNTIL 5 JUN)

This festival, aimed at two- to 12-year-olds, 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. Tickets from Sistic. **Drama Centre Black Box.**

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 make you wish you had a friend just like him. Tickets (from \$65) from Sistic. **Grand Theatre**, **Mastercard Theatres at Marina Bay Sands**.

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CHI

DID YOU KNOW?

If you're travelling overseas in July/August, it's a good time to check your vaccination records. For example, get your flu vaccine up to date, especially if you're heading towards colder climates. Book your appointment with your preferred CHI doctor ASAP.





Mister Maker and the Shapes (10-12 JUN)

For his first-ever live tour of Singapore, Mister Maker will put on a lively show featuring a fabulous supporting cast – including, of course, the Shapes! This show will encourage even the grumpiest of parents to sing and dance. D'Marquee, Downtown East, 1 Pasir Ris Close. sistic.com.sg

Baby Baby Exhibition (10-12 JUN)

Parents-to-be or parents with newborns, this exhibition is for you! From deals on milk powder and nappies, to the launch of new baby products, it has everything you could wish for, including giveaways. Admission is free.

Singapore Expo Hall 3, 1 Expo Drive. babybabysg.com

Soak Out! (10 JUN - 10 AUG)

Go bananas with friendly characters such as the Minions and the Madagascar penguins as they get down to their bikinis and trunks for the all-new Soak Out Water Party at Universal Studios Singapore. Join in the parade and prepare to get wet as they cool down the heat with water guns and splashes. **Sentosa. rwsentosa.com**

Future World Exhibition (TO 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 collecting team Lab. One of these, "Crystal Universe", consists of seemingly endless light particles in a 3D space, and lets you interact with the artwork with the swipe of a smart device. Marina Bay Sands. marinabaysands.com/museum

ART

The Kung-Fu Series by Zhong Chen **(TO 10 JUN)**

REDSEA Gallery is currently showing a solo exhibition by award-winning Chinese-born Australian artist, Zhong Chen, recognised internationally for his vibrant, contemporary work exploring issues of cultural identity, belonging and place. REDSEA Gallery, Dempsey Hill. redseagallery.com | info@redseagallery.com

Christophe Jacrot Exhibition (TO 13 JUN)

Photographer Christophe Jacrot's works feature in an exhibition titled Under The Rain, part of the French festival Voilah! Several galleries around the world represent his work, from New York to Istanbul and Paris. Bruno Gallery Singapore, 91 Tanglin Road. voilah.sg/jacrot



Reframing Modernism Exhibition **(TO 17 JUL)**

Featuring over 200 works from Southeast Asia to Europe, Reframing Modernism explores the similarities and differences between artworks by iconic European modernists like Pablo Picasso, Vassily Kandinsky and Marc Chagall, and those of innovators from Southeast Asia, including Nguyen Gia Tri, Victorio Edades and S. Sudjojono. National Gallery Singapore, SingTel Special Exhibition Gallery. nationalgallery.sg

The Creation of My Body: Devised Theatre Masterclass (10-26 JUN)

Explore how the portrayal of "skin" and "body" by Southeast Asians, as well as by Western media, creates certain relationships between colour, race and "otherness" in the global imaginary, in this special acting programme. Haque Centre of Acting and Creativity. 22 Dickson Road. admin@hcac.sg

The Art and Science of Gems (ALL MONTH)

A collaboration between the French National Museum of Natural History and Van Cleef & Arpels, this exhibition explores the interrelationship between the science of mineralogy and the art of crafting the finest jewellery and gems. Over 450 pieces of jewellery will be on display. **ArtScience Museum, Marina Bay Sands. marinabaysands.com**

HOME

Summer Helper Cooking Courses (JUN-AUG)

These Expat Kitchen cooking courses can keep your helper busy learning new skills while you're away over the summer, and you'll reap the benefit of those new skills when you get back! Lessons are from 10am to 1pm and from 2.30pm to 5.30pm. Expat Kitchen Studio, 9 Norris Road. expat-kitchen.com

Vocational Work Experience at The Pantry (1-29 JUN)

Students from Melbourne Specialist International School will be undergoing work experience at The Pantry this month. You can go and support the vocational training and life skills programme every Monday, Wednesday and Friday, from 9am to 11am. The Pantry, 75E Loewen Road. thepantry.com | msis.edu.sg

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 the Buona Vista MRT station, it's the perfect place to learn from the professionals how to whip up some delicious dishes. 10 Biopolis Road. palatesensations.com





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Plan Ahead

Singapore Garden Festival 2016 **(23-31 JUL)**

This biennial event marks its tenth birthday in 2016, and will bring award-winning landscape and garden designers, florists and horticulturists from around the world to work alongside Singapore's own talented horticulturists. Tickets from the Singapore Botanic Gardens or Gardens by the Bay. Gardens by the Bay. singaporegardenfestival.com | gardensbythebay.com

#IONFoodie Travels (UNTIL 31 JUL)

Explore the world on a culinary food adventure at ION Orchard, with the #IONFoodie "Foodstagram" contest and one-for-one deals through the mall's own app. Shoppers can also follow the journey of local food blogger Miss Tam Chiak, as she explores ION Orchard's treasure trove of dining options. **ION Orchard, 2 Orchard Turn. ionorchard.com**

Pocari Sweat Run 2016 (23 JUL)

Returning for the fifth consecutive year, the 2016 run has a special mission in store for runners — to complete the final leg of Pocari Sweat's journey to the moon! Participants can run either 5K or 10K, with each step contributing to the moon mission. Registration closes on 1 July, or once the event is sold out. **The Float @ Marina Bay. pocarisweatrun.com**

Cameron Mackintosh's *Les Misérables* **(UNTIL 17 JUL)**

Set in 19th-century France, *Les Misérables* is the unforgettable story of heartbreak, passion and the resilience of the human spirit, and has become one of the world's most popular musicals. Tickets from Sistic. **Esplanade Theatre**.

C3 CharaExpo 2016 (9-10 JUL)

Head along to this Japanese manga, anime, games and cosplay event for something different. Meet special guests and learn more about the work of major Japanese anime, manga and game companies; you can also purchase exclusive merchandise. Singapore Expo Hall 7, 1 Expo Drive. charaexpo.com

From the Stacks: Highlights of a National Library (ALL MONTH)

Each year, the National Library holds a major exhibition – this year's showcases more than 100 rare artefacts dating back to 18th- and 19th-century Singapore. Many of these manuscripts, documents, maps, photographs and more are being displayed for the first time to the public. **National Gallery Library, 1 St Andrew's Road. nlb.gov.sg**



Pocari Sweat Run

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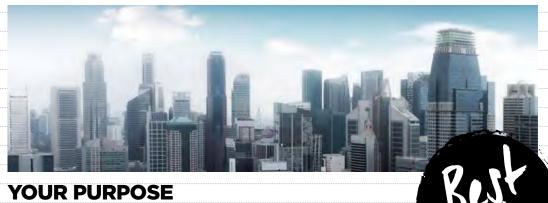


LETTERS

We want to hear from you!

We want to hear from you! Send us your thoughts on the magazine, or on any subject under the sun. For sharing her own thoughtful insights into finding purpose in life, Heather MacLean wins a bottle of champagne.





Thank you for Kim Forrester's sensitively written article "Finding Purpose". As a frequent visitor to Singapore (and a keen reader of *EL*) I have often looked at the city's futurist skyline of modern architecture and wondered where one nurtures one's spirit in such a soul-less landscape. Compounded with lack of space for a garden, possible loss of job and the distance from established support networks, it is little wonder that intelligent expatriate women suffer from the mental health problems that Kim addressed.

Kim writes that "a key to finding purpose to your life is to start choosing daily activities based on what will make you happy in the here and now", and so it was that I did find in Singapore what I had been seeking. I was lucky enough to spend a week babysitting my young nephews. Every morning I took the baby for a walk beside the river in his stroller, passing dogs, tai chi groups and schoolyards, and I got to greet and chat with a Chinese lady called Jane who rode her bike past us each morning.

We went to the Old Airport Road market for coffee each day and became firm friends with the ladies at their stalls, the market sweeper and some of the regular customers. And so, in that short span of time, I found connections with humanity and that your soul can indeed be nourished in Singapore. "Happiness", as Kim wrote, "is contagious."

- Heather MacLean (Hamilton, Australia)

FOODIE FAN

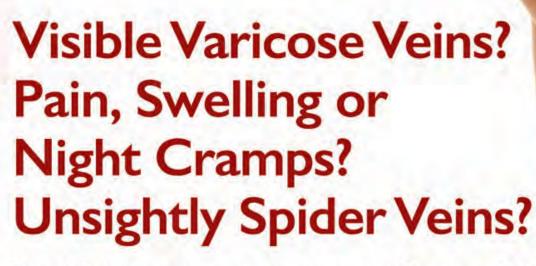
I love reading the Great Recipe Swap section each month in the magazine. We entertain a lot, and it's hard to come up with fresh new ideas every weekend!

I've picked up some real crowd-pleasers here, and most are easy to make and not things I'd normally think to cook myself. Singapore is such a melting-pot of cultures, and it's great to see the recipes reflect that. I love getting to try foods and recipes from all the cooks of different nationalities that read *EL*!



- Mary-Anne Vicente

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RECIPE SWAPS From desserts to starters, head to our Wine & Dine page for yummy new recipes to try.









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What we're up to on ...

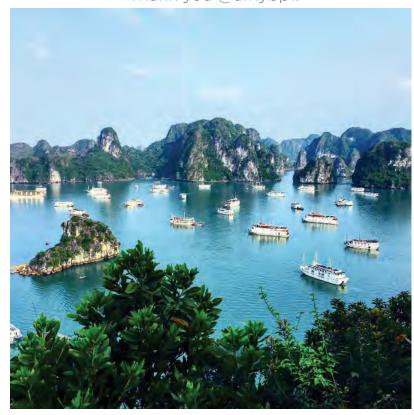


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Reader photo of the month

Thank you @amybp1!



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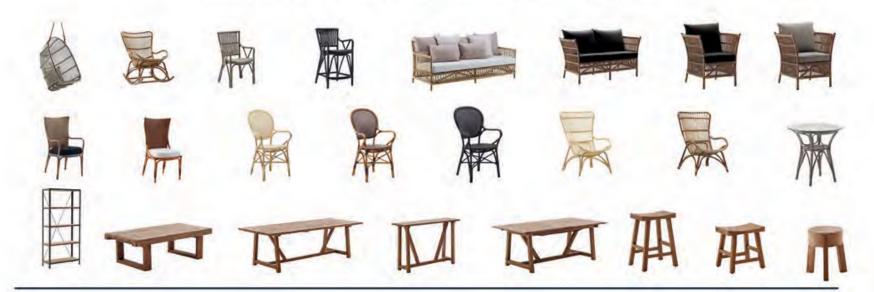
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www.dreamweaveconcepts.com





Photography by Kate Griffiths

Table Trends: Unique coffee tables to rest your feet on

Carpet Picks: Fun ways to find the right rug

What's New



Design Intervention has scooped four awards at the International Property Awards, including Best Interior Design of an Apartment in Singapore and, for the third year running, Best Interior Design of a Private Residence in Singapore for their project The Modern Chinoiserie House (pictured). designintervention.com.sg

Outram Opening

Ethnicraft Online has expanded by opening a showroom in the Tan Boon Liat Building, showing a curated collection of its most popular furniture products. The new space spans over 1,600 square feet, and you'll still be able to view more of the company's oak and teak collection at its Eunos showroom. #02-01 Tan Boon Liat Building, 315 Outram Road.



Kids' Collection

Cuckoo Little Lifestyle Store has even more sweet stuff for your little cutie, from the Rose in April range. This includes colourful shelves, stools and other accessories. Find these pieces and more at Cuckoo, Block 6B Dempsey Road.



Settling-in Solutions

Relocating is a stressful time. It's hard enough making sure you haven't boxed up the cat; then there are the visas and the questions about where to live and which school to choose. Raffles Relocation & Mobility is now offering a range of services to help make your move go smoothly, including visa and immigration services, property search assistance and cultural workshops. Find out more at rafflesrelo.com, or call 6894 3720. ▼



Pretty Paper

From geometric urban shapes to surrealist art and vibrant patterns, Ottoline wallpaper has it all, and is now available at E&A Interiors. View the distinctive collection of cool, edgy and contemporary designs at E&A Interiors, #04-24 The Herencia, 46 Kim Yam Road.









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If living in the lap of luxury rent-free for two years sounds right up your alley, this is the competition for you. Leisure Farm is running a "Free Stay Campaign", open to all Singapore residents, offering them a chance to win a 24-month stay in one of their bungalows, absolutely rent-free. To participate, fill in the form at leisurefarm.com.my/bestthingsinlife; those shortlisted will be invited for a half-day tour of Leisure Farm in Malaysia to complete the final step of the contest. The winner will be announced in July.



New on the Scene

Singaporean furniture and homeware brand Scene Shang has opened its flagship store in Kampong Glam, showcasing a range of contemporary furniture and items for the home. Influenced by classical Chinese design and heritage, but with a modern twist, the collection sits alongside pieces from brands such as Kinto Glassware and The Rug Maker. Scene Shang, 263 Beach Road. ◀

Sofa Chic

The Danes really do have good design down to a T, and Danish brand Wendelbo is no exception. Its sleek sofas are now available at Mountain Teak, together with some more light-hearted pieces from its sister brand, WON Designs. Mountain Teak, #07-02 Tan Boon Liat Building, 315 Outram Road.

¬



Indoor Designs

Teak & Mahogany has added another string to its bow with the launch of its new and exclusive indoor furniture and accessories brand, Nordby. Inspired by the company's links to Northern Denmark, the collection includes pieces such as this dining table, as well as sofas made in Estonia and handmade rugs from India. Head to Teak & Mahogany, #02-01 Century Warehouse, 100E Pasir Panjang Road, or call 6273 8116. ▼



Stylish Stools

This cute little fella is now available at Journey East. From the Companion collection by Phillip Grass, it has a base made from powder-coated steel tubes and a seat made of clear-coated, solid oak. The stools are available in black, white, yellow and blue. journeyeast.com





Cairnhill



When NEHA and ANSHUMAN SINGH first got married, they both agreed that the colonial-style décor of their childhood had no place in their home, yet their elegant Cavanagh Road residence has a distinctly colonial feel.

BY AIMEE FORDOS PHOTOGRAPHY KATE GRIFFITHS





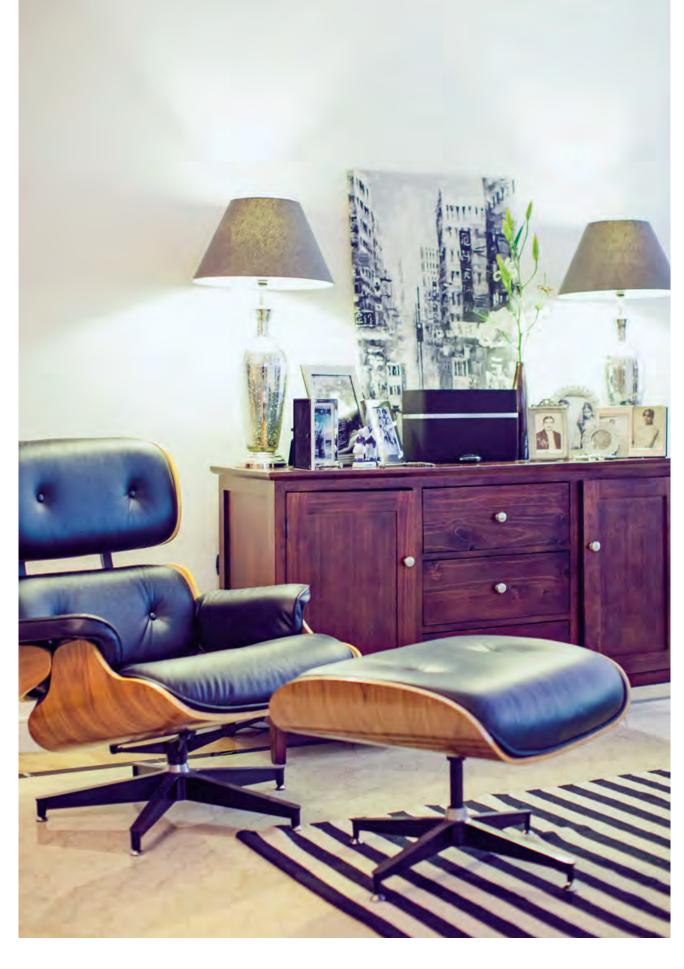
alking into Neha and Anshuman's Cairnhill apartment, I was immediately struck by how warm and inviting it was. On meeting my hosts, I soon realised why. A Canadian-Australian couple of Indian descent, they exude an easy-going, intelligent charm, tempered by a humble attitude and big smiles. We took a seat on their black leather sofas to eat delicious homemade pakoras and sip coffee while they told me their story.

Shared history

Despite hailing from opposite sides of the world, Neha and Anshuman have very similar backgrounds. Both were born in India into military families who later emigrated – Neha's to Canada, Anshuman's to New Zealand and later to Australia.

"We're also from the same community," explains Neha. "We're both Rajput, a warrior clan from central and northern India. It's a part of our heritage we're extremely proud of."

Their shared history can be seen throughout the apartment, where British colonial style sits alongside Indian flourishes and more contemporary accents. "A lot of the houses we knew growing up, for example where our grandparents lived, were very colonial with military-issue furniture. It was all very brown. In the beginning we thought we hated it, but now, funnily, we are both drawn to that kind of stuff."

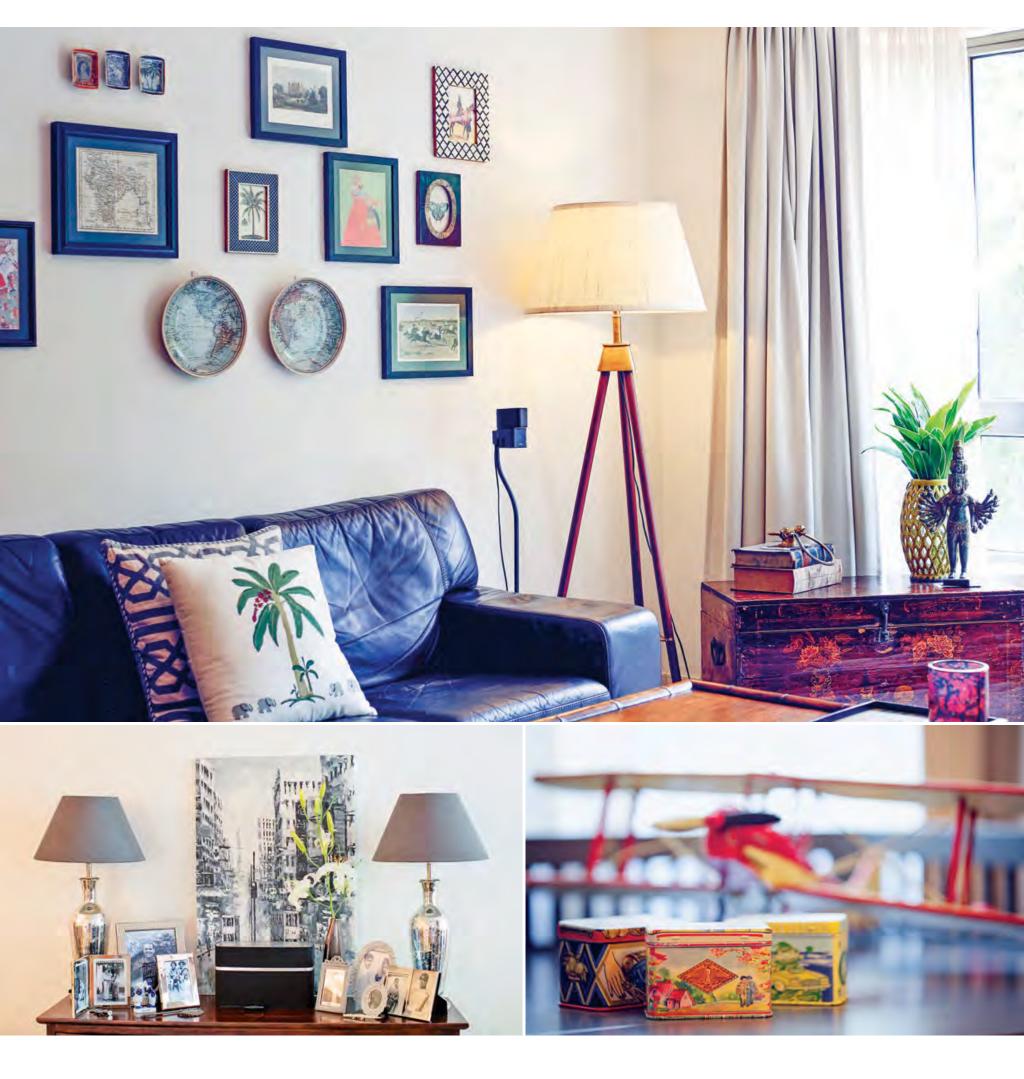


"One of the key things we agreed on was how important home, aesthetics and travel were. It was really these areas of common ground that got us together"

OPPOSITE PAGE

An eclectic mix of genuine and reproduction prints and objects, this wall houses a host of fascinating anecdotes.

These little boxes from the Distillery District in Neha's hometown of Toronto feature old Chinese medicine prints and are just the right size for keeping Kaavya's hairclips and accessories in order.





Neha continues: "We went through a phase when we were attracted to all things vintage, British, Indian mythology and Indian culture, and that's when we realised we really were a product of our childhoods and our culture. We enjoy that so much now, and we want to surround our kids with it too."

Journey of discovery

So, who is in charge of the decorating? "It's really 50-50," says Neha. She explains that some things are individual. The sofas, for example, are Anshuman's from before they even met, and the black egg chair was something she just had to have.

For the large part, however, it's a collection built up together over seven years of marriage. In many ways, it's also a reflection of their relationship; theirs was an arranged marriage and creating a home together was

a way for them to discover themselves as a couple. "One of the key things we agreed on," says Neha, "was how important home, aesthetics and travel were. It was really these areas of common ground that got us together." Of course, like in any marriage, they don't agree on absolutely everything. "He doesn't like flowers, candles or cushions," says Neha.

Anshuman chimes in: "Actually, I don't mind cushions, I just don't like too many of them!" Anshuman, as it turns out, has a more minimalist bent than Neha, and as much as he enjoys aesthetic décor, he absolutely hates clutter.

As we move around the house, they share the stories behind various knick-knacks, pictures and ornaments, all artfully placed on walls or shelves. There are statuettes from Taiwan, and a vintage illustration picked up in Portobello Market that shows

Anshuman found this statue of the Hindu demon Ravana in Cambodia and were fascinated by how different its interpretation was from Indian depictions. Their parents, on the other hand, were less convinced of its artistic appeal, and wondered why they would bring this villain into their home!

ABOVE From a vintage collection of Rudyard Kipling books to a hefty tome of old Sunday magazine stories, the Singhs' bookshelves are filled with fascinating reads.





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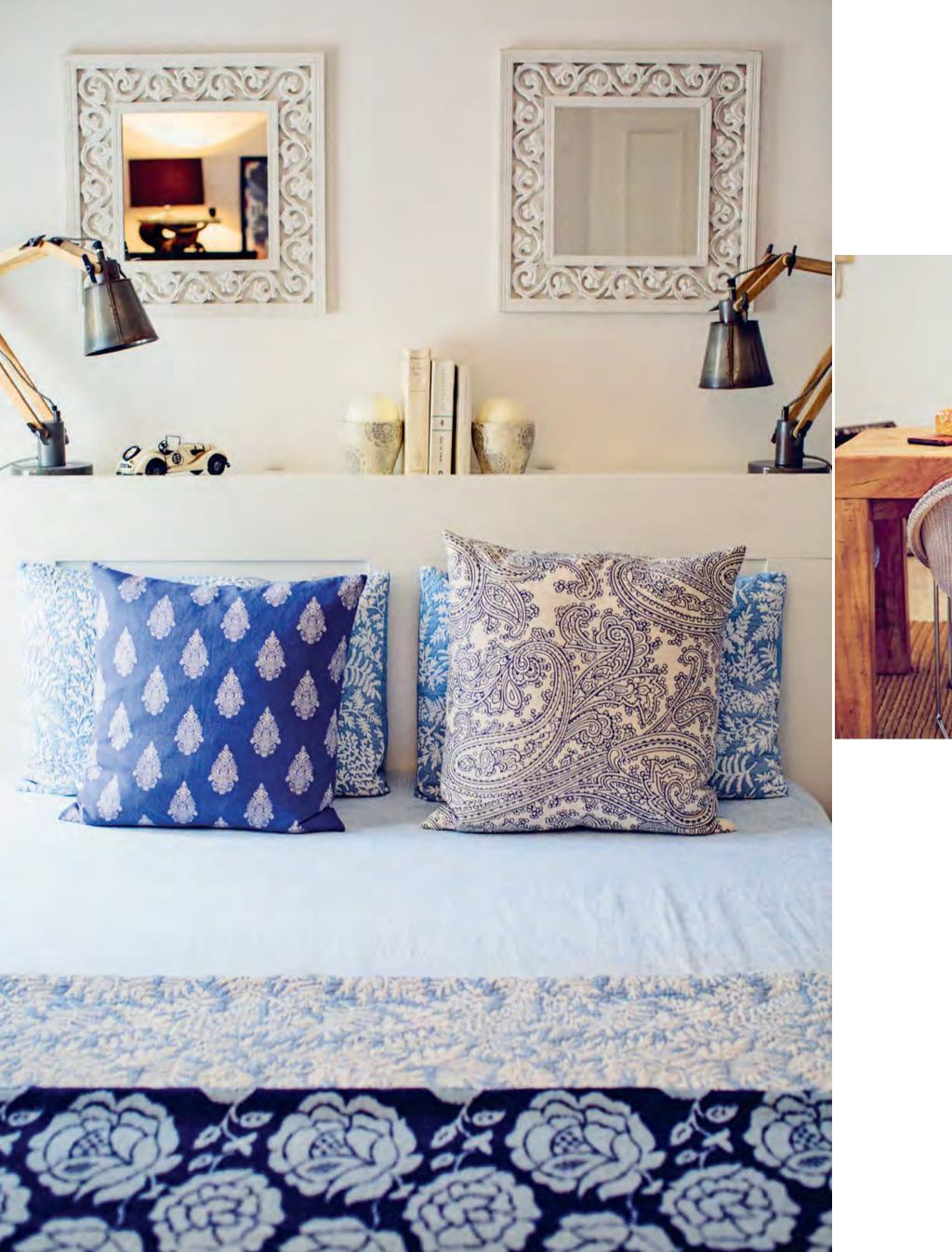


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OPPOSITE PAGE

The unusual setup in the bedroom has the bed as an island. unanchored and free. Neha says it feels like floating. It's a liberating sensation that does come with drawbacks: "Where are you supposed to charge your phone?" asks Anshuman. It seems the jury is still out on this room!

a polo match in the Indian state of Manipur (the least likely place you could imagine polo being played, they both explain). There's an hourglass from Paris, a set of Russian dolls that were a birthday gift for Neha, and an original hand-painted Bollywood film poster. "There is a spelling mistake in one of the star's names," says Anshuman, "so we got it for a great price."

From Bollywood to *Mad Men*

But it's not all Indian mythology and colonial influence. That poster hangs in a corner they call the library. A cosy nook with a retro feel, this is where they spend their weekend mornings, Kaavya playing on the floor while Neha and Anshuman sit in the Mad Men-style easy chairs, reading the news or flicking through one of their many antique books.

Kaavya's room also has a more contemporary, Scandinavian feel, most of the furniture being from Cuckoo in Dempsey. A bright yellow Chinese cabinet in the corner adds a colourful hint of Asia. Above

the bed is a set of posters they found in Vietnam while Neha was pregnant, each showing an artist's interpretation of a different children's film. In fact, the whole nursery was planned out on that trip, scribbled on the back of an old menu that they still keep.

One of Neha's favourite parts of the house is the buffet. "It's an old, grungy table and will go eventually, but it holds photos of our parents when they were young." She points out a small, circular photo of a young, laughing couple. "This one was almost destroyed by mice, but we saved it. It really shows how they were back then."

Family is clearly an important part of their lives, and they know their time here will come to an end. Despite regular visits and trips home, they would like to be closer to their parents, especially with a young daughter now in the picture. But whether they go to Australia, Canada or somewhere in between, you can be sure their Singapore story will find a special place in their new home.



RECOMMENDATIONS

FURNITURE

Mountain Teak ("for bookshelves and chairs") #07-02 Tan Boon Liat Building 315 Outram Road 6224 7176 | mountainteak.com

Make Room ("for all things Nordic and quirky - the egg chair is from there")
#11-09B Tan Boon Liat Building
315 Outram Road
6222 3042 | make-room.net

Cuckoo ("for kids' furniture and accessories") 6B Dempsey Road 9111 3598 | cuckoolittlelifestyle.com

Deer Industries #07-05 Tan Boon Liat Building 315 Outram Road 9485 4430 | deerindustries.com

Good Earth ("for beautiful, Indian-inspired crockery, décor and linen") goodearth.in

Bode ("for custom-made cushions and fabrics; Jenny the owner and I can spend hours mixing and matching crazy patterns!") #05-10 Tan Boon Liat Building 315 Outram Road 9040 3996 | bode.com.sg

FairPrice Antique ("for great investment pieces like dining tables, crockery cupboards and so on") #01-10 Tan Boon Liat Building 315 Outram Road 6270 2544 | fairpriceantique.com

RESTAURANTS

Skyve Wine Bistro 10 Winstedt Road 6225 6690 | skyve.sq

Tangra Chinese ("for Indian-Chinese cuisine") 28 Race Course Road 6293 4842 | fifthseason.com.sg

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The New-Old Look

Breathing new life into vintage products and repurposing them into exciting pieces of furniture is a popular home décor trend. We sit down with **Artful House** owner PADMAJA RAJAGOPALAN to find out why these pieces are so admired, and what particular items she has her eye on at the moment.

Why do you think your customers are attracted to vintage pieces?

3

Speaking from our own experience, our customers like them because they are what we call "new-old"; we focus on items that have interesting vintage elements and that we can then re-invent or repurpose for a contemporary context. For instance, we have a coffee table fashioned from an old window carving; other examples are mirrors fitted into traditional window shutters or doorframes.

People love items with history and a story, but can sometimes be at a loss as to how to fit them into a home with a contemporary look or aesthetic. We love to be able to bridge this gap by providing truly interesting pieces that can fit well with the look of a modern-day home.

What kind of buyers and homes do vintage pieces really work for?

These pieces can infuse energy and personality into any home. Their superb craftsmanship makes them great statement pieces in any room. For example, we have an exquisite console made from an old doorway arch – a fabulous find.



Can you pass on any tips on where to find the perfect item of vintage furniture?

There are many places from where you can source vintage furniture, but it's important to pay attention to the quality and overall aesthetics of the restoration – this includes respect for the originality and imagination behind the piece, the overall proportions, the colour palette used and other attributes that contribute to the "wow" factor. Modern aesthetics are integral to the vintage pieces we have carefully curated at Artful House. For instance, our shutters restored in ivory white will lighten up any contemporary space.

What are your personal favourites?

I'm a big fan of colour - for example, we have a particularly appealing mirrored door screen in rich shades of blue and green, with a hint of red. I think accent pieces in colour immediately light up any interior and make the ordinary less ordinary. Mirrors incorporated into doorframes and windowframes are another draw for me. Any mirror immediately adds depth to a room, but a special mirror framed in this way is like a contemporary art installation - a slice of history on your wall. &

Artful House #08-04 Tan Boon Liat Building 315 Outram Road 8112 6127 | artful-house.com



TRENDS

rom animal-skin trunks to wooden pallets pilfered from a warehouse, the modern coffee table has moved on from its traditional guise. Indeed, though it's often purchased after the rest of the living room furnishings, you could consider choosing your coffee table first and making it the centrepiece.

This table has been reproduced in traditional Chinese style, plus the functionality of four drawers

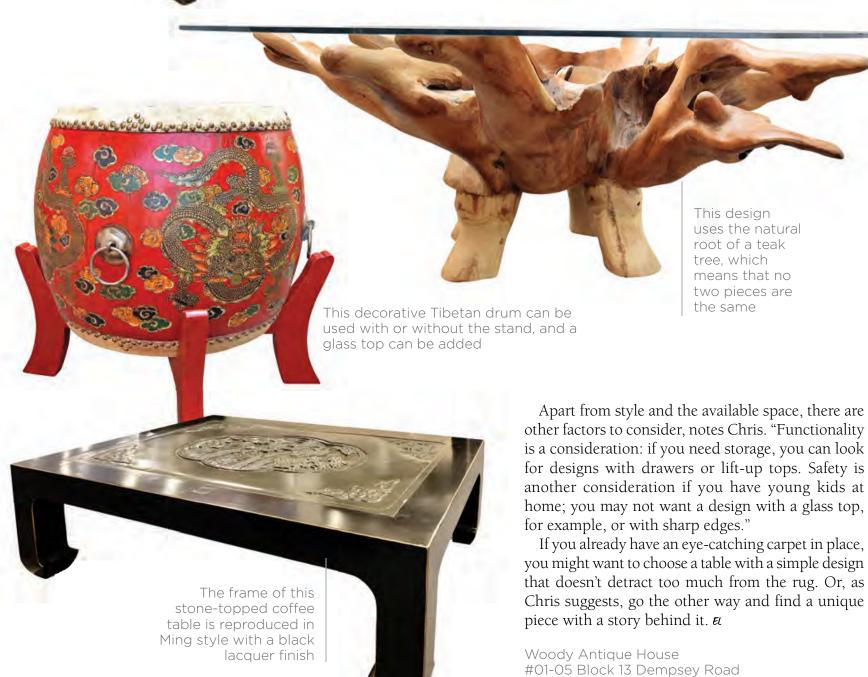
Woody Antique House general manager CHRIS ANG agrees that there's a move away from traditional tables. "There are many nice, authentic pieces out there that are not necessarily coffee tables on their own, but with a modification or addition such as a stand or glass top, they can be converted into one. These kinds of pieces have interesting backgrounds and would be a great addition to a living room." He points to two specific examples: a Tibetan drum on a stand, and the increasingly popular teak-root table with a glass top.

Whether you need somewhere to plonk your mug, rest your weary feet after a hard day, or pile up your magazines and display your candles, a coffee table has to be versatile in both form and function. Here's a range from Woody Antique House to tempt you.

PHOTOGRAPHY MICHAEL BERNABE



"There are many nice, authentic pieces out there that aren't necessarily coffee tables on their own... but can be converted into one"



6471 1770 | woodyantique.com



Pure and Simple



Making the most of their first international posting, JULIA and MARCO ESSER have chosen an interior style that is poles apart from their home back in Germany. We were invited to take a look inside their Novena apartment, and to find out how they've settled in so far.

BY AMY BROOK-PARTRIDGE PHOTOGRAPHY KEN TAN

Who lives here:

Julia and Marco Esser with their children Carolin (12), Moritz (9) and Philipp (6); they're from Mannheim in Germany.

Size and type of home: 4,100 square feet; five bedrooms across a two-floor penthouse.

How long they've lived here: Since December 2014.

Style of home:

"We chose light furniture and clean shapes, adding some bright colour for contrast, as well as some accessories from our travels," says Julia.

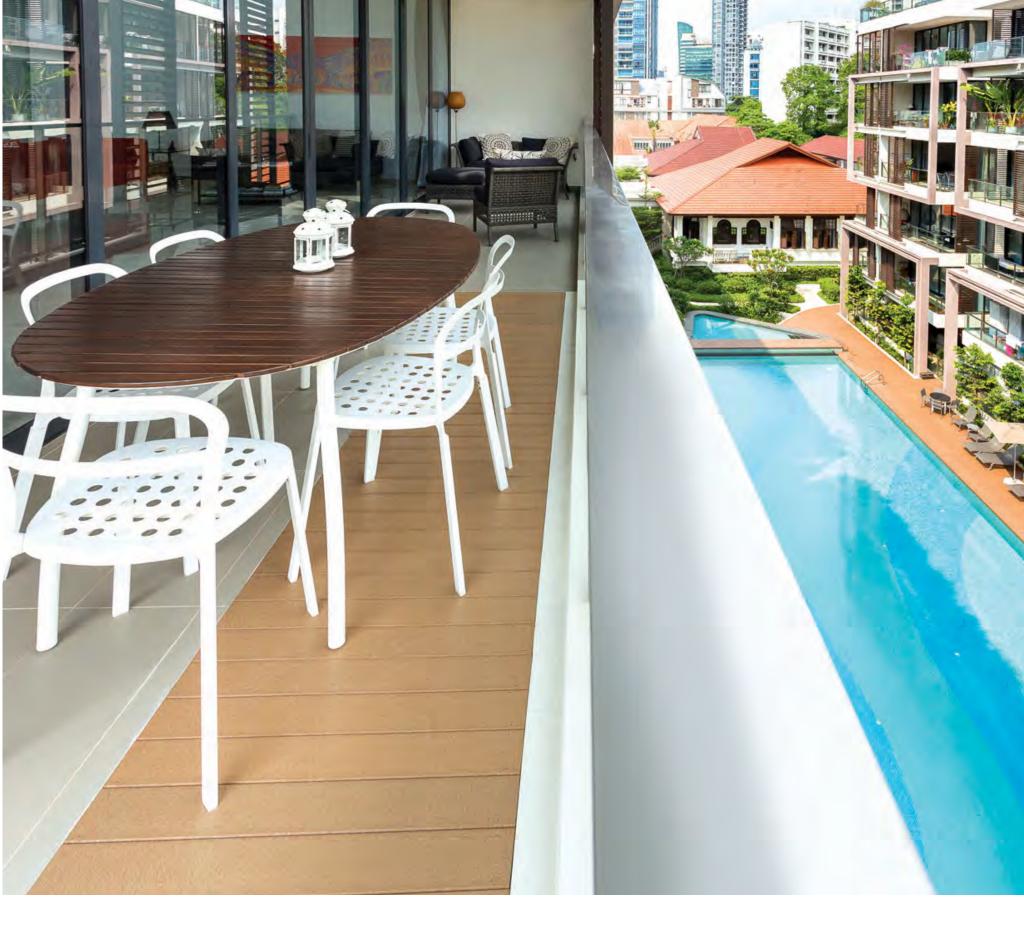


lot of people comment on the space and light in the apartment as soon as they come in," says Julia, and that's unsurprising. This five-bedroom apartment benefits from a large atrium stretching from the living and dining area up to the family room above. Floor-to-ceiling windows in most of the rooms give even more light to the modern space. The furniture is minimalist and contemporary (mostly IKEA), and there are few decorative additions, which gives the apartment a clean and modern look. So it's surprising to learn that the Esser family home in Germany is actually the complete opposite.

"Back there, our home is very traditional; my parents have a lot of antique furniture that they restored themselves, and which is now in our house in Germany. The antiques complement the style of our house, including its wooden parquet flooring." It's a far cry from the sleek look of their current Singapore abode.

Though their move from Germany in December 2014 may have marked their first posting abroad, they did come somewhat prepared. "We had already been thinking about an international move, so after kindergarten we decided to send our daughter, Carolin, to an international school, with the thought in the back of our minds that we might relocate one day. This followed with all of our children; they attended the same international school in Germany, which meant they were already English native speakers when we arrived here." The other advantage was that they followed the International Baccalaureate (IB) syllabus, meaning a fairly smooth transition for all to the Stamford American International School.





ABOVE "I was a swimmer when I was younger, and so I love the size of the pool here." The shared areas such as the function room and gym are housed in conserved buildings that have been carefully renovated.

According to Julia, the move was probably the most difficult for Carolin, the eldest, because of leaving her friends behind, but their good English was a great help in settling all of them into school. Stamford American International School offers the IB in all areas of its syllabus, as well as Spanish as a second language. Also, as the school has just one campus, all three children are in the one place, making things much easier for Julia. "It's great for them to be with so many children from different cultural backgrounds; we really are very happy with the school and its system."

Moving in

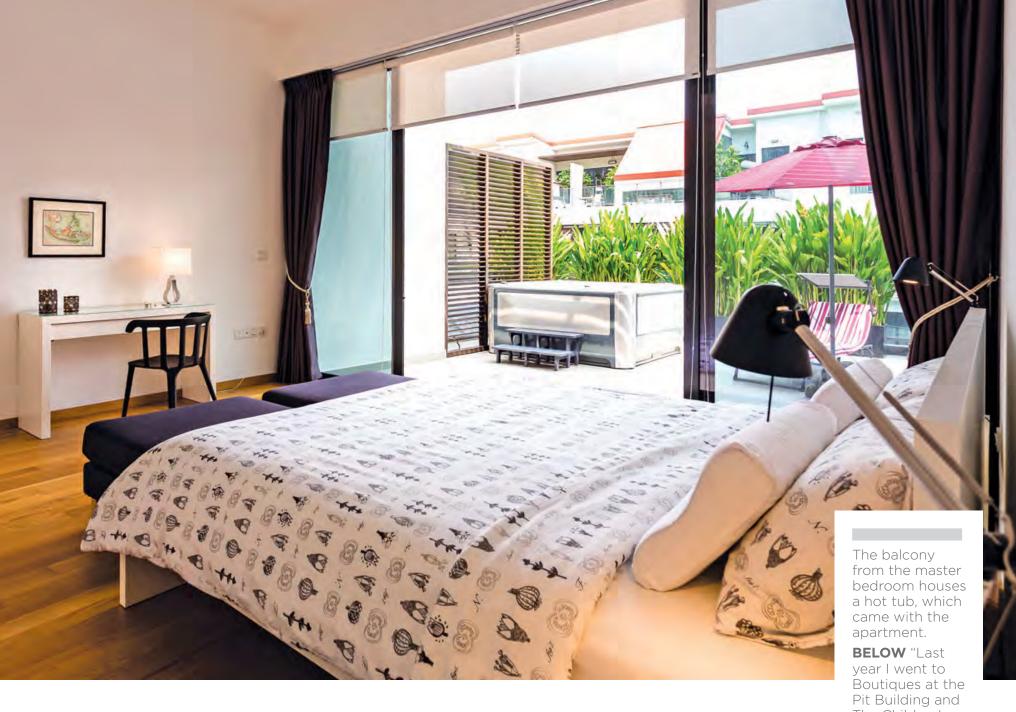
Once the relocation was confirmed, it was husband Marco who was tasked with finding somewhere to live. "He came here for a week and eventually found this apartment. Living here is great. It's centrally located and close to public transport, but in the evening it's very similar to where we used to live in Germany – you're near the city centre, but it's also really quiet. The first couple of nights after we moved in, my husband and I stood here by the window, wondering where all the people were. It was so peaceful."

The condo was brand new, and they were one of the first tenants to move in. "What's nice about being here is that we all moved in at a similar time, and there's a really lovely community. We have barbecues, it's easy to socialise, and there's always someone to talk with."

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For the most part, their home is kitted out with IKEA furniture. Marco had sent Julia the apartment's plan, and she went to IKEA in Germany, measured everything up and sent back a list of what he needed to buy in Singapore. There is a little artwork dotted around, and a fun football table purchased at Boutiques at the Pits last year, but other than that things are kept neat and minimal.

Once they had settled into Singapore life, the Essers were keen to take advantage of their geographical position and explore areas that had been too far-flung before. "We went to Perth and stayed in Fremantle, which has lots of things for

families to do," says Julia. "We have also just been to Darwin, which was fantastic - it has that real Australian Outback feeling."

It's clear that for Julia and family the move has so far been a positive one, and when quizzed on how long their Singapore stay will be, she hesitates. From looking at this as a short-term stay, she now seems to be viewing it as an opportunity to explore further.

"This is our chance to try something new, and benefit from a new experience," she notes – and the experience of moving from a traditional-style home to the modern setup they're enjoying right now is just one aspect of that bigger picture.

The Children's Showcase had a football table out, which my kids loved playing with. We asked if they were selling it and luckily they were." The Singapore wall transfer was a present to Julia from her sister when she left Germany, bought from mydruckstore.com.









Recommendations

Dietmar Brixy ("internationally renowned artist from Mannheim") en.brixy.de

The Map Collection ("I bought one for Marco's birthday; it's in the bedroom") 36 Princess of Wales Road (viewing by appointment only) 3158 1798 | themapcollection.com

Ashley Mak Photography ("he took beautiful pictures of our family in the Botanic Gardens") 9004 7429 | ashleymak.com

Island Landscape & Nursery ("our plants and fibreglass tanks are from there") Plot 13, Joan Road/Thomson Road 6254 9867 | islandgroup.com.sg

The Clueless Goat ("small café around the corner that's great for coffee, breakfast and snacks") 189 Thomson Road facebook.com/thecluelessgoat

AJ Delights ("best muffins in town") #01-82 Bukit Merah Lane 1 Block 120, Alexandra Village Food Centre 9752 5973 | ajdelights.com.sg

Park Connector Network ("the kids love cycling along the suggested routes") nparks.gov.sg &





BALESTIER SHOWROOM No.1 Pegu Road, #01-01, Singapore 328358 Tel: 6355 0208 Open: 12pm - 9pm BUKIT TIMAH SHOWROOM 896 Durnean Road, #01-01A Sime Darby Centre, Singapore 589472 Tel: 6463 0588 Open: 11am - 8pm(Mon-Thur), 12pm - 9pm (Fri-Sun) HENDERSON CONCEPT STORE 211 Henderson Road, #01-04/05 Henderson Industrial Park, Singapore 159552 Tel: 6376 1247 Open: 12pm - 9pm JOO CHIAT CONCEPT STORE 341 Joo Chiat Road, Singapore 427593 Tel: 6342 5718 Open: 12pm - 9pm PARK MALL SHOWROOM 9 Penang Road, #03-02 Park Mall, Singapore 238459 Tel: 6338 1248 Open: 12pm - 9pm PAYA LEBAR SHOWROOM No.160 Paya Lebar Road, #01-05 /06 Orion Industrial Building, Singapore 409022 Tel: 6846 3560 Open: 12pm - 9pm SCANTEAK TRADE SHOWROOM 60 Sungei Kadut Drive, Singapore 729569 Tel: 6365 9121 Open: 9pm - 6pm (Mon-Frij), 10am - 7pm (Sat/Sun/PH) TOA PAYOH SHOWROOM 615 Lorong 4 Toa Payoh, Level 1 Storhub Building, Singapore 319516 Tel: 6478 5218 Open: 12pm - 9pm TOH GUAN CONCEPT STORE 8 Boon Lay Way, #01-22/23 Tradehub 21, Singapore 609964 Tel: 6515 8622 Open: 12pm - 9pm SCANTEAK SIGNATURE SHOWROOMS:

Llang Court 177 River Valley Road, #02-04/05/06, Singapore 179030 Tel: 6336 1741 Open: 11am - 9pm | Isetan Scotts 350 Orchard Road, Shaw House, Isetan Lv 4, Singapore 238868 Tel: 6235 3274 Open: 11am - 9pm (Sun-Thur), 11pm - 9.30pm (Fri/Sat/Eve of PH) | Suntec City 3 Temasek Boulevard, #02-443/444/451/452, Singapore 038983 Tel: 6694 0173 Open: 11am - 9pm (Sun-Thur), 11am - 10pm (Fri/Sat/PH) | The Star Vista 1 Vista Exchange Green #81-14, Singapore 138617 Tel: 6694 0171 Open: 10am - 10pm | Westgate 3 Gateway Drive, #03-31/32 Singapore 608532 Tel: 6397 4233 Open: 10am - 10pm |





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Final prize selection made at TFM's discretion. Terms & conditions apply. Car specifications may vary. Photo for illustration purposes only.



Finding the Right Rug

BY AMY BROOK-PARTRIDGE

A carpet can make or break a room, so choosing the right one is a weighty decision. We take a closer look at two different ways to pick the perfect rug.



The bidding can get quite exciting and you can come away with some wonderful deals

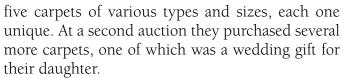
- Kristine Miller

ttending a carpet auction is an enduringly popular activity – full of fun and a great way to pick up a bargain or ten. Two recent converts are American expats Kristine and Bret Miller, who discovered the appeal of auctions shortly after arriving in Singapore in December 2014. They first attended a carpet class at Hedger's Carpet Gallery, to learn what to look for when purchasing carpets and to find out about the various regions, techniques, styles, and how to assess a carpet's value. "It was interesting and I was hooked," says Kristine. The couple purchased a piece there and then. "Our living space seemed very 'vanilla' and needed something to give it warmth, and the carpet worked out beautifully."

Soon after that, they were invited to their first auction. Although they didn't expect to buy anything, they were keen to see different carpets and learn more about their origins and designs, and the techniques used to create them.

At the auction

All of the carpets are on display so you can look at and touch them before the auction begins. "We saw some gorgeous carpets – works of art, really," says Kristine. "We marked a few that we liked in our programme, and as the bidding began, we saw some incredible pieces going for very low prices, so we decided to jump in. Luckily, we didn't win every carpet we bid on!" They did, however, end up with



For Kristine, it's being able to see the variety of rugs being auctioned that holds greatest appeal. "Often, when you purchase in the store, you spend a ridiculous amount of time trying to decide what colour, size and design will look best. From attending auctions we've found you can always find a place for a beautiful carpet – we move them around in our home, too. Just rearranging the carpets can give the condo a fresh look." Not initially fans of tribal rugs, the couple saw one they liked at auction and decided to bid on it because it was going for such a reasonable price. "Now it's one of our favourite carpets."

Kristine recommends learning the carpet basics before attending an auction. "Have your room measurements handy, just in case – you don't want to buy a carpet that is too big for your space." Other than that, she says, just dive in and have fun. "You'll meet novices as well as people who are avid carpet collectors. The bidding can get quite exciting, and you may come away with some wonderful deals."



Custom-made creations

Another alternative to picking your carpet off the retail rack is to have one custom-made to your exact specification. This means you can dictate how it looks and feels so that it fits in with the room it's destined for – like creating your own piece of bespoke art, in a way. If you're booking a consultation for the first time, you're advised to arrive with a photo of the space you have earmarked for the rug, along with its dimensions and some ideas on design, unless you're planning to ask the professionals for their creative advice.

The Rug Maker's sales manager Melvyn Khong points to the limitless choice that customisation provides as a major appeal factor. "You get your rug in your desired design and colour to complement your interior décor, and in the right size to fit nicely into the space that you've set aside for it. It's much more fulfilling and better value than a rug off the shelf, where the options are usually limited. Besides that, you'll have an exclusive piece of functional art on your floor." The only slight drawback is a potential lead time of six to eight weeks as your rug is made from scratch, so you need to be prepared to wait.

Key rooms for rugs

Living room: The most important room to have a rug is the living room; it's where you welcome and entertain your guests, and without one it could appear cold and unwelcoming. The colour, pattern and texture of a rug lend comfort and personality to the room.

Dining room: Make sure the rug is big enough so that all of the chairs remain on it when they're pulled out from the dining table. To determine the size that your rug should be, Melvyn recommends taking the dimensions of your dining table and adding the depth of one of your chairs to each of its sides. Then, to ensure that the chairs sit on the rug when pulled out, add another 10cm to 20cm all around.

Bedroom: Bedroom rugs provide warmth and comfort, and a typical placement of the rug is to run it beneath the bottom two-thirds of the bed, perpendicularly. Your rug should be large enough that you can step down onto it when you get out of bed. An alternative is to get a pair of runners, one for each side of the bed, if you don't want the bed to sit on a rug.

Professional advice

A carpet can bring a fresh look to your home, but there are a few things to consider when it comes to buying one, says Melvyn. "Ask yourself, do you want a rug that will be a real statement piece, or one with a more neutral design that will blend tranquilly into the space? Do you want it to unify a room or to define a space within a room? If you're attempting to break up a room into different areas, a number of smaller rugs can work beautifully."

The second consideration is how to determine the right size. "One way to do this, before placing an order, is to use masking tape to mark off the area that you would like to your rug to cover; otherwise, you can determine the size by measuring your floor and furniture."

Thirdly, you need to pick the right material. "Consider the type of traffic in the room, together with the feel and the level of comfort that you desire. We highly recommend the use of natural materials such as New Zealand wool, bamboo silk and pure silk for their durability and low carbon footprint." &





Directory

Hedger's Carpet Gallery 15 Dempsey Road, #01-09 6462 0028 hedgerscarpetgallery.com.sg

The Rug Maker 1093 Lower Delta Road, #02-20 (by appointment only) 6270 2823 therugmaker.com.sg



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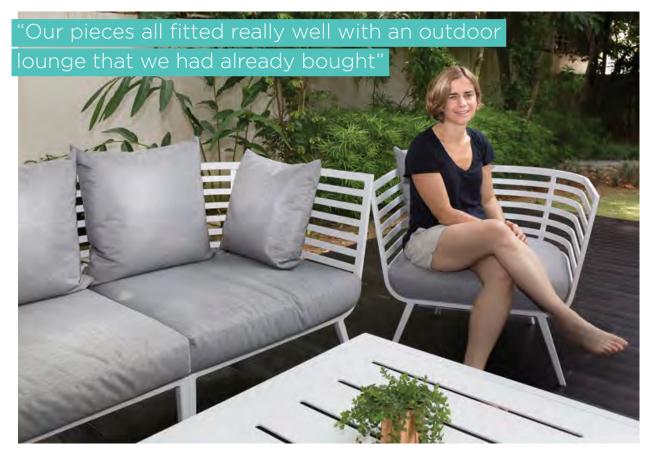
Lorenzo International



Sally Cashman, Australia

We were looking for outdoor furniture that was simple but durable, and that could withstand the harsh Singapore climate. We already knew of Danish Design as we had purchased other pieces from the company before, and we've always found the customer service to be friendly and efficient.

We ended up buying a variety of Gloster outdoor furniture, including two Vista corner end units, two single lounge chairs, a coffee table and two single chairs. Our pieces all fitted really well with an outdoor lounge that we had already bought, and we are very happy with our purchases. Right now we don't require any more furniture, but we would always consider Danish Design as an option in the future.



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

Stephanie and Robert Bourgue, American

We recently moved to Singapore, and into an apartment that has wonderful views and a number of outdoor balconies, therefore we needed several pieces of patio furniture. We found out about Woody Antique House through our online research, and our experience with them has been wonderful. Everyone was very friendly, helpful and patient as we walked around the store trying to decide what we wanted.

In the end we purchased a table for six people, an L-shaped couch, two ottomans, two storage containers for cushions, a coffee table, a patio umbrella, an end table, a canopied daybed for two and a Balinese teak bench. My Balinese bench is in the foyer, but everything else fits in the exact places we had hoped.

We are thrilled with the pieces we bought. As a matter of fact, I have one They allow you to see pieces together to get better idea of whether you'll like them or not

balcony left to furnish, so I will definitely go back to Woody Antique House for that.

It's best to allow plenty of time to look at everything they have in the store. The prices are fair, and it's helpful that you're allowed to see the pieces together to get a better idea of whether you'll like them

or not. Overall, we had a great experience and would certainly recommend the store to anyone."

Woody Antique House Block 13 and 15 Dempsey Road 6471 1770 | woodyantique.com

Claire and Chris Holmes and their children Ben and Hana. British

We were replacing an old outdoor sofa set and coffee table that we'd had for almost seven years. We wanted something solid and robust that could deal with being exposed to the elements. The sofa needed to match with our other pieces, and had to fit our whole family – including Gran, who visits regularly. The coffee table also needed to be large enough to comfortably hold drinks, nibbles and lots of candles.



We purchased a few items from Teak and Mahogany before, and we're always impressed with the quality and selection. The showroom is magnificent; it holds a vast selection and is welcoming and bright, making the whole shopping experience really enjoyable. The customer service is excellent too, and we always feel very well attended to.

Our new outdoor set comprises four pieces that join together to form a U shape. The cushion selection was where we got really excited; we love Sunbrella fabric as it's so hardy and the colour selection is just amazing. Our house is really bright, so we wanted a statement piece that honoured our love of vibrant colours. We chose bright orange cushions, and we also bought additional throw cushions in vibrant purple to finish off the resort look.

The sofa looks stunning. It makes us smile every time we sit on it; it's a special piece that we are very happy with. My advice would be to choose something that you love and that sits well in your home; that way you'll enjoy it for years to come. " a

Teak and Mahogany #07-02/03/04 Century Warehouse **100E Pasir Panjang Road** 6273 8116 | teakandmahogany.com



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Let's Go Outside

"The earth has music, for those who listen," said William Shakespeare. So pull up a stylish piece of outdoor furniture, take a seat, kick back and relax, and see if you can hear the music play.





















NewWave porcelain collection and Colour Concept glass, Villeroy & Boch



Althea Nova porcelain and napkins in lime and citron, **Villeroy & Boch**









ELHOME





Antique-look lanterns, **Deeb Designs**



Fossilised wood stool stumps, **Gallery 278**































Tobago lounge collection, **Teak & Mahogany**







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Directory

Arete Culture (various locations) 6310 8098 | areteculture.com

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

Dreamweave Concepts 9 Raffles Boulevard #01-34 6333 1669 dreamweaveconcepts.com

E&A Interiors #04-24 The Herencia 46 Kim Yam Road 6702 4850 | eandainteriors.com

EDD+ #01-07 B Central 994 Bendemeer Road 6291 0990 | eddplus.com

Gallery 278 278 River Valley Road 6737 2322 | gallery278.com

House of AnLi #03-13 Tanglin Mall 163 Tanglin Road 6235 3851 | houseofanli.com

King Living #01-00 Hong Aik Building 22 Kallang Avenue 6805 4198 | kingliving.com

Maissone 20 Eng Hoon Street 6669 9681 | maissone.com

Make Room #11-09B Tan Boon Liat Building 315 Outram Road 9113 1274 | make-room.net Mountain Teak Furniture Gallery #07-02 Tan Boon Liat Building 315 Outram Road 6224 7176 mountainteak.com

OHMM #03-09 Riverside Point 30 Merchant Road 6836 2747 | ohmm.sg

Originals #02-03 Sime Darby Centre 896 Dunearn Road 6471 9918 | originals.com.sg

Pure Interior #01-01 Delta House 2 Alexandra Road 6534 9043 pureinterior.com.sg

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

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

Villeroy & Boch #01-74/75 Capitol Piazza 15 Stamford Road 6384 7309 villeroy-boch.com.sg

Woody Antique House #01-05 Block 1 3 Dempsey Road 6471 1770 woodyantique.com

WTP The Furniture Company 3 Kung Chong Road 6235 2760 | wtpstyle.com



Property Focus:

Farrer Road

Farrer Road is a great place to live if you want to be close to the city but still enjoy the peace and privacy of the suburbs. Here, **Property Guru**'s CHERYL MARIE TAY and YASMIN BEEVI explain what you can expect from living in this area.

Holland Village and the Botanic Gardens have long been favourite haunts for tourists, expatriates and locals alike. The neighbouring Farrer Road area, though, is relatively quiet, and it offers prime transport links, close proximity to reputable schools, and easy access into the CBD as well as further out to the suburbs.

Somewhere to stay

The area is known for its Good Class Bungalows (GCBs) and other private residences, including **Cluny Park Residence**, scheduled for completion by the end of 2016. With only 52 units, the condo will have views of the Botanic Gardens, and be close to schools including the Singapore Chinese Girls' School and Nanyang Primary School. Also nearby — a two-minute walk, in fact — is Cluny Court, with a Cold Storage supermarket, plenty of food and beverage options, and popular fashion and beauty outlets.

The condo features designer furnishings and fixtures in each of its units, and facilities include a rooftop infinity pool overlooking the Botanic Gardens, an outdoor grill and a lounge area. Ground floor units will also have their own private terraces and pools.

Currently, median rental prices in the area are in the vicinity of \$6,000 a month for an apartment measuring around 1,500 square feet. However, you can expect factors such as the age of the property and its available amenities to affect rental prices.

Out and about

A stone's throw away is Holland Village, with its countless restaurants, cafés, bars, pubs and local hawker stalls. The Botanic Gardens is also within a short drive or jog, and is the perfect spot for a family weekend outing.

Farrer Road MRT station serves the area, as does a wide variety of buses. Then there's the upcoming Thomson-East Coast Line (TEL), slated for completion in 2019, which will turn Stevens MRT station into an interchange on the TEL and Downtown Lines. α

To find out more about the properties available for rent or sale in this area and elsewhere in Singapore, go to propertyguru.com.sg





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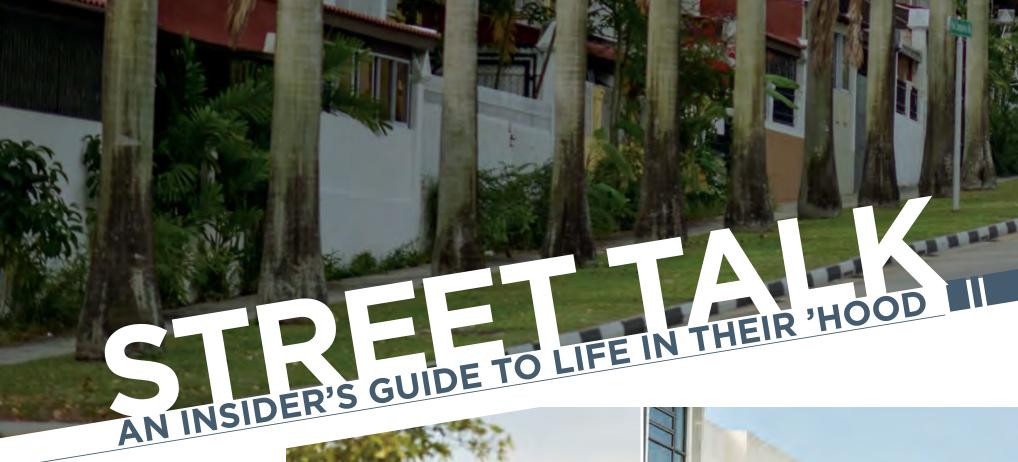
How to participate

- Step 1 Log on to www.leisurefarm.com.my/bestthingsinlife
- 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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*Terms & Conditions apply



THE SPECIFICS

What street do you live on?

Flora Drive.

Exact words you tell a taxi driver to get home?

"Flora Drive, Loyang."

What's the name of your neighbourhood?

Pasir Ris.

How long have you lived here?

One year.

Why here?

It's close to a great park for the kids and lots of eating places, and because I travel for work – it's only 10 minutes from Changi Airport!





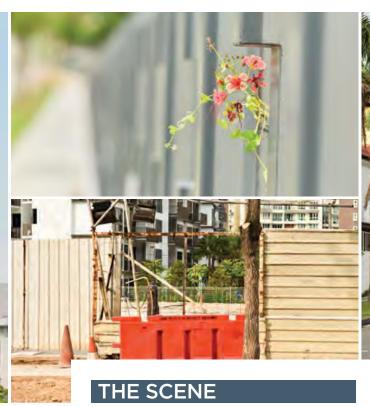


















When you walk out of your place, the first thing you see is:

A construction site. It's due to finish this year, so fingers crossed it will change into something more aesthetically pleasing.

The closest store to your front door is:

The condo's convenient grocery store.

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

A modern day *Oliver!* With all the references to flowers it would make a great backdrop back to the song "Who Will Buy?"

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

Traffic; Flora Drive is quite a narrow road, and passenger cars combined with construction vehicles make it a little hazardous at times.

The unofficial uniform of your street is:

Polo tops and lightweight trousers.

Which celebrity would be most likely to move in next door, and why?

David Beckham, as he's always travelling and we are a stone's throw from Changi! He could travel in and out of the airport for all his celebrity commitments.

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

Go for lunch at the hawker centre up the road.

If you're missing home, you:

Sit on the balcony with my iPad and put on the UK radio station BBC Radio 4. I used to tune into Radio 1, but I'm 40 next year so the former is more suitable!

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

Changi Village for great food and for people-watching.

You'd swap houses in a second with:

The condo next door, as it has two running tracks, an indoor badminton court and a climbing wall at the back – pretty cool.

A common myth about your neighbourhood is:

That it's inaccessible. Not true! There are plenty of shuttle buses, a great bus route to Pasir Ris MRT station and, of course, taxis galore.

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

Traffic noise. A major road, the Tampines Expresway (TPE), is at the back of the condo.













Your hands-down favourite neighbourhood joints are:

Lots Gourmet, great for Western and local food. **Changi Village** for people-watching and drinking beer at the superb **Little Island Brewing Company**. **Downtown East**, handy for our kids who enjoy the bowling, the amazing water park and good value food. **Pasir Ris Park** – whether it's for cycling, running or inline skating, this is exercise heaven!

You won't find better local food than at:

Changi Village; it has a huge selection.

THE SUPERLATIVES

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

The outlet shops at Changi City Point. It's just up the road and has some bargain sportswear.

The guiltiest pleasure in your area is:

Frozen yoghurt at Tampines Mall – I never used to be a fan, but my wife has converted me.

One thing you'd never change is:

The slower pace of life on the East Coast.

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

The ceaseless construction!

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.

Comfort is a luxury you deserve.



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ARTS & LEISURE



PHOTO COMPETITION Winners!

Once again, hundreds of fantastic photos flooded *EL*'s inboxes, making our seventh annual Photo Competition the most hotly contested to date. Thank you to everyone who entered their beautiful images. Whether it was a close-up of an elephant in Phnom Penh, a panoramic of balloons of Bagan or a scene from a Thaipusam festival, one thing's for sure – there's serious talent here in Singapore.

Grand Prize

The grand prize winner receives a **four-night**, **six-bedroom stay at the luxurious Villa Tasanee in Koh Samui**, **Thailand (worth \$6,000)**, complete with an infinity pool and beautiful terrace. **facebook.com/everasiavillas**

Runner-up Prize

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

Category Winners Prizes

Each of our five category winners receives a Sunday Prosecco brunch for two at Grand Hyatt Singapore's Italian restaurant, Pete's Place. singapore.grand.hyatt.com

Again, thank you to everyone who entered. Thanks also to our panel of guest judges and to all our very generous prize sponsors.

Meet the judges



Chris Churcher

Chris is the founder and owner of Dempsey Hill's illustrious REDSEA Gallery, which houses an eclectic collection of contemporary and modern paintings and sculptures from emerging and established artists throughout Asia.



Kate Griffiths

Founder and creative director of Littleones Photography, and Associate-level Master Photographer, Kate is among the best family photographers in Singapore. Her clients return to her time and time again to capture precious family moments and memories, both on location and in her studio.



James Brook-Partridge

As Regional Head of Broadcast at the Singapore branch of global creative marketing agency, Hogarth & Ogilvy, James has over 16 years of experience in the advertising production business, working with major corporate clients in the food and beverage, lifestyle, beauty, technology, hospitality, auto and airline industries.

Grand Prize Winner



The Extravaganza (Beijing, China) by Glenn Elvy

A difficult shot taken in low light, and the performers only circled the stage twice. However, the difficulty of the shot pales in comparison to that of the performance. Glenn Elvy

Judges' comments:

"Beautiful composition, lighting and subject. A great moment captured forever."

- Chris Churcher

"Just, wow! Colours and movement, and bad light this looks staged."

- James Brook-Partridge

Runner-Up

Snow Monkey by Joseph Goh Meng Huat

Judges' comments:

"This is worthy of National Geographic magazine – a well composed and close-up image. I love the way the falling snowflakes frame the image."

- Kate Griffiths

"This is a slightly haunting image! It's like monkeys lost at sea clinging onto a raft. But when you stare at it long enough, you get a real sense of calm from it. And we all need a bit of calm in our lives. I love the monkeys on either side – both with heads bowed, just relaxing in the warm water. Great depth of field on this, as well – the monkeys further away drop out of focus; it draws you into the captivating face of the central monkey."

- James Brook-Partridge

The snow monkeys were keeping themselves warm inside the onsen. - Joseph Goh Meng Huat



The Great Outdoors

Wihher As Above, **So Below** by Wisnu Haryo Yudhanto

The vertical cave; Jomblang Cave in central Java, Indonesia. – Wisnu Haryo Yudhanto

Judges' comments:

"This picture took my breath away. It's simply stunning, and has some wonderfully ambiguous elements to it. When you first see it, it feels like you could be underwater. You then zero in on the figure and work it out. It has real drama, it's beautifully framed and makes a feature of the dark conditions in which it was shot. I've always been a fan of black-and-white images."

- James Brook-Partridge

"Amazingly exposed in tricky lighting, and they have captured a powerful and interesting scene."

- Kate Griffiths





Up Close and Personal by Tami Toohey



The **Bridge on** the River **Kwai** by Jun Sin

Cityscapes



Wither The Groin Vaults of San Sebastian Church by Ken Koh

The San Sebastian Church is an engineering marvel of its time. Although made of steel, its interiors were painted to look like stone. I shot in raw to get maximum detail out my Fujifilm X100 camera, and, with a very slow shutter speed of 1/11 seconds, I leaned myself against one of the pillars, using it as a support in order to achieve a sharp image.

- Ken Koh

Judges' comments:

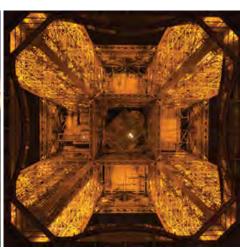
"Lovely composition, colour and feel – you can really appreciate the splendour of the ceilings."

- Chris Churcher

"I like the unique perspective of this shot and its artistic composition."

- Kate Griffiths





Tour Eiffel by Elizabeth Cowle

Night Scene at Punggol by Jedidiah Tan

Epicurean Adventures



Wither How Do You Like Your Eggs? by Mark Ward

We were visiting Central Java's Sikidang crater on the Dieng Plateau, and this guy was putting eggs into little packets on the end of long sticks and then cooking them in the bubbling, boiling volcanic mud.

- Mark Ward

Judges' comments:

"So atmospheric. This picture has drama, suspense and an air of mystery about it. Capturing images in strange atmospheric conditions takes skill, and I'm sure this shot was not as straightforward as it looks. The fact that this fella is boiling eggs is just the icing on the cake!"

-James Brook-Partridge

"A well-thought-out image – it captures mood with soft and atmospheric lighting, creating an eye-catching photograph."

- Kate Griffiths



Fish Stick by Charlotte Francovalle



Catch of the Day by Evelina Lye

























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Culture and Heritage



Wither The Morning Conference by John Benson

I took the photo early one morning in a village in Rajasthan, India. Aside from the mix of colours and shades, I like the composition and the fact that they are all looking at the camera, suggesting that you, the viewer, are sitting on the ground with them, participating in the discussion yourself.

- John Benson

Judges' comments:

"With its slightly ethereal quality, this almost feels like a painting by one of the Old Masters."

- Chris Churcher

"You look at the faces of these guys and you wonder what they have seen – they have so much character. They probably sit there every morning and talk about the good old days. Just a wonderful moment in time."

- James Brook-Partridge



Celebrating Thaipusam by Elizabeth Cowle



Light Beam at Bagan Temple by Marty Windle

Family Moments



Wikher My Little Photographer by Allan Espolong

This is my son taking a picture of his mummy and his sister while I was taking a picture of them on Orchard Road.

- Allan Espolong

Judges' comments:

"I like the way the photographer has blurred the background and foreground to emphasize this fun moment. Great viewpoint and angle."

- Kate Griffiths

"The more you look at this image, the more stories are being told: the son taking a picture of his family, the photographer capturing them, the lady in the background taking a selfie, a man on the other side watching her, and so on... and all on our very own Orchard Road. You don't need to travel far to take great photos." ε

- Chris Churcher



Don't Be Scared, I Got You! by Satyajit Nagaram



The Long Road Home by Rebecca Byrne



What's on Singapore's art scene this month

COLLIDING CULTURES

Through 10 June, catch The Kung-Fu Series, a solo exhibition by Chinese-born, Australian contemporary artist, Zhong Chen, at REDSEA Gallery (Block 9, Dempsey Road). Exploring the themes of cultural identity, belonging and place, Chen's acrylic-on-canvas works feature Chinese characters and mythological figures painted with black, Chinese art-inspired calligraphic brushstrokes set against vibrant blocks of colour. They reflect his life's journey from East to West - maintaining links to his



Chinese heritage while living his new life in modern Australia. For Chen, kung-fu is significant not only because he practised it in his youth, but also because of the influence of cultural icons like Bruce Lee. redseagallery.com

SHAKESPEARE ON SHOW

The Singapore Philatelic Museum (23B Coleman Street), in partnership with



the British Council, is commemorating the 400th anniversary of William Shakespeare's death with the Shaking It With Shakespeare exhibition, which runs until January 2017. In addition to showcasing Shakespeare-themed stamps from around the world, the museum is holding various children's programmes including storytelling sessions, stage workshops and art classes; the last-mentioned include a "Much Ado About Mailbox" mailbox-decorating workshop on 7 and 14 June. For more details, visit spm.org.sg.

A COLOURFUL PAST

Until 25 June, catch Pressionism: Graffiti Masterpieces on Canvas, an exhibition that puts the spotlight on graffiti art. Once denounced by art critics

and the general public as an unsophisticated form of language, graffiti has now become a global phenomenon. Presented at Fort Canning Park's Singapore Pinacothèque de Paris, the exhibition, which traces the hidden history of the movement and highlights the art form's techniques and aesthetics, lets visitors discover a world of colour and calligraphy through an extensive collection of artworks by graffitists from all over the globe. 5 Cox Terrace, Fort Canning Arts Centre. pinacotheque.com.sg



IN THE DEEP

On countless expeditions throughout history, humankind has sailed the seven seas and plumbed the depths of oceanic trenches - yet, though scientific and technological progress has been made, there's still plenty to be discovered. From 4 June to 28 August, Singapore Art Museum at 71 Bras Basah Road presents Odyssey: Navigating Nameless Seas, which invites visitors into Earth's watery realms, as seen through the eyes of contemporary artists, featuring commissioned artworks, artist loans and works from the Singapore Art Museum collection.

Also delving into the deep, Imaginarium: Over the Ocean, Under the Sea - the sixth edition of SAM's children-focused annual exhibition (until 28 August at the museum's SAM at 8Q location at 8 Queen Street) – takes adventurers of all ages into the watery territories of Earth, featuring tactile and interactive works that encourage discovery through exploration and play. Young visitors can learn about the impact we have on the natural world and, how, through inventive ideas, we can save our planet and its awe-inspiring oceans.

Both exhibitions are open Saturdays to Thursdays from 10am to 7pm, and Fridays from 10am to 9pm. For more information, visit singaporeartmuseum.sg.







SINGAPORE THE ATRE FESTIVAL 2016 30 JUNE - 24 JULY 2016 | LASALLE COLLEGE OF THE ARTS



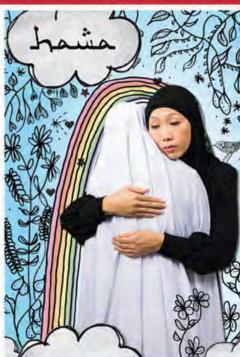
30 JUNE - 24 JULY 2016



30 JUNE - 3 JULY 2016



30 JUNE - 3 JULY 2016



30 JUNE - 3 JULY 2016



7 JULY - 10 JULY 2016

GRANDMOTHER TONGUE



7 JULY - 10 JULY 2016



14 JULY - 24 JULY 2016



14 JULY - 24 JULY 2016

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LOWERCASE









Technology Tology

Anyone living in the modern day digital era will appreciate the ArtScience Museum's latest exhibition, Big Bang Data, which explores an abstract but increasingly significant aspect of our life: the explosion of data. We spoke to the museum's Executive Director HONOR HAGER about what visitors can expect.



Give us an overview of Big Bang Data.

The exhibition is organised into nine chapters, each seeking to explore our intricate relationship with data, as well as the meaning and implications of datafication for our future. Topics include cloud infrastructures, the social production of data, privacy and surveillance, and how data can be harnessed for good. Within these chapters, Big Bang Data aims to make an abstract subject tangible and easily accessible to everyone through striking

visual installations. It features works from some of the world's most acclaimed artists, such as Ryoji Ikeda and James Bridle, all of which draw upon data to explore this important issue of our time. Data visualisations, bespoke interviews with local data experts and prototypes developed by leading local research institutions in the field of infocomm technologies are also on display.



I think the section that all visitors will find particularly relevant and relatable is "Chapter 4: I Am Data". The artworks in this section explore the data that we produce as individuals, either with awareness through a culture of selfquantification, or unknowingly in the form of social media activity. Through exploring the individual footprints that we leave we can understand their collective effect on the digital world. One highlight within this chapter is Hello World! Or: How I learned to stop listening and love the noise by Christopher









Baker, an audiovisual installation composed of over 5,000 fragments of personal video diaries. It reflects on the complex relationship between participatory media, privacy and the human desire to be heard. Another highlight from this section is 24 Hrs in Photos by Erik Kessels - a visually astounding installation formed with images collected and printed from Flickr over a 24-hour period, showing the deluge of images that the internet condenses daily.

Do you have to be technologically savvy to understand or enjoy this exhibition?

It's truly a coming-of-age exhibition specially designed for audiences of the 21st century, and will be relevant to anyone living in this current digital era. The beauty of the exhibition is in how it makes the endless oceans of data generated by all of us visible and tangible, and in doing so demystifies what can seem like an abstract topic. As such, the exhibition is designed for everyone.

What do you hope visitors come away with?

We hope they'll walk away reflecting on what data means to them, given that each of us generates an astronomical amount of it on a daily basis. In fact, every minute of the day, 204 million emails and 278,000 tweets are sent, 1.8 million Facebook likes are generated, and 20,000 photos are uploaded to Facebook. As we move towards a more data-driven society, it's becoming increasingly important for us to consider how data is transforming our lives: not only how it benefits everyday life, but also the dangers of using it as a tool to turn privacy into a commodity. As Singapore strives to become the world's first Smart Nation, harnessing data and digital technologies to benefit its citizens, we hope that this exhibition will inspire visitors to ponder over these issues and to determine the kind of data society in which they want to live. a

See Big Bang Data until 16 October at ArtScience Museum, 6 Bayfront Avenue. marinabaysands.com/museum

STAGE

This month is loaded with live musical performances and fairytales galore

THOUGHT-PROVOKING PERFORMANCE

This month, The Necessary Stage presents *Ghost Writer*, which traces the stories of characters trapped between their desires and their responsibilities – from a young artist who struggles with the rigidity of her classical training, to an expatriate wife who escapes reality through fiction, to a teacher who finds herself alone in the fight to save the school she has inherited. Grappling with questions of how independent our lives can be, the drama asks: do we have to live on other people's terms, or can we transcend tradition to rewrite our own stories? See it from 9 to 11 June at Esplanade Theatre Studio. Tickets from Sistic. **necessary.org**



FOR KIDS



DANCE AROUND THE WORLD

From 2 to 5 June, youngsters and their grownups can enjoy Singapore Dance Theatre's (SDT) **Peter & Blue Go Around the World**, which follows the globe-trotting adventures of Peter, his dog, Blue, and Calico the cat – from Japan and China to France, Italy, England, Spain and the USA, via train, plane, boat and bicycle. Choreographed by artistic director Janek Schergen, the hour-long children's ballet production brings together the magic of fairy-tales and meaningful morals. See it at LASALLE College of the Arts' Singapore Airlines Theatre. Tickets from Sistic. **singaporedancetheatre.com**

NEXT MONTH

POP PRINCESS On 27 July, American pop singer Selena Gomez will bring her Revival Tour to the Little Red Dot for a one-nightonly concert at Singapore



Indoor Stadium. Fans can look forward to hearing popular tunes, "Good For You", "Same Old Love" and "Hands to Myself" from her most recent album, *Revival*, among other hits. Tickets from **sportshub.com.sg/sportshubtix**.

FEELING FESTIVE

From 30 June to 24 July, LASALLE College of the Arts (1 McNally Street) will be transformed into a buzzing hub of activity when **Wild Rice's Singapore Theatre Festival (STF)** returns for its fifth edition. Featuring the work of nine playwrights, eight directors and four theatre companies, the month-long festival, which celebrates contemporary Singaporean theatre, will include a line-up of eight different plays that span a range of genres and forms – each piece was written here and is about Singapore. Here are four festival highlights.

HOTEL

First presented at last year's Singapore International Festival of Arts (SIFA), this multigenerational epic about a Singaporean hotel opened at the turn of the century, when the island was still under colonial rule, takes



audiences on a journey across time and history. Checking into the hotel every ten years, viewers get a glimpse at its residents – from Indian mutineers, Cantonese nannies and Malay film stars to Japanese soldiers, drag queens and wedding guests – and the profound changes along the way, as Singapore morphs from a colony into a Malaysian state into a sovereign nation. *HOTEL* is performed in two parts on separate, consecutive days; Part One is set in the years from 1915 to 1965, while Part Two is set in the period 1975 to 2015. See it from 30 June to 24 July at LASALLE's The Singapore Airlines Theatre.



GEYLANG

A mix of history and fiction, this comedic and poignant play looks for truth in the past, present and future of Singapore's most colourful district. An interplay of four stories, the show features characters who have lived, loved and lost in Geylang, including a pair of star-crossed lovers who defy the cultures that separate them, a single mother who struggles to keep up with the times, a nostalgic civil servant, a gang leader and *mama-sans* who prey on lost souls. See it from 30 June to 3 July at the Flexible Performance Space.

Also not to be missed: STF's programme of "Festivities" held at LASALLE's Lowercase Café, including The Art & Life Sessions, a series of free forums about the imperative issues of today; the Festival Club: After Hours, which highlights emerging and established talents in the fields of drag, music and stand-up comedy; and a playwriting workshop by Wild Rice's resident playwright, Alfian Sa'at.

LET'S GET BACK TOGETHER

Based on frank and sometimes funny interviews with over 50 brave and inspiring individuals, this original

testimonial theatre piece explores the realities that lesbian, gay, bisexual and transgender people face on a daily basis in Singapore as they struggle with issues of faith, identity and acceptance. See it from 7 to 10 July at LASALLE's Flexible Performance Space.



MY MOTHER BUYS CONDOMS

A romantic comedy that puts a cheeky spin on ageing, this play about a retired teacher's unconventional romance with an air-con repairman challenges society's attitudes towards sex and senior citizens, and asks the audience



to re-evaluate one's freedom to love – whether one is actually young, or just young at heart. See it from 14 to 24 July at LASALLE's Creative Cube.

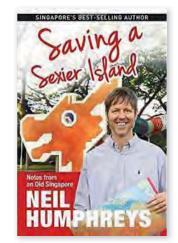
Tickets from Sistic. For more details, visit **singaporetheatrefestival.com**.

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

Saving a Sexier Island: Notes from an Old Singapore Neil Humphreys

Marshall Cavendish | 272 pages

I've been reading Neil Humphreys' works on Singapore for the past 15 years, from *Notes from an Even Smaller Island* (2001), *Scribbles from the Same Island* (2003), *Final Notes from a Great Island* (2006) and the omnibus *Complete Notes from Singapore* (2007) to *Return to a Sexy*



Island (2012). I'm a real fan. On the last page — which I turned with great regret — Singapore's best-selling author and favourite *ang moh* describes *Saving a Sexier Island* as "an unapologetically sentimental love letter to what remains of old Singapore".

Neil researched this book for six months, criss-crossing the island to discover or revisit around 50 uniquely Singaporean places. Walking, cycling or taking the bus provided plenty of opportunity for local interaction. Just for starters, there's the cleaning auntie disturbed during her lunchtime snooze on the stairwell of a crumbling Dakota Estate HDB block, the limousine chauffeur reminiscing about his gangster days in Changi Prison, and the charming uncle at the Memories of Old Ford Factory. Wildlife encounters include a black spitting cobra in Kampong Silat, a crocodile at Sungei Buloh and a family of otters on Geylang River.

Somehow, Neil succeeds in finding numerous parallels between the people and places of Singapore and the Dagenham council estate where he grew up – a hawker-stall fry-up and the "greasy spoon" fare at his family's own café, for example. For another, both Queenstown and Dagenham were "pioneers of public housing".

He mourns the loss of quintessentially Singaporean locations and ways of life. The gentrification of Tiong Bahru and the Europeanisation of Joo Chiat, for instance, push property prices sky-high, elbow the old tenants out and kill the character of formerly unique neighbourhoods. "Suffocation by cappuccino," he calls it.

Being a foreigner here has never stopped Neil Humphreys from commenting frankly on Singapore society as he finds it, both the good and the bad. Instead of irritating Singaporeans, however, it has strangely endeared him to them. What is his secret? – is it his self-deprecatory tone, his quirky humour, his genuine humility, or simply an unquenchable passion for this place and its people? Please buy this book. It may just encourage him to write another one for us.

- Verne Maree

Feng Shui for Small Spaces: An Introduction to Geomancy Alan Chong*

Marshall Cavendish | 110 pages

As property prices per square foot continue their upward trajectory and the size of the average home shrinks—especially in the most desirable cities and locations—the principles of feng shui become increasingly relevant to us all. And though this book's discussion focuses on "generic public



housing" in Singapore, meaning HDB (Housing Development Board) flats, the author is right when he says that its basic concepts are applicable anywhere in the world.

After a generally insightful introduction to the spiritual, mental and social issues related to small and cramped accommodation, the book outlines some of the concepts that underpin feng shui – which really is best described as the art of arrangement, mirroring the natural order of things together with an understanding that a home's interior reflects its owner's personality. Remaining chapters are devoted to the various spaces in a home, from its entrance, living room, kitchen and dining room to bedroom and study areas.

Well designed with simple but effective illustrations, this book makes for interesting reading and is full of useful information and ideas.

- Vanessa Harvev

^{*} Alan Chong is a Fine Arts in Visual Communication graduate from Nanyang Technological University here in Singapore. Interestingly, he grew up within the compound of a Buddhist temple, which exposed him to Chinese cultures. This work is based on his final year project: a re-imagination of feng shui tailored for the Singaporean context.

Chineasy Everyday: The World of Chinese Characters ShaoLan Hseuh

Thames & Hudson | 255 pages

Hailed as a new way to learn Chinese, *Chineasy Everyday* promises to teach you or your child more than 400 of the most used and useful Chinese characters, phrases and sentences. The system was developed by a London-



based Taiwanese entrepreneur who was looking for an effective way to teach Chinese to her own children.

Its ground-breaking visual approach promises to make reading characters "fun and easy"; by learning the most commonly occurring characters – the building blocks of the entire language, it says – readers of all ages can swiftly grasp concepts and words. What's more, it's organised into 11 themes that not only reflect our daily lives, but also include insights into Chinese history and culture.

- Vanessa Harvey

BOOK NEWS: THE BIG FIVE

Here are five uniquely Singaporean books that the National Library Board (NLB) selected from last year's SG50 Gift of Books initiative, in which 10,300 books were presented to some 40 libraries across the globe. According to the NLB, they are must-reads that will give a great head-start to anyone planning to visit the Lion City.











A Guide to 21st century Singapore Architecture by Patrick Bingham-

Living in a Garden: The Greening of Singapore by

Timothy

Auger

Scenegapore
by Miel

The
Complete
Eh,
Goondu!
by Sylvia
Toh Paik

Choo

The End of Char Kway Teow and Other Hawker Mysteries by Leslie Tay

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 amy.greenburg@expatliving.sg. It won't take long!



Chris Jones, Singaporean-Welsh

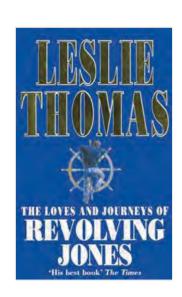
The Loves and Journeys of Revolving Jones by Leslie Thomas

Genre? Fiction

How did you get hold of it? It was given to me by a friend. **How far have you got?** About a third of the way through.

What do you think of it so far? It's massively appealing to me, as the hero comes from South Wales, where I originally hail from. It starts with young Davy Jones growing up and going to sea to earn a living. The young lad "becomes a man" on one of his trips to coastal France and eventually gets transferred from

the dirty old lugger he's on to a smart cruise vessel, where various older women entertain him in their cabins. Apart from that, it's a light-hearted romp involving jealous husbands, a brush with the Spanish Civil War and more.





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

BIG SCREEN

FINDING DORY (3D)

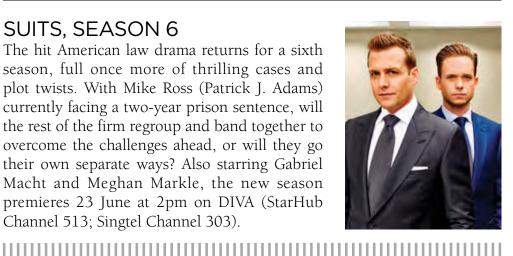
In the sequel to Disney Pixar Studios' Finding Nemo, everyone's favourite friendly-but-forgetful blue tang fish, Dory (Ellen DeGeneres), reunites with friends Nemo and Marlin on a search for answers about her past. What can she remember and who are her parents? And where did she learn to speak Whale? This much-anticipated kids' film also features the voices of Albert Brooks, Diane Keaton, Ed O'Neill and Ty Burrell. It opens in cinemas on 16 June.



SMALL SCREEN

SUITS, SEASON 6

The hit American law drama returns for a sixth season, full once more of thrilling cases and plot twists. With Mike Ross (Patrick J. Adams) currently facing a two-year prison sentence, will the rest of the firm regroup and band together to overcome the challenges ahead, or will they go their own separate ways? Also starring Gabriel Macht and Meghan Markle, the new season premieres 23 June at 2pm on DIVA (StarHub Channel 513; Singtel Channel 303).



FOR KIDS CELEBRATING 30 MAGICAL YEARS

In honour of Disney Pixar's 30th birthday, Disney Channel (StarHub Channel



312) is showing favourites like *Toy Story*, Toy Story 2, Monsters, Inc., Monsters University, Finding Nemo, A Bug's Life and Wall-E on 4, 5, 11 and 12 June at 9am (with repeat showings at 8pm), and every day from 13 to 17 June at 10am (with encores at 8pm). And, on 17 June, kiddos won't want to miss Pixar's very first animated short, Luxo Ir, or the channel premiere of Toy Story at 20: To Infinity and Beyond at 8pm, followed by another showing of Toy Story - the first entirely computeranimated feature – at 9pm.

DEFINITELY NOT FOR KIDS TED 2

"Thunder buddies" John (Mark Wahlberg) and foul-mouthed teddy bear Ted (Seth MacFarlane) are back with more hilarious and outrageous antics. This time, with the help of a novice lawyer (Amanda Seyfried), they must go to court to fight for Ted's "personhood" in order for him to qualify for child adoption. The comedy sequel to Ted also stars Morgan Freeman and Giovanni Ribisi. Tune in on Saturday, 18 June at 10pm on HBO (StarHub Channel 601).



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LIFE & FAMILY



119
Expat Insider: The Finnish
Ambassador on a diplomat's life

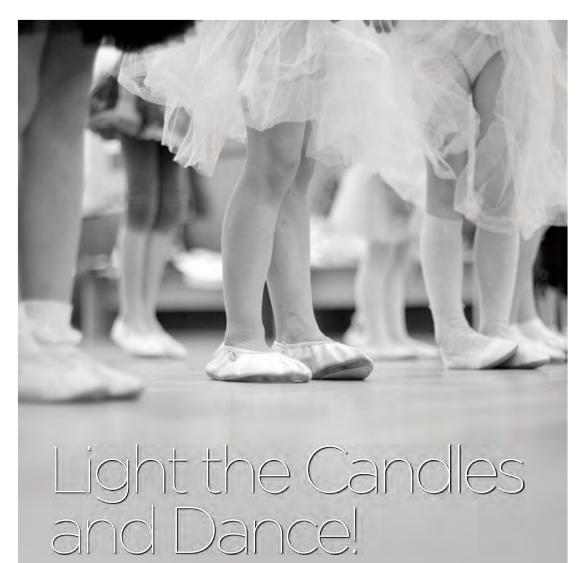
123 Musical Schools: Five students on their musical passion

128
Getting Around: Scooters to take you places

What's New



Perfect for the party season: Hatley cotton dress, \$49.90, Motherswork. See more kids' fashion on page 130.



It seems that Singapore has a birthday party venue to suit every kid's personality, and if it's arts and dancing that your child loves, Tanglin Arts Studio has things covered. Led by Katja, the studio's professional dancing team offers the full gamut of styles, with plenty of party options to suit both boys and girls. Ballet, jazz, tap, hip hop, disco-freestyle, Disney, Princess, Hannah Montana or Nutcracker – these are just some of the options available in a choice of three different party packages. All you have to do is decide where you want to hold the party and how much you want Katja to take care of for you. It's win, win and win: special for the birthday child, easy for the parents and fun for the guests! #01-02 Horsecity Block M, 100 Turf Club Road.

6479 0304 | tanglinartsdancestudio.com

Get Airborne

We're big fans of Katapult, Amped and Zoom, so the news that Melbourne-born trampoline park **Bounce Inc** is opening this month in Singapore has us thinking about new opportunities to bounce off walls! This adrenaline-inducing urban indoor playground is for kids *and* adventurous adults, featuring interconnected trampolines, a free-run obstacle course and the ominous-sounding Leap of Faith as just some of its attractions. **bounceinc.com.sg**



Banish Boredom

The learning doesn't have to stop when school takes a summer break. Keep the kids' brains ticking over at one of the themed camps presented by **Whizz Kids**, which mix a big dose of fun with science, art, technology, movie-making or a combination of them all. Camps are held from June to August at international schools such as UWCSEA (Dover and East campuses) and the Canadian International School (Lakeside and Katong campuses), and at eXplorer Kids and elsewhere. **whizzkidz.com.sg**







Children begin loosing baby teeth at age 6.

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Has your child been screened yet?





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In Self-defence

Considering learning the popular martial art of taekwondo? Now's the time to get moving! The international black belt instructors at **JH Kim Taekwondo** teach valuable life skills such as goal-setting, focus, discipline and perseverance as well as practical self-defence skills. To celebrate its anniversary this month, the school is offering a generous 30 percent discount on three-month packages for new members. Just present this promotion to staff at one of the three JH Kim venues at Millenia Walk, Katong and Siglap. (Note: uniform and registration fees are extra.) **6299 0495 | jhkim-singapore.com**

Building on Up

Next on the list of international schools to begin construction on a purpose-built campus is the **German European School Singapore**. Dignitaries attended a ground-breaking ceremony last month – an exciting moment in the school's 45-year history. The two existing campuses will be merged into one at a new site in the north of the island at Dairy Farm Road, which is expected to open in 2018. **gess.sg** \checkmark



Bridging the Gap

Using technology can be a convenient way for people to fit counselling sessions into their hectic schedules. The Counselling Place now offers **Skype Counselling**, Monday to Saturday until 10pm, ticking the boxes for convenience, privacy and flexibility. Available in English, German and Spanish, the sessions are provided by Kim Bartholdi who has come back to the team after a stint in 2013. Also joining is Mexican counsellor Karla Lorena Perez, who works in English and Spanish with children, teens, adults, couples and families. **7500A Beach Road**, #04-323 The Plaza. thecounsellingplace.com





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Applications for entry in August 2017 will open in September 2016.

Visit www.uwcsea.edu.sg to find out more and to RSVP for our upcoming open days.



New Campus

This month, the award-winning Odyssey The Global Preschool launches infant care at its new campus opening on the East Coast. Located in a heritage building at 25 Still Road, the spacious campus will have an atelier, indoor gardens, music gardens and alfresco dining areas, complementing the naturally lit classrooms. Visit on Open Day, 18 June, for a personal guided tour. Register and find out more at **theodyssey.sg**.





Artistic Baby

Stand out from the crowd with the new Wrapsody Bali baby wrap, crafted from handmade fabric by Balinese batik artists. Ideal for tropical climates, the wrap is made from 100 percent lightweight cotton that is stretchy, strong and silky-soft. Each Wrapsody has tapered tails, so that the wrap is not bulky. It's recommended for newborns and up to 16kg. \$149.90.

6397 6691 | babyslingsandcarriers.com



A Micro G balance bike valued at \$250 from White and Black Trading

A world first in design technology, the Micro Balance G bike provides preschool children with the thrill of mobility. The bike is safe and lightweight, with large scooter wheels, allowing children to learn the balance skills and confidence required for biking and scooting. With a limited steering angle, a handle brake designed for safety and a weight of just 3.2kg, it's unlike anything else on the market. Other features include an adjustable steering column and seat. Suitable for children aged from two to five

years.

For your chance to win, enter online at expatliving.sg/ competitions



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Environment Focus

Dig the Dirt this Father's Day

What better way to show your love for Dad than to have him plant a tree in one of the island's wonderful wildlife reserves? WWF-Singapore's **Grow A Forest** project is all about fathers rolling up their sleeves and getting their hands properly dirty. No standing around while someone else digs the hole! As part of the package you also get to support WWF's efforts to re-grow Sumatra's forests. (More than two million hectares of forest were lost in the fires that caused last year's terrible haze.) Forests aren't just lovely to look at; according to the climate experts they could be crucial in turning around our climate change problems. A \$500 donation will get you a planting session in Singapore plus 15 trees in Sumatra, or for \$33 you can have one tree planted in Sumatra and named after your Dad. Find out more about Grow A Forest at **earthhour.sg**. \blacksquare





Stop the Traffic!

This year on **World Environment Day** (5 June), the United Nations Environment Program is focusing on the illegal wildlife trade. Wildlife trafficking is a huge problem that threatens to push some of our most loved species – the tiger, the elephant and the rhinoceros, for example – into extinction. Singapore is known to be one of the world's major wildlife trade hubs, with criminal gangs exploiting an efficient transport system to ship animal parts across Asia. It's even reported that illegal products like tiger parts and bear bile can still found in shops in Singapore. You can be a part of the fight against wildlife crime by using the **Wildlife Witness app**, which is being promoted by Singapore Zoo as part of its ongoing campaign against the illegal wildlife trade. Through the app, you can report any suspicious activity that you may see, either here or on your travels, directly to wildlife crime investigators. Wildlife Witness is free from the App Store.

See Any Sea Turtles?

Did you know that burst balloons look like jellyfish to hungry sea turtles? The Sea Turtle Conservancy would like to remind us of the danger plastic waste poses to marine life, and the particular dangers of releasing balloons. If an unsuspecting turtle ingests a balloon instead of a jellyfish, it will most likely suffer a painful death. This is worth considering because Singapore does get rare turtle visits; only last year, a female hawksbill came ashore on the beach at East Coast Park, to much excitement. World Sea Turtle Day is 16 June. ▶





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NOTICE BOARD

FAMILY NEWS



Alessia Shahla Joy Watson was born to proud parents Craig Watson and Mandanna Daemi on 24 August 2015



Amelie May Jackson was born on 4 November 2015 to happy parents Rachael and Richard



Kathryn and Neil Calder are happy to announce the birth of Isabella Mae on 25 August 2015



Jack Cheikhna arrived on 20 September 2015, to the delight of parents Chris Bowden and Zahra Thioune



Oriel Morrison and Matt Higgins welcomed Kaius Stephen Morrison Higgins on 13 October 2015, when he joined his siblings Austin and Xavier



Georgia Grace Yule arrived on 1 October 2015 to happy parents Chris and Liane

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 after prize-giving. 6440 7567 | tomato.sg

tomatephoto



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



Momo's family gave him up because they couldn't handle his high energy. For the same reason, this affectionate boy has not been able to find a home for more than two years, but with an experienced owner, four-year-old Momo will blossom.



Affectionately known as "Little Pony", Roland is SOSD's largest dog. He was rescued with a large wound and severe heartworm, which nearly claimed his life. After more than a year of treatment, he is now ready for re-homing.



At 24kg, 11-month-old Danzel is the friendliest and biggest boy from his litter. He is not very active and so would suit a home with older residents. He knows basic commands, is toilet-trained and is friendly with people and dogs alike.



Ten-year-old Snoop lost his family when they moved overseas. He is nearly blind, which makes him insecure; however, he simply needs time to adjust to a new environment and new people.

Save Our Street Dogs (SOSD)

is a volunteer-run organisation dedicated to the welfare of Singapore's many street dogs. Vehemently opposed to the culling of stray animals, its aim is to rescue, rehabilitate and rehome strays. If you're an animal lover who would like to help, there are a number of ways to do so. You can adopt a dog, be a shelter volunteer, donate to the pet shelter, become a sponsor, or foster a dog until it finds a permanent home. If you want to find out more about any of these animals up for adoption, or how to help in some other way, go to sosd.org.sg for more information.

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BY KATIE ROBERTS **PHOTOGRAPHY** MICHAEL BERNABE

On her second posting here, Finland's official representative in Singapore, Ambassador PAULA PARVIAINEN, shares her passion for her fascinating job and her beautiful country.

isiting an upper floor of a modern River Valley condo, one would be surprised to find a front door emblazoned with a large Finnish Embassy logo – and to have the door opened by none other than the Ambassador herself, Paula Parviainen. Paula's warm and genuine greeting is as welcoming as it is low-key as she introduces herself simply, welcomes me inside and heads to the kitchen. With no helper employed yet, she quickly makes strong coffee and prepares a plate of Finnish Karelian pies – a traditional rice and rye delicacy served with egg butter – before settling down with me on the balcony to chat about all things Finland.

Paula is an engaging conversationalist. Our free ranging and fascinating tête-à-tête ranges from Finnish gender equality to trade and the Northern Lights, before turning to a topic that all expats discuss at one time or another: airlines. Before joining the Finland Ministry of Foreign Affairs two decades back, Paula worked for 10 years with the Finnair flight crew, and first touched down in Singapore in 1986. Now, as Finnish Ambassador she is pleased to champion the national carrier and clearly has the necessary experience both as a crewmember and a regular passenger to do so.

Career on the go

Paula tells me that joining the Ministry at the age of 32 was considered late by diplomatic standards, but the career change was made easier because she had already had children. To make the switch, she studied international relations and political science at Abo Academy in Finland, and later public relations at Boston

University. "At the time," says Paula, "it was possible to combine my studies with my Finnair work as there were long layovers at the destinations – including many in Asia. I could take my books along and arrange the flight

schedules in order to manage my studies."

Her first diplomatic posting, from 1996 to 2000, was to Singapore, as Deputy Ambassador. "My two sons started their schooling here; they went to Dover Court School and a Newton Montessori," she says. Paula has fond memories of them competing in the ANZA soccer competition on Saturday mornings. Fast forward two decades and both sons are now in Europe, having completed their last three years of schooling in Helsinki. The eldest lives in Manchester in the UK, where he works as a paramedic; the other is finishing his university studies in sustainable agriculture in Helsinki.



After leaving Singapore, Paula spent time working in Finland, New York, Paris and Beijing in various diplomatic roles. "It feels like I've had 10 different professions because all the postings require you to do different jobs. At every post you start from scratch: you learn about the country, you create networks, you assist the citizens of your country, and you give an analysis of that country through the Finnish lens," she says. Of returning to Singapore for a second time (after four years in China), Paula says she is drawn to the entrepreneurship, friendliness and dynamism of the place and that she feels very much at home here.

Finland in Singapore

Along with the 1,000 Finnish citizens living in Singapore, there are 120 Finnish companies operating here; Paula says that the two countries, with the same population of 5.5 million, have much to share. Aside from Finnair, which is launching an A350 later this year and has increased its flight service to one direct flight daily between Singapore and Helsinki, the companies you'll notice in Singapore include household names like Angry Birds, Nokia and Marimekko. Then there are the lesser-known companies that contribute to a chunk of two-way trade between the two countries, be it in electronic components, pulp and paper products, metallurgy, shipping or power plant components.

Part of Paula's role is to build a community for all Finnish expats, companies and associations and provide a platform for Finnish companies to do business in Singapore. Education is one important sector, and she mentions innovation in teacher training and early childhood education as one thing that's particularly valued in Singapore. Recently, she has focused on Finnish technology for the ageing population sector. "Finland has Europe's fastestageing population, and we have found solutions through technology, such as monitoring, which allows elderly people to stay active while living at home. This technology can be applied in the context of Singapore where the population is also rapidly ageing," she says.

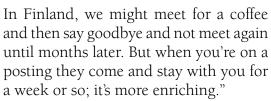
"I'd also like to encourage more Finnish consumer brands into the market here. We have a strong design culture with the likes of Marimekko and iconic tableware company littala and Fiskars. And of course there's Finnish food; nature is a way of life in Finland – it's never questioned and we certainly take access to pure nature for granted. Wild foods from this unspoiled environment are sold as premium products, and there's certainly room for more."

Paula recently hosted the launch of "the official gin of the Finnish residence" – a rye gin named Napue – adding to the current renaissance of this spirit in many parts of the world. Described as "a Finnish summer in a bottle" and flavoured with 14 wild herbs, it snared the title of "World's best gin-and-tonic gin" from 150 distilleries at the International Wine and Spirit Competition last year.

What's next?

I ask Paula if she misses home after so many years of living abroad. In response, she shows me her ring inscribed with the Latin phrase *carpe diem* and replies in her straightforward, Finnish manner: "I've learnt that you really have to be where you are, literally. Now, with technology like FaceTime, it's possible to talk every day – or, with daily flights available, catch a flight home if you need to," she says.

"In many ways, my relationships with friends and family have become deeper.



Right now, Paula is looking forward to festivities to mark Finland's 100 years as an independent nation in 2017. "We're starting work on a programme of events called SF100 in collaboration with Finns living here, as part of a big global celebration," she says. Fingers crossed I'm invited to the party!

Finland in a nutshell

- Two million saunas
- 500,000 summer cottages
- 188,000 lakes
- 11 hours from Singapore
- World's cleanest water (according to the UN)
- National legends include Formula 1 champion Kimi Räikkönen and world rally champ Tommi Mäkinen &

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Who's Got Talent?

The research is now clear: music and the performing arts deliver myriad intellectual, social and emotional benefits to students. No longer viewed as supplementary subjects, they are a core part of the academic curriculums at international schools globally. We caught up with five students to find out what ignites their musical passion and how they benefit from it.







Student: Ledy Manurung, 18 years, Indonesian (Grade 12)

School: St Joseph's Institution International (SJI International)

Years at the school: 4

Years of music tuition: 9

Ledy loves singing – watch her perform just one song and her delight shines through. "This has been my passion since I started singing in church when I was young," she says. "When I sing I feel overjoyed and extraordinary, and it makes me forget about my worries for a while."

She is immersed in talent-nurturing opportunities at SJI International, the International Baccalaureate Music programme being just the beginning. She has performed in school musicals (lead roles in *Bugsy Malone* in 2014 and in *Hairspray* this year), won first place in the "SJI International's Got Talent" competition in 2015, and in March was a special guest at the performance of the Yale Alley Cats, a touring a capella group from the US.

Outside of school, her list of achievements is impressive. Last year she

played a lead role in *Gelar Budaya*, one of SMU's largest annual musical productions; she has sung at the Indonesian Embassy for the Ambassador and his guests; and in 2014 she made the semi-finals of Crescendo, an inter-school music competition.

"The best part of singing is that I get to entertain other people," says Ledy. "I love the feeling when I make them feel happy – seeing the smiles on their faces shows me that they are enjoying my singing."

ON THE STAGE AT SJI INTERNATIONAL

The performing arts are an intrinsic part of SJI International's school culture, and students are provided with many opportunities to express themselves creatively both inside and outside the classroom. A foundation IGCSE course is offered in Grades 7 and 8 in Music and Drama, while IGCSE Music and Drama is taught in Grades 9 and 10. Students in Grades 11 and 12 undertake the IB Diploma Programme in the Visual Arts, Music and Theatre.

All students are encouraged to participate in at least one extracurricular creative activity, selected from a range of music, drama and dance opportunities. Group activities include orchestra, choir, Brazilian samba drumming, ukulele, jazz band, brass ensemble and the musical theatre company. There's also an instrumental tuition programme that offers private lessons for woodwind, brass, string and percussion instruments.

Students also have the opportunity to get involved in major school events, such as the bi-annual school production, Arts Week, Drama Night, Battle of the Bands, talent shows, the Singapore Chingay Parade and musical performances at various locations, including the Singapore Botanic Gardens.

490 Thompson Road 6353 9383 | sji-international.com.sg

The value of music exams

"Children gain many important life skills from music exams, including time management and discipline – and it's a great chance to test performance skills. Those who find exams too intimidating may find holiday music camps a meaningful alternative; not only will they provide a memorable learning experience, they're a fun way to spend a holiday!" – Bina Jung from Aureus Academy



Student: Nadia Liu, 10, American School: Stamford American International School (Stamford)

Years at Stamford: 1.5 Years of music tuition: 2

Musical Passion: SINGING

"When I took my bow at the end of the show I felt very satisfied that all the hard work had paid off," says Nadia, who was the lead in this year's musical production of *Mulan*. The musical involved a cast of 90 children from Grades 3 to 5. "Getting to know a lot of people was fun, the props were cool, and the rehearsals and auditioning was fun too." Nadia's other passion is piano, and she takes weekly lessons at Stamford at times that fit in with her academic schedule.



Student: Ayaka Ishida, 10, Japanese

School: Stamford

Years at Stamford: 3.5 Years of music tuition: 2



Ayaka is really taking advantage of the breadth of activities on offer at Stamford. As well as the weekly flute lessons she's been taking for the past two years, she participates in the swim team, and because she also has a passion for singing, she enjoyed being a part of the choir last year. Ayaka had a lead role in *Mulan* and loved the costumes. "Making a bunch of new friends from the musical was great," she says.





The cast of Grade 3 to 5 students in this year's musical, Mulan. The High School performed Annie in May.

Musical Passion: DRUMS



Student: Chrisllynn Siah, 11, Singaporean

School: Stamford Years at Stamford: 7 Years of music tuition: 8 "Playing drums is fun and it feels like exercising," says Chrisllynn. "If I'm having a hard day it's good to hit things! And I like the feeling of the music through my body." Chrisllynn takes twice-weekly drum lessons at school and one lesson a week outside school. She is now learning and practising techniques in preparation for her Grade 6 exams. Chrisllynn was a lead in the cast of *Mulan* and is enthusiastic about the benefits of participating: "We learnt about time management, and how to balance homework with rehearsals and learning our lines at home."

ON THE STAGE AT STAMFORD

Students at Stamford can begin their musical education with the world-renowned Suzuki Violin Program from three years of age, with the option to progress to the cello from the age of five. Specialist music lessons for a choice of 12 musical instruments are available, and there are more than 20 choral, string, orchestral or rock ensembles to join. Performance is encouraged both at concerts in the 500-seat Reagan Theatre and at weekly lunchtime recitals.

The five full-scale musicals and drama productions held annually are dedicated elementary and secondary school productions. They are opportunities for students to showcase their talents and the skills they've developed through the International Baccalaureate curriculum.

1 Woodleigh Lane 6602 7247 | sais.edu.sg







Student:

Christopher Li, 14 years, Australian (Grade 9)

School:

Dover Court International School (DCIS)

Years at Dover Court: 4

Years of music tuition: 4

Christopher Li counts the violin as one of his many talents; he also spends time writing and video-editing, and is a member of the student council. At DCIS, Christopher participates in the school orchestra, and in the new Dover Court TV studio.

DCIS participates in the Global Campus Orchestra programme, and last June Christopher successfully auditioned to attend a week-long workshop at The Juilliard School in New York City. This was quite an accomplishment, as hundreds of other students tried out for this highly sought-after programme. Christopher excels at writing, too. He achieved first place in the Global Campus Creative Writing Competition this year with his composition *Kamal*.

About attending DCIS, Christopher says, "The teachers care about the students; there are many opportunities to try new things and learn; people are kind; students are free to think independently and creatively. It's a great place to go to school!"



MUSIC AT DCIS

All students at DCIS benefit from the collaboration between Nord Anglia and The Juilliard School in New York. This embedded arts curriculum with music at its core helps children learn discipline, collaboration and problem-solving skills. The Core Music Repertoire, a foundation of the programme, is built around 12 categories of music that explore a wide variety of genres, styles and cultures.

Each category is exemplified by an iconic work, with opportunities for visits by practising musicians and the development of creative skills such as improvisation and composition. Students are also connected to Juilliard's worldwide network of performers, artists and teachers, through regular workshops, master classes and performances held at DCIS.

Extracurricular activities such as choir, orchestra and individual music instruction enrich and improve the overall learning experience.

301 Dover Road dovercourt.edu.sg

Tips for preparing a nervous child for a public performance:

- While coping with stage fright is a constant battle for performers of all ages and abilities, there are ways to overcome the adrenaline rush.
- Plan rehearsals and mini-performances; these will eventually ease the nerves, while helping to build stage confidence.
- Provide encouraging words at the end of a performance (no matter how big or small the audience is) as this will contribute to a positive performing experience.
- Record their performances. Not only a fun way to show children how they look when they're on stage, it also offers a chance to discuss areas of improvement.
- Practise in concert attire at home. This is a great way for a child to get used to the performance setting while looking fabulous!
- If a child is absolutely resistant to performing, wait for a more appropriate time for them to play rather than forcing them into what might be a traumatic experience.
 - Bina Jung from Aureus Academy



Musical Moments

Considering lessons for your budding Mozart or Miles Davis? To help you decide, we posed some readers' questions about learning a musical instrument to BINA JUNG, one of the founding members of **Aureus Academy**.



#1 At what age should my child commence music lessons?

We try not to set an age limit, as children develop at different speeds. Generally speaking, we feel four years old is appropriate, as they should have developed a mature level of motor skills by that stage and be able to communicate fluently with a teacher.

#2 What are the pros and cons of individual versus group lessons?

Due to the intimate nature of an individual class, students tend to progress faster as they receive undivided attention and guidance from the instructor. Also, there is flexibility in the learning pace in individual lessons, as children aren't required to "follow the crowd".

On the flipside, group lessons offer the opportunity for children to observe the progress of their friends and colleagues, encourage one another's achievements and learn the importance of teamwork.

#3 What routine can I implement at home to encourage my kids to practise?

Set a regular practice session in order for you child to make consistent progress. Parents need to find particular creative solutions that will motivate their child. One effective method might be to hand out reward stickers whenever a child accomplishes a weekly goal, as it promotes

a sense of achievement while recognising their hard work. Another wonderful way is to find a simple arrangement of their favourite tune that is suited to their level. Most music teachers should be able to assist in finding a Disney song or a Broadway tune; then watch the determination as they learn it!

#4 Should I play the recorded music of professional musicians at home to add to my child's learning?

Emphatically, yes! Give children as much exposure as you can – whether it's playing a professional recording or attending live concerts. This gives them an opportunity to absorb the language of music and broaden their understanding of classical repertoire, while building a bridge to the professional musical world.

#5 What are the factors I should consider when engaging a music tutor?

A good tutor will engage your child throughout the lesson and demonstrate a generous amount of patience and motivation. Always sit in on the first lesson to observe the chemistry between your child and the teacher, as this is the most important component for successful learning. Make sure the tutor is equipped with the right qualifications (a music degree is a must) and a personality that best suits your child's needs. Do communicate

your desired learning outcomes prior to the lesson so that the teacher can plan to accommodate your request.

#6 Do we need to purchase an instrument?

It's crucial for children to have an instrument to practise on at home, as this is the only way they will improve their musical skills. Some music schools provide a rental service, or can advise you on where to purchase an instrument to suit your budget, and what to do if you don't have enough space for a large instrument such as a piano.

Benefits of learning an instrument

- Scientists say that learning a musical instrument is a fulltime workout for the brain and leads to better concentration and memorisation skills.
- It develops functional ability, such as coordination between hands, while building the physical stamina to perform more challenging works.
- It enables children to express a range of emotions, which is proven to have a therapeutic effect on their state of mind. α

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ROAD TEST Scooting in Style

Lightweight, portable and super-cool, these scooters are all about getting you from A to B with a minimum of fuss. They're a no-brainer transport option in this urban jungle, so the only question is: which one to buy?



hybrid electric scooter from the urban mobility gurus at Swiss brand Micro. When it was launched in Singapore, we got that chance. And

hands off, kids – this one's for the adults!

What sets the hybrid apart is its motion-control

– a mechanism that activates the motor as the rider kicks or pushes off. The second big feature is the slope support function, which kicks in to assist the rider up an incline via a tiny motor that's cleverly built into the wheel. No more struggling to chase kids down – you'll be able to overtake them on this baby.

The Emicro One has three programmes: eco, standard and sport. These are easily changed with a small round disc that clicks onto the kickboard. There's no handbrake, only an effortless back-wheel brake; this means no fussy detail on the handlebars. Indeed, because the scooter is motion-controlled there's no throttle or accelerator lever either.

On relatively flat ground the scooting efforts of the rider are given a gentle boost, but the beauty of this machine is on undulating paths where the motor really reduces the required effort. It's a stylish and useful way to get to and from your public transport option, while being light and compact enough to sling over your shoulder.

- Katie Roberts



Price: \$1,395 Available at:

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ANOTHER OPTION

#2 ZOOM CRUISER HYBRID

We haven't road-tested the electric hybrid Zoom Cruiser yet, but we know its features include an "assist mode" that only kicks in once the rider gets moving – handy in crowded areas where manoeuvrability is essential for when a pedestrian suddenly appears in your path. It also offers three adjustable speed levels, and applying the rear brake will electronically cut off the motor.

Weight: 7.6kg Speed: Up to 25km/h Time to charge: 1.5 hours

Price: \$899

Available at: zoom.sg



Weight: 10.7kg Speed: Up to 25km/h

Available at: zoom.sg

Distance per charge: Eco model, up to 25km; Booster model, up to 35km

transport. Add to that the lights for night-time riding, electronic braking and tyres that won't get punctured, and you

Price: Eco \$1,099, Booster \$1,299

have a fuss-free scooter.

#4 INOKIM LIGHT ELECTRIC SCOOTER

Using this fully electric scooter to reach your choice of public transport, or for your urban commute, is a cinch: its 8.5-inch pneumatic tyres are practical and stylish, while the frame folds quickly and easily for carrying. The cabling on this model is concealed within the body, making it sleeker than its predecessor, the very popular Quick.

Weight: 12kg

Speed: Up to 25km/h

Distance per charge: 20km to 30km (on 4 to 5 hours of charging time); extended battery version available

Price: \$1,599

Available at: falconpev.com.sg

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WHAT'S LEGAL, WHAT'S NOT?

In April, the government approved the usage of personal mobility devices (PMD), including e-scooters, on footpaths and shared paths such as park connectors. Speed is limited to 15km/h on footpaths and 25km/h on shared paths. Lights should be used on the back and front of a scooter if riding at night. Avoid riding in the wet.

Roads? Not allowed.

Helmets? Recommended and encouraged for safety reasons but not mandatory.

Courtesy? Ride in an orderly manner with due regard for the safety of others, and always give way to pedestrians on footpaths and shared paths. Ride carefully and keep a safe distance from others to avoid collisions.

Kids? Recommended for riders over 16 years of age. α

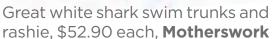
Bio Shule They might be small by

They might be small, but most kids have big opinions about what they will and won't wear. Here's a roundup of what's in stores this season to get them thinking.

Watermelon dress, \$59.95, fedora, \$29.95, heart shorts, \$24.95, embroidered blouse, \$49.95, gold sliders, \$49.95, **Seed**









Chandamama Aranya kaftan, \$73, **Cuckoo**

ELLIFE & FAMILY



Richter girls' trainers, \$169, The ShoeCo.



Dress, \$240, Stella McCartney Kids

Boys' tee, \$29.95, denim trucker pants, \$49.95, cap, \$24.95, **Seed**



Bisgaard Mouse boys' shoes, \$159,

The ShoeCo.

Hatley Crazy Hearts rash guard set, \$65.90, Motherswork



Richter sports sandals, \$159, The ShoeCo.



Hatley layered lace dress, \$59.90, Motherswork



Koin dress, \$89, **The Children's Showcase**

ELLIFE & FAMILY



Baseball tee, \$17.90, **H&M**



Bisgaard glitter ballet pumps, \$169, **The ShoeCo.**



Sequinned dress, \$59.90, **H&M**







Hatley embroidered shorts, \$42.90, **Motherswork**



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The Children's Showcase

- #03-08A Tanglin Mall, 163 Tanglin Road
- PasarBella at The Grandstand, 200 Turf Club Road

showcase.com.sg

Cuckoo

Block 6B Dempsey Road *cuckoo.com.sg*

H&M

10 stores island-wide hm.com/sg

Kids 21

Forum and Paragon, Orchard Road kids21.com

Motherswork

Tanglin Mall, Great World City, Marina Bay Sands, 112 Katong *motherswork.com.sg*

Seed

Parkway Parade, VivoCity, Wisma Atria seedheritage.com

Stella McCartney Kids

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From stocks and bonds to pension funds and unit trusts, planning for your financial future can make your head spin. It's a complicated business and an area where good professional advice really does make a difference. Here, CHRIS POTTER and CURT HUBBARD, founders of **Chartwell Associates**, a financial advisory company celebrating 10 years of business in Singapore, discuss changes in the industry over the past decade, and what these mean for investors.

Why did you set up Chartwell Associates?

Financial planning was – and to a large extent, still is – very sales-oriented. We wanted to offer people solutions that were original and affordable and that took their big-picture goals and objectives into account, not just sell them another pension plan or investment fund.

A decade on, has Chartwell become the company you envisioned it would be?

The past 10 years have gone by so fast and so much has happened in Singapore and the financial world that we have certainly had to change and adapt. However, we do feel that we have managed to stay true to our original charter of staying focused on client solutions.

You say much has happened in the past 10 years. What are the main changes you've seen in the industry, and what do they mean for expat investors?

Firstly, the depth and speed of regulation have picked up dramatically due to various financial meltdowns, crises and general misbehaviour in a number of financial arenas. Increased regulation is actually good for investors in the long run, as its ultimate aim is to strengthen the financial system and safeguard their money.

Secondly, the types of investments available have evolved. Newer, more sophisticated products appear all the time. They offer many interesting features for expat investors as they are designed to take advantage of all sorts of market conditions that can help reduce volatility and potentially increase returns. However, they are very complex and require new skills and qualifications to understand and work with them, which is why it's important to work with financial advisors who are constantly refining their qualifications and training.

Another big change is in the clients themselves. They are much more financially aware. People are no longer satisfied with being sold yet another high-charge product and are looking for a more transparent, holistic and strategic approach to their financial planning. This change suits us well, as we like to spend time with clients to establish a detailed and holistic plan that will continue to work for them going forward.

What would you like to see happen in the industry over the next 10 years?

We have always been very interested in ethical and socially responsible investments and would like to be the leading advisory firm in Singapore offering them. When we tried introducing them a few years ago, we were surprised that there was almost no interest, as they are popular in the UK, Australia, US and Europe and there are a number of specialised advisory firms in those countries. However, with green and environmental issues now coming more and more into the public eye, that's an area I would really like to see grow. α

chartwell-associates.com



Melbourne Specialist International School (MSIS) offers a unique and innovative model for teaching students with intellectual and multiple disabilities. The school uses the arts as a vehicle for highly meaningful engagement in curriculum delivery.

MSIS combines education, therapy and wellbeing to plan and deliver learning on an individual student basis.











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

CPE Registration No.: 201421721H Registration Period: 24 October 2015 to 23 October 2016



Join us at our Farmers Market at The Pantry where students of MSIS sell art items they have made as part of their entrepreneurship programme.

Saturday 11th June, 9am - 2pm



The Pantry Cookery School is a vibrant cafe that is tucked away in the Loewen Cluster in the Dempsey Hill area of Singapore. They serve a delicious mix of breakfast, brunch and lunch delights as well as some classic cakes and sweet treats. The Pantry is also a unique birthday party venue and you can tailor catering options to suit you and your guests.

> Students of Melbourne Specialist International School gain work experience at The Pantry every Monday, Wednesday and Friday from 9am to 11am. Please come to support our vocational and life skills programme during these times.



· Saturday Brunches · Daily Breakfast, Lunches, Morning & Afternoon Teas • Catering for Events • Specialised Birthday Cakes • Cooking Classes



At Hillside World Academy, a second language becomes second nature





Hillside World Academy (HWA) is a three-programme IB World School that integrates Eastern and Western cultures in education, and caters for kindergarten to grade 12 students. Within the IB framework, HWA offers a Chinese and English bilingual programme, immersing your child in a truly multicultural environment.



Could you completely "check out" for a year? That is, replace the trappings of 21st-century family life with a bike, a tent and a single pair of shoes and camp your way across East Asia and New Zealand? RAGNA SCHMIDT-HAUPT and AMIRAM ROTH-DEBLON are two German expats who have done exactly that, setting off with their two daughters in April on a 5,000km cycling odyssey. They're currently in Northern Japan, pursuing the praiseworthy aims of taking a step back from the daily grind and raising awareness about renewable energy and sustainable living. We spoke with the brave couple about their big adventure.





FROM TOP

Cycling in Namibia, Africa in 2009

Meeting samurai on a previous trip to Japan in

Practice rides in MacRitchie Reservoir Park earlier this year agna and Amiram are no strangers to long cycling trips. We last checked in with them eight years ago, during the course of their 11,000km trip through 12 African countries. Since then, they've added two daughters to make a family of four. Now, after a couple of exploratory trips to prepare, they have set off on another, equally challenging adventure. With the children (Amaya is five years old and Tayanika is two) in a trailer and Ragna and Amiram on mountain bikes, they are exploring Japan, South Korea, Taiwan and New Zealand.

While this may send shivers up the spine of any parent who has faltered halfway along Singapore's East Coast Park cycle track, Ragna and Amiram are unfazed about making the journey with small children.

"We wanted to take a step back from busy workloads and the corporate career race to spend time in nature – and spend a lot more time with the kids. There's little room for outdoor pursuits in Singapore, and this is the chance to introduce the kids to Mother Nature while focusing on family and a sustainable lifestyle."

While it may be a dream for many of us to escape the rat race for a year, financial and employment realities can get in the way. So, how are they coping with these? Ragna tells us that she quit her job, which she concedes was risky, but she adds that in her line of work, the renewable energy industry, she's hopeful of finding a job when she is ready to return to work in a year or so.

Amiram, meanwhile, has taken sabbatical leave for one year and intends to return to work for the same company, although in a different role. The couple has been saving for several years to finance the trip, for which they have budgeted around \$4,000 per month. "That's for a family of four – we've built in quite a few luxuries and concessions on account of the children. A couple could do it for less than half that amount!"

Along the way, they're excited about discovering ancient Samurai castles and Buddhist pilgrimage trails, and for the children to experience Japan's kawaii ("cute") culture. They will venture into the scenic wilderness of Japan's northern island Hokkaido and the snow-peaked mountains of New Zealand while munching on local food along the way.

As well as seeing four countries up close – and no doubt meeting some interesting people – the two Germans adventurers are also building on their previous campaign to raise awareness about







"We wanted to take a step back from our busy workloads and the corporate career race"

environmental protection, climate change challenges, renewable energy, and the benefits of cycling and public transport.

So, they are raising money to plant trees in every country they visit as a commitment to afforestation (planting new forests). They're also offsetting the carbon emissions from the flights they take between the countries they visit. And their mode of land transport – cycling – is carbon-free. Finally, the family intends to call into local schools and meet community groups to discuss sustainability and environmental protection issues.

It sounds like quite the ride! &

Follow the family's journey by reading their blog at cycle-generation.org.

Countless hours of preparation cycling around Singapore, and a warm-up camping trip to Taiwan in April 2015



Parent & Child Programme from 6 months to 2.5 years | Drop-Off Programme from 1.5 years to 6.5 years

It's the simple things in life that count.

Catering to children's education and development from 6 months to 6.5 years of age, White Lodge's preschools, kindergartens and activity centres encourage all children to grow and thrive in a supporting and nurturing environment to bring out their best.

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Upper East Coast 36 Toh Drive, Tel: 6543 1802
West Coast 9 South Buona Vista Road, Tel: 6779 8465



www.whitelodge.com.sg













Family, Paediatric & Travel Medicine



East Coast Clinic OPENING SOON!

The newest of our four clinics is now conveniently located on the East Coast, situated within the new Katong Square mall in the heart of the shopping district on East Coast Road. The new IMC clinic will have 3 general practitioners and medically trained staff, who will continue to specialise in family, paediatric and travel medicine, servicing the medical needs of the international community of Singapore within a caring, friendly and relaxed environment.

Patients will have access to the same medical services and facilities as our Camden and Jelita branches and the shopping mall offers patients lots of direct parking and lift access to the clinic.

Operating hours will be: Monday to Friday 9:00am - 5:30pm and Saturday 9am - 1pm

Camden Clinic | 1 Orchard Boulevard, Camden Medical Centre #14-06, S248649 | 6733 4440 East Coast Clinic | 88 East Coast Road, Katong Square #02-07, S423371 | 6342 4440 Jelita Clinic | 293 Holland Road, Jelita Cold Storage #02-04, S278628 | 6465 4440 Paediatric Clinic | 1 Orchard Boulevard, Camden Medical Centre #11-06, S248649 | 6887 4440



NEVER TOO YOUNG TO LEARN

KELLY HOR, Director of Schools at **Odyssey The Global Preschool**, explains why the early years are the most crucial period of childhood development.

ewborns come into the world ready to learn, and to recognise faces and voices — especially their mothers'— fairly quickly. Studies have shown that neurons and synapses, core components of the central nervous system and key to learning and thinking, develop the most rapidly during the first three years of a child's life.

Brain cells multiply at a rapid rate during the first year, and during this time, the synapses (or connectors) between the cells and different parts of the brain grow and develop. With appropriate stimulation by sound, sight, touch and smell, the environment can effectively support the child in developing particular skill sets or traits.

Environmental Focus

"Infants who are nurtured in a conducive and encouraging environment have the ability to hone their sensory-motor development, cognition, language and social-emotional competencies. Missing this sensitive period of learning could result in more difficulty and less success in picking up skills later in life," says Kelly.

Odyssey recognises the importance of the first year of development – a sensitive time that some might overlook. The team at Odyssey believes that every child is a competent individual deserving of respect; hence their curriculum is a continuous learning journey of inquiry, research and experimentation undertaken by children.

"Parents and caregivers need to offer a secure, safe and enriching environment that is responsive to and respects the child's intrinsic growth needs," says Kelly. "Equally importantly, the influence and effect of educators on the life of a child and his or her family should not be underestimated."

The roles of educators can be diverse: from observing and documenting children's learning, creating a rich classroom environment and facilitating children's learning and play, to building collaborative partnerships with families and communities.

New Opening

A team of Infant Curriculum Specialists, Caregivers and Infant Educators supports **Bambino Odyssey**, the new infant curriculum that is offered at Odyssey's fourth campus at Still Road. Infant Curriculum Specialists are responsible for planning, monitoring and promoting the attainment of both individualised and group goals for children. Careful attention is paid to ensuring a high teacher-child



ratio at all times, and infants can be assured of a nurturing and warm environment for personalised interaction and teaching approaches.

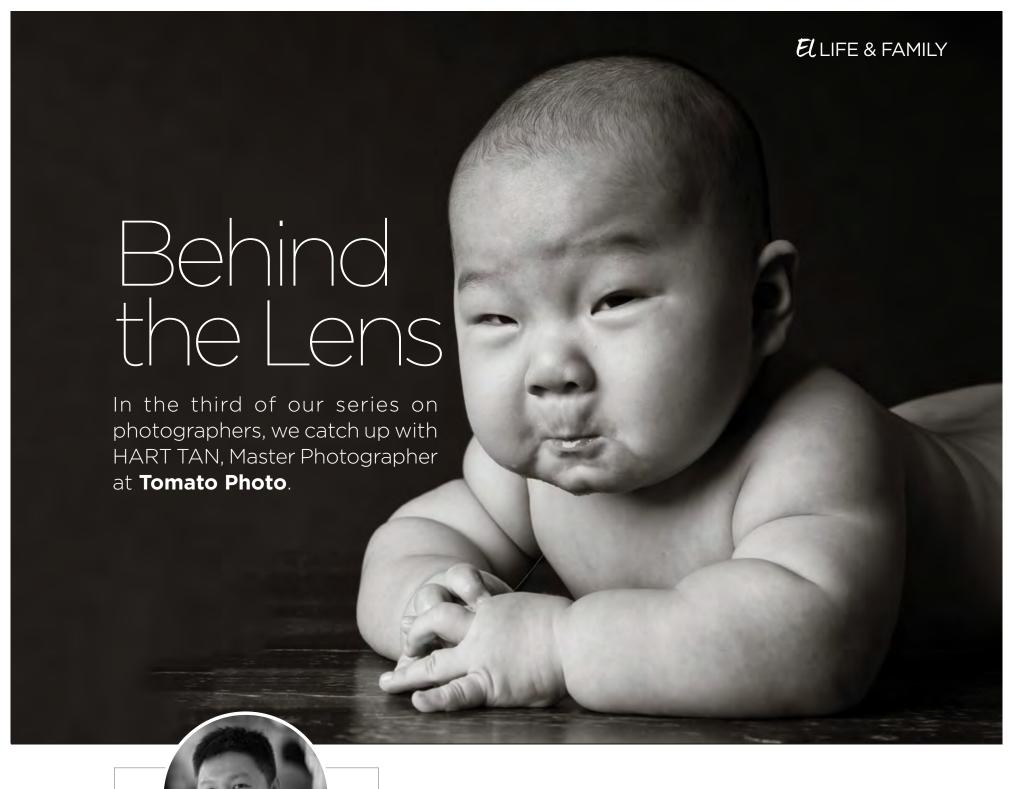
Bambino Odyssey has a focus on total brain learning and emphasises language, movement and relationships during the sensitive period of zero to three years. Programmes will revolve around creative experiences such as Baby Art, Baby Music, Baby Chef, Baby Outdoor Learning Experiences, Baby Fitness and Baby ME Time. The programmes are formulated to respond to babies' verbal cues and actions, and encourage their efforts to move and explore sight, sound, taste, smell and touch, rather than restrict or interfere with these biological processes.

"Children absorb information like sponges, and infants should be encouraged to learn naturally according to their innate timetables," says Kelly.

Odyssey The Global Preschool's new campus will open this month at 25 Still Road South. RSVP soon for their Open Day on Saturday, 18 June at 6781 8800, or visit theodyssey.sg for more information.







From: I spent most of my adulthood in Sydney, Australia, though I was born on beautiful Bintan Island, an hour from Singapore.

Journey to photography:

Although I'm a certified Master Photographer, I believe photographers really only need to know three technical things, which can be learnt in five minutes. Understanding my subject, however, is the skill that I continue to learn.

Areas of interest: My focus is on people, their stories, what they love and what they seek from me in capturing and preserving their memories.

What's your favourite Asian location for photography?

I've been to many Asian cities, and I think they are all just great as backdrops; however, a place as simple as my client's backyard can be just as beautiful. My focus is on translating what you have in mind for your photograph, and offering that to you.

If you had the opportunity to photograph any well-known person, who would it be?

I have photographed many celebrities and famous people in my career. I believe that despite their achievements, they have similar needs to the rest of us: that is, photography that encapsulates their family connectedness and captures their special private moments with their children.

Tell us a bit about your cameras.

I use a Sony A7II with a 55mm f1.8 lens for the majority of my work. It's a small and unobtrusive tool. This allows my clients to focus on other important things, such as the quality time they are spending with their family while creating memories that I can help them preserve through my photography.

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

Possibly even higher-resolution images. For me, though, there is nothing as exciting as focusing on the fundamentals of people's behaviour; I believe the biggest things in life are sometimes the simplest. α

7 Joo Chiat Place 6440 7567 | tomato.sg

To Buy or Not to Buy

If you're looking to buy a car in Singapore, don't be surprised if the price tag on that shiny new BMW you've had your eye on is something in the range of a quarter of a million dollars. And even if you scale back your aspirations, the humblest Toyota can nudge six figures. One relatively affordable alternative to straight ownership is long-term leasing, which the team at **Evergreen Rent A Car** knows a lot about.



es, the rumours are sadly true; buying a car in Singapore really can break the bank, and that's why many expats, whether newly arrived or not, prefer a long-term lease. And if you still can't get the idea of that BMW out of your head, Evergreen Rent A Car can buy it and rent it to you, not only saving you a huge amount of cash but also the hassle of maintenance, insurance, road tax and all the other fussy details that come with owning a car.

How is the price of a car determined in Singapore?

None of us would choose to deal with the traffic chaos and congestion of cities like Jakarta and Bangkok, which are perpetually choked with vehicles. In contrast, Singapore's mostly hassle-free roads are the result of a government-controlled system that limits the number of vehicles on the road.

Essentially, the price of a car is more than just the metal, engine and wheels (this is known as the OMV, or Open Market Value at the time of import). Also factored into the price are the COE (Certificate of Entitlement), which is valid for 10 years and rises and falls according to demand (in April 2016 it was \$47,450 for the lowest category); ARF or Additional Registration Fee; road tax; GST (Goods and Services Tax); and Excise Duty. And, of course, the car dealers add on a slice too. All of which explains why Singapore is the most expensive place in the world to buy a car.

What benefits come with a lease?

The down payment required to purchase a car can be a big chunk of cash to outlay. For long-term leasing it's a simple monthly instalment, which can be set up quickly via electronic transfer. Leasing companies take care of the insurance, maintenance and road tax – essentially, all the paperwork. Also, a complimentary car will be made available to you while you're waiting for your new one.

EVERGREEN ADVANTAGES

- No large capital outlay
- Low monthly lease rate
- 24-hour emergency hotline
- Regular maintenance services
- Comprehensive insurance coverage a

Contact Evergreen Rent A Car for promotional deals on vehicles leased for a minimum period of two years, including Toyota, Mazda, BMW and more.

6459 0990 | evergreenrentacar.com



All-New Theatrical Sunday Champagne Brunch at Edge

Be enthralled by seven interactive live food theatres at Edge's Theatrical Sunday Champagne Brunch, boasting up to 16 stations offering refreshed and signature premium delights, and three exciting cocktail bars. The extensive brunch features a decadent new Caviar Bar to complement the spread of Ocean Gems on Ice including Alaskan King Crab and freshly shucked Oysters, a live Peking Duck station and a remarkably revitalised spread of gastronomic highlights including Hay Smoked Whole Baby Lamb, and Hazelnut Crusted Foie Gras with Raisin Puree to complete this exquisite culinary journey.

With a glass of Veuve Clicquot Champagne in hand, and uplifting music by the live band surrounding your theatrical dining experience, we promise you an unforgettable brunch affair!

EVERY SUNDAY 12:00PM TO 4:00PM

SGD198 per adult* (unlimited Veuve Clicquot Rosé)

SGD178 per adult* (unlimited Veuve Clicquot Brut Yellow Label)

SGD118 per adult, SGD59 per child (six to 11 years old)

Includes unlimited fresh juices, soft drinks, coffee and tea

For dining reservations and enquiries, please call 6826 8240, email celebrate.sin@panpacific.com or visit edgefoodtheatre.com

* Both alcoholic packages include unlimited selected red and white wines, selection of international beers, Passion Fruit Mojito, Sugarcane with Rum, Champagne Cocktail, fresh juices and soft drinks • All prices are subject to service charge and prevailing government taxes.







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WINE & DINE



154 News: The latest on Singapore's food scene

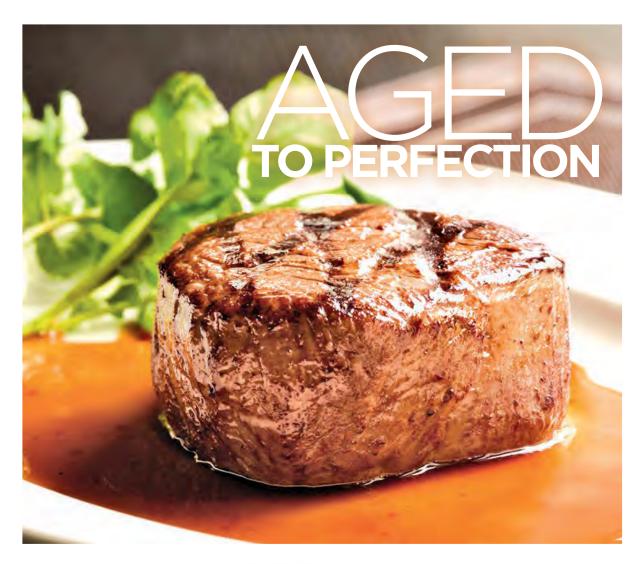
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Through the Grape Vine: Meet the expat founders of boutique Italian wine retailer, Bacco

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Dempsey Dining: We review some of Dempsey Hill's hottest eateries

What's New



Morton's of Chicago, The Steakhouse is celebrating 18 years in Singapore and, in honour of this special milestone, the restaurant is offering an exclusive two-course menu for two, priced at \$180, featuring some of the eatery's most popular dishes. (The special menu is available Sunday to Thursday until 18 July.) Additionally, Morton's famous Atrium Bar is offering a glass of Rodney Strong Cabernet Sauvignon and the restaurant's new Filet Mignon Trio bar bite for \$18 each, from 7pm daily (also until 18 July). Mandarin Oriental Singapore, Marina Square, 5 Raffles Avenue, Level 4. 6339 3740

Level 4. **6339 3740** mortons.com ◀

Beer Bonanza

Beerfest Asia is back for its eighth edition from 16 to 19 June at Marina Promenade, with over 400 different kinds of commercial and craft beers and ciders to sample – not to mention a special spirits section as an added bonus. Along with all the beverage tasting



is a selection of culinary offerings to enjoy, plus live music, stand-up comedy, beer pong and other fringe activities. And, on Sunday 19 June, beer-loving parents can bring their little ones along to frolic in The Brew Kids Playard – complete with an indoor bouncy castle and arts and crafts, all supervised by festival staff – while they kick back with a cold one (or two, or three). Tickets from Sistic. For more details, visit **beerfestasia.com**.

Foodie Facelift

Da Paolo Gastronomia at Cluny Court recently debuted a brand new look, featuring expanded outdoor and indoor dining areas. A mural depicts the neighbouring Botanic Gardens, the Da Paolo headquarters on shophouse-lined Club Street and a classic Ducati motorcycle for some Italian flair. We love this cosy

spot for dine-in and takeaway Italian treats, including its newly expanded antipasti selection – not to mention a daily Italian Happy Hour from 5.15pm until closing: \$5 Peroni beers or 15 percent off retail wine bottles, with a purchase of Gastronomia's Pizza Taglio or antipasti. #01-01A Cluny Court, 501 Bukit Timah Road. 6468 7010 | dapaolo.com.sg





Bigger Better Brunch

How do you make a four-hour, free-flow champagne brunch even better? Add even more food and throw in a live band! Brunch at the Pan Pacific's Edge restaurant promises to be a lively affair, with popular music playing, and additional food stations, including a caviar bar and a Peking duck station. The core remains the same: the brunch runs every Sunday from noon to 4pm, with free-flow Veuve Clicquot, three cocktail bars and plenty of food stations to fill up your four hours. For more information, visit edgefoodtheatre.com.



A Bite of Britain

Craving your favourite British snacks? Skip the flight and order them online from British **Corner Shop**, the "online supermarket for expats", which ships to 138 countries and recently won the Queen's Award for Enterprise for International Trade. Stocked with more than 10,000 products from the UK, the retailer can ship packages up to 30kg to Singapore, and just recently started offering cheaper shipping for



smaller one-to-two-kilo packages, starting from £5.99 per package (you can pay in US dollars and euros, too). Apart from authentic British products, mini-hampers are also available; an all-time favourite is the Cadbury Chocolate Full House Brit Kit (£14.99). Yes, please! britishcornershop.co.uk

New Bites

- Sweets shop Chouquette by Ollella recently launched in Jalan Besar (#01-01 Residences@Somme, 3 Petain Road), offering a delightful array of dainty choux pastries (\$4 to \$5) that taste as good as they look. Fruity options include raspberry, apple cinnamon and, our favourite, lemon meringue, while other flavours include matcha azuki and tiramisu. And, if you just can't decide on a flavour, the Mini Choux Platter (\$21 for 7) is an ideal choice for sampling different kinds. chouquette.sg
- The newly opened **Timbre+** "gastropark" combines live music with hawker-style dining, featuring over 14 food stalls in an alfresco setting. Expect a wide range of affordable, local eats like wanton noodles and fishball noodles, plus more unusual Indian street foods and Cebuano fare. Evening diners can enjoy live music on Mondays, and from Wednesdays to Saturdays. JTC LaunchPad @ one-north, 73A Ayer Rajah Crescent. **timbreplus.sg**
- Culinary host and TV presenter Angela May's new restaurant Angela May's Food Chapters has opened at Robinsons The Heeren (#02-02, 260 Orchard Road), serving breakfast, lunch, high tea and dinner inspired by the different chapters in her life. The popular brunch set (\$39) includes a passionfruit tea "shooter" with chia and pomegranate seeds, while interesting mains like caramelised cauliflower steak (\$22) and charred pork collar (\$39) make appearances on the menu. facebook.com/angelamayfoodchapters

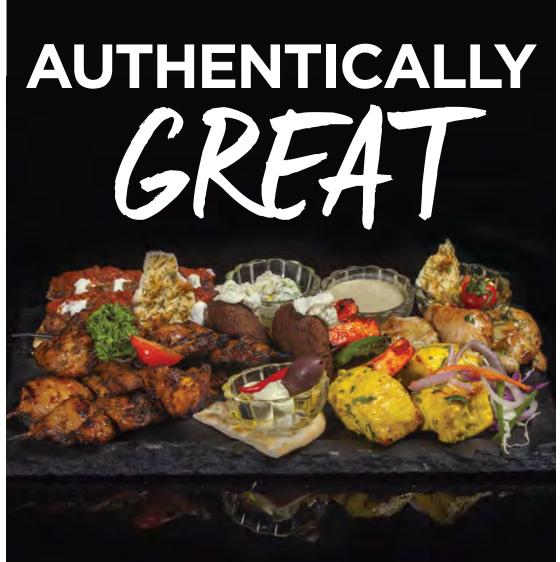


■ A "design and food" collaboration between DP Architects and local café Grub, Asian-fusion restaurant **Redpan** recently opened at Marina Square (#02-03/04), serving up adventurous takes on classic dishes, including truffle floss fries (\$8) and prawn and *hae bi hiam* pasta (\$16), a unique combination of pasta with spicy shrimp paste. **redpan.sg**

Hello, Hive

Fans of Wala Wala in Holland Village will be interested to know that **Hive by Wala Wala** has opened at the Furama RiverFront (407 Havelock Road). Housing a wine retail shop, a cigar room, a bakery, a bar and a restaurant with an enormous menu of local and Western fare – including **oxtail stew** (\$12) and **honey-glazed pork ribs with Maker's Mark bourbon** (\$36) – plus live music performances, it boasts a whopping 430 seats shared between an indoor section and a large alfresco area. They've even got nifty phone-charging stations in lockable, pigeon-holes. Drink favourites include the **Bee Hive** (\$23), a mix of Jim Beam Honey, ginger ale, pineapple juice and Angostura bitters in a take-home glass, and the **Suntory Kakubin Highball** (\$12). **facebook.com/hivebywala**





The Aryaa takes its name from the Sanskrit word for "noble", evoking a particular group of people that Alexander the Great encountered on his expedition to India in 327 BC. A newly built kid on the Beach Road block, it's backed by a wealth of culinary experience in the form of Turkish-born chef Erkan (most recently of Beirut Grill fame).

An interesting menu is neatly divided between Greek and North Indian cuisine. But after the phenomenal **meze platter** (great value at \$18) - feather-light *tiropitakia*, piquant *tyrokafteri* (chill feta dip), super-thick *tzatziki* and a fresh and chunky *melitzanosalata* - together with **lemony grilled sardines** (\$19) and a *horiatiki* salad (\$18) made with gorgeous Turkish tomatoes, we're loath to leave the Levant. Main courses (\$21 to \$26) include a tasty lamb *stifado*.

Wine by the glass includes a well-rounded Greek white (\$20) that suits the cuisine. The Laphroaig-based **King of Asia** is the most popular of an interesting list of cocktails (\$18 to \$24) that caters for the weekend overflow of clubbers from the adjoining Magic Carpet; as does the restaurant's décor. Diners Building, 7500 Beach Road. **6291 6009 | thearyaa.com**

Contemporary Japanese on Tanglin

And now for something completely different: Mo'Mor Izakaya Tapas & Grill, a contemporary Japanese-European joint headed by Chef Martin Woo in the old Tanglin Post Office building (56 Tanglin Road). Trendy interior seating plus an effectively cooled alfresco area with a long bar make it a vibey location for drinks and a bite

Highlights from the hot and cold tapas selection include a delectable whole eel with *kabayaki* glaze and sesame seeds (\$28) and a creamy **apple-cured salmon sashimi** (\$16); for something more substantial, try the **250g Australian grain-fed rib-eye** (\$29) with a couple of sides like **Hasselback potatoes and sour cream** (\$9), or **French beans sautéed with garlic and shallots** (\$6) – so good! Wines include a smooth French chenin blanc (\$18 a glass, \$90 per bottle) and an even nicer rosé from Aix, Provence (\$16, \$70).

Why not pop in for the set lunch? – it's good value at \$15 for two courses or \$18 for three, and changes weekly. Check the Facebook page for updates. 6464 8080 | momor.com.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!

FINDERS KEEPERS 2 Craig Road 6222 2671 | facebook.com/ finderskeepersbarsg

First Impressions: Nestled in a cosy shophouse, the bar's décor is industrial concrete and minimalist, but maintains an inviting feel with its mix of high-top tables and bench seating.

The Chosen One: Picking one drink is difficult. Part bar, part liquor store, the venue features a wall of spirits and wine – vodka, gin, whisky and a selection of reds and whites; just take your preferred drop off the wall and bring it to your table. If you don't finish your chosen bottle, you can take it home or the bar will hold on to it for your next visit. Choices include Johnnie Walker Black Label at \$88, Chivas Regal at \$114, and, if you want to splurge, 12-year-old Hibiki at \$240.

The Cheapskate: No matter the time of day you can enjoy an \$8.80 pint of Heineken. No Happy Hour prices, just a cheap beer anytime.

Bite on This: Perfect salty bar food to accompany the cheap pints. The crispy pork belly (\$16) and deepfried chicken (\$10) are fantastic sharing dishes. If you want something a little more substantial, dig into the minced lamb shawarma wraps (\$12).

Last but not Least: It may feel like a dark basement that just happens to be on street level, but Finders Keepers is the perfect place to make your local. And it's a real local – they even give you markers to graffiti the toilet, so get creative!

- Tim Colman





ME@OUE OUE Building, 50 Collyer Quay me-oue.com | 6634 4555

First Impressions: Minimalist-chic, with a city-slicker feel. This place definitely has one of the best views of the bay.

The Chosen One: Try the Looking Sharp (\$20) from the newly revamped cocktail menu. This take on a classic gin and tonic uses St. George Botanivore gin, fresh peach, raspberries and freshly squeezed lemon juice, and is accompanied by an old-school glass bottle of East Imperial Burma Tonic.

The Cheapskate: A Peroni Nastro Azzurro – just \$9 during Happy Hour (6pm to 8pm on weekdays); not bad value, especially with such an epic view.

Bite on This: We tried bites from the just-launched tapas menu, which incorporates cuisine from all three kitchens – French, Japanese and Chinese. The chicken *karaage* with truffle fries

(\$30) was recommended by our attentive and lively waiter, but sadly, it wasn't what we'd expected; large, unmanageable chunks of fried chicken with bland fries that weren't very truffley. Luckily, this wasn't a sign of things to come, as what followed was tasty indeed; we devoured the beef tartare on toast (\$28 for six pieces), the jamón Ibérico (\$50 for 80g), a cheese platter featuring soft, hard and blue cheeses (\$30), duck rillettes (\$12) and wok-fried black pepper beef (\$30 for 150g, \$60 for 300g). All of these dishes came with copious amounts of bread, so go there hungry and be prepared to ditch the "no carbs after 6pm" policy for the night!

Last but Not Least: If you're in need of a stiff after-work pick-me-up, then it's got to be the aptly named Trainwreck (\$20). Served in an elegant cocktail saucer, this is a concoction of Plantation eight-year-old dark rum, Mahiki coconut rum,



Becherovka and La Quintinye Vermouth Royal Rouge, topped up with fresh grapefruit juice and fresh mint. I asked for a weak one, but it still packed a punch! α

- Emily Finch





GOOD GOES BIG. GRAND GOES BEYOND.

mezza9 at Grand Hyatt Singapore tempts your taste buds with nine distinct dining experiences, in just one award-winning Sunday Brunch. Soak in the lively atmosphere of this dynamic restaurant that's led by Executive Sous Chef Martin Satow, as you enjoy certified-sustainable international fare with free-flowing Perrier Jouët Grand Brut champagne, premium red and white wines, beers, mojitos and bloody marys for just SGD 148.00++. Available every Sunday, from 11:30 am to 3:00 pm.

Book now to discover the joy of #LivingGrand.





GRAND HYATT SINGAPORE 10 Scotts Road Singapore 228211 singapore.grand.hyatt.com



Whether you're entertaining visitors or simply crave a luxurious afternoon with the girls, high tea is always a fun treat. Here, we've rounded up some of the top teas to try across town. Pinkies up!

The Lobby Lounge at InterContinental Singapore 80 Middle Road, Level 1 | 6825 1008 | intercontinental.com/singapore

Teatime: The Royal Heritage Afternoon Tea is served from 2pm to 5pm daily. Set in a relaxed atmosphere, complete with a pianist, the Royal Heritage Afternoon Tea (\$42, or \$56 with a cocktail) offers an array of delectable confections alongside over 20 different TWG teas, including an in-house InterContinental Singapore heritage tea. And it begins with a TWG iced tea mocktail to cool you off.

Best bites: It was hard to choose from the three tiers of delights that arrived, and the lovely combinations of flavours. From **smoked chicken and tomato sandwiches** to **bacon and spinach mini-quiche**, and desserts like **lychee macarons with raspberry** and **Valrhona Guanaja chocolate cake**, everything was impressive. Perhaps my favourite was the **Norwegian smoked salmon crostini with horseradish cream**, **onion and dill**. We had a choice of **lemon or raisin scones** with jam and clotted cream, and the more unusual but adorable **coffee scones** were a hit when topped with mascarpone. Last, but not least, don't miss the **Crêpe Suzette** with vanilla ice cream; we sampled this with the TWG Lemon Bush Tea, which was divine.

The InterContinental also offers "Not-An-Afternoon-Tea" (\$42), which is a lovely coffee-themed alternative to the English tea set, with coffee-infused pastries and coffee-based mocktails (and a cocktail option for \$56).

- Jacqui Young



Teatime: Daily from 2.30pm to 5pm

It's safe to say that The Westin's afternoon tea on level 32 is the highest in Singapore, with gorgeous views of Sentosa and across the Straits. And with seafood playing a big part on the menu, it could be the safest for the waistline, too.

The food comes in three courses, the first a three-tiered set of seafood treats including **Alaskan king crab with garlic butter**, **crumbed oyster**, **salmon sushi** and a **scallop**. The second is a platter with a whole poached **Canadian lobster** and two freshly shucked **oysters** with three toppings. We had held off on eating since breakfast and were ravenous when we arrived – but there was more than enough food to sate our appetites.

The delicate seafood is appropriately paired with Veuve Clicquot Brut Yellow Label Champagne, and at a price that's surprisingly easy on the purse. It's \$85 for two, with a glass of bubbles, or \$130 for two, with a bottle. So, rather than tea or coffee, bubbly is the drink of choice, although we did finish with a cappuccino and a flat white coffee. These hot beverages were great accompaniments to the generous dessert platter, whose highlights included **salted caramel chocolate**, **choux pastry**, a **chilled cheesecake** and **chunks of chocolate**. After the seafood, though, there was no temptation to overdo it.

According to The Westin's website, this is a time to relax and forget about things for a while, and we did just that – happily ensconced in five-star paradise for a few precious hours.

Best bites: The scallop on shell with micro-greens, and the lemon curd tartlet

Puf! Snag a seat by the window for fabulous sea views, and do make a reservation, as seating for this rather exclusive tea (at such great value) is in demand.

- Katie Roberts

Atrium at Pan Pacific Singapore

Marina Square, 7 Raffles Boulevard 6336 8111 | panpacific.com

Teatime: 2pm to 6pm daily

Located on the ground floor of the Pan Pacific, Atrium's grand seating pods floating over water make for a dramatic first impression. Famous for having the longest bar in Asia (44 metres!), the vibe here is relaxed and elegant.

It's all about "East meets West" with Atrium presenting two different afternoon tea offerings, Peranakan and English – and we had the opportunity to try both. Each offers an impressive drinks selection with the requisite bubbles, and a variety of tea with different origins served in stunning black-and-white china.

As we weren't familiar with Peranakan cuisine, this afternoon tea was a great introduction to a vast array of treats. The exotic blending of flavours of the Straits Chinese and Malay cuisines that defines Peranakan food is unique to this part of Asia, and well represented in each of the dishes on offer at Atrium. Served in traditional tiffin carriers (small tin dishes delicately painted with flowers), each little dish prompted excited conversation about its different textures and flavours, making this a fun experience. Favourites were the colourful, gelatinous rainbow kueh layer cake (for its appearance more than its taste), and the *apam balik*, a light and fluffy pancake with a creamy peanut filling. The highlight, though, was a dish that we were surprised to find in an afternoon tea: Nyonya chicken curry. This mild curry with tumeric, cumin and galangal flavours was so more-ish, and a nice alternative to the sweet coconut and cakes.

We had high expectations for the English afternoon tea, as my companion was an Englishman! The tea set contained all of the elements you would expect, but with surprising twists. Brightly coloured, **savoury sandwiches** – green for cucumber, charcoal for smoked salmon – were delicious. The presentation was faultless, with treats piled high on three levels of black and silver trays. The scone with jam and cream wasn't quite up to the ones at home; the **macaron**, however, with its creamy cherry centre and crunch, was one of the best I've ever tasted.

Each afternoon tea option is \$38, inclusive of coffee and tea; top up to \$58 for a glass of Laurent Perrier Champagne, or \$68 for a glass of Laurent Perrier Rosé Champagne.



Best bite: The dish of the day had to be the English set's **miniature lemon meringue pie**; beautifully presented, light, gooey, sweet and tangy. We could have eaten a tray-full of these!

PwH Try to reserve a seating pod that faces away from the main entrance for added privacy.

- Amanda Broad



Teatime: 3pm to 5.30pm daily

The entire afternoon tea experience at The Tiffin Room was everything I wanted it to be: evocative colonial setting, check; stiff white tablecloths and heavy, solid cutlery, check; a champagne option, check; a range of teas that would impress my granny, check; and treats and eats that included the humble yet mighty egg mayonnaise finger sandwich, check!

There's plenty to choose from here – from the **assorted English finger-sandwiches** on the bottom tier of the classic silver tea-tray, to the English cake tier displaying stodgier bites like **banana crumble** and **orange ginger cake**, and, rounding off the top tier, the naughtiest stars: **strawberry pistachio tartlet** and **chocolate praline cake**. All this and more comes before you've even tackled the buffet of **warm scones** (plain, raisin and "scone of the day") and savoury offerings in the form of **dim sum**, **chicken curry pie** and the **Raffles croque monsieur with grain mustard**.

This is a lovely high tea (\$62 per adult, \$30 per child) for a special occasion, and it actually wasn't rammed with tourists like you might expect. While this is one smart place, it doesn't feel at all pretentious. It was great to see my favourite Billecart-Salmon Brut Réserve Champagne, too. (A glass of champagne can be added for \$26, or \$48 for two glasses; or order a Singapore Sling with your tea treats for \$21.)

Best bite: It's almost impossible to choose a single best bite, but if I *have* to, it's the **classic scone**, served warm with lashings of clotted cream and strawberry jam, washed down with a pot of Earl Grey tea.

PwH True to its old-school style, there's a dress code here: smart casual. Pool attire, blue jeans, flip-flops, shorts and baseball caps are no-nos. Men should wear collared shirts, long trousers and close-toed shoes. Quite right!

- Emily Finch

Chihuly Lounge

The Ritz-Carlton Millenia Singapore, 7 Raffles Avenue 6434 5288 ritzcarlton.com/en/hotels/singapore

Teatime: The Eight-course Weekday Afternoon Tea (\$49, \$58 with a champagne cocktail) is available Monday to Friday from 2.30pm to 5pm; there's also a Weekend Afternoon Tea Buffet (\$58) at the same times on Saturday and Sunday. It all starts with a refreshing, cold tea mocktail served with sambal chilli dip and crackers, as you sit down in the beautiful Chihuly Lounge, named after American glass sculptor Dale Chihuly, whose works adorn the walls. Choose from over 25 blends of teas, from blacks and greens to fruit-infused and herbal blends; we liked the Wild Cherries black tea and the floral-tasting Granny's Garden blend.

Next came delicious roast beef tenderloin with black truffle crust and gravy (alternated weekly with poached salmon with truffle herb sauce), followed by the tiered stand full of sweet and savoury treats: plain and raisin scones with cream, yummy mango passion tarts, chocolate éclairs, strawberry cream cheese rolls, fabulous salted caramel macarons, plus Scottish smoked salmon, spinach and orange fennel on a delish pumpernickel cracker, smoked chicken sandwiches with semidried tomatoes, and cucumber, avocado and cream cheese sandwiches.

As if that weren't enough, there was yet another course – actually a few more. We enjoyed **berries with Bora-Bora vanilla ice cream** (very tasty!) and cleansed our palates with **lime sorbet**, before the very last indulgence of the day: chocolate truffles, tea cakes, cookies and pralines. We chose a selection from the trolley that was wheeled over to our table, and went nuts over the rich **chocolate-vanilla truffle**.

Best bite: We could have eaten a million of the **salted caramel macarons**.



PwH If you decide to add a champagne cocktail to your afternoon tea experience, I'd strongly recommend the deliciously peachy Bellini!

- Amy Greenburg

Tea Lounge at Regent Singapore

1 Cuscaden Road 6725 3245 | regenthotels.com/en/singapore

Teatime: The **Weekend High Tea Buffet** is offered on Saturday and Sunday from 12 noon to 2.30pm, and 3pm to 5.30pm

Located on the lobby level of the Regent, the Tea Lounge is tastefully designed with elegant décor and a grand piano with a pianist who manages to keep the mood lively yet relaxed.

For \$61, the Weekend High Tea Buffet includes freshly brewed coffee, hot or cold chocolate and a marvellous selection of fine teas. (It's \$72 with a glass of Prosecco, or \$82 with a glass of champagne.) Taking care not to over-indulge on caffeine, I started with **vanilla rooibos**, a caffeine-free red bush tea with the sweet flavour of vanilla beans – no need to sweeten this cuppa. My husband opted for the **lapsang souchong**, light on the palate with a smooth, smoky flavour.

To the food, and there's a selection of British, Japanese and local flavours including **chilli crab**, **satay** and **dim sum**, to name a few. There are plenty of healthy options too – my favourite was the **Thai asparagus salad** with goji berries and sesame dressing. The sandwiches are delicately presented, with the **cucumber and egg mimosa sandwich** definitely topping the charts in the savoury department. As for sweets, there are so many to choose from and something for everyone.

There's also a **Three-tier Afternoon Tea** on weekdays, from 12 noon to 5pm – it's \$45 per adult, or \$66 with a glass of champagne, and \$22.50 for children aged five to 12.

Best bite: By far the best **scones** in town – I'm sure of it! We could barely sit still once we discovered these irresistible treats, served with lashings of clotted cream and homemade cassis violet jam.

Put! This is a great place to go to for a birthday – the staff makes sure you don't go unnoticed as they come out singing with a slice of cake (complete with candle), while the pianist strikes up the "Happy Birthday" tune.

- Valmai Dhir





Anti:dote

Fairmont Singapore, 80 Bras Basah Road 6431 5315 | fairmont.com/singapore/dining

Teatime: 3pm to 5pm Monday to Thursday; 12 noon to 2pm, and 3pm to 5pm Friday to Sunday, and public holidays

Situated on the ground floor of the Fairmont Singapore, Anti:dote's lounge-bar environment and chic décor make it an elegant spot for afternoon tea (\$48). To start, we were offered a choice of two hot appetisers: black truffle scrambled eggs or *chawanmushi* with sea urchin and salmon roe. Both were beautifully presented in egg shells on a pebble bed, and both were delicious.

The main tea spread was presented in a white-and-gold leather-clad jewellery box, each layer offering a different culinary treat. The savoury selection of petite sandwiches and pastries included duck rillettes, foie gras terrine on puff pastry, Boston lobster roll and, my favourite, a mini lamb shepherd's pie. The next layer contained warm scones and hot cross buns accompanied by homemade jam, Devonshire clotted cream and lemon curd. The third layer held a selection of mini-desserts and chocolates. We particularly enjoyed the pistachio choux, the mini green tea chestnut cupcake and the gorgeous praline chocolates.

Anti:dote offers a choice of ten TWG teas ranging from black and green varieties to white and theine-free options. We loved the **Jade Cascade Tea** and the **Pink Flamingo Tea** – both served in beautiful fine china.

They also offer a children's tea set from \$15, including such classics as peanut butter and jelly or egg mayonnaise sandwiches, hot chocolate and chocolate-dipped strawberries.

Best bite: An oldie but a goodie, the **warm raisin scones** were the best I've eaten – soft and buttery, and the inclusion of lemon curd to accompany the clotted cream was inspired.

- Katie Peace



Kaiserhaus

#02-06/03-06 Capitol Singapore, 17 Stamford Road 6377 0013 | kaiserhaus.sg

Teatime: Daily from 10.30am to 6pm

A nice spot for a quiet catch-up and an opportunity to visit the interesting Capitol Theatre building, Kaiserhaus offers a well-priced afternoon tea for two to share, at just \$28. There's a good selection of teas available, from fruit to herbal to traditional blends. Coffee is also on offer, including decaf, which isn't available everywhere.

The high tea includes two slices of *zaunerstollen* – a nougat praline mixture with wafers, hazelnuts and chocolate, a slice of homemade cake, some rye bread sandwiches and pastries like *kipferl*, a crescent-shaped puff pastry with marzipan crumbles, and *nussschnecke* (or "nut swirl"), a rolled puff pastry filled with nuts and glazed with fondant chocolate. Just be sure you like nuts before visiting, as the traditional cakes and pastries all contain them.

Best bites: Our favourites were the *kipferl* and *nussschnecke* **pastries**.

- Katharine Allaway



Here's a sweet recipe to add a delectable, chocolatey touch to your at-home spread.

Dark Secret Chocolate Berry Tart

This recipe serves 12

Ingredients

All ingredients are available at Cold Storage locations island-wide.

- 32 Oreo cookies (two packets)
- ½ cup unsalted butter, melted
- 200ml thick cream
- 200g Casino Dark Chocolate
- 100g Casino Milk Chocolate
- 1 punnet redcurrants
- 1 punnet raspberries
- 1 punnet blueberries

Instructions

- 1. Blend Oreo cookies and melted butter on high speed until granular. Press mixture into a large tart pan with a spring-form base and chill.
- 2. Put cream on medium to low heat, taking care not to let it boil. Stir in the broken chocolate and leave for a minute. Mix the cream and chocolate well.
- 3. Stir in half the berries and pour over base. Refrigerate for two hours. Garnish with the remainder of the berries.

PwH Pair with Les Carmes de Rieussec AOC Sauternes, a dessert wine (available at Cold Storage). ¤

This recipe is courtesy of Cold Storage. coldstorage.com.sg





We catch up with LUIGI and MEI of online Italian wine retailer, **Bacco**, which offers the widest selection of Italian wines in Singapore, to talk about their growing business and their passion for "healthy" wine.

t was over a delicious glass of Amarone that husband and wife team Luigi and Mei first conceived the Bacco concept: bringing great value-for-money, naturally produced wines to people who, like them, longed for quality wines to enjoy with the amazing foods of Asia.

Italian-born Luigi is an avid food-lover who's always looking for great pairing wines, while Taiwanese-born Mei has long been interested in discovering new trends and sourcing special products from different cultures. So, it's no surprise that, after moving from Shanghai to Hong Kong in 2013, Luigi and Mei began importing wine from artisanal Italian winemakers dedicated to creating healthy wines using little to no chemicals during the soil-to-bottle process. By 2014, they had brought Bacco to Singapore with business partner and British expat Laura Goddard, and set up a beautiful office in Robertson Quay that also serves as a winetasting events space.

What inspired you to bring boutique Italian wines to the Asian market?

We see two obvious global trends that Singapore doesn't currently follow, but we believe will follow soon. Italian wine is the best-selling wine in the world, accounting for about 25 percent of total wine exports; but Asia's market share of Italian wine is a measly three to four percent. Additionally, Italian wine is universally recognised as the most food-friendly, and we all know how important food is in Asia! Moreover, if you consider key factors like quality and grapes, Italian wine is cheaper, not only compared to French, but also in comparison with many wines from the new world. The future of Italian wine can only be bright.

The second trend that attracted us was the growing importance of niche products. "Go beyond the surface and the obvious" is a sort of motto for us, as we prefer to work with a niche market, not limiting our products to what everybody else offers at very similar prices. Price is, of course, important, but

modern consumers are looking more and more for endemic, boutique, rare and healthy products, and our philosophy of "boutique Italian wine" perfectly reflects this profile.

Why organic wine?

Organic wine is doubling its presence on Italian shelves each year. We live in a global world that's increasingly attentive to the quality of food. The future is more and more organic. After all, we are what we eat.

Why Singapore?

While we still have customers in Hong Kong and China, we believe that the Singapore market, better than any other, can understand our vision and offerings. China obviously has great potential, but it makes less sense to market healthy, boutique wine to one of the world's most brand-conscious and polluted countries.

What's your business philosophy?

In general, we think that quality always pays, and that in the long term, quality products

are rewarded in sophisticated markets such as Singapore. More specifically, the development and promotion of distinctive products is the way to go when it comes to wine. In a world that increasingly values products linked to their territories (honey from Asian rainforests and superfoods from the Amazon, for example), how can it be that most of Singapore's distributors deal only with low-quality wine, often full of chemicals, and produced from the usual suspects like cabernet sauvignon, chardonnay and sauvignon blanc?

Mountainous terrain, volcanic soils, innumerable microclimates – and an ancient culture of winemaking influenced by the ancient Greeks, Phoenicians and Romans - make Italy the most diverse country in terms of wine. This diversity is reflected by the fact that Italy grows the largest number of native wine grapes in the world, amounting to more than a quarter of the world's commercial wine grape types. It's astounding for us to see so many low-quality wines sold in a global capital like Singapore, which has recently been rated by Forbes as the most expensive city in the world. The most expensive city in the world definitely deserves better wine!

Why do you work exclusively with boutique winemakers, and how do you choose which ones to work with?

There are numerous benefits to working with boutique wineries. Wine is a natural product that is expressed at its best when produced with respect for the grape, both in the vineyard and in the winery. Large manufacturers, in general, don't guarantee this, as they usually buy grapes from external producers, which means they don't have control over production. Then they usually add more sulphites and stabilisers, and, therefore, they are unable to devote themselves to specific niche markets such as organic wine or rare grapes.

To us, the logic behind mass wine production doesn't make much sense. For large manufacturers in Italy, product marketing accounts for a large part of the price.

We work only with small producers who are so focused on product development that they generally don't have time to invest in the marketing of their products. In this case, we take it upon ourselves to be the

producers' "promoters", especially for the rare grape varietals that few have heard of.

In Singapore, the transaction costs are very high, partly due to the need to promote through local media and wine tastings. In other words, if we were to sell wines from large wineries, we would find ourselves in the situation of having to transfer high marketing costs (in both Italy and Singapore) to the consumers. We prefer to look for wines for which the price reflects only the high quality of the product; then we can promote those wines in Singapore directly to consumers. In other words, for the same price, we try to offer the highest possible value for money.

All great products that we see representing the "made in Italy" quality (from designer brands to regional food) have been created with the direct involvement of the owners. In our boutique wine choices, we seek the same guarantee of quality that only the owners can ensure.

What do you love most about what you do?

We like to create small revolutions in the markets in which we operate, especially if they show signs of irrationality, as happens with wine in Singapore; as I mentioned, the most expensive city in the world deserves better wine. Everything is changing so fast, and being part of those changes is quite exciting. Nowadays, wine is a "lifestyle". During our wine tastings, we meet very interesting people who often become friends; and sharing good wine is almost always a catalyst that creates interesting situations. A bottle of healthy wine shared with customers and friends can be a great spark for creativity and new ideas. And, of course, going home to Italy to source the wine isn't such a bad job either!

Who are your customers?

Our customers are both Singaporeans and expatriates who are tired of drinking low-quality wine, often bottled with screw corks and sold at very high prices. We are seeing a high return rate, with many of our customers now only drinking our wines. As mentioned, high quality and healthy wine is a relatively new market in Singapore, so it will take time, but we believe that, eventually, more and more people will follow this rising trend.



To buy wine, and to find out about Bacco's twice-monthly informal wine tasting events – the next one's on 9 June from 7pm to 9pm – visit baccowines.com. ϵ

this elegant pink makes

food-pairing a breeze

- unlike many other

rosés, which are often

considered too sweet.

#02-09 The Herencia, 46 Kim Yam Road 6635 5747 | baccowines.com

Destination: Dempsey

From savoury Spanish and chic Chinese to juicy steaks and comfort food favourites - not to mention gourmet grocers galore - Dempsey Hill has a lot going for it on the culinary front. With such an eclectic mix of eatery and bar options, combined with its historic heritage and lush surroundings, it's really no wonder the tranquil enclave has become one of the most popular dining destinations in Singapore. Here, we check out some of the area's foodie finds.





There's a reason this place has been popular since its opening in 2008. Housed in a 1930s chapel with stainglassed windows and high ceilings, the restaurant not only boasts a beautiful setting, but delicious food to boot; there's also an *Alice in Wonderland* theme but it's subtle enough to be whimsical without being cheesy. Offering "modern European" cuisine, Head Chef Benjamin Tan does no wrong with a strong menu of flavourful meat dishes, seafood, pastas and mouthwatering sides (hello, truffle fries!).

For starters, go for the wonderfully flavourful Rangers Valley wagyu carpaccio (\$28) – raw beef sliced paper-thin and topped with shaved Parmesan, celery cress, balsamic pearls and truffle. The classic lobster bisque (\$38) is not to be missed; half a juicy Maine lobster in a beautifully salty bisque with tarragon and brandy – not heavy at all, and one of the best bisques I've ever had.

For mains, we opted for the **pumpkin risotto** (\$24/\$34) with pistachio and truffle crème fraîche – so decadently tasty – and the perfectly prepared

sautéed Japanese seabream (\$36) with creamed leeks, smoked mussels, browned butter and sherry. On our return visit, we plan on trying the **roasted black truffle free-range chicken** for two (\$76), which sounds delish!

Save room for the **chocolate fondant** (\$18), a type of lava cake accompanied by a refreshing banana and rum sorbet; though we hear the **deconstructed cheesecake** (\$18) with graham cracker crumble, blueberry sorbet and pop rocks is another fabulous treat. (Next time!)

Must-try: Classic lobster bisque

Tip: After dinner, head out to The Rabbit Hole, a charming garden area with fairy lights and a special gin bar featuring a huge selection of homemade tonics and gins and serving gin cocktails made with herbs and garnishes grown right there in the garden; we loved the **Pimm's Cup** (\$18). A lush escape from the city, the garden bar makes for a beautiful afternoon drinking spot, too.

- Amy Greenburg



Huber's Bistro
2 Dempsey Road
6737 1588 | hubers.com.sg

We arrived for lunch on a Friday, bang on midday, and the bistro was filling up fast. Indoors had a casual and cosy feel, with plenty more seating spilling outside. Preparing ourselves for a meaty marathon, we ordered a charcuterie starter, *tagliere di affettati misti* (\$14.80), including Parma ham, salami and mortadella ham, as well as some deliciously juicy olives. Feeling we should add some vegetables to the mix, we also enjoyed a **spinach and rocket salad** (\$11.90) – this remained unfinished only because we wanted to have enough space to enjoy our mains.

Australian pasture-fed lamb chops (\$24) with vegetables and a warm roast beef sandwich (\$12.80) with soft brioche bread came next, both served with a pile of fries. Unsurprisingly, the lamb and thin slices of sirloin beef were fresh and full of

flavour, and went down well with a glass of Provençal rosé (\$9.50) and another of Côtes du Rhone (\$9.80).

Unfortunately we had no room for dessert, only coffee, though the menu promises a selection of Mövenpick ice creams as well as daily specials. The bistro also offers three dishes in child-sized portions, and the big bonus is the large outdoor playground, making this Dempsey spot extremely popular with families on the weekend.

Must-try: The Australian pasture-fed lamb chops.

Tip: The bistro doesn't take reservations. It opens at 11am from Tuesday to Friday, at 9.30am on Saturdays, Sundays and public holidays, and is closed on Mondays.

- Amy Brook-Partridge



Chopsuey Café

Block 10 Dempsey Road, #01-23 9224 6611 pscafe.com/chopsuey-cafe-at-dempsey-hill

Of the thousands of restaurants on this island, Chopsuey is one that should feature on everyone's bucket list. With its prime position at the end of Block 10 and leafy garden outlook, this inimitable restaurant has a nostalgic feel reminiscent of languid days when life was slower-paced.

The Cantonese phrase *chop suey* means "odds and ends", and the extensive menu is just that: a throwback to an eclectic range of much-loved anglicised Chinese dishes. To be honest, there's not much on the menu that I wouldn't eat, so narrowing it down to just a handful of dishes was difficult.

For starters, it had to be sentimental favourite **san choy pau** (\$16): iceberg lettuce cups filled with a sweet and spicy minced pork and chicken mixture and topped with fresh herbs. For mains, we chose signature dishes from the blackboard menu: **crispy shredded duck pancakes** (\$29) with lashings of thick, sweet brown sauce; and **soft shell Singapore chilli crab** (\$36), a twist on the traditional which means no messy shelling – just dip the crab in the chilli sauce and eat.

We opted for beer (Erdinger draught, \$11) and wine (Grant Burge Semillon Sauvignon Blanc, \$16 a glass) over dinner, but there's also an excellent cocktail list and the terrace outside is a beautiful place to unwind over a drink. Wanting to linger and enjoy the atmosphere, we stretched ourselves to a dessert of **Hummingbird Pavlova** (\$16): meringue with pineapple, passionfruit and butterscotch; and we took the waiter's excellent recommendation to try the decadent **dark chocolate mousse** (\$16).

There are dozens more drinks and dishes on the menu at Chopsuey, and I can't wait to return to taste a few more.

Must-try: Get your fingers sticky and put together the DIY San Choy Pau.

Tip: Chopsuey is open for brunch on weekends, but be sure to book!

- Katie Roberts

Did you know?

What's now Dempsey Hill was, back in the 1850s, a vast nutmeg plantation called Mount Harriet. When an outbreak of disease in 1857 ruined many of the island's plantations, however, the land was sold to the British Forces. Purchased by the military in May 1860, the site was turned into Tanglin Barracks and used to house troops during both World War I and World

Barracks and used to house troops during both World War I and World War II. In fact, the road leading up to where Dempsey Hill is today was named after General Sir Miles Christopher Dempsey, a decorated British soldier stationed in Singapore during World War II.

Following the wars, the barracks became headquarters for Far East Land Forces until the British withdrawal from Singapore in 1971. In the 1970s, it was used as the headquarters for the Ministry of Defence and Central Manpower Base, before the property was vacated in 1989 and handed over to the Land Office, which leased the barracks to the private sector. Warehouses selling teak furniture and oriental carpets moved in.

It wasn't until around 2006 that the space was transformed into a charming retail area known for its antique and furniture stores, and later, as the dining destination it is today.



Meticulously prepared dishes in healthy portions are the hallmark of this first-rate Spanish restaurant. Do as we did – go with a crowd and share everything; you'll be able to try more of the extensive menu. *Los niños* are welcome, and there's a selection of three \$10 items for them to choose from, even a minipaella. That said, its ambience is also perfect for a date night à *deux*.

Owner Ken Lim loves nothing better than an inspirational road trip around Spain, he tells us – all the photos on the walls were taken during such odysseys over the past ten years. He's also proud that, whereas most Spanish eateries focus either on tapas, tacking on a couple of paellas and *fidueás*, or on seafood, or on grills (*asado*), Don Quijote does it all.

You can't go wrong with **grilled squid** (\$16) with a hint of chilli. The same goes for the **garlic-fried live sea prawns** (\$18; \$14 for frozen), and for a beautifully moist and creamy **potato tortilla** (\$11).

Our roasted 1.1kg Australian wagyu tomahawk (bone-in) rib-eye steak (\$198, charged by weight) is a signature dish that really does need to be shared; its 4.5 marbling means it's meltingly tender but not too fatty. (Friend Paul wanted to take the gigantic bone home for his goldfish.)

Live Canadian **lobster thermidore** (\$79) has a natural sweetness and is prepared with a mild cheese that doesn't interfere with the flavour. Paella comes in three sizes (\$33, \$48 and \$65): our traditional **paella Valenciana** features squid and chicken in saffron rice that sticks satisfactorily to the bottom of the pan; or try the **fideuá negra** (\$33, \$48 and \$65) – the black ink for the pasta is freshly harvested from the squid.

I finally seem to have grown a pudding pouch, hallelujah! **Bomba chocolate** (\$19) is a warm lava cake served with Ben & Jerry's vanilla, but it's the **churros** (\$16) that stands out for its velvety-thick sauce made from chocolate from an artisanal chocolate shop in Barcelona. It goes *so* well with a smidgen of Torres Jaime 30-year-old brandy (\$16) that follows on from one of the best **margaritas** (\$17) I've had for years, a dry Codorniu Blanc **cava** (\$90 per bottle) and a jug of excellently mixed **sangria** (\$60). Thank goodness for taxis.

Must-try: Garlic-fried prawns.

Tip: For the suckling pig, you'll need to order in advance. And, though it's only June, we can safely vouch for the succulence of Don Quijote's Christmas turkeys.

- Verne Maree





Good for you, Good for nature

Casino offers a wide range of organic products that focuses on consumer health and aims to make everyone's daily lives easier. Casino Bio includes juices, coffee and tea, soya drink, biscuits, assorted condiments, canned vegetables, chocolates, pastas, oils, cereals, and jams.

By eating organic, you help to preserve the environment because organic farming prohibits the use of synthetic chemicals, protects the natural balance of the soil and plants, and ensures animal welfare.



























House Restaurant 8D Dempsey Road 6475 7787 | dempseyhouse.com

Surrounded by trees on the slope of Dempsey Hill is the quirky and, frankly, fabulous House Restaurant. The ethos is all about the comfort of home, with vintage furnishings, rustic chopping boards and upturned metal buckets showing off homemade cakes. The menu is original, with clever artwork and unexpected, exciting twists on comfort fare – from soups and salads to brunch and desserts.

The cuisine is a real mixture of styles, from Asian to Moroccan to Western, all with a House "twist". We sampled the **baked brie** (\$19), warm, gooey slabs studded with pistachios and accompanied by a fruit relish and toasted artisanal bread. We also tried the **Thai crispy beef salad** (\$22), which was chewy, crunchy and incredibly moreish. We moved on to the **Asian sliders** (\$28), succulent Asian-spiced, marinated pork belly strips on the softest of steamed buns, served with taro fries. Next was the **Hanger Steak** (\$36), beautifully cooked and accompanied by tasty tomato salsa and tahini bacon spuds.

House offers a startling variety of different fries, from truffle to pumpkin hazelnut and smoky lime – we tried the **truffle** (\$12) and **taro fries** (\$9), and they were delicious! To drink, we enjoyed two of the fresh juice combinations: **It's Pearfect** (\$8.90), containing pear, apple and celery, and **Pick Me Up** (\$8.90), combining beetroot, apple and celery. We finished our meal with red bean **Tau Sar Pau** (\$2.50) and, another surprising taste, the **red latte** (\$6), a red bush tea "espresso" with milk and honey – highly recommended.

Must-try: Red latte.

Tip: Try the new House High Tea (\$30) on a Thursday or Friday from 3pm to 5.40pm. (And for more afternoon tea inspiration, turn to page 161 of this issue.)

- Katie Peace





More Foodie Favourites

"For me, you can't beat PS.Cafe Harding Road. The truffle fries are possibly the island's best. Pretty lights lead you to the entrance, and the fact that it's back from the road in a lush garden setting gives it a bit of a country feel. Opt for a table outside – if you forget your mozzie spray, they always have some to spare!"

- Emily Finch, Online Editor

"I love House at Dempsey. The location is really nice – it feels like you're dining in a rustic treehouse, as it's surrounded by greenery. It's got a great, relaxed vibe and caters to all appetites; the salads are really tasty, but they do a mean burger, too."

- Amanda Broad, Digital Media Manager

"Right now, I'm really enjoying Open Farm Community – it's become a bit of a 'go to' for my bootcamp group after a Monday morning session. I love the coffee – it's good and strong without being bitter – and I've gotten a bit addicted to their avocado and mango smoothie. There's a great little play area, which keeps the kids occupied long enough for us to enjoy a drink and a gossip."

- Amy Brook-Partridge, Home & Property Editor

"La Forketta – their pizzas are fantastic and I love sitting outside in the breezy, leafy corridor, especially when it's raining! I also love how they serve their coffee – so much nicer than 'just a coffee' at other restaurants, and usually there's a special little sweet something (last time it was a gorgeous macaron) that magically appears... yum!"

- Catherine Willingham, Online Editor

"I love the food and no-frills atmosphere at Samy's Curry – it's perfect for a casual meal, particularly with out-of-town visitors. The chicken masala and chicken tikka are my personal favourites. Grab a table outside under a fan – you'll need the breeze while you enjoy spicy deliciousness served on a banana leaf." α

- Amy Greenburg, Dining & Leisure Editor

The RECIPESVAP

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!**



Dawn Lee

Singaporean

"As the temperature gets hotter I like to beat the heat with some homemade iced fruit tea. Brewing your own tea from tea leaves is way better than using bags or buying bottled drinks that are loaded with sugar and artificial flavouring. Plus, you get all of the antioxidant goodness!"

Ingredients:

- 1 fresh peach
- 1 teaspoon of organic black or green tea leaves with flower petals
- Fresh thyme or mint leaves
- 1-2 teaspoons of pure thyme floral honey
- 200ml of water

Directions:

- **1** Steep the tea leaves and petals in freshly boiled water for about 5 minutes.
- **2** Strain the tea.
- **3** While the tea is cooling (about 20 minutes) slice the peach into medium slices.
- **4** Place fresh thyme or mint leaves into the tea along with the peaches and honey. Stir until honey is dissolved and herbs are infused.
- **5** Serve lukewarm or, for something even more refreshing, refrigerate for a few hours and serve with ice cubes.



Kanak Muchhal, British

"Larb salad is my favourite Thai dish. It's a must to order it wherever we go. It's tangy, aromatic, flavourful, light and can pack a punch if you like it spicy!"

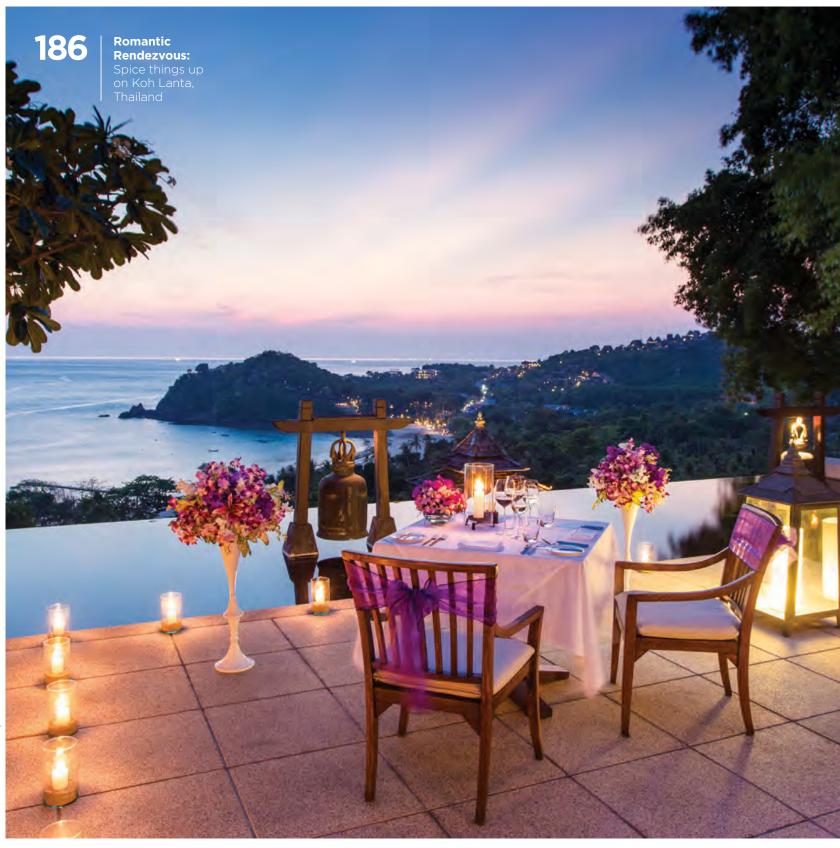


Ingredients:

- 8 sprigs of coriander, leaves removed and chopped coarsely
- 12 sprigs of mint, leaves removed and chopped coarsely
- 2 sprigs of Thai basil, leaves removed and chopped coarsely
- 4 spring onions, chopped coarsely
- 2 tablespoons fish sauce
- ½ tablespoon ground dried red chillies
- 6 tablespoons lemon or lime juice
- 5 shallots or mild red onion, thinly sliced
- 300g minced pork
- 3 tablespoons toasted rice powder

Directions:

- 1 To make the toasted rice powder, add 3 tablespoons of white rice to a dry pan and toast on low to medium heat. Keep stirring to prevent it from burning. Take off heat when golden brown. Cool and then grind into a powder in a spice mill. (A mortar and pestle will work too, though it requires more effort!)
- **2** Marinate minced pork in 3 tablespoons of lemon juice for 10 minutes. Then cook in a hot pan with 2 tablespoons of water. Keep stirring until pork is well done.
- **3** Put cooked pork, coriander, mint, Thai basil, spring onion, shallots and toasted rice powder into a serving bowl and mix.
- 4 Make salad dressing by combining fish sauce, remaining lemon juice (3 tablespoons) and ground red chillies. Toss salad with dressing.
- **5** Taste and adjust flavour by adding more fish sauce or lime juice if necessary. Garnish with mint and coriander leaves.
- **6** Serve in lettuce cups as an appetiser or as a great accompaniment to a curry or stir-fry.



Pimalai Resort & Spa

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The Sanchaya, brand new on Bintan

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What's New



Vietnam Island Escape

Not all luxury resorts cater well for families, but Six **Senses Con Dao** has a real child-friendly approach, with multi-room villas suitable for up to nine guests, and a huge range of activities for all ages - from a flora and fauna tour to Vietnamese cooking classes, tailored spa massages for ages seven and up, snorkelling, an introduction to scuba diving and more. Special offer: Stays of three nights or more at Six Senses attract savings of over US\$200 per adult, in the form of free domestic flights between Ho Chi Minh City and Con Dao, plus transfers, fast-track check-ins, VIP lounge access and, if required, hotel accommodation in HCMC for the night prior to departure for Con Dao. Then, at the resort, you can enjoy daily breakfast, unlimited Wi-Fi, free non-motorised water sports, free children's club activities and other extras.

sixsenses.com/resorts/con-dao/destination

Terrific Telunas

On the back of a fifth consecutive win in the TripAdvisor Traveller's Choice Awards and inclusion in the Condé Nast Johansens Luxury Hotels Collection, **Telunas Resorts** is gearing up for a summer of beach bliss and fun. Thanks to an upgrade to its traditional Malay boat, the 50km distance from Singapore to the two properties (Telunas Beach Resort and Telunas Private Island) is now covered in just 75 minutes. Rates for the Private Island's stand-alone overwater Sea Villas start from IDR 2,000k (around \$\$200) per night, while the Beach Resort's overwater Deluxe Rooms start from IDR 750k and stand-alone Chalets from IDR 1,150k. **telunasresorts.com** | **+62 811 771 0951** |



Art in Amsterdam

Located in the heart of the Dutch capital's museum district, luxury lifestyle hotel **Conservatorium** has just launched a partnership with the newly opened Modern Contemporary Museum (Moco) next door. Moco's opening exhibitions feature the works of two iconic modern artists – Warhol: Royal (until 3 July) and Banksy: Laugh Now (until 4 September) – and the Moco Museum Package at Conservatorium includes two nights' accommodation for two, daily breakfast, tickets to the museum, special Warhol- or Banksy-inspired cocktails and more. Available on stays up to 31 December 2016, and priced from €1,225. **conservatoriumhotel.com** ▼





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Book now and travel from 1 March until 30 October 2016

* Package price does not include airport taxes & fuel surcharge (SGD198 subject to change). Package includes: Return economy class airfare from Singapore to Samui; 3 Nights accommodation with daily breakfast; Return airport/hotel transfers. Perks from selected hotels. Terms & Conditions apply.



For more information or reservations please contact:

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ASIA'S BOUTIQUE AIRLINE



Soothing Sojourn

There's nothing not to love about the setting of the Banyan Tree Bintan, which sits on a rainforest-clad headland and offers endless ocean views. Now you can make the most of this near-to-Singapore sanctuary through the resort's Weekend Getaway deal. Until 30 June 2016, save up to 40 percent off the best available rate for stays of a minimum of three nights; the deal includes daily buffet breakfast. While you're there, we recommend treating yourself to a well-deserved body massage at the excellent Banyan Tree Spa. Our Mondayitis is ebbing away just thinking about it! The offer is valid for selected villas and can be booked at the resort's website until 27 June 2016. banyantree.com

Memorable Moments

A secluded beach with sunset cruises departing from a private jetty – what more could you want in a romantic getaway location? **Pimalai Resort & Spa** on Thailand's Koh Lanta offers exactly those things, which makes it a prime spot for tying the knot. The resort's current Wedding Package includes a beach ceremony decorated with flowers, a wedding cake, a bouquet and corsage, a bottle of sparkling wine, a three-course à la carte dinner for bride and groom, wedding gifts including a two-hour massage at Pimalai Spa, and much more. It's priced from 75,000 baht (\$\$2,900) and is valid until 31 October 2017. Email reservation@pimalai.com to book.

+66 0 2 320 5500 | pimalai.com

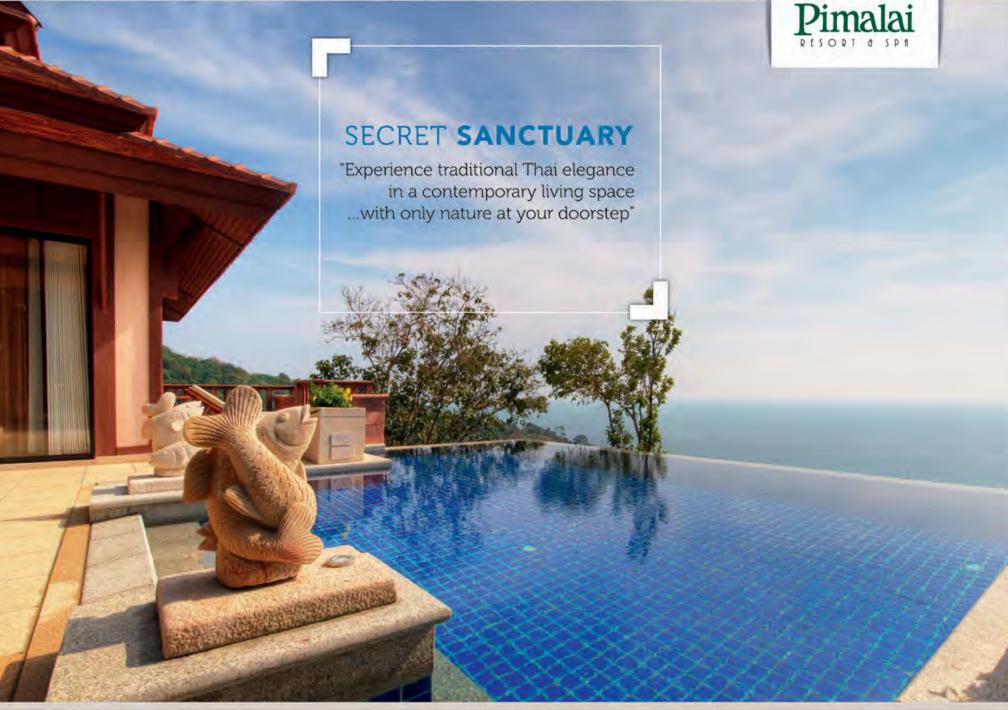


New in China

Alila Hotels and Resorts is opening its first China property, Alila Anji. Located in an area of bamboo groves in Zhejiang Province, close to Hangzhou, Suzhou and Shanghai, the private resort resembles a traditional Chinese village, with whitewashed exteriors and sweeping, dark-tiled roofs; interiors of the 74 villas and rooms combine native woods, bamboo and stone with soft furnishings. Book a "WKND Experience" at Alila Anji and enjoy two nights' accommodation, a destination activity such as tea-picking, cycling or cooking, with lunch and dinner and more, from around \$\$430 per night. alilahotels.com/anji















Pimalai is one of those rare resorts whose architecture has been designed entirely around the natural contours and lush vegetation of over one hundred acres of grounds leading to 900 meters of pristine sandy beach. Indulge in luxury in one of our elegantly designed pool villas, set high in the lush hillside allowing you to be as close as possible to nature. From your villa, all you will see is what has been there for thousands of years; virgin forest enveloping steep hills climbing into a blue sky.

The tranquility of the place, the abundance of flora, the exquisite views, the fiery sunsets, all combine to maximize the sensation of being in a heavenly place. Indeed the name of the resort "Pimalai" translates as heavenly. Enjoy a private romantic dinner on your terrace, sip champagne while dipping in your pool, or perhaps a soothing massage* in your villa's sala...

Live, laugh, love and indulge in moments that will be remembered long after the holiday is over.

*Complimentary in villa massage for guests who stay in March & April 2016, and from May to December 20th, 2016







Capturing plenty of attention at the recent Singapore Yacht Show 2016 was the newly launched *EagleWings*, a spectacular sailing catamaran that's the first to be launched within the new Sunreef Supreme Range. One of the largest vessels of its kind in Singapore, with 300 square metres of living space, it features everything from fine-dining facilities and a barista station to a whirlpool spa and a piano for entertaining. The three fully furnished guest cabins and the master suite are fitted with queen-sized beds and have large ensuite bathrooms, while the boat's aft garage has space for a five-metre tender and up to two jet-skis, diving gear and sails. *EagleWings* is available for charter, with a wide range of packages from hourly to overnight, plus dine-in options for any meal of the day. If you hurry, you can enjoy a whopping 40 percent off the regular charter price, too. **9228 2222 | eaglewingsyachtcharters.com.sg**

Plant Rice in Thailand

Luxury Chiang Mai resort **The Dhara Dhevi** has launched a Family Package that offers some very different experiences for parents and children alike. The deal includes three nights' accommodation, transfers, daily breakfast for two adults and two children, a Thai family dinner, a spa treatment, along with interesting cultural activities such as a private rice planting class for the family, and a Thai dance class or Thai boxing class for the kids. The package costs around \$\$2,280 and is available until 30 September 2016.

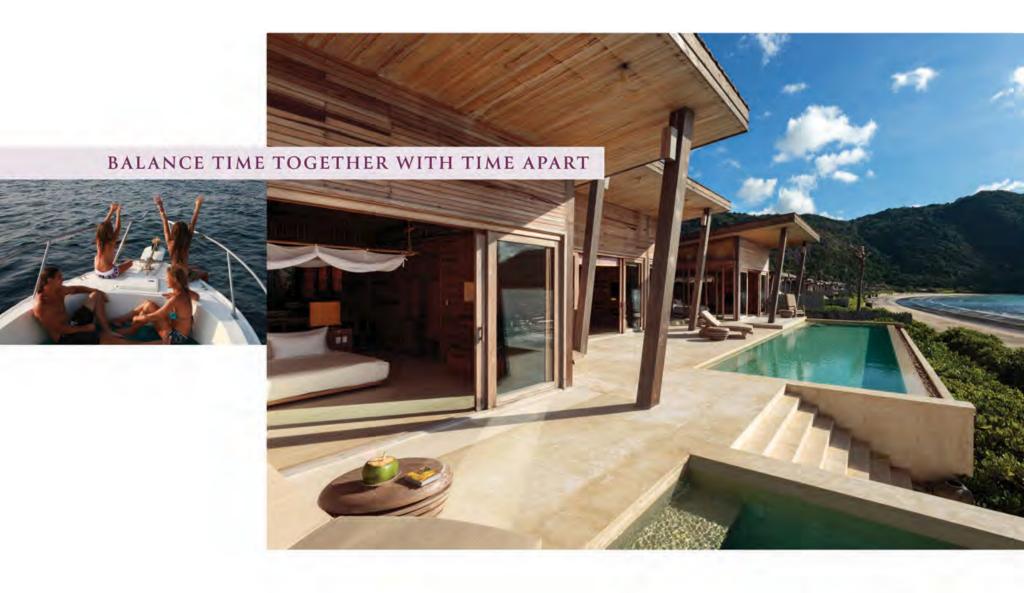
dharadhevi.com ▼



Happy Holidays?

For some travellers the expectation of a trip is better than the reality, yet a recent survey by **Hotels.com** shows that, for plenty of people in Singapore at least, holidays are a happy time indeed. Respondents to the survey claimed to be, on average, 23 percent happier while on their travels. Favourite happy activities were eating great food (33 percent), sleeping in a comfy bed (17 percent) and having some time alone (13 percent). Beach holidays were overwhelmingly voted as the favourite (59 percent). Meanwhile, the two biggest holiday "bummers" were said to be losing a wallet or purse (32 percent) and getting food poisoning (30 percent).

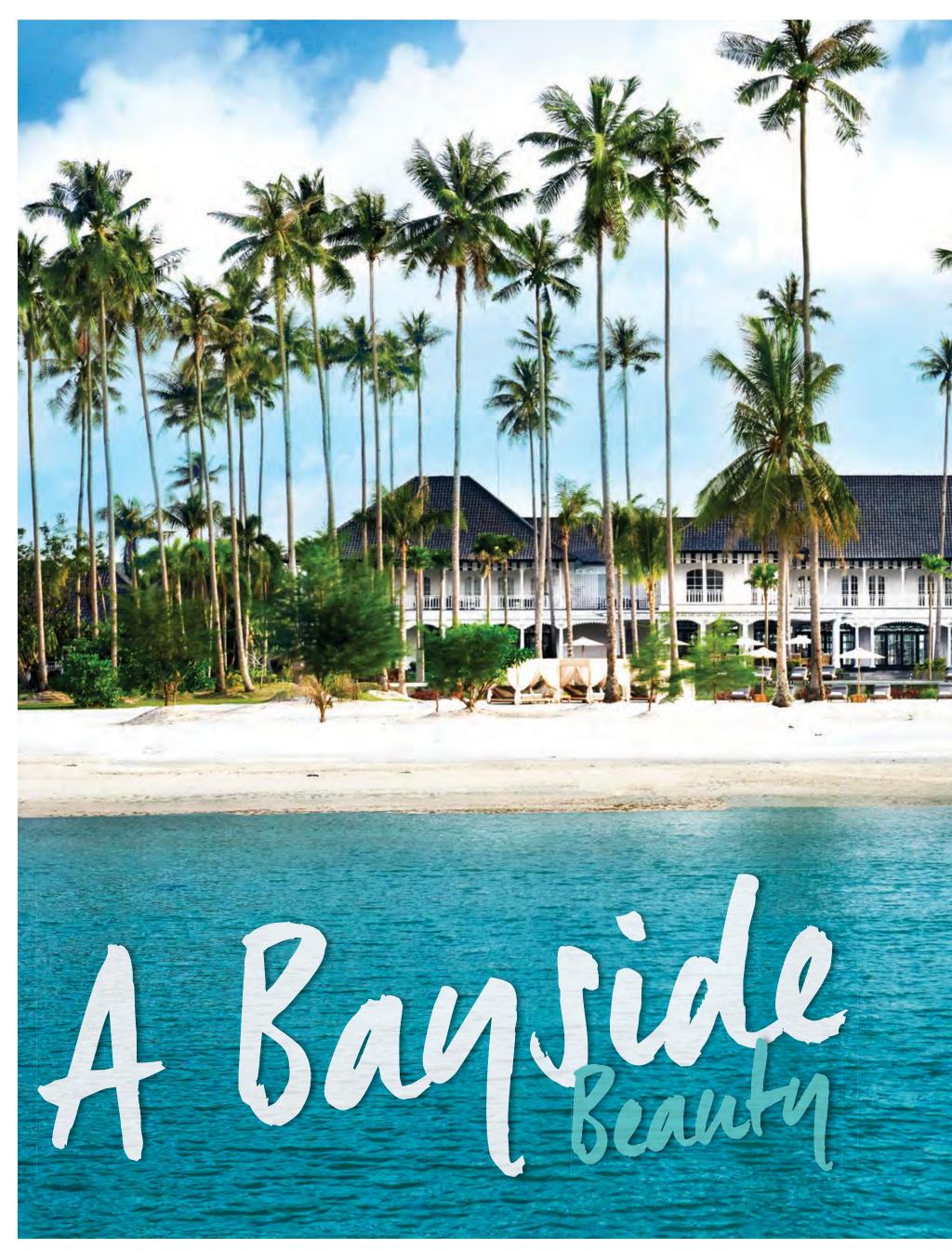


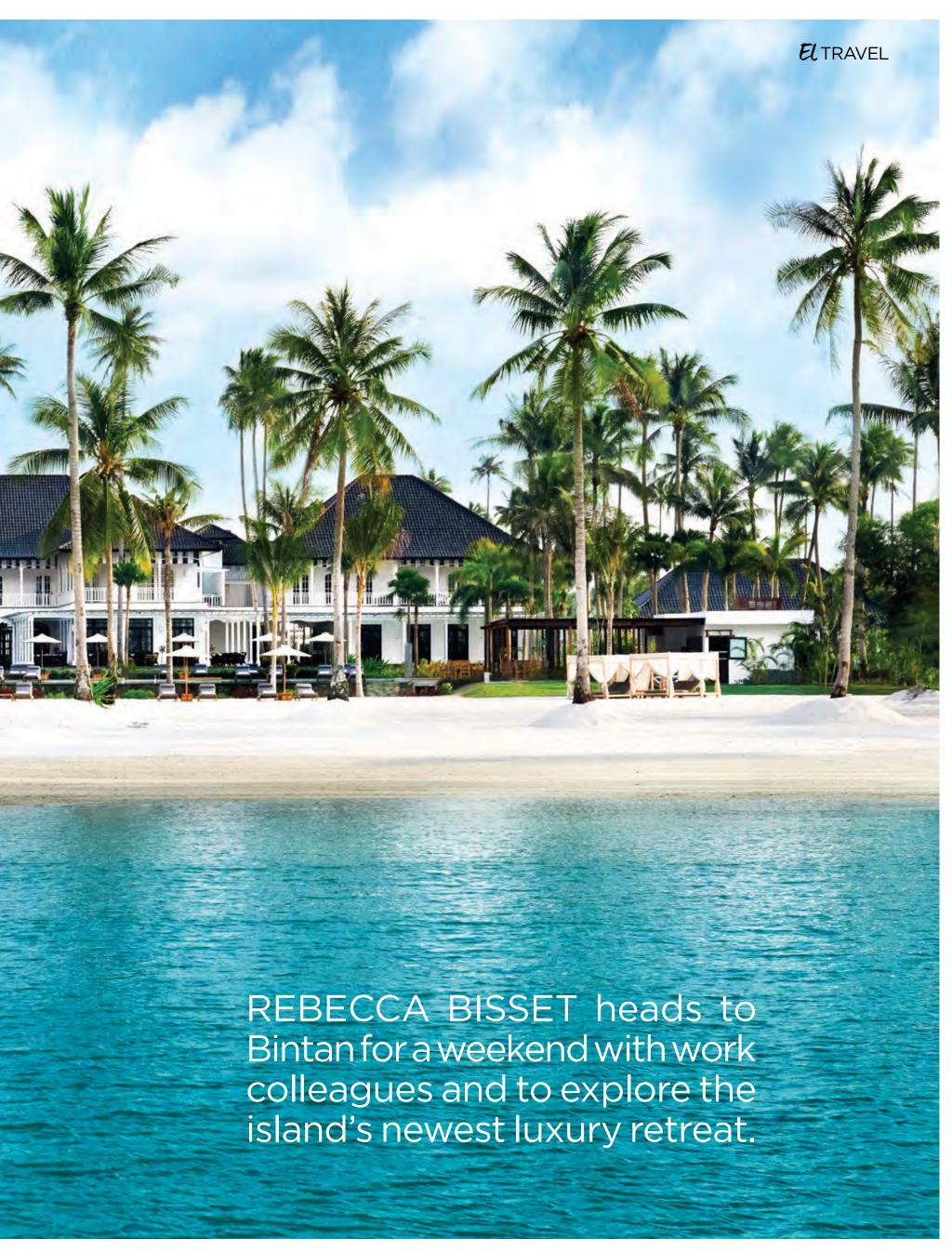


With unique culinary experiences, active and cultural excursions plus wellness activities,
Six Senses Con Dao multi-generational holidays cater to individual expectations.

Designed for the whole family, our multi-bedroom villas with ensuite facilities offer privacy as well as generous communal space to allow gathering for family activities such as entertainment, dining, relaxation or just horsing around.







agoi Bay at Bintan is undergoing a huge transformation, with some of the world's top hotels set to move there. One of the "early adopters" is **The**

Sanchaya Bintan, a beautifully presented and independent resort consisting of 21 villas and nine suites on the Lagoi beachfront.

I took some of the team there recently for a night away from children and husbands, but it's the perfect place for a romantic night away too – if you're not on a budget.

At first sight, the buildings look like they've been there forever – a blast from the past – and they are cleverly positioned in the estate's rolling gardens so there's a sense of independence and space. They reminded us of smaller versions of Singapore's black-and-white homes.

Once inside, you quickly realise that everything is brand new, with designer tiles and bath-ware, and some of the best thought-out décor I've ever seen in a hotel.

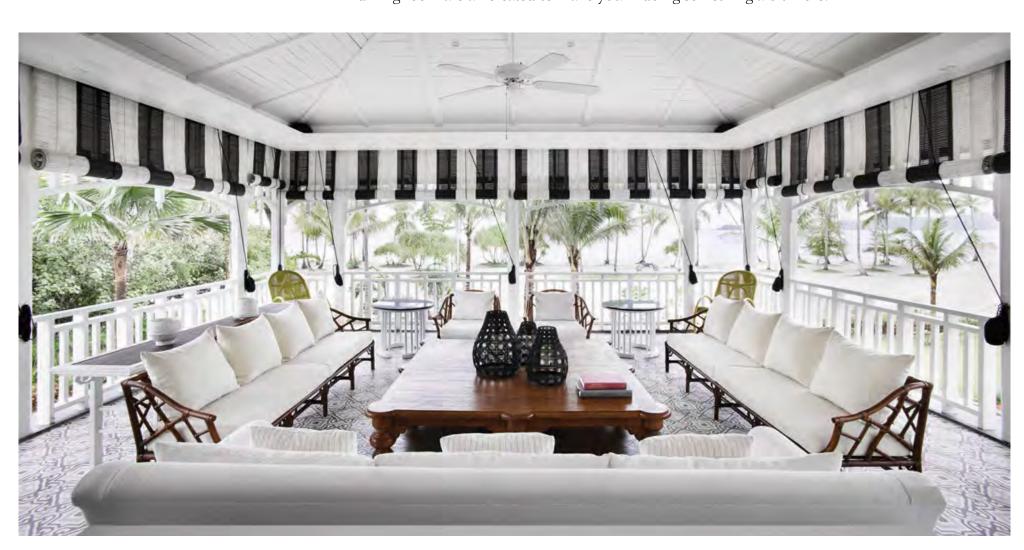


There's a décor theme throughout – the Hamptons meets new Asia – but each villa has different artwork from the owners' own collections. In another area are Thaistyle villas set around a lake; these have more of an Asian feel, with darker tones, and, while not my preference, I could appreciate their design and how it would appeal to overseas visitors.

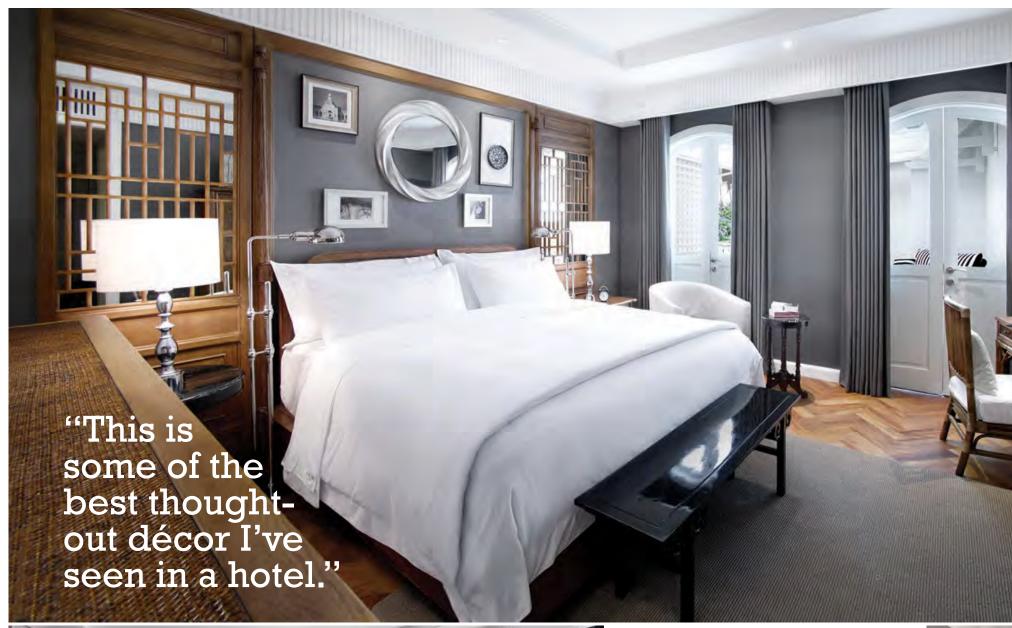
The Sanchaya's main reception area, lovely dining room, library and private dining room are all created to make you

feel like you're stepping into someone's large and luxurious beachside home. Sofas and comfy chairs are there for you to curl up on and have a cup of coffee while you read a copy of your favourite magazine. (Hint, hint!)

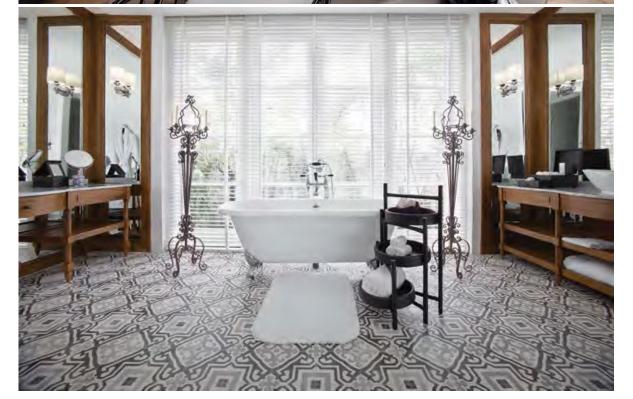
It's also a very quiet place, with just the sound of the small waves on the ocean in the background. Lagoi Bay is large and empty and perfect for long walks. Yoga classes are also available if you feel like doing something a bit more.











Quotes from the team

"I love the colonial-style architecture and design of this resort – it's extremely elegant with clean lines, beautiful décor and Asian tranquillity. The spa is amazing and my massage was over-thetop wonderful! Excellent service and the private lounge at the ferry terminal makes all the difference. No standing in queues is a real perk." – Karin

"Beautifully designed in such a classic style, and I love the different options for accommodation. Should it be Asian style or a more traditional choice, there is something for everyone. A stunning resort with a very relaxed atmosphere." - Jacqui

"I loved that it was so close to Singapore, making it perfect for an overnight escape if you have very young kids and don't want to leave them for too long." - Danielle

"The detail was amazing — I could just sit and look at the décor of the rooms for hours. I loved the luxurious colonial style — it was good to see a new-build making use of this style. Hamptons-meets-Asia, with loads of artefacts, tasteful art and furniture." – *Rebecca*





THINGS TO DO

The Sanchaya Spa is really lovely, with an array of treatments on offer, from Balinese massage to traditional aromatherapy, reflexology and back therapy. But there's also plenty to do outdoors!

- Take a dip in the 50-metre-long Tasanee infinity pool.
- Coax croquet balls through hoops at The Sanchaya's Croquet Lawn overlooking the ocean
- Lob petanque boules on a French-style green while drinking pastis, Belgian beers or Provençal rosé.
- Try to shoot a bulls-eye on the archery field.
- Get a bird's-eye view of Lagoi Bay by taking to the sky in an open cockpit ultralight seaplane.
- Play some golf, tour on a bicycle, hike a mountain, snorkel, scuba dive, or cruise along the Sebung River to see mangrove forests, home to macaques and silver leaf monkeys.



Included:

- Express immigration upon arrival and departure at The Sanchaya Lounge in Bintan
- Complimentary shared shuttle service between Bintan Resorts Ferry Terminal and the Estate
- À la carte breakfast for two
- lacktriangleright Complimentary Wi-Fi across the Estate $m{a}$

Visit sanchaya.com, call +62 770 692200 or email reservations@thesanchaya.com.



Cruise expert HEIDI SARNA discovers why, when it comes to the size of the boat you're on, big doesn't necessarily mean best for a great getaway at sea.

've travelled on more giant cruise ships over the years than I can count, mingling with thousands of other passengers in sprawling buffet restaurants and multistorey show lounges. Don't get me wrong, my family and I have enjoyed the big ships and their climbing walls, water slides and ice-skating rinks. When they were younger, my children loved the playrooms and activities, my husband was impressed by the huge gyms and I loved the retro-style song and dance reviews, the pomp and circumstance of dinner, and the people-watching. There's no denying that the mega cruise ships are fun and exciting places – destinations unto themselves – but the glitz and glamour come with a price: all those other people.

On a big-ship cruise, queuing takes up a fair part of each day. You've got to line up and wait your turn to make reservations for dining, to book a shore excursion, to ask a question at the front deck, and even to get off and on the ship in port.

Small ships avoid the nasty stuff associated with mass-market travel. Mini cruise ships carrying no more than a few hundred passengers are intimate, quirky and personal, like boutique hotels, and have a stronger focus on the ports – their size enables them to access river deltas, bays and coastal areas the big ships can't squeeze into; there's also less emphasis on entertainment. I've been on dozens, from sailing ships in the Greek Isles and the Indonesian archipelago to riverboats in Myanmar and oceangoing mini-vessels in the Mediterranean and Adriatic seas. By far, these small-ship cruises have left the most indelible impression on my travel psyche.

Windstar Cruises and SeaDream Yacht Club are two small-ship cruise lines with vessels carrying just a couple of hundred passengers each on casually elegant jaunts all over the world (though predominately in Europe and the Caribbean). Both have a no-jacket-required dress code and are geared to adults who appreciate the convenience and romance of travelling by ship, but who shun crowds and queuing. Their ships have mini-marinas at the stern for easy access to kayaking, sailing and swimming when at anchor in some ports, plus each has a small pool, fitness centre and spa – just enough diversions, and no more. I've cruised with both lines multiple times; here are accounts of two recent trips.

Windstar Cruises' trio of 212-passenger Star-class ships: Star Pride, Star Breeze and Star Legend

On a 10-night cruise aboard *Star Pride* from Hong Kong to Ho Chi Minh City with an old college friend, we set sail from the docks near Hong Kong's famous old Star

Ferry terminal, where only smaller ships can dock, and sipped champagne on the top deck as the ship glided past the famous skyline and into the South China Sea. It was chillier than we'd expected, but we were warmed by the alcohol and the thrill of watching one of the world's most famous cities backlit against a smouldering sunset. *Star Pride*'s roving photographer snapped pictures of happy couples and groups of friends in holiday mode, and eventually everyone meandered back to their suites to get dressed for dinner.

Typical of small luxury ships, all of the Star-class ships' cabins are mini-suites with a sitting area, a mini-bar, a walk-in closet and a bathroom with double sinks, a tub and a shower. The suites have either large windows or French balconies – sliding glass doors with a railing and small ledge you can stand on. The three 212-passenger Star ships formerly belonged to Seabourn Cruise Line and in 2014-2015 were folded into the Windstar fleet, joining its three motorised sailing yachts that carry between 148 and 310 passengers.

We had the choice of two restaurants, one buffet-style with indoor and outdoor seating, the other inside on a lower deck with a more formal feeling. Highlights included delicious seafood skewers and Portobello mushroom and lobster cappuccino appetisers. Before and after dinner, entertainment revolved mostly around cocktails and chats at several lounges, or in the tiny casino, with a singing duo providing the background sounds.

Most entertaining and enriching were the lectures. On sea days, Geoff Devito gave one or two presentations about Vietnam with slides and a witty and informative narrative. Armed with several degrees, including a Master's in the anthropology of tourism, and years spent living abroad and working on ships, Geoff was a confident and engaging speaker. He talked about UNESCO World Heritage sites in Vietnam as well as how tourism affects the local culture, keeping our attention by injecting fun quips into his presentations. ("You may wonder why I have so much energy," he joked. "It's because I had a cup of Vietnamese coffee two weeks ago.")

In each port, Geoff accompanied one of the ship's shore excursions, including an interesting tour of Hanoi where he shared his insights from previous trips. He also mingled with passengers on deck, answering questions as we cruised into port or passed interesting places, such as the scenic limestone forest of Ha Long Bay. With such a small passenger contingent, it was easy to chat to Geoff around the ship. On huge vessels, if they have lectures (which they often do not), they are delivered

in giant theatres or show lounges and it's certainly not easy to fraternise with the speaker throughout the cruise.

The Windstar fleet sails all over the world, including Costa Rica and French Polynesia, but most of its itineraries are focused on Europe and the Caribbean. Pricing includes soft drinks and meals, and one free shore excursion on every cruise.











your Rich Uncle's Yacht

SeaDream Yacht Club's pair of 112-passenger Dream Boats

Like a shoe that fits just right, for me SeaDream Yacht Club's 112-passenger mini cruise ships offer the ideal mix of sporty and adventurous with luxe touches

like an open bar, great meals and a crew of charming ex-model waiters and bar staff who follow passengers around with trays of Prosecco.

On my last SeaDream Yacht Club cruise (with the same friend from college), we met a fun family that captured the SeaDream vibe so well. Worldly and well-travelled, yet unpretentious, they included a 60-something jet-setting mom and dad, their grown daughter and a family friend with the cool swagger of Mick Jagger. We dined with them many times and shared drinks on deck and at dinner, along with lots of laughs.

Built in the mid-1980s as the luxurious *Sea Goddess I* and *II*, the ships changed hands a few times and were extensively renovated and relaunched in 2002. They're classics, with lovely brass fittings and lots of wood, from the decks to the cabins, furniture, doors and bar tops.

Breakfast and lunch are typically enjoyed in the alfresco Topside Restaurant, where you can sit by the railing with sea views and stroll back and forth to the generous buffet for tropical fruit and fresh-baked things, or order something hot off the menu. At lunch on my recent cruise, we filled our plates with shrimp, salad and more fruit, and sometimes ordered a yummy Indonesian noodle or seafood dish from the waiters, handsome Hawaiian-shirt-wearing pros who you could imagine as maître d's in a five-star hotel in Europe somewhere. Dinner highlights included homemade potato gnocchi, halibut, wonton soup and a vegan cheesecake.

With these fun-loving folks and the friendly but professional waiters and bartenders, the ship felt like a big private yacht, as though we had been invited to a party thrown by a rich uncle. This cruise took us from Singapore to Bali, while on an earlier SeaDream cruise in the Caribbean I sailed from Puerto Rico to St Thomas. One of the highlights of both was the line's signature champagne and caviar splash, a young-at-heart free-for-all for where adults in bathing suits enjoy plastic glasses of champagne from waiters wading through the water with trays and serving dollops of caviar scooped out of a silver bowl floating on a surfboard.

"A SeaDream cruise is all about being social and enjoying the casual vibe," a very contented passenger told me as he took another swig of his wine.

Seeing the menacing giant lizards lumber about on our guided tour in Komodo National Park was memorable, and the beaches of St Barts were amazing, but mostly, the gist of a SeaDream cruise, no matter where it goes, is hanging out on the decks, reclining on a wide sunbed (and hoping the ash from the nearby funnel isn't blowing the wrong way), soaking in the

hot tub at the open stern deck or installed at the open-air Top of the Yacht Bar, sipping endless glasses of rosé and revelling in your good fortune. There are rarely enrichment lectures on a SeaDream cruise, though films are shown from time to time in the lounge – it's all about relaxing on deck with the wind in your hair and a glass in hand.

To get ready for dinner each evening, we'd head down to our 195-square-foot foot cabin, a comfortable, bright room with blond wood panelling and a large window, a sitting area and long wooden credenza where the electronics and mini-bar resided. The bedding was plush (though the beds were narrow for anyone on the large side) and the bathrooms with showers were small but efficiently designed. Not over-done and not cookie-cutter St. Regis décor; the cabins are elegant in an old-world nautical way.

SeaDream's rates include meals and all wines, spirits, soft drinks and tips. ϵ

windstarcruises.com seadream.com quirkycruise.com (Heidi's new website dedicated to all kinds of cruise information)















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s I walk up the driveway through tall black iron gates and step onto Rowena Michaels' front porch, I'm immediately greeted by two furiously wagging tails. Daffy and Poppy, two adorable and highly energetic border terriers, were both transported here about two years ago from the UK, Rowena's home country.

She's lived in Singapore for seven years, though, and with a husband of Singaporean and British heritage and two children has put down firm roots and now feels quite at home. "Having relatives around really makes all the difference," she says.

The family moved into this beautiful house on Holland Road just over a year ago, she tells me. Cheekily, I point out that some boxes are left unopened. "Oh, please ignore them; they're Simon's, I refuse to unpack for him!" she laughs.

It's been a busy and rather stressful few months preparing for the launch of her new cookbook, *A Helping Hand: Delicious Recipes in English & Tagalog*, says Rowena – who also goes by her quirky nickname, Frog.

"Although the hard graft of writing is over, I'm now dealing with the less glamorous side of being an author – the marketing and distribution. I used to advise clients on these sorts of things

in my early career days, now I feel I need to eat my own words!"

She swings open her study door to reveal boxes stacked high and crammed with books, which she is now ferrying to her network of distributors. "You don't quite know what 2,000 copies looks like until they arrive on your doorstep!"

A freelance writer and columnist with her own award-winning lifestyle blog, changmoh.com, and who has contributed over the years to publications like *The Telegraph* and *Singapore Tatler*, this is Rowena's first book. It's a useful hardback title packed full of tasty Western and Asian recipes in English, complete with a step-by-step Tagalog translation; the benefit for families who employ Filipino domestic help is obvious. Seated in her bright and airy living room, Rowena tells me that producing it was "a crazy, eye-opening experience".

Where did you get inspiration for this wonderful book?

I speak French at a pretty proficient level, and a few years ago I was trying to cook from *Cuisine Du Monde* while on holiday in France; there was a copy lying around in the house we had rented. It was extremely difficult to follow, and I found myself getting stuck with the cooking terminology. It came to me in a sudden flash how difficult it must sometimes be for our helpers to decipher cooking phrases such as "beat", "blind bake", "bind" and "blanch", which, let's face it, are neither helpful nor descriptive – even for native English speakers!

What did you hope to achieve?

A lot of people living here are fortunate enough to be looked after by hardworking helpers who can generally turn their hand to anything, be it childcare, cooking or cleaning. What I've written in the Tagalog introduction (which sits opposite the English

one and which is aimed at helpers) is that I hope that this book becomes their friend, saves them time and helps to turn cooking into a creative and enjoyable process – not something tinged with confusion and potential misunderstanding. I believe food cooked with care and confidence tastes so much better, too!

I also hope that A Helping Hand will help to promote household harmony and will be enjoyed by people from all walks of life, whether they're busy working mums, expats, Singaporean families who are familiar with Western classics, or perhaps families who want to know more about Western cooking. I do, of course, have some local dishes in







there too – there's a cheat recipe for Kueh Pie Tee and another for Mama's Mee Goreng, which comes from my husband's Nyonya grandmother's own handwritten cookbook that dates back to 1942!

Lastly, I make a donation from each and every sale to HOME, the wonderful charity dedicated to upholding the rights of migrant workers in Singapore.

What has the authorial process taught you?

That producing a book takes a lot of research, commitment, patience and time. I call this my third child!

You have a strong and loyal following on your blog changmoh.com; how did you start out?

I wanted an excuse to explore local finds in and around Singapore, and blogging about it seemed like the perfect way to document my journey and the things I discovered along the way.

How have you found Singapore's blogging scene?

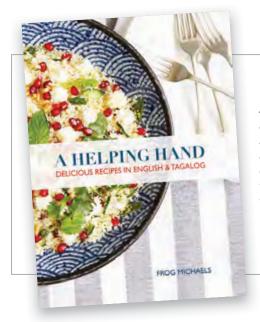
It's very much dominated by food blogs, which makes sense as food is such an important part of the culture here. I think that having so much exposure to various food writers was, in fact, a big influence to getting started with my cookbook.

What sort of opportunities has it opened up?

Blogging allowed me to support local businesses that weren't very well known, for example, a sole trader who worked alone in the depths of Chinatown, or a fledgling business with a great product that was just starting out. Sharing and supporting people was a big motivation for changmoh.com, as was my huge enjoyment of and love for this country.

Do you have any entrepreneurial tips or advice to share?

If you have an idea that no one else seems to have thought of and you spot that elusive gap in the market – go for it!



A Helping Hand: Delicious Recipes in English & Tagalog is available at \$39.90 excluding GST. For a full list of stockists or to order online, visit helpinghandseries.com.

ROWENA RECOMMENDS

For dining ... Candlenut Kitchen

This is one of my favourite restaurants on the island. The food is modern Nyonya, it's sophisticated without being fussy and – in my opinion – impossible not to like, even for Nyonya novices. The décor is stylish and succeeds in being neither too try-hard nor traditional. I usually go there with people who have just arrived in Singapore; they tend to love it and most of them become regulars.

For shopping ... In Good Company

As ridiculous as it may sound, I find that I really do need to have one wardrobe for Europe and another for Singapore. Even with things like evening dresses that you'd imagine would work well in both places, clothes just don't translate once you've crossed that ocean; how many times have I opened an over-packed suitcase on arrival in a cold grey London, and genuinely felt that I had nothing to wear! In Good Company is helmed by two brilliant Singapore designers whom I've loved for ages; they seem to be the only label on the planet that makes clothes that work in both hemispheres. Their designs are structured, cool and affordable. In addition to their store in ION Orchard. TANGS carries a good selection.

For beauty ... Cecilia Westberry

Cecilia Westberry's beauty and hair salon business (ceciliawestberry.com) is hidden away in an HDB estate behind Holland Village. Don't expect to pay HDB prices though – she used to be in Orchard Road, and while the HDB address means you no longer pay Orchard prices, she is not a bargain; she's too good for that! Try her eyebrow embroidery (ask for Isabelle) or a lymphatic drainage facial called a "tendon facial". It's excellent after a long-haul flight, when your face feels puffy. She also offers regular beauty services like manicures, pedicures and waxing. I come here for an hour or two a month and get everything done in one place. α

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McDaniel D, Weiss R, Weiss M, Mazur C, Griffen C. Two-treatment protocol for skin laxity using 90-Watt dynamic monopolar radiofrequency device with real-time impedance intelligence monitoring. J Drugs Dermatol. 2014 Sep; 13(9):1112-7

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FASHION



Menswear Special: Fashion, grooming and shopping updates for the guys

Bespoke Tailoring: Key questions to ask a suit tailor

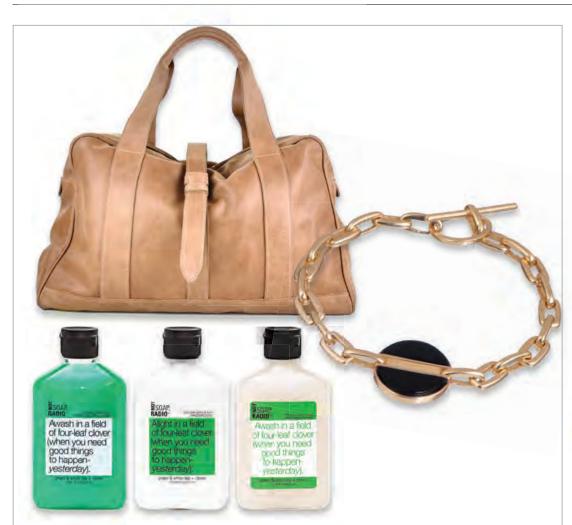
Father's Day Gifting: Present options for the men in your life



What's New

Editor's Pick

Handmade by artisans in India who are paid a fair living wage, Zariin Jewellery designs are eclectic yet highly versatile for everyday wear. We're coveting this black onyx and howlite ring plated with 22-carat gold. **zariin.com**



Indie Design

If you're looking for ethically produced fashion and accessories, look no further - we've done the legwork! Founded by Neha Mehta and Nandini Joshi, **Curator's Den** houses multiple independent designer brands under one roof. Highlights include Italian bags by Officine904, handmade jewellery from India and Turkey by Zariin Jewellery and Kurshini, as well as Not Soap, Radio, a quirky cosmetics label which gives back through recyclable packaging and charity partnerships.

#02-20E Great World City, curatorsden.com



A Cool Concept

This brand new sneaker store not only boasts a large mix of brand names and a funky interior design, it has a cool interactive corner where you can create your own GIFs to share on social media. Sneaker fans can also look forward to customisation options, exclusive preview launches, talks and all sorts of other in-store events later on in the year. #01-19/20 Orchard Central



Taste the Rainbow

Bright colours – check! Espadrille styles – check! Comfy block-heels – check! Aldo's Spring/Summer collection has ticked all of our sartorial boxes. We're particularly loving the array of styles in rainbow hues which will add a splash of colour to any outfit. #B2-20 ION Orchard





Style Rules (from Down Under!)

Presenting lessons in style from up-andcoming Australian fashion labels, now available to shop at TANGS.

Nonchalantly cool and effortlessly chic are both terms that describe the covetable aesthetic of Australian fashion designers. How can you achieve the look? Follow these style tips and you'll be off to a good start:

#1 Coordination is key

Can't find a top to match your bottom? No problem – reach for a combo fashion set instead. What's more, whether you opt for a coordinating blazer and trousers or a top and midiskirt, your new purchase can be mixed and matched with your existing wardrobe. Remember: multiple outfits in one equals smart shopping!

#2 Minimal is magic

Simple, fuss-free silhouettes and easy layering are quintessential Aussie style. For casual yet trendy wear whatever the occasion, opt for monochrome separates, draped fabrics and block colours.

#3 Just add lace

Wherever you choose to wear it, a touch of lace fabric adds both a feminine touch and textural interest to an outfit, and a lift to even the simplest of garment shapes.

#4 Dare to bare

Don't be shy to show a bit of skin. Hint at the sassier and more sensual side of your personality by choosing an off-the-shoulder top, dress or playsuit to reveal your décolleté, or a long skirt with a side split to show off your pins.

Available at TANGS Stores and TANGS.com

TANGS at Tang Plaza 310 Orchard Road, 238864

TANGS VivoCity 1 Harbourfront Walk #01-187 & #02-189, 098585









Yes, you read right! Turn the page for men's fashion updates, interviews

and handy tailoring advice.

STYLE UPDATE



If You Buy One Thing...

Never underestimate the power of a good, structured blazer to dress up an outfit – and navy is the most versatile option. Pair yours with trousers in another colour – you're not going for the "full suit" look here. For formal occasions, wear charcoal pants and accessorise with a tie. What's more, don't shy away from wool fabrics – finely woven wool is actually one of the best temperature regulators around!

Dunhill, \$3,400





Frederic Gauthier, Managing Partner at Blacaz

What can you not leave the house without?

A smile. Smiling at people changes everything. Otherwise, it would be my black Montblanc leather notebook. It's like a miniature office in which I store all my cards, plus my pen, notepad, iPad and a book to relax with between appointments.

What inspires your style?

Unfortunately – and this isn't easy for a Frenchman to admit – I'd have to say British style.

Your most awkward fashion moment was...

In 2002, when I arrived underdressed for an event. I had just moved to Singapore, and I think it was because of the heat that I assumed everyone dressed sloppily. Since that day, my motto has been "You're never overdressed!"

What's one thing you wear every day?

Classy sneakers; I love to wear them with a suit. It's my way of striking a balance between formal and casual.

The worst thing a woman can wear is...

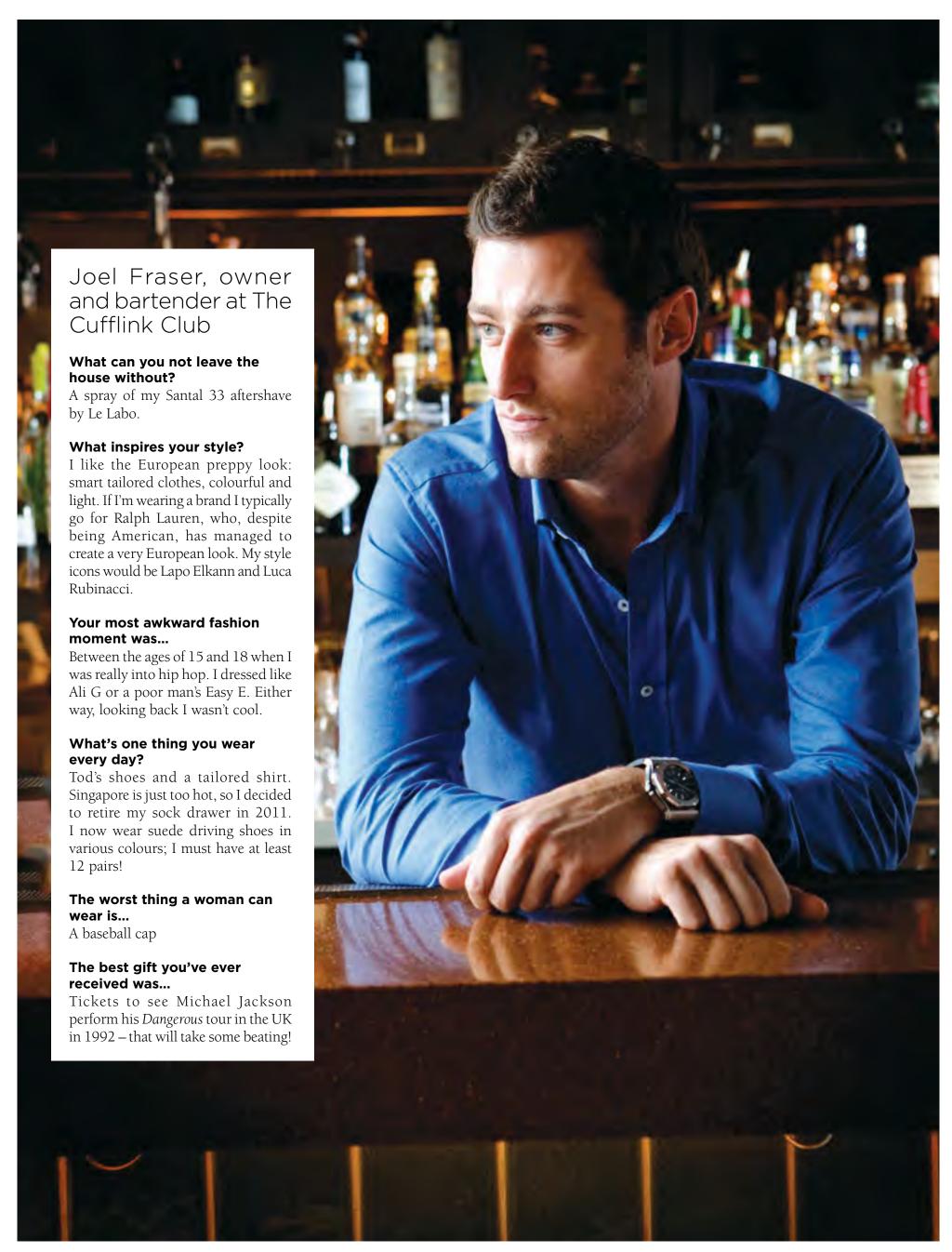
Flat shoes. As Coco Chanel once said, "Keep your heels, head and standards high."

The best gift you've ever received was...

A poem written for me by someone who loved me.







Don't forget...

Father's Day



1. Sunglasses, Orlebar Brown, \$410, available at Edit Lifestyle 2. Leather belt, Lacoste, \$99 3. Silver shackle bracelet, \$165, Uno de 50, available at Embrace Jewellery counter, Level 3, Giftbox section, Takashimaya 4. Facial Fuel energising facewash, \$35, and Ultra Facial oil-free cream, \$48, Kiehl's 5. Heroique fragrance, Rance, \$198 6. Viktor Tate bag, Uri Minkoff, \$639, available at Robinsons the Heeren 7. Heavyweight men's watch, Diesel, \$405 8. Limbo multi-wheel business suitcase, Rimowa, \$1,190 at

SUIT UP

Going for a custom suit? Great choice. RICKY RAWAT, Head Fashion Consultant at **The Bespoke Club**, answers five key questions that you should be asking your tailor.



"The proverbial devil in the details underscores our ethos."

- RICKY RAWAT

What colour should my first suit be?

A good rule of thumb is to stick to classic colours and patterns that never go out of style; the flashier the suit design, the less you'll be able to wear it. Personally, I'd recommend an unpatterned navy or charcoal colour for your first bespoke suit. Both shades are versatile enough to take you from an important business meeting to a night out on the town.

Should I choose a two- or three-piece style?

Being a traditionalist, I'd always recommend that your first bespoke suit should be a three-piece. It's a complete suit which you can wear with or without the vest – it's great to have that option. Ultimately, though, a good tailor will assess your lifestyle and routine, and determine from there which style will be best for you.

What's the best way to care for a suit?

Always keep your suits on hangers in a well-ventilated place, never in plastic drycleaning bags. Also, try to limit how often you dry-clean your suit to around twice to four times a year. For crease removal, steaming is always preferable to ironing as it's much gentler on the fabric.

How many fittings will I need?

At The Bespoke Club, we normally look at up to three fittings. If a client requires more, we will accommodate accordingly. During the first fitting, 24 to 26 measurements are taken. At the second, the tailored suit is tried on, and

we make adjustments and alterations at this stage where necessary. By the third meeting, the suit is usually well adjusted and finalised, but we still examine the fit to make sure it's immaculate and that you feel happy with your choice. The proverbial devil in the details underscores our ethos.

Which style will suit my body type?

For shorter or stockier body types, we recommend slim ties and narrow lapels, and to stick to single-breasted suit jackets. The trouser leg should have very little break, and the first button should be lower than usual. All of these details will elongate the body.

Taller and slimmer men should wear a two-button suit with high lapels, and ties that are wider and a little shorter to balance their proportions. Lighter colours will add bulk to slimmer frames. I'd recommend avoiding shoulder pads, as they can overpower your frame. Keep the trouser break generous to prevent legs from looking too long, or alternatively opt for turn-ups (cuffs).

Men on the larger side should keep their shirts tucked in, and steer clear of roomier suits as excess material adds bulk. Pocket squares are a great way to draw attention away from the stomach area. Also, I'd recommend leaving your jacket unbuttoned and avoiding skinny ties. α

#01-484 Suntec City Mall Tower 1 3 Temasek Boulevard, 038983 6734 4167 | thebespokeclub.sg







About The Fit



CYC The Custom Shop to experience its made-to-measure shirt tailoring service.

here's nothing more flattering than a well-cut shirt, but for expat figures on the larger or broader side, finding one off the rack that suits you (or that fits at all!) is a familiar struggle.

That's when the tailoring option can become a necessity – especially for business meetings and special occasions – but many find the idea slightly daunting.

Choosing an experienced tailor is really all you need to ensure that you'll breeze through the process. Founded in 1935, CYC The Custom Shop is one of Singapore's most established, and has built its reputation on its bespoke shirt service. So we sent Daryl along to the Orchard Gateway outlet to experience the process first-hand.











How it works:

Step 1: To begin your appointment, you'll be greeted by CYC's friendly consultants and sit down with them to look at their wide range of fabrics sourced from European textile mills. There's an extensive choice, by the way – over 2,000 different swatches for suits and shirts together, so you'll be spoilt for choice.

Step 2: Next, they'll have a chat with you to find out your needs and requirements, and to make sure that the chosen shirt fabric, colour and style will suit your lifestyle. You'll also get to pick the fine details – collar and cuff styles, buttons and even personalised monograms.

Step 3: Once the design stage is finalised, your measurements will be taken and you'll be asked for your fit preference; of course, the team will make their recommendations too. You may be asked to try on one or more shirts to give them a better idea of what you're looking for.

Step 4: Once you're happy with the details, it's simply a case of filling in a form and paying a deposit for your order. You'll then be called back once your shirt is ready, after roughly two to three weeks.

DARYL'S VERDICT:

Having a big frame and being over six foot three, I'm generally unable to buy anything off the rack in Singapore! My experience at CYC was very pleasant. They were friendly, professional and helpful with offering advice and expertise, with none of the hard-sell attitude of many tailors I've come across before. I'm very happy with my new shirt; you can feel the quality and the fit is excellent. I'd now happily recommend CYC myself. a

For more information and a full list of stockists, visit cyccustomshop.com.



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BEAUTY



What's New



CHRIS CHANG

When it comes to beauty collaborations, MAC sets the bar pretty high, and its latest tie-up with Chinese designer Chris Chang of Poesia doesn't disappoint. Inspired by art, poetry and traditional costumes from around the world, the shades and packaging are extremely colourful and vibrant. You can look forward to lipsticks in eclectic shades of turquoise, lavender and pale yellow, as well as cream colour base in three new colours – hot pink, orange and dirty lavender. The collection also features eye shadows in a kaleidoscope of colours, a finishing powder and a gel liner.

Summer Must

You don't want to miss Make Up Store's summer collections. Divided into three ranges – Mystic, Enigma and Prim – they will satisfy your cravings for sweet pastels, burnished coppers and gleaming metallics. They even have brow and contouring kits, primers that promise to keep your makeup in place and sparkling eye shadows to up your makeup game.

Mineral Magic

Makeup you can apply straight after a peel or laser treatment? Yes, please! Formulated, they say, with the highest grade of mineral ingredients, **Youngblood Mineral Cosmetics** allows the skin to breathe while concealing any redness or post-treatment sensitivity. Try the Natural Loose Mineral Foundation (\$68) that offers buildable coverage with a luminous finish and comes in 16 shades. They've also got lipsticks, glosses, eye shadows, and lip and eye pencils in vibrant colours



that will make great additions to your makeup kit, whether you've had an aesthetic treatment or not.

Save Your Skin

Shu Uemura's new and improved Anti/Oxi+ (\$55 for 150ml) cleansing oil specifically targets deeply embedded particles of pollution that damage the natural barrier, generate free radicals and accelerate signs of ageing. In addition to green tea and moringa extracts, the new formula features papaya extract that gently exfoliates to polish skin. Additionally, innovative molecules dissolve waxes and oils to remove stubborn makeup, so you won't need to double-cleanse.



Shop your favourite beauty brands, discover new products and beauty trends and get invited to exclusive events and workshops when you buy your beauty stash from **Beauty Fresh**. The online beauty destination has over 70 brands to choose from and caters to both men's and women's body, skincare, makeup and fragrance needs. Shipping is within one working day, so you won't have to wait long for your haul to arrive! beautyfresh.com.

Get Slim Fast

Tackle stubborn pockets of fat with the **TruSculpt** slimming treatment. Using radiofrequency (RF) energy, heat is delivered to the subcutaneous layers to destroy fat cells at the targeted area for smooth, cellulite-free skin. With the temperature calibrated to each individual, you're unlikely to feel any discomfort during the treatment. A typical session lasts less than an hour,



is safe for all skin types and doesn't require any special preparation or recovery time. Most people require two to four treatments and start to see results within six to eight weeks. GloAesthetics, #09-30 Novena Medical Centre, 10 Sinaran Drive. 6397 7012 | gloaesthetics.sg

Pout Perfect

If you liked the Lancome Juicy Tubes you're going to love the



Juicy Shaker (\$36). It combines the benefits of nourishing oils (peach kernel, sweet almond, cranberry, musk rose) with sheer pigments for a truly juicy pout without the sticky finish we so dislike. You can apply just the oils for a lip treatment, or use the adorable shaker to mix pigment and oils for vibrant colour.

Three's a Charm

Diminish and even reverse visible signs of ageing with three potent anti-ageing products from **Dr Sylvia Skin Care**. Needles No More Serum (\$148) restores lost volume to soften the appearance of deep lines and wrinkles. When combined with the Fibroblast Growth Factor Serum (\$148), which stimulates collagen formation



and preserves levels of hyaluronic acid, it makes your skin visibly firmer and plumper. Lastly, Vitamin C, B, E with Ferulic Acid Serum (\$148) combats cellular ageing caused by free radicals for healthier, more even-toned skin. Cutis Medical Laser Clinics, #08-07 Pacific Plaza Scotts Medical Center, 9 Scotts Road. **6801 4000 | cutislaserclinics.com**



Say hello to healthy, gorgeous hair with this hair care hamper worth \$180 from **Kevin Murphy**. It features the detoxing Maxi.Wash, the nourishing Angel.Wash, the Angel.Rinse and the Angel.Masque, all packed into a handy neoprene bag together with a Kevin Murphy towel. No more bad hair days! **To enter, visit expatliving.sg/competitions.**









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Smooth Operator

Tackle unwanted hair efficiently and painlessly with laser hair removal treatment at **The Aesthetics Centre**.

Smooth and hairless hands, legs and underarms can become increasingly important as temperatures soar and you're tempted to wear the skimpiest of clothes. You definitely don't want your style choices cramped by whether or not you've had time to shave your legs or make it to your monthly waxing appointment.

A good and effective way to stay fuzz-free is to opt for laser hair removal. By directly destroying the hair follicle, it steadily reduces and finally almost entirely eliminates hair growth in the targeted area.

During the treatment, a highly concentrated laser beam passes through the skin to target hair follicles. This light is absorbed by the pigment in the hair, known as melanin, causing the destruction of the hair follicle.

Cause for caution

This process can, however, lead to hyperpigmentation in individuals with deeper skin tones, as the greater quantity of melanin found in the epidermis of darker skins can absorb the light instead. That's why it's so important that you visit a specialist who is qualified, trained and highly experienced in laser hair removal for different skin types.

Dr Anita Soosay at The Aesthetics Centre practises an advanced method of laser hair removal – a multi-pronged approach that uses several types of lasers to safely and effectively remove hair. As she explains, the lasers are of varying wavelengths and are able to handle different types of hair, so using multiple lasers yields better results.

What to expect

First, she assesses your skin type and hair colour to choose the best possible hair removal treatment for you. Depending on your skin and hair type, she will use a combination of lasers – namely the Soprano Diode laser, the Lumenis M22 system and the Candela long-pulsed ndYAG laser.

After each of the initial two to three sessions, you will notice that your unwanted hair is thinner and growing back more slowly. Each time, Dr Anita will assess the progress and switch lasers accordingly.

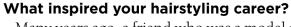
This laser hair removal programme is suitable for all skin types and most hair types. Both men and women can benefit from this treatment, and it can be used to tackle facial as well as body hair, with lasting results. ϵ



The Aesthetics Centre, #03-15 Great World City, 1 Kim Seng Promenade. 6820 3308 | anitasoosay.com

Mane Maestro

KEVIN MURPHY's client list reads like a who's who of Hollywood – Cate Blanchett, Selma Blair, Kylie Minogue and Rose Byrne, to name a few. When the award-winning stylist was in Singapore recently, **Smita DeSouza** chatted with him about his favourite products and his commitment to the environment.



Many years ago, a friend who was a model asked me to do her hair for a photo shoot. I didn't know people did that! I went along and did the hair and the photographer liked my work, so I went back and did some more. It was a very creative time. Prior to us there was no such thing as a sessions hairdresser – the girls just did their own hair; they brought their own hot rollers and did everything themselves.

How would you describe your hair philosophy?

It changes daily! The good thing about fashion is that it's always changing. My product philosophy stays the same – everything has to be as natural as it can possibly be, and products need to be as practical as they are natural. When working with a celebrity, it's more about preserving the hair. I try to keep it as healthy as possible and to leave it in better condition than when I found it.

When I'm working for a magazine, it's about being as innovative as possible. And to make it authentic, I think that incorporating something from the environment is really important.

Speaking of celebrities, what's the secret to achieving celebrity-like hair?

It's got to do with timing – you have to put the right product in at the right time. You need to prime, prep and finish and there are no shortcuts. A lot of people want to know how they can achieve a particular look in five minutes – but there are no shortcuts to looking glamorous.

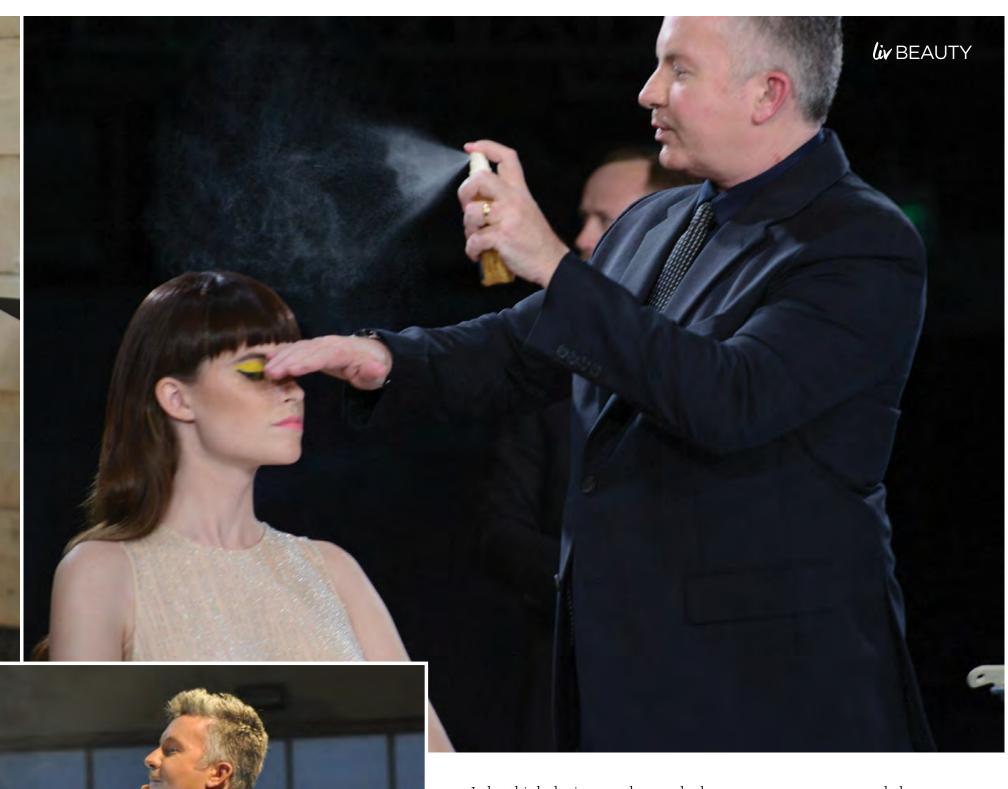
First, you ensure your ends have the same porosity as your roots with a leave-in conditioner or a serum. Prep is your foundation – this product will give your hair volume, make it smoother or change some other characteristic of your hair. And finish holds it all in place. Unless you do those three steps – prime, prep and finish – you're going to end up with gaps and a disaster.

Some of your products are made from sustainable resources. Why is being eco-friendly important to you?

It's the way of the future. We can't keep taking from the earth. When I decided to start making products, it was really important to me not always to be taking and never giving something back. I wanted to make sure that the resources I was using weren't going to run out – using renewable resources is more practical.







I also think the internet has made the consumer very savvy, and also very particular about what she puts on her body and on her hair. All companies need to be transparent about the ingredients they use. It was essential for me personally, as well, since I was sensitive to chemicals in certain products. Avoiding them led me to realise that natural products are much better.

Do you plan to create a line of products that work specifically for Singapore - keeping in mind the high humidity?

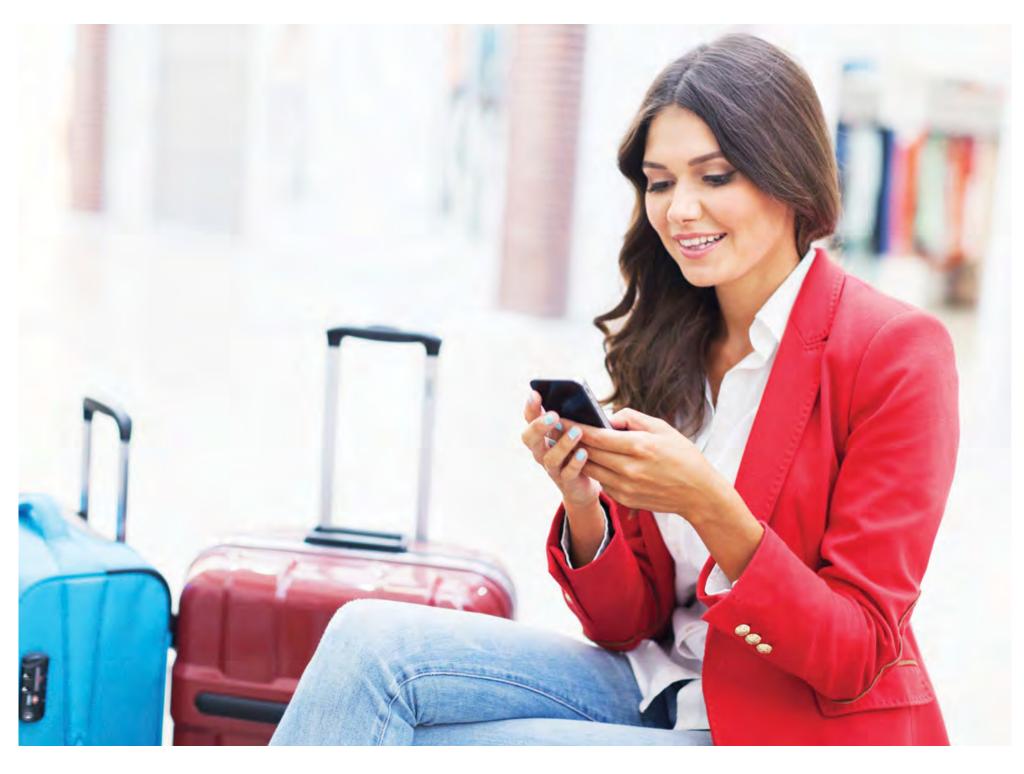
Cairns and Sydney can get quite humid too, but now that I've been here, I'll be more mindful of the conditions.

Which three products would we be likely to find in your kit?

You would find Anti. Gravity – if I were put on a desert island, that would save me. You'd also find Easy. Rider, a curl-defining product, for my personal use. Finally, Doo. Over, which is a dry shampoo and hairspray hybrid. It creates volume and provides hold. Since it contains very little powder, it's suitable for dark hair, and the resins in it give shine to your hair.

Lastly, what's the one thing women can do for great hair?

Every woman is different, but the one thing they probably should do and aren't doing is using a deep conditioning mask once every fortnight. This works across the board. Unlike skin, hair is not designed to absorb, so you need to constantly replenish it. You can stop it from losing moisture by making sure the cuticle layer is supple and soft, not brittle and cracked. It's very hard to replace moisture once it's gone. α



Mile High Beauty Club

Love to travel, but hate the havoc it causes your skin? SMITA DESOUZA lists the essentials to pack in your carry-on.

nless we're Victoria Beckham or Beyoncé, most of us get off a plane looking a little worse for wear. Eyes are bloodshot, skin looks extra-shiny and hair is limp and flat. However, packing a few key beauty products will help this situation.

Start your travel skincare routine with clean hands. **Aesop Resurrection Rinse-Free Hand Wash** kills bacteria without stripping your hands of moisture and, at 50ml, is well within the Transport Security Administration (TSA) liquid limits.

If you're wearing makeup, make sure you remove all of it. The **Bioderma Hydrabio H2O Micelle Solution** now comes in a travel-friendly 100ml. This moisturising cleanser will wipe away all traces of makeup – even waterproof mascara and longwear lipstick.

From here on you want to concentrate on maintaining the moisture levels in your skin. Cabin air is notoriously dry, tricking your skin into thinking it needs to compensate by producing

excess sebum. Maintain optimal levels of hydration with a sheet mask. Or slather on a gel mask like the **Skin Inc Pure Deepsea Hydrating Mask** instead. Infused with Okinawa deepsea water, soy bean extract and hyaluronic acid, it will prevent your skin from feeling dry and stretched.

Seal in this moisture with a couple of drops of oil. Oil is occlusive, so it prevents the evaporation of moisture from your skin, keeping it moist and balanced. Trust me, even oily skin types need this step. The **SK-II Facial Treatment Oil** is ideal for a flight. Its lightweight combination of Pitera – a patented liquid that's rich in nutrients – and six potent oils is intensely hydrating and nourishing, without leaving your skin shiny.

If you're travelling during the day, you absolutely have to use sunscreen. UV radiation at high altitude is double that found at ground level, so protect your skin with a broad spectrum sunscreen like **Dr Sylvia's Oil Free Sun Protection SPF 30** before you apply the oil.



First Aid Beauty Ultra Repair Intensive Lip Balm \$35



SkinInc Pure Deep Sea Hydrating Mask \$116



Bioderma Hydrabio H2O Miceller Solution \$14.90



Aesop Resurrection Rinse-Free Hand Wash \$13



SK-II Facial Treatment Oil \$205



Dr Sylvia Skin Care Oil Free Sun Protection SPF 30 \$62



Crabtree & Evelyn Damask Rose Restoring Eye Cream \$50 Oil La Crème \$26.90



L'Oréal Elseve Extraordinary

Don't forget your eyes and lips. The skin around your eyes and on your lips is really thin and delicate. A soft, rich and emollient product like First Aid Beauty Ultra Repair **Intensive Lip Balm** will repair and prevent further chapping. Keep the eye area moist and supple with Crabtree & Evelyn Damask Rose Restoring Eye Cream, a blend of French damask rose, rose of Jericho, hollyhock and hyaluronic acid.

Finally, comb a protective, lightweight cream like the L'Oréal Elseve Extraordinary Oil La Crème through your hair and put it up in a top-knot for the rest of your flight. Once you land, make like a celebrity: throw on your sunglasses, let your hair down and walk out looking lovely.

EDITOR'S TIP

You can buy empty travel-sized bottles from Muji and Daiso and decant all your favourite products into them, so you don't have to worry about them getting confiscated. It lightens your load, too! &

A Natural State

Looking to go green? In addition to recycling and eating clean, you could switch up your makeup and skin care routine as well.

Not only are natural and organic skin care and makeup good for the planet, they're also good for your skin. The largest organ of the body, skin absorbs whatever you put on it. With fewer chemicals, additives, artificial colouring and fillers, natural and organic skin care and makeup tend to be easier on your skin. This makes them ideal, not just for sensitive skin types, but for all skin types. Here are some you can look at adding to your beauty stash.

Foaming Facial

SUKIN FOAMING FACIAL CLEANSER

Founded with the aim to provide effective natural skincare at affordable prices, Sukin's products are all formulated with high-quality botanical extracts and essential oils. With a wide range of products for skin, hair and body, there is something for everyone. Try the Foaming Facial Cleanser – a mix of soothing chamomile, aloe vera, witch hazel and green tea along with macadamia and evening primrose oils to gently purify and balance the skin.

BOTANI OLIVE SKIN SERUM

Founded by Barbara Filokostas, who was introduced at a young age to the benefits of olives and olive oil by her Greek grandmother, Botani combines pure botanical ingredients with scientific knowledge and innovation to create effective, biocompatible skincare. We're fans of the Olive Skin Serum that comes with 100 percent olive squalene, which has a similar molecular structure to your skin's natural moisturiser, allowing it to be instantly absorbed. Suitable for all skin types, a few drops will provide long-lasting hydration, increase suppleness, brighten the complexion and reduce fine lines.

NEAL'S YARD REMEDIES FRANKINCENSE INTENSE EYE CREAM

This cult organic beauty and health brand says that what you put on your skin is as important as what you put in your body. Accordingly, it formulates all its products with organic, natural and wild ingredients. The Frankincense Intense Eye Cream is particularly effective in hydrating and protecting the delicate skin around your eyes, reducing fine lines, dark circles and puffiness. It's suitable for all skin types, especially mature ones.





ESTELLE & THILD RADIANCE MICRO POLISH

Founded in 2007, Estelle & Thild brings together pure bioactive ingredients and cuttingedge scientific research for its sustainable skin care. The gentle yet effective Radiance Micro Polish allows you to buff away dead skin thanks to exfoliating micro-crystals, while organic black elderflower protects the skin's natural balance. Follow up with the Deep Cleansing Detox Mask to further decongest pores.

SIMPLICITÉ ANTIOXIDANT **PLANT SERUM**

This luxury natural skincare brand specialises in formulations that help tackle signs of ageing, sundamage, acne and pigmentation. In line with its "farm to formula" philosophy, ingredients come from its own 100-acre farm, or from other organic farms throughout Australia and around the world, and all plant extracts used are freshly made inhouse. The Antioxidant Plant Serum formulated with medicinal grade plant extracts minimises acne scarring, brightens and firms skin.

CANVAS ABSOLUTE AGE RECOVERY FIRMING NIGHT CARE

Using lots of high-grade organically grown ingredients, this skincare, body and aromatherapy brand aims at preserving your skin, your canvas. The Absolute Age Recovery Firming Night Care cream promises to visibly reduce fine lines and stimulate the skin's natural ability to repair itself with evening primrose seed oil and vitamin A. Additionally, vitamin E protects the skin from free radicals.

-100% PURE HEALTHY **SKIN LIQUID FOUNDATION**

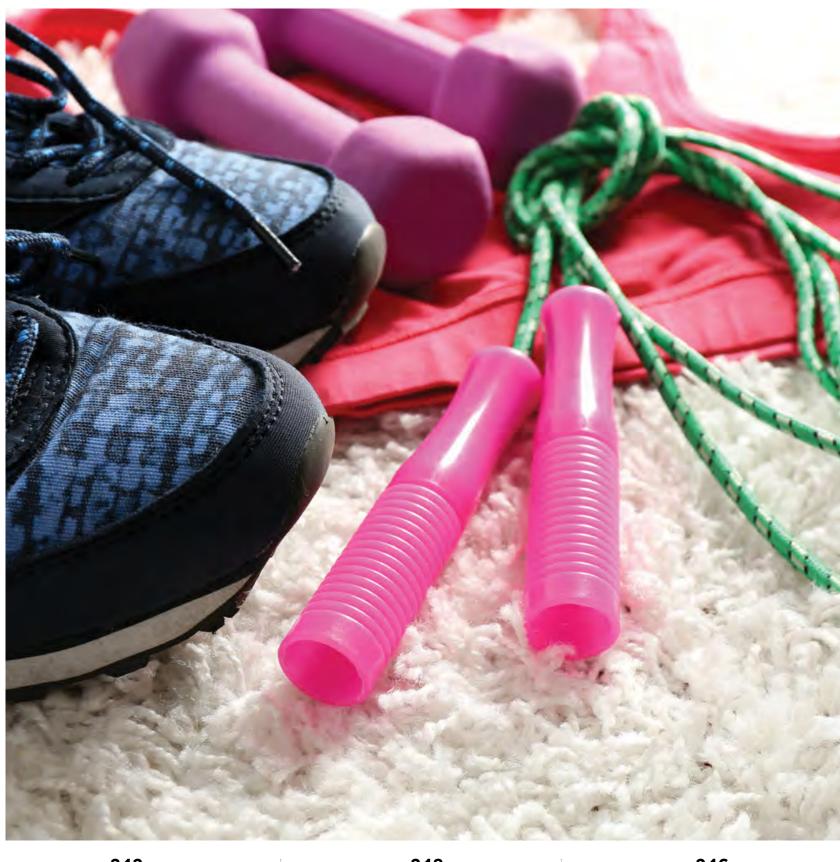
This conscious organic beauty cosmetics brand makes colour cosmetics plus bath and body products from highquality ingredients that are free of any harmful toxins. It goes a step further, with corporate offices that are run on solar-based electric energy. The Pure Healthy Skin Liquid Foundation is packed with antioxidant-rich superfruit, vitamins and other nutrients to keep your skin healthy and glowing. We love that it's available in shades that suit a variety of skin tones.



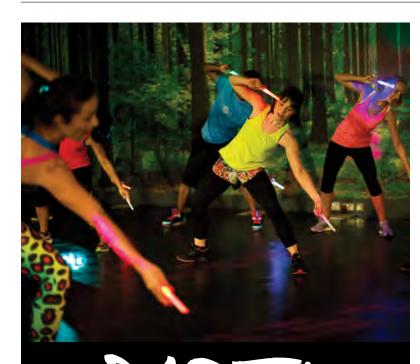
RMS UN-COVER UP

When makeup artist Rose-Marie Swift's health tests revealed toxic levels of heavy metals – which were then traced back to her work in the cosmetics industry – she knew she had to make a change. Thus RMS Beauty was born. All its products contain food grade and organic ingredients in their natural state, so your skin benefits from the purest forms of enzymes, vitamins and anti-oxidants. We especially like the Un-Cover Up, formulated with a blend of oils, beeswax and cocoa butter to banish any imperfections; it provides natural-looking coverage and doesn't settle into fine lines.

HEALTH & FITNESS



What's New



PARTU at the Gym

Lace up your trainers and dance like nobody's watching at the new workout at Virgin Active. **Pulse**, powered by Clubbercise, combines energetic dance moves, popular club anthems, disco lights and glow sticks, and is a fun way to burn calories (up to 500 in a 45-minute session!), tone your entire body and build stamina. The changing routines will definitely beat the boredom of working out and keep you coming back for more.

One Raffles Place, Level 6, Tower 2. 6908 7878 | virginactive.com.sg

Speedy Results

Looking to get fit fast? Book yourself a session with the Electro Magnetic Stimulation device MIHA Bodytec at Parkroyal on Beach Road. A form of resistance training, it is low impact and can be done by just about anybody and at any age. During your 20-minute, trainer-led workout, light, painless electric pulses target the deeper layers of the muscles to stimulate and activate them for results that you might otherwise achieve only in an hour-long workout. Bonus: You will also notice significantly less cellulite after a few sessions. Post-workout, soothe sore muscles with a rejuvenating Ayurvedic massage at the award-winning St Gregory Spa. 7500 Beach Road. 6505 5666 | parkroyalhotels.com \vee



Pretty Fit

Created with the fashion-forward, active woman in mind, Swarovski activity-tracking jewellery, powered by Misfit, seamlessly blends form and functionality. Swap between the silicone sports band and the Slake or Slake Delux Activity Crystal Bracelet carrier, and your Activity Crystal will look good with everything from gym gear to party outfits, while constantly recording steps taken, calories burned and sleep patterns. Synced with your phone, it allows you to set goals, track progress, and compare and share results with a like-minded community. Available in five shades; get yours from any Swarovski counter across the island.

Join the Club

Soberette was launched as a way to connect, inspire and support women who wanted a life that didn't include alcohol, either all or some



of the time. Founded by Sarah-Louise Jones and inspired by the lack of support she found on her journey to giving up alcohol, it organises four types of events – Soberette Sweats, Soberette Connects, Soberette Shares and Soberette Thrives – with the aim of helping women get together to enjoy activities that don't centre around alcohol. info@soberette.com





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The Harley Street Heart and Cancer Centre provides a one-stop, professional and caring service to meet the needs of our patients living in Singapore and the surrounding region. Our internationally recognized specialists have trained in leading centres around the world to be able to deliver the latest and most advanced treatments available.

We treat patients with a variety of heart conditions and also offer cardiac screening packages for those who would like a general heart check-up. Our cardiac clinics are located at Gleneagles Hospital and Mount Elizabeth Novena Specialist Centre.

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General Cardiology and Intervention

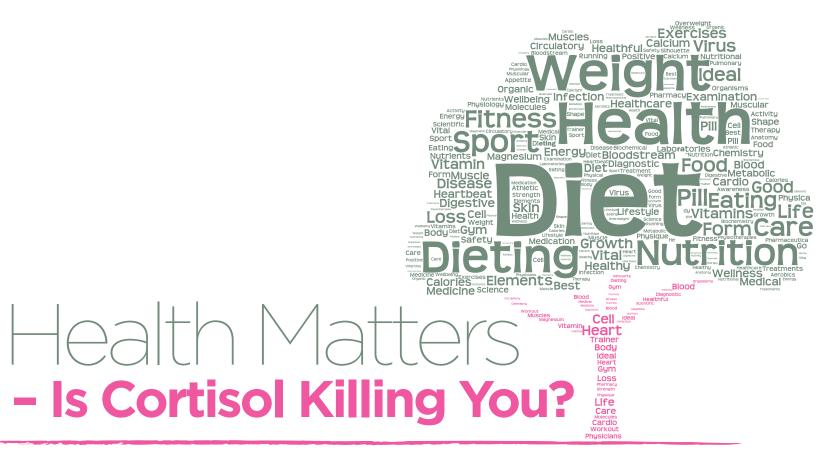


Dr. Rohit Khurana Dr. Reginald Liew General Cardiology and Electrophysiology



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You already know that too much stress can be bad for your health, but do you have any idea *how* bad? VERNE MAREE's latest favourite health guru, Dr Sara Gottfried, warns you to manage stress-related cortisol as if your life depended on it. (It does.)

y good friend Casey recently lent me her copy of *The Hormone Cure* (available at Kinokuniya) by Harvard-trained gynae and functional medicine practitioner Dr Sara Gottfried. It's a practical guide to hormone balance, crammed with information that, believe me, you need to know *now*.

For Casey, this ground-breaking book was a life-saver; and she says it could have been prefaced with the words "Dear Casey", so relevant was it to her own situation. Hormone imbalance is a widespread problem that affects most of us to some degree, generally starting in our mid-thirties, the onset of perimenopause. Cortisol is just one of the players in the body's delicate hormonal balancing act, which can so easily go wrong. And, as Casey has experienced for herself, it has a sweeping effect on overall hormone balance, weight, mood, general health and wellness – especially for women.

Out of balance

She remembers a definite sense of "not feeling entirely myself, mentally, emotionally or physically" that started four or five years ago and started escalating more recently. Physically, she battled to lose the excess weight she was carrying after the birth of her first child, despite strict eating plans and regular exercise. Mentally, she suffered from "brain fog" that affected her return to the workplace: "I would read something technical and not be able to recall it after 30 seconds."

The emotional fallout was just as bad – and not just because she and her family were going through trying times. "I felt unable to manage *any* sort of anxiety," she recalls, "from something as simple as a motorist cutting in front of me on the road, to more challenging issues like our child's behavioural problems or my mother's illness." And even when a particular stress had passed, her fight-or-flight response did not; she was fraught with continuous tension and what Dr Sara calls "hyper-vigilance", causing overwhelming exhaustion.

Keep Calm and Cure Yourself

Learn to manage your stress, they say, but apart from vague notions of exercise and meditation, who really knows how that's done? Advice on the matter is often ineffectual – telling someone to relax, for example. To quote a sign I saw on Facebook the other day: "Never in the history of calming down has anyone calmed down by being told to calm down."

Being an intelligent and sensible woman, Casey suspected that at least part of her problem was hormonal. Her previous medical history of low progesterone was a pretty strong clue, after all. "But until I started actively looking for answers and fortunately stumbled across *The Hormone Cure*, I had no idea of the extent to which hormonal balance could be affecting every aspect of my wellbeing."

After a series of miscarriages, a naturopath had diagnosed dangerously low progesterone, and Casey's conventional medical doctor eventually prescribed the progesterone pessaries that enabled her to bring her first baby to term. What he *didn't* bother doing, however, was to ask the obvious question: What was causing such low progesterone in an apparently healthy 35-year-old woman? The answer, she discovered only eight weeks ago, was high cortisol.

Having made that vital connection, she began following the Gottfried Protocol outlined in *The Hormone Cure*. It promised to bring her cortisol down to within normal limits, which would allow her progesterone and oestrogen to come into natural balance. The first step was a course of supplementation that

included fish oil, the herb rhodiola, chasteberry (Vitex), vitamin C, vitamin B complex and phosphatidylserine.

The results were immediate. "Within three days, the brain fog had lifted. I fell asleep the minute I got into bed, and woke up refreshed. After 28 days, I'd lost 4kg with little effort — before, I'd struggled to lose 5kg over 12 tough weeks of 1,200 calories and an hour of exercise every day!" (For a scientific yet accessible explanation of the link between cortisol, blood sugar, over-eating and diabetes, google Dina Aronson's article titled "Cortisol — Its Role in Stress, Inflammation and Diet Therapy" in todaysdietitian.com.)

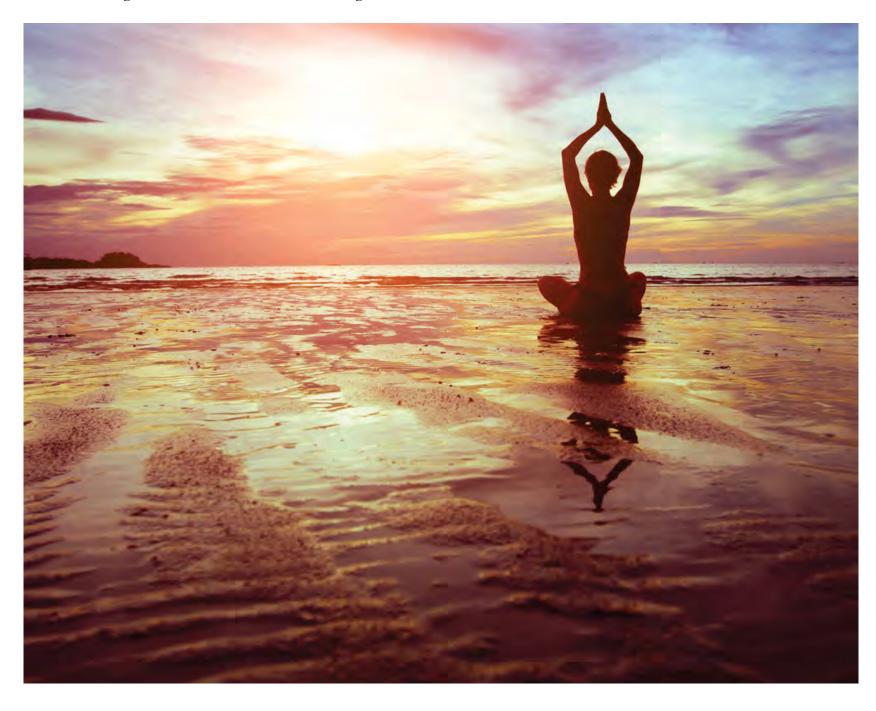
Talking of exercise, here's an interesting point. Strenuous workouts such as running actually raise cortisol, while activities such as Pilates, yoga, chanting and alternate nostril breathing lower it — not that a true running addict is likely to heed this advice. (And while we're cherry-picking our addictions here, I'm all for embracing the virtues of dark chocolate and orgasms, both

so good for reducing cortisol ... and brushing off the warnings against caffeine and alcohol.)

Conclusion

Casey's is just one story, high cortisol just one source of hormonal imbalance. From both low and high cortisol (or a combination of the two), low progesterone and progesterone resistance, excess oestrogens and the dangers of zenoestrogens, to excess androgens and low thyroid, *The Hormone Cure* covers a wide range of hormone imbalances. Best of all, it includes clear and practicable self-assessment tools together with useful advice on diet, supplementation and lifestyle to get your hormones harmoniously back on track. It's essential reading. ϵ

saragottfriedmd.com todaysdietitian.com





To understand how powerful a healing tool hypnotherapy can be, you have to understand how it works. Through hypnosis, you move into an altered state of consciousness, during which you feel relaxed but are in a heightened state of awareness and more open to suggestion. During the session, says Nancy, you can reach into your subconscious to access painful thoughts or feelings and identify what brought them on. The therapist will then use different strategies and techniques to get you the results you're looking for. Here are some ways hypnotherapy can help improve your life.

#1 Manage Stress

The body experiences two types of stress – positive and negative. Positive stress helps you achieve your goals; negative stress, if experienced for prolonged periods, can result in physical and psychological illness. While you are in the altered state of consciousness brought on by hypnosis, your receptive mind is fed with positive suggestions and ideas that produce beneficial changes – psychological and physiological – that result in greater physical, emotional and spiritual wellbeing.

#2 Tackle Anxiety

Many of our fears and anxieties are locked away in the subconscious. The therapist uses different approaches to help retrain and reprogramme the mind. The objective is to ease anxiety and to empower the individual to feel calm, collected and in control — for example, to be able to stop a panic attack before it becomes overwhelming. Along with therapy, you will learn techniques such as focused breathing, mental relaxation, self-hypnosis, visualisation and guided imagery.

#3 Relieve Pain

Studies have found that the body stores psychic trauma at a biological level, explains Nancy, and hypnotherapy can be used to facilitate healing. The experience of excruciating pain as the result of an accident or an operation can leave you feeling depressed and helpless. By filling your mind with positive suggestions and teaching you self-hypnosis, your therapist will help you to achieve a state of calm and strengthen your immune system for faster and better healing.

#4 Break Bad Habits

Addictions have little to do with habit or physiological cravings, and are mostly about the positive feelings the subconscious associates with them, believes Nancy. For example, an addiction to smoking could be more about strengthening a feeling of belonging or expressing a sense of rebellion than about the nicotine itself. And if patches and lozenges haven't helped, hypnotherapy may. To help you break the habit, your therapist will delve into your subconscious in order to replace these old associations with positive suggestions, or with thoughts that associate smoking with unpleasant feelings like nausea.

#5 Lose Weight

Many of us eat not because we're hungry, but when we're stressed, angry, sad or bored, only to feel guilty about it afterwards. Hypnotherapy can help you break the cycle of overeating and guilt by changing your mind-set about food and creating new and positive associations. For example, you may be given positive affirmations that will change your relationship with food, help you lose weight and, more importantly, keep it off. α

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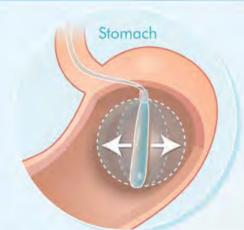
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Most of us would like to lose weight, look healthier and have more energy. That is exactly what you will get in the weeks ahead. Our weight management procedure helps you lose weight by limiting how much you can eat. This is done when dieting, exercise and any other weight loss programs have not worked well with you. Or you could be having a serious health problem because of your weight. As you embark with us on this, safe and effective weight management program, we will ensure long-term success towards a fitter, longer and healthier life. Start a new you right here!"

Dr Ganesh Ramalingam

MBBS(Sing), MMed (Sing), FRCS (Edinburgh), MRCS (Edinburgh)

Consultant General Surgeon Gastrointestinal, Bariatric and Laparoscopic Surgery



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Healing Touch

Aches and pains in your muscles and joints don't have to be a way of life. The **Osteopathic Treatment Centre** specialises in providing pain relief, naturally.

Popping pills may provide temporary relief to your aches and pains, but tapping into the body's natural ability to heal itself is the best long-term solution to your health concerns. Osteopathy focuses on a holistic approach to total body health. The Osteopathic Treatment Centre (OTC) has long been Singapore's largest provider of osteopathy and complementary treatments for pain relief as well as other medical conditions. This year marks its 32nd anniversary, and over the decades, its practitioners have successfully treated over 100,000 patients – locals and expatriates, adults and children (and even some animals!).

In addition to providing natural relief from musculoskeletal aches and pains, both osteopathy and chiropractic are able to treat other medical conditions, such as respiratory and digestive problems and infectious diseases like the flu. These therapies have also proven effective in helping children with developmental problems and special needs.

The treatments are based on the understanding that the body's structure and functions are interrelated. Body functions are affected by the integrity of the spine (which holds the nervous system) and the musculoskeletal system. Once structural imbalances are corrected, other body functions will revert to normal.

OTC has added a new member to its team – Jan-Mark Smith, who has a Master's degree in osteopathy from the UK. He joins osteopath Dr David Tio, who founded the practice in 1984, and David Wells, who has been with the clinic for over 10 years. Another recent addition is Dr Dennis Lin, a Taiwanese chiropractor who migrated to Australia, where he earned a Master's degree in chiropractic. He had three years of prior experience in Singapore before joining the team.

OTC is also a pioneer in customised orthotics. As part of its total approach to pain relief, it also has the services of chiropodist-podiatrist Rosalie Tio and podiatrist Greig Price who treat foot-related problems such as corns, calluses, flatfoot and long-short leg.

Additionally, they have an associate company – Centre for Complementary and Alternative Medicine (CCAM) – that offers a wide range of other natural therapies. Practitioners work closely with one another and refer patients who may need assistance outside their area of speciality.

Recently, CCAM welcomed Ooi Su Liang, a naturopath who graduated in Australia. It also has other practitioners offering Traditional Chinese Medicine, physiotherapy, Rolfing and rehabilitative exercises. Some of the other therapies available at CCAM include acupuncture, applied kinesiology and allergy desensitisation, homeopathy, hypnotherapy,

naturopathy, neurofeedback, psychotherapy, quantum touch and therapeutic massage.

Besides these treatments, OTC and CCAM offer the following healthcare screening services:

- Spinal analysis for scoliosis (free)
- Bone density tests for osteoporosis
- Hair profile analysis for optimal nutrition
- Full body composition screening for dietary and lifestyle changes
- Foot biomechanics for flat foot or long-short leg (free)

Several of the practitioners are expatriates from Europe, Japan, China and India. Thus they are able to help patients who speak French, German and other European languages, as well as Japanese, Mandarin and Hindi.

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Consultant Surgeon

General, Vascular & Endovascular Surgery Adjunct Assistant Professor, Department of Surgery, NUS MBBS (Hons) (UNSW), M.Med (Surg), FRCS Edin (Gen Surg)

- 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



Appointment Hotline: (65) 6238 2966



Dr Cheng SC consults in the following locations:

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IMPORTANT NUMBERS

EMERGENCY		• AustCham	6738 7917	Nature Society	6741 2036
Ambulance Service	995	• Belgium & Luxembourg		 National Volunteer Centre 	6550 9595
• Ambulance Service (non-emerger	ncy) 1777	Business Group	8180 4061	 Riding for the Disabled (RDA) 	6250 0176
Civil Ambulance	6333 3000	• BritCham	6222 3552	 SPCA Hotline 	6287 5355
• Fire	995	 CanCham 	9368 8004		
Green Crescent Ambulance		 Danish Business Association 	6318 3557	CHARITY & DONATION O	
Service	6788 8911	• EuroCham	6836 6681	Salvation Army	6555 0188
• Police	999	 Finnish Business Council 	6322 2451	 New2U Thrift Shop 	6837 0611
Police Hotline	1800 225 0000	 French Business Assoc. (FBA) 	6226 6101	 Something Old Something New 	6781 8113
Traffic Police Hotline	1800 547 1818	 German Business Assoc. (GBA) 	6353 6841	FLIGHT ENQUIRIES	
• 24-hr Emergency Road Service	9182 8211	 Irish Chamber of Commerce 	6534 5100		6505 6060
• 24-hr Sewerage Services	1800 282 4336	 Italian Chamber of Commerce 	6223 0356	• Changi Airport	6595 6868
• 24-hr Water (Pipes) Services	1800 284 6600	 Japanese Chamber of Commerce 	6221 0541	• Departures & Arrivals	1800 542 4422
		 New Zealand Chamber of Commerce 	6235 7119	• Seletar Airport	6481 0017
HOSPITALS		 Spanish Business Association 	sbasg.sg	ENTERTAINMENT	
Public:		 Swedish Business Association 	6734 5009	• SISTIC	6348 5555
• KK Women & Children's	6225 5554	 Swiss Business Association 	6722 0799	• Ticket Booth	6296 2929
• National University (NUH)	6779 5555	TAVIE		• The Esplanade Theatres	6828 8377
• Singapore General (SGH)	6222 3322	TAXIS	6552 1111	• Showbiz	6651 7871
Private:		Comfort & City Cab Comfort & City Cab Lines Cab Coming			
Parkway East Hospital	6344 7588	Comfort & City Cab Limo Cab Service CMPT Tarris		HELP LINES & SUPPORT (GROUPS
• Gleneagles	6473 7222	SMRT Taxis Promiser Calls	6555 8888 6363 6888	 Alcoholics Anonymous 	6475 0890
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Raffles Hospital	6311 1111	Bintan Resort Ferries	6542 4369	 New Mothers' Support Group 	
Thomson Medical Centre	6250 2222	Tanah Merah Ferry Terminal	6545 2123	(NMSG) nn	nsg-singapore.com
		Harbour Front Info Services	6377 6311	 Samaritans of Singapore 	6220 7758
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• International Baptist	6466 4911	 Business Coalition on Aids 	6735 9303	PROPERTY	- 1
• St Andrew's Cathedral (Anglican)		 Dover Park Hospice 	6500 7272		' expatrealtor.net
• St Bernadette (Catholic)	6737 3529	 S'Pore Environment Council 	6337 6062	• Property Guru 6238 5971 pro	pertyguru.com.sg
• St George's (Anglican)	6473 2877				
• St Ignatius (Catholic)	6466 3225				
Urban Design Church	9247 8895				
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• SingPost Customer Service	1605	 eventshub.sg — Information of 			
Singrost Customer Service	1003	 sistic.com.sg or ticketbooth.c 		vbizasia.com	
ASSOCIATIONS & ORGAN	ISATIONS	 Online bookings for events 			
Africa Society	9677 1042	• gv.com.sg or cathay.com.sg -	 Online movie 	e bookings	
American Assoc. of Singapore	6738 0371	E00D 4 6D06ED1E6			
American Women's Assoc.	6734 4895	FOOD & GROCERIES			
Amitabha Buddhist Centre	6745 8547	• coldstorage.com.sg			
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INFORMATION

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GEMINI MAY 21 - JUN 20

There is good news in all areas of your life this month. It could be an upward turn in your health, better career activity or improved prosperity. This has come along after months of working hard, and you are not about to let it go to your head. You are fully

aware that if you wish to maintain this state then you will need to work at things. It's a perfect opportunity to improve whatever you already have or are in the process of achieving. You have the right motivation this June to get anything that has been stagnant to start moving again.

CANCER JUN 21 - JUL 22

Things are about to change this month – and for the better. Confidence increases when whatever you touch turns to gold. Understanding your limits will help keep your momentum going. When things move very quickly, you need to stay within your boundaries of what you understand well and not get into something that you're unsure of Your

you understand well and not get into something that you're unsure of. Your boundless energy may become a bit of an annoyance to people around you, so stay within your space and try to avoid being overbearing. It's OK to be enthusiastic, but if you come across as the one that always knows better, you'll put people off.

LEO JUL 23 - AUG 22

You're thinking about starting something new for yourself this June – a new hobby, craft or something else to bring in extra money. If you

haven't been particularly pleased with your progress so far this year, you hope things will improve. Remember that constantly comparing yourself to others is not helpful for your psyche. You should be motivating yourself positively. Rather than thinking that the grass could be greener on the other side, try to appreciate what is standing before you and make the most of it. Honestly, things won't be any better until you begin to value what is around you.

VIRGO AUG 23 - SEP 22

A change of scene will suit you well this June. You are seeking out new inspiration and motivation to drive your ambition. Basically, you need to find a way out of the rut that you're stuck in. This might involve a trip, or simply working within your own sacred spaces to draw in that inspiration. It may also come in the form of meeting a kindred soul who understands you and offers

some helpful advice to direct you to the

path you should head along. Fret not;

this unsettled feeling will start to make its exit by the end of June. And you should

SAGITTARIUS NOV 22 - DEC 21

have found your bearings again by then.

Perhaps you haven't really been fair to yourself and those around you, getting caught up with too many things and trying to make everything work at the same time. It's really a very tall order. You need to set some realistic rules and goals and put an end to sticking your fingers in every pie. By doing so you have deprived yourself of quality time with dear ones, ending up tired and unhappy with nothing much achieved. So, this June, go back to the drawing board and lay some proper foundations for yourself before you move on again with your plans.

PISCES FEB 19 - MAR 20

Though it seems like a question of "To be or not to be?" this June, this is not the ideal month for making concrete decisions.

If you have to make a life-changing decision, try to put it off until the end of June when Mars Retrograde exits. For many, the real question concerns how you earn your living. Should you invest in a career overhaul? Or stay put and carry on wondering whether the grass is greener on the other side? While you don't want to lose out on the possible advantages of jumping ship, it's best that you hold these thoughts in your head while you work on your decision. Sleep on things this June, and see how badly you still want to make this change when July arrives!

LIBRA SEP 23 - OCT 22

It's all about your family this month. You are focused on improving existing family relationships. There may have been an incident in the past that caused a rift or misunderstanding with someone that you were very close to – the kind of person you might call a soulmate – and you will find a way to resolve these issues. This may be with the help of someone, or you may do it all on your own. There will be a nice re-ignition of the spark that you once had and all seems likely to end well.

CAPRICORN DEC 22 - JAN 19

This month is about reinstating a familiar joy and creating a balance, perhaps to overcome rejection or negative things that have been said about you. You may have been expecting this: it's not something that has come out of the blue. These are people that have some sort of an "investment" in you. It may be business-related, or to do with a familial or platonic relationship. It's going to be quite a juggling exercise for you to tame your fiery disposition with tact to see yourself through this period. Good luck!

ARIES MAR 21 - APR 19

This is a generally positive month for Aries. If you're in business, finances will be flourishing. As it hasn't been easy to achieve what you have today, you may appear tight to some people. But truly you only want the best for your business and to be a balanced financial provider for your family. If bank statements are looking healthy, give yourself a good pat on the back. It doesn't seem like you're going to slow down this month because you have reached a target – June sees you even more determined to succeed in the months ahead.

SCORPIO oct 23 - NOV 21

It's a strange mishmash for Scorpios this June.
In general, it's a positive month as you celebrate coming out of a difficult time. You can

finally take a mental break from all that has happened. But, at the same time, you need to put your life back into perspective and think about what you would like to make out of it. This break has come after a long time, and though it feels like a muchneeded one, you are torn between taking things easy and chasing your dreams. Avoid confusion by just doing what your energy levels permit you to do.

AQUARIUS JAN 20 - FEB 18

Does it feel like you've lost momentum along the way? It's time to return to the familiar and get things back in motion. Stop looking at what has been lost – when you do that, you get stuck in a downward spiral where nothing is able to move. Break out of this, starting by changing your perspective of your current situation; by doing so you will

by changing your perspective of your current situation; by doing so you will open doors to many possibilities. Your task for this month is to reignite your motivation to improve your situation. This could relate to your health, to your career, to venturing into that business you always wanted or just creating something for yourself and with your own hands.

TAURUS APR 20 - MAY 20

You could be highly productive this June, or simply let the month pass and carry on as usual. You have a choice, it seems. Some of you will discover a new path or something else that stirs your attraction. It could be a career, a life calling, a new pet or even a new home. You'll make every effort to ensure you attain what you set your eyes on, whatever it takes. It's a fantastic month - for those who decide to make the most of it, that is. As soon as you make that choice, things will move rapidly for you. Challenges and issues will be resolved as soon as they appear, and no time should be wasted.

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ur house used to be a five-minute walk from our office, until our housing subsidy ran out. Paying \$4,500 a month rental for a small two-bedroom condominium became too indulgent, and we had to be more practical with a bigger apartment but lower rental in a condo that was a \$12 taxi ride away instead.

Living in the relative "fringes" allowed us to experience a different and maybe more authentic side of Singapore. There was more greenery, for one thing, but also more taxi-driving uncles with interesting stories to share. Here are three stories heard from the backseat of taxis that provide a peek into the life of locals and how they filter into my own expat living.

The Voice Uncle

"I drive the taxi because I want to get away from my wife's singing. My wife is a concert singer and she practises singing at home. When I was working, I left very early in the morning, and by the time I came home, she was too tired to even talk.

"When I retired, I woke up with her singing in 'warming-up' mode, which gradually grew in volume until before lunch when she completed her 'tuning up' mode.

"My wife has a beautiful voice. But hearing the same songs sung in her same voice every day can be tiring. So I decided to drive a taxi and take the morning shift. I stop by a coffee shop to read the newspaper and enjoy a quiet breakfast."

Ambassador Uncle

"I'm so proud to be Singaporean. Do you know that Singapore will build the largest underwater city? One day, we will be living under the sea where it's cool all day long. Singapore is developing so many expert engineers. My son studied engineering in London and is now working at Changi Airport. Changi is one of the best places to work in Singapore and maybe in the world.

"How about you? Oh, I see, you have a son studying to be a doctor. Please tell him to work in Singapore. You know at Changi Airport they have emergency doctors and the starting salary is more than \$6,000? Please ask your son to consider working in Singapore.

"If your son marries a Singaporean and become a Permanent Resident or a citizen, you will have housing. The government's goal is a home for every Singaporean. Please come. Look at the roads. They're so green and clean and beautiful!"

Businessman Uncle

"Please don't call me Uncle. I'm quite young, only 35. But maybe I look old because I don't get enough sleep. I wake up every day at 3am to prepare for my food stall near Tiong Bahru. I market for and cook the food, and by the time the store opens at 6am, my wife and hired help come to manage the food stall while I go out to drive a taxi. I go home at lunch and try to take a one-hour nap and then drive again. I go to my food stall at round 4pm to close the shop and count the day's earnings. Sometime I pick up my son from daycare. I don't have time to play with him, but I hope he understands I'm working hard for his future." α

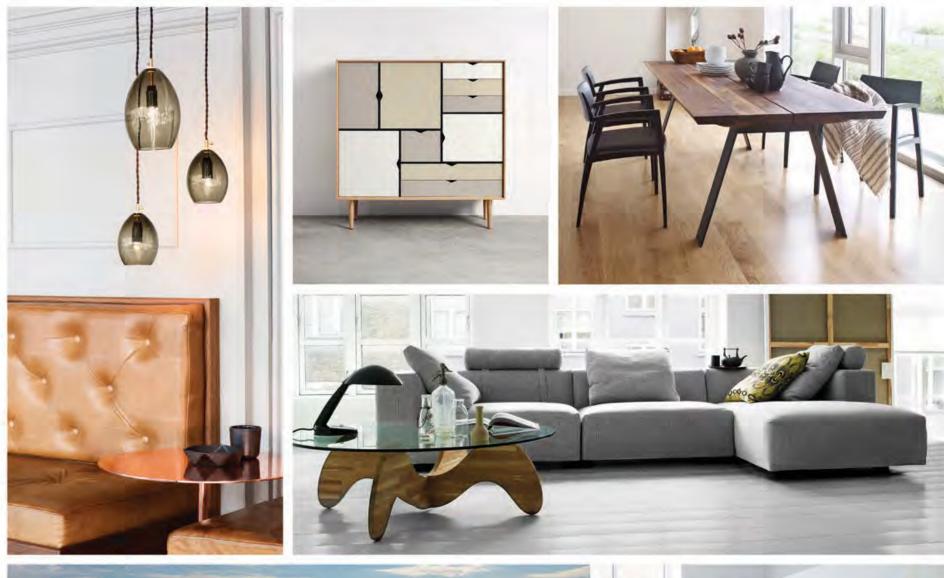
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