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11 NOVEMBER -
18 DECEMBER 2016

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Left: Illusion, 2016, Glass, bronze and LED,
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A woman with short grey hair, wearing a white long-sleeved top and light grey trousers, is reclining on a dark brown leather sofa. She is holding a small cup in her right hand and resting her left arm on the sofa's backrest. The sofa is positioned in a modern living room with large windows and glass doors. A round white table with black legs holds a tall, slender, dark glass vase. A floor lamp with a white globe shade stands next to the sofa. In the background, a dark wooden bookshelf is filled with books and decorative objects. The overall atmosphere is warm and sophisticated.

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Vidhya Gnana Gouresan
(Art Curator/ Researcher)

P. Gnana, Fierce Protector Ed. 1, Solid Bronze, 37 x 17 x 39 cm





P. Gnana, *Vase full of rhythm*, Oil on canvas, 41 x 171cm, 2016



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EDITOR'S NOTE



One of the key themes of this issue is “School Trips”, and it reminded me of a horror one I took when I was 12. (Then I got distracted from writing about it by watching the second US presidential debate, which also made me feel like I was back in a school playground – say no more ...)

But back to my trip: we were on a historic tour round the Zulu battlefields in South Africa, about 60 girls stuffed into 10 or so rooms of an international chain hotel. After a very active day, we all tucked into a tasty Chicken à la King – which was very “in” in the 1970s.

A few hours later, everything hit the fan ... They had to open up other rooms to let us use those bathrooms, and by 9am in the morning they had found a doctor who came and gave the most serious cases a shot. The hotel denied all responsibility and said we were sick because we’d been drinking.

School trips have improved drastically since then, and reading the ones in this issue has made me want to go on one again – hopefully, without the same result! But all travel has its risks, and even eating something nearer to your own home can make you unwell. It’s not going to stop us from giving you some recommendations – of great destinations and of yummy food. Because, whatever the risks, we still love both!

We’ve also managed to fit in some tips for men’s health and some info on Movember, which, without swearing, makes me realise that it’s November already.

Happy Thanksgiving and let us all be thankful for our health, something we often take for granted!



Rebecca

REBECCA BISSET
Editor-in-Chief

News of the death of the Thai king broke just as we were going to press. November is traditionally our Thailand travel focus, and we are again offering a host of recommendations to readers this year. Do remember to respect the feelings and sensitivities of the Thai people while visiting during their period of mourning, and to check local media for news of any disruptions to services or events.



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CONTENTS

NEWS

- 24 News Headlines**
- 28 Calendar:**
Events happening around town
- 36 Readers' Letters**
- 38 EL Forum:**
Upcoming events and online happenings

HOME & PROPERTY

- 46 News**
- 48 Home Showcase:**
A stunning black-and-white in Adam Park
- 58 Christmas Trees:**
Where to find real and artificial varieties
- 61 Reader Recommendations:**
Choosing an interior design expert
- 71 Home Showcase:**
Explore an artist's Joo Chiat shophouse
- 88 Product News:**
Buyer's Guide
- 98 Street Talk:**
Living on Surrey Road



Don't Miss:
A preview
of the
Affordable
Art Fair 2016

108



**Product
News:**
Buyer's
Guide

88



48

Home Showcase: A
stunning black-and-
white in Adam Park

ARTS & LEISURE

- 106 On the Wall:**
What's on in the galleries
- 108 Don't Miss:**
A preview of the Affordable Art
Fair 2016
- 111 On the Stage:**
The latest in live music, dance
and theatre
- 114 On the Screen:**
Big and small screen highlights
of the month
- 116 On the Page:**
Recent book releases
- 118 About Town:**
Social snaps



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CONTENTS

LIFE & FAMILY

- 124 News**
- 130 Talking Sustainability:**
We meet the founder of Bali's Green School
- 132 Noticeboard:**
New births and pets for adoption
- 134 Spoilt for Choice:**
Christmas at Tanglin
- 136 Singapore-inspired Gifts:**
Sweet souvenirs for friends and family
- 138 Going for Gold:**
A British coach and his Paralympics' triumph
- 143 All the Single Ladies:**
Dating tips from fellow Singapore singletons
- 146 Weekend Wheels:**
Test-driving a Volvo XC60
- 148 Mind Matters:**
Our chat with psychic life coach Lynda Woolf
- 151 Learning from Animals:**
Visiting Resort World Sentosa's Dolphin Island

EDUCATION SPECIAL

- 157 Outdoor Classroom:**
Overseas trips for high-schoolers
- 162 Mandarin 101:**
Tips for learning Chinese language
- 164 Way with Words:**
Meet a young award-winning essay writer
- 166 Special Care:**
MSIS's special needs education programmes
- 168 Taking the Reins:**
Avondale Grammar School's new principal
- 170 In Conversation:**
Christopher Short of Dover Court International School



190

Curry Club:
Top Indian restaurants across town

WINE & DINE

- 180 News**
- 186 Different Dinners:**
Meaty options for your holiday table
- 188 Bar Tab:**
New nightspots to check out now
- 190 Curry Club:**
Top Indian restaurants across town
- 201 Festive Cooking:**
Classes and recipe inspiration to get holiday-ready

TRAVEL

- 212 News**
- 216 Land of Smiles:**
Outstanding locations for a Thailand trip
- 218 Splendid Samujana:**
We check in to a Koh Samui gem
- 220 Peaceful & Secluded:**
Family time on serene Koh Yao Noi
- 226 Cruising Ahead:**
Experiencing Phuket on the water
- 228 Whirlwind Trip:**
Making the most of Myanmar's major city



136

Singapore-inspired Gifts: Sweet souvenirs for friends and family

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Live CONTENTS

COVER FEATURE

234 **Rocking It:**

Meet entrepreneur Leah Lambert of Stones that Rock

FASHION

240 **News**

242 **Brand Spotlight:**

Campomaggi – a name you need to know

245 **Pack Your Bags:**

Our travel-wear edit for the holidays

BEAUTY

254 **News**

258 **Fresh Florals:**

Scent-sational new fragrances

260 **High-tech Beauty**

The treatments you need to know about

HEALTH & FITNESS

270 **News**

274 **Health Matters:**

A look at orthorexia, the new eating disorder

276 **On Influenza:**

What it is and how to get vaccinated

278 **Men's Health:**

Four key issues affecting men

285 **Travelling Trim:**

Expert tips on staying healthy while abroad

REGULARS

291 **Numbers & Websites**

292 **Horoscopes for November**

294 **Advertiser List**

296 **Parting Shot:**

Only in Singapore?



234

Rocking It: Meet entrepreneur Leah Lambert of Stones that Rock



278

Men's Health: Four key issues affecting men

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What's New

Psycho Tropics

British artist Steve Lawler, better known as **Mojoko**, has a big reputation in the street culture and contemporary art scene, and his cutting-edge work has appeared in museums and festivals around the world. His new exhibition, *Psycho Tropics*, was inspired by the “modern-day madness” of his 10 years in the tropics, and the works are a playful, thought-provoking take on past, present and future Singapore. Until 20 November. The Refinery, 115 King George’s Avenue, #01-02. Check the website for opening hours. mojoko.net



Singapore River Festival

If you’ve never seen a live tightrope act, now’s your chance. The headline act of the annual **Singapore River Festival** is *Crossings*, a mishmash of tightrope acrobatics, music, multimedia effects and outstanding choreography (shows at 8pm and 9.30pm at Clarke Quay). This family festival features a roving samba band and circus performers, a fire stunt duo, a silent disco, bubble art, light art installations, a puppet-making workshop and a free screening of *7 Letters* at the Quayside Cinema – something for everyone! 4 and 5 November at Clarke Quay, Boat Quay and Robertson Quay. Free, with some ticketed workshops. srf.sg



Rugby 7s

See world rugby at its finest this month at the **Singapore Cricket Club International Rugby 7s**. This year’s line-up features returning teams the UK Penguins, Papua New Guinea, Tribe 7s from Australia, and Fijian favourite Daveta, all of whom will compete for the coveted



Ablitt Cup. Add to that teams from Italy, France and Dubai, and it makes for plenty of fast and furious action. Kids are not forgotten, as the Schools and Colleges Tournament and SCC Academy Finals will be held, too. And, if you’re a beer lover, look out for Singapore’s longest Guinness Bar! 4 to 6 November, from 9am daily at The Padang, St Andrew’s Road. Tickets: \$30 for adults, \$10 for students. apactix.com



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CHRISTMAS SHOPPING

We've got all your festive shopping covered this season with a helpful list of markets and fairs that are a must to visit.

Boutiques at The Pit Building

A one-stop shop for a huge selection of gifts for everyone in the family, Boutiques offers plenty of options for Christmas giving. Perfect for finding that special present.

WHEN: 4 November, 9am to 8pm; 5 November, 10am to 8pm

WHERE: F1 Pit Building, 1 Republic Boulevard

WEB: facebook.com/BoutiquesSingapore

Netherland Charity Association Christmas Fair

Not only are you supporting local Singaporean charities by shopping here, but you also have the chance to win a return ticket to Amsterdam in the lucky draw. And don't miss the HOME Choir singing carols!

WHEN: 17 November, 10am to 5pm

WHERE: Hollandse Club, 22 Camden Park

WEB: nca.org.sg

Christmas Bazaar

This is a chance not only to see inside the historic and beautiful Danish Seamen's Church, but also to enjoy traditional Danish hospitality and fare. Stock up on quality Christmas decorations and find gorgeous gifts, candles, handmade advent wreaths and the ingredients for a European Christmas dinner. Bring the kids to have fun in the play area and say hello to Santa Claus.

WHEN: 19 and 20 November, 11am to 4pm

WHERE: Danish Seamen's Church, 10 Pender Road, Mount Faber

The Fair at Pan Pacific Orchard

Well known for its large selection of products from all around the world, The Fair features Christmas decorations, festive clothing, shoes, sleepwear, gifts, food and more.

WHEN: 30 November, 10am to 6pm; 1 December, 10am to 5pm

WHERE: Pan Pacific Orchard, 10 Claymore Road

WEB: fairsandbazaars.com

Christmas Fair

Over 80 international vendors will sell one-of-a-kind jewellery, clothes, gifts and much more at this fair. You can sample gourmet food, choose some decorations to spruce up your Christmas décor, or try your luck with over \$4,500 worth of lucky draw prizes.

WHEN: 6 and 7 December, 10am to 6pm

WHERE: Raffles Town Club, 1 Plymouth Avenue

WEB: facebook.com/theexpatfairs

Loewen by Dempsey Hill Christmas Market

This is a market for the whole family, with exclusive and affordable products and entertainment for the children (including a bouncy castle, face painting, ball games and more); Santa is expected to be there, too!

WHEN: 9 to 11 December, 9.30am to 5.30pm

WHERE: Block 71 Loewen Road

Magical Christmas Lights

It's impossible not to "ooh" and "aah" at the spectacular light display mounted every year along Orchard Road. Undoubtedly the grand dame of all of Singapore's Christmas street lights, this festive spectacle runs for almost three kilometres from Tanglin Mall to Dhoby Ghaut. It's not to be missed, whether you're on foot (wear comfy shoes!) or driving by in a vehicle. Daily from 6.30pm, 12 November to 2 January 2017.



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This Month

SHOPPING & FAIRS

Boutique Fairs Singapore (4-5 NOV)

Known for its independent designers, this fair has become a reputable shopping avenue for savvy insiders looking for one-of-a-kind finds and Singapore keepsakes. Treat yourself to quality shopping and great eats, including food from Singapore's culinary doyenne, Violet Oon. **F1 Pit Building, boutiquefairs.com.sg**

Singapore Jewellery and Gem Fair (4-7 NOV)

Featuring over 200 exhibitors from more than 28 countries, this year's Jewellery & Gem Fair is bound to impress. View over 120,000 pieces of fine jewellery worth more than \$3 billion, including prized diamonds and pearls. **Marina Bay Sands Expo and Convention Centre, singaporejewellerygemfair.com**

Charity Christmas Fair (17 NOV)

Come to the annual Netherlands Charity Association (NCA) Charity Christmas Fair this month, and you'll find a wonderful combination of charities selling unique hand-made holiday items, and a collection of vendors selling beautiful gift items. **Hollandse Club, nca.org.sg**

Margaret River Gourmet Escape (18-20 NOV)

Among the world's most impressive food festivals, the Margaret River Gourmet Escape in Western Australia returns with an incredible array of headline chefs, including Britain's Nigella Lawson and Singaporean pastry chef Janice Wong. Expect outstanding dining experiences, and collaborations between the local, national and international chefs who'll present their signature cuisines. **Margaret River, Australia, gourmetescape.com.au**

The Fair (30 NOV - 1 DEC)

There's no better way of spending a fun day than with a serious dose of shopping at The Fair. Check out the huge variety of products from across the region, including jewellery, fashion, accessories, children's wear, Christmas decorations, home décor and food. **Pan Pacific Orchard, 10 Claymore Road.**



Boutique Fairs
Singapore



Margaret River
Gourmet Escape

SPORTS & FITNESS

Battle of Europe 2016 (12 NOV)

Witness the annual match between European football legends as the Battle of Europe England Masters vs Germany Masters 2016 comes to town. Football fans will relish the chance to see heroes such as Teddy Sheringham and Lothar Matthäus play out an incarnation of one of the most-watched football rivalries in history. **National Stadium, mastersfootball.com**

Garfield Run (12 NOV)

Sweat it out and reap the benefits of exercise at the Garfield Run, while helping the Cat Welfare Society raise much-needed funds to continue its life-saving work. **The Promontory @ Marina Bay, runsociety.com**



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Traditional Cures

(15 NOV)

Curious about the herbs and medicines you see in traditional medical halls? Learn about them during this special tour with Charlotte Chu. Find out more about *jamu*, a traditional Indonesian medicine, and Ayurveda, one of the oldest medical systems in the world. info@iwgsingapore.org

Laguna Phuket Triathlon

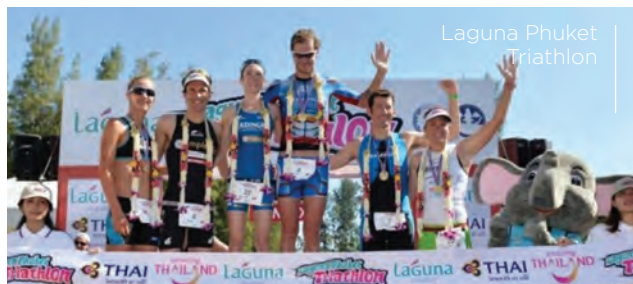
(20 NOV)

Dubbed the “Race of Legends”, the Laguna Phuket Triathlon is one of the most popular and longest-running triathlons in Asia. Participants will do a 1.8km swim, a 50km bike-ride and a 12km run after enjoying the Pasta Party (for some much needed carb-loading), one of several social events. **Phuket, Thailand.** lagunaphukettri.com

Santa Run for Wishes 2016

(26 NOV)

Back for a third year, the Santa Run for Wishes includes 5km and 2km courses around Marina Reservoir, and a Christmas Carnival with game stations, kiddie-rides, bouncy castles and more. All proceeds go to Make-A-Wish Singapore. **Gardens by the Bay East.** santarunforwishes.sg



DANCE, DRAMA & THEATRE

SSO Gala: Yo-Yo Ma and the Silk Road Ensemble

(11-12 NOV)

Be wowed by superstar cellist Yo-Yo Ma and the Silk Road Ensemble as they present two impressive gala programmes this month. Works will include classics such as Elgar's *Cello Concerto in E minor*, and Zhao Lin's *Duo*, a concerto for cello and *sheng*, a traditional Chinese woodwind instrument that has 17 bamboo pipes. **Esplanade Concert Hall.** Tickets from Sistic.

Disgraced

(16 NOV – 4 DEC)

Watch an exploration of the clash between modernity and faith in this Pulitzer Prize-winning play, described as an honest look into how we define ourselves and our beliefs in this modern world. Presented by the Singapore Repertory Theatre. **KC Arts Centre – Home of SRT, 20 Merbau Road.** Tickets from Sistic.



Monkey Goes West

(18 NOV – 17 DEC)

Join orphan Ah Tang on his epic adventure with Wukong, a cheeky monkey king, Pigsy, a brave but always hungry warrior, and Sandy, a stubborn but loyal ogre. The catchy songs, hilarious gags, *wushu* and magic will keep you and your family on the edge of your seats.

Drama Centre Theatre, 100 Victoria Street. Tickets from Sistic.

Emi Fujita Live in Singapore

(26 NOV)

Popular Japanese singer Emi Fujita returns to Singapore this month to showcase her pure vocals in favourites from her best-selling *Camomile* album series, with covers of popular Western songs such as “Fields of Gold”, “What a Wonderful World”, “The Rose” and more. **The Star Theatre.** Tickets from Sistic.

One @ The Ballet

(26 NOV)

One @ The Ballet is a monthly in-studio dance show at the Singapore Dance Theatre (SDT). It aims to break the barriers created by the stage, bringing audiences one step closer to dancers. This session will focus on the SDT production of *The Nutcracker*.

Singapore Dance Theatre, #07-02/03 Bugis Junction, 201 Victoria Street.

Charlotte's Web

(UNTIL 11 DEC)

Become entangled in the enchanting story of a pig named Wilbur and a barn spider named Charlotte. To prevent Wilbur being sent to the butcher, Charlotte proves to be a true friend by coming to his rescue. It's a timeless story about friendship – one to be enjoyed by the entire family. **KC Arts Centre, 20 Merbau Road.** Tickets from Sistic.

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FAMILY

The Magic Paintbrush (UNTIL 12 NOV)

Bring the kids to this musical treat with puppets, wacky characters and lively action. They're sure to be impressed by the cast of immensely talented actors and the witty, captivating script. **Drama Centre Theatre, #05-01 National Library Building, 100 Victoria Street. Tickets from Sistic.**

Go Vegetarian (17 NOV)

Expat Kitchen's class on vegetarian cuisine will have you impressing your family with healthy dishes including *san choi bao*, Mexican tortilla soup, a spinach, chickpea and feta tart, Mediterranean stuffed mushrooms, and pasta with feta, roasted vegetables and lentils. **Expat Kitchen, 9 Norris Road, #02-01. expat-kitchen.com**

EtonHouse Open Days (19 & 26 NOV)

Drop by the EtonHouse Open Days this month to find out more about their programmes, from playgroups to secondary education. Book a personalised tour and explore the facilities. **EtonHouse, 51 Broadrick Road (primary and secondary), 718 Mountbatten Road (preschool), 33 Allanbrooke Road (playgroup). etonhouse.com.sg**

Father Christmas (25-27 NOV)

Get a sneak peek at how Santa prepares for the biggest night of his year, and discover the unexpected situations he meets – from being held back at home by his pets, Cat and Dog, to battling his sleigh through the snow with his reindeer. Use the code "FCEX2016" to receive a discount on tickets. **Drama Theatre, School of The Arts (SOTA). Tickets from Sistic.**



SSO Concerts for Children: The Carnival of the Animals

(25-26 NOV)

This performance of a 19th-century composition by Camille Saint-Saëns is conducted by Joshua Tan, and will allow young listeners to discover a magical world where lions, kangaroos, turtles and other animals come to life. **Victoria Concert Hall. Tickets from Sistic.**

All About Kids (30 NOV - 1 DEC)

All About Kids, Singapore's premier shopping pop-up for all things kid and baby, is back. This supersized edition will feature a host of vendors selling quality products. Start your Christmas shopping early, while the little ones are kept happy with free bubble shows, arts and crafts, a bouncy castle and face painting. **#03-01 The Pit Building, 1 Republic Boulevard. facebook.com/allaboutkidssingapore**

SOCIAL

Healthy Vino with Bacco (3 NOV)

Learn about organic practices and traditional methods from farm to cellar that allow grapes to develop according to their character. Taste a range of healthier vino with less fear of next-day headaches! **#02-09 The Herencia, 46 Kim Yam Road. baccowines.com**

St Andrew's Society Ball (25 NOV)

Enjoy an evening of feasting and dancing at the St Andrew's Society Ball this month. Celebrate Scotland with the sound of bagpipes, free-flow drinks and a hearty seven-course dinner, then dance the night away. **Shangri-La Hotel. standrewssociety.org.sg**

ARTS

Father and Son: Artists KY and Andrew Huang (1-30 NOV)

Throughout November, father-and-son duo KY and Andrew Huang will be exhibiting their works at Bruno Gallery. Drop by for an up-close look at Andrew's "Ted" series, and KY's incredible metallic sculptures and acrylic paintings. **Bruno Gallery. brunoartgroup.com**

IN Exhibition (15 NOV - 15 JAN)

Running for its sixth year, the IN Exhibition will be showcasing the works of as many as 140 artists from 14 different international schools in Singapore. It aims to develop students' passion for art and encourage creativity island-wide. **Australian High Commission, 25 Napier Road**

Affordable Art Fair Singapore Autumn Edition (18-20 NOV)

Look forward to a diverse range of contemporary art at the Affordable Art Fair. Featuring local, regional and international talents, the fair offers pieces priced from as little as \$100 up to \$15,000. **F1 Pit Building. affordableartfair.com**

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Plan Ahead

Charles Fazzino: Eye Candy (1-31 DEC)

Among the most popular and most collected 3D pop artists in the world, Charles Fazzino's work can be found in private collections of famous personalities including Hillary Clinton, Michael Jordan and Julia Roberts. During his more than 30 years of experience, he has incorporated his style into the very fabric of pop culture. **Bruno Gallery. brunoartgroup.com**

Kala Tarang's Woven in India (1-3 DEC)

Don't miss this exhibition and sale of clothes, accessories and home décor showcasing weaves, dyes and embroidery from different regions of India. Enjoy talks and workshops, and admire clothes by Indian designer Paromita Banerjee. **Colonial @ Scotts, 31A Scotts Road. kalatarang.com**

Angkor Wat Bike4Kids (3 DEC)

Bike4Kids is a fun bicycle ride and race around the Angkor Wat temple complex in Siem Reap, Cambodia. Pick a route of 17km, 37km or 117km, and do your bit for charities in Cambodia working to protect children and end human trafficking. **Angkor Wat, Siem Reap, Cambodia.**



Angkor Wat
Bike4Kids

A Very Electric Christmas (9-11 DEC)

Look forward to the electroluminescent artistry and poignant storytelling in *A Very Electric Christmas*. Performed in complete darkness, this captivating tale of family, friendship and hope is set to timeless holiday melodies by everyone from Tchaikovsky to Nat King Cole and Mariah Carey. **Victoria Theatre. Tickets from Sistic.**



Air Supply Live in
Singapore 2016

Air Supply Live in Singapore 2016 (10-11 DEC)

Through the trademark sound of Russell Hitchcock's soaring tenor voice and Graham Russell's simple yet majestic songs, Air Supply has enjoyed decades of global success. This December, join the band for two nights of their favourite tunes and new songs. **MasterCard Theatres, Marina Bay Sands. Tickets from Sistic.**

The BritCham Ball (10-11 DEC)

Welcome all things Christmas with a wonderful evening filled with magic and sparkle. Highlights of the British-style celebrations include carol singers, bubbly Kir Royale aperitifs and mulled-wine cocktails. **Shangri-La Hotel. britcham.org.sg**

Illumi Run (17 DEC)

Illumi Run returns with a splash on a sandy new canvas, as the home-grown event moves to Sentosa's Palawan Green. Expect to be doused in plenty of Illumi Glow Water during the run, when Singapore's best beach destination will be awash in neon colours. **Palawan Green, Sentosa. illumirun.com.**

Rock Magix (18 DEC)

Enjoy live music from some seasoned performers in this tribute show to some of the hardest-rocking bands in history, including Deep Purple, Led Zeppelin, Scorpions, Dio, Rush, Kansas and Rainbow. **Singapore Polytechnic Auditorium.**

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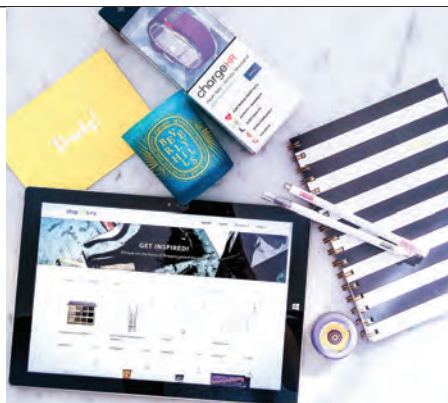
32 Eng Hoon Street, level 2. Singapore 169780.

LETTERS

We want to hear from you!

Send us your thoughts on the magazine, or on any subject under the sun, and you could win a shopping experience from peer-to-peer personal shopping service **ShopandBox**.

To make her day once again, our Best Letter winner, Fulfilling Sng Shu Fen, wins this month's great ShopandBox prize: a \$200 shopping credit for items in the US, the UK, France, Italy, Australia, Japan or Korea, along with 3kg of free express international shipping!



WARM WORDS

I fell in love with *Expat Living* at first sight when I brought my children to Marsden Swim School at Grandstand and picked up my first copy while waiting for their swim class to start. I loved reading the articles, and found it refreshing to read about Singapore from the perspective of the expats who call Singapore home during their stay here.

Though I am a Singaporean, I feel so alive when I read *Expat Living*. Expats here are a breath of fresh air, and through their eyes they show me the excitement in Singapore that's waiting to be discovered by me. In the midst of household maintenance and meal preparation, I had forgotten to have fun and was low in energy and creativity. Through your magazine, I now feel more alive and full of possibilities; I am happy to discover myself again. I love you! Thank you.

– Fulfilling Sng Shu Fen



MORE SATIRE, PLEASE

It has been almost four years now since I came across your glossy magazine about the glamorous lives of Singapore expats. And in those four years I have read every single page. I feel I know all the black-and-white houses and I still envy their tenants, and thanks to your travel expertise I've made some (virtual) trips to Sri Lanka and some (real) trips to Cambodia and Thailand.

Yet, I miss something: a monthly column, kind of a satirical view about the expat life, something that we readers can laugh about, think about, maybe even cry about, which reflects the daily craziness of our expat *dasein* – a German word referring to our existence, the meaning of life. If you agree, I will deliver it.

– Susanne Perras



Ed: That's a great idea! We would love to see more of our readers' writing, and our monthly Parting Shot on the last page is the ideal place to start. So, do send your 500-word article on anything to do with the expat condition to shamus.sillar@expatliving.sg.

Email us at info@expatliving.sg

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Around Town



Dancing the Night Away

All things Kiwi were celebrated at the ANZ Aotearoa Ball 2016 in August. Over 400 guests were treated to fine wine and food from New Zealand, and danced into the wee hours.



Morning Cuppa

At a recent *Expat Living Coffee Morning*, E&A Interiors dynamic duo Chloe and Elizabeth had an inspirational interior design session with 30 of our readers. It was a wonderful morning of ideas and conversation, with expert discussions of before-and-after room makeovers.





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Opening Party

To celebrate Faust Asia's new showroom, HeimatSterne at Ubi Techpark, guests were treated to an assortment of German delicacies and fine wines. The showroom carries a selection of European F&B brands as well as buffalo leather bags and accessories from Alpenleder.



Art for All

The Melbourne Specialist International School held its annual charity art exhibition on 23 September to raise funds for its ongoing development projects. Held at ReDot Fine Gallery, the exhibition featured soft sculptures from students and other works by Singaporean artists.





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HOME & PROPERTY

87

Shopping:
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Originals

58

Product News: Where to buy the best real and artificial Christmas trees

61

Asking the Experts: Readers choose interior designers to style their homes

71

Home Showcase: Have a peek around this cool Joo Chiat shophouse

What's New



Sleeping Chic

Elegant lines and natural wood materials highlight the new Nordic II pieces at **Ethnicraft Online**. The collection includes the Nordic II bed and Nordic II nightstand, both staying true to the minimalist nature of Nordic design philosophy. Available in both sustainably harvested teak or oak, they can be purchased online at **ethnicraft-online.com**, or are available for viewing at the brand's Eunos and Tan Boon Liat showrooms.



FUN BUNNY

Journey East has taken stock of these Qeeboo rabbit chairs, designed by Stefano Giovannoni. The chairs come in two sizes – adult and baby – and a lamp version is also available. For more information, drop by the showroom at **#03-02 Tan Boon Liat Building, 315 Outram Road**, or go to **journeyeast.com**. ▲

Christmas Table

It's just around the corner – Christmas, that is! – and Villeroy & Boch has three festive dining collections in store. Go to the **House of Villeroy & Boch Singapore, #01-74/76 Capitol Plaza, 15 Stamford Road**, and check out its Classic Christmas, Winter Collage and Winter Bakery collections. **villeroy-boch.com.sg** ▼



Ethnic Inspiration

The new collection of furniture and antiques at **Woody Antique House** features pieces inspired by India, including cabinets with brass fitted doors, bookcases with carved pillars, chests with architectural pieces and coffee tables with brass fitted windows. **Block 13 and 15 Dempsey Road. woodyantique.com** ▼



Award Winners

Home-grown interiors house **Design Intervention** has won two awards at the International Design and Architecture Awards 2016. Its Ridout console was named best table design, while the second gong was for best kitchen, for this home project here in Singapore. **designintervention.com.sg** ▼





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FLAWLES



Dutch expat MAUD FELIUS tells us why, in 11 years of living in Singapore, she's never strayed far from living in Bukit Timah, and how her family's beautiful black-and-white home is their favourite yet.

BY AMY BROOK-PARTRIDGE PHOTOGRAPHY MICHAEL BERNABE

SS FORM



Who lives here: Maud and husband Valentine, originally from Belgium, their children Fleur and Milou, helper Rachel, and dog Louka.

How long in Singapore: 11 years.

Personal style: European timeless look, mixed with Asian elements.

Style of home: Maud says, "The house itself already has so much charm, and it mixes with all styles"





LEFT Maud and her dog Louka in the main living area of the house. The desk is from The Past Perfect Collection, and the clay elephant and pig were made by Maud's daughter Milou.

RIGHT This large lamp is just one example of the pieces Maud sources from Indonesia and Vietnam for Belouk.

At first glance, Maud's sprawling black-and-white home has all of the typical attributes of a historical home of this ilk. Look a little closer, though, and you discover that Maud has added her own unique stamp to the place. For example, the portico, used for outside dining, has seafood-themed dish lids attached to the walls; there's an intricate hand-stencilled floral design across the walls in the dining and study area; and the kitchen has a large silver fish hanging from the ceiling. In each room there's not just one but numerous pieces that catch the eye, and you find yourself flitting from one area to another, trying to take it all in.

It's impeccably put-together, which is fitting because Maud runs her own bespoke furniture and home accessories company, Belouk. She sources and sells many of the pieces found around the house, from the strikingly upholstered chairs and huge lamps to the photo art collection. The outhouse has been turned into a small showroom, showcasing more of the pieces she sells, and her office in the main house is home to a variety of textiles to choose from once you've picked one of her chair frames to upholster.





Maud's foray into home décor was prompted by her own passion and interest in interiors and sourcing pieces for her own home. "I would always get my furniture repaired and reupholstered – after all, Singapore is the perfect place to get this done – and then friends started asking for help." She began with chairs, and customers can now choose from four different models and a wide range of fabrics. She has since brought in lamps, tables and small accessories.

Living in the past

It becomes clear early on in conversation with Maud that this black-and-white is pretty much her dream home in Singapore. She and her husband knew of the house for many years, as husband Valentine's previous boss had lived in it for 13 years. "He invited us here, and I saw it and loved it; patience goes a long way, right?" Once the ex-boss moved away, Maud and her family took over the lease, making for a nice, smooth transition.

Maud also knows the history of the house, and actually met a member of the family who used to live here. "I received a letter from the son, Mr Morrison," she explains. "He was visiting Singapore from England with his wife, and he wanted to call on the house where he was born. He told me that when





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The huge
chandelier
is from
Taylor B.





BELOW LEFT Maud uses pot lids as wall décor for the kitchen.

RIGHT Maud found the cages in an old shop on Greenwood Avenue. The wall is actually a stencil, which she found in an online stencil library; “It took me a couple of weeks to finish, but it was lovely and relaxing to do,” she says. The stool is available from Belouk.



With these beautiful houses so steeped in history, it's surprising that there are still many that are vacant, something which Maud finds particularly sad. “There are so many that have been empty for two years or more, and they can fall into disrepair.”

This house, however, has benefitted from her expert eye, and she and her family have clearly taken very good care of it. Minor additions have been made, including the glass door added to the outhouse for the showroom, and the bits and pieces of décor she's placed around the house.

The family has never strayed too far from the local area, starting first in a house in Watten Estate, then Watten Close, and now here. They still have access to the Watten Estate area, with a back gate that leads to the popular Watten playground, meaning they don't have to traverse busy Adam Road. “We were told by our French real estate agent when we first arrived 11 years ago that we would love this neighbourhood, and to this day I'm still really thankful that we chose the area,” says Maud. “We've never wanted to leave because we like it so much; it's just right for us, and we feel very blessed to stay in this historical black-and-white house.”





Recommendations

Affordable Style Files
6A Dempsey Road
9101 6903
affordablestylefiles.com

Bedrock Bar & Grill
#01-05 Pan Pacific Serviced
Suites Orchard
96 Somerset Road
6238 0054
bedrock.com.sg

Belouk
16 Adam Park
9668 1420 | belouk.com

Bloesem Design
bloesemdesign.com

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Edition Limitee
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editionlimitee.com.sg

Edit Lifestyle
137-139 Tanglin Road
Tudor Court
6836 5686
editlifestyle.com

Tiong Bahru Bakery
tiongbahrubakery.com

Kinki Restaurant
#02-02 Customs House
70 Collyer Quay
6533 3471 | kinki.com.sg EL





THE REAL DEAL

If you want to feel truly Christmassy, there's nothing better than getting that whiff of real pine as you walk through your front door. Here are some spots to pick up a fantastic live tree.

Thomson Nurseries: Parallel to Thomson Road, near the Polo Club, you'll find half a dozen or more handy garden centres in a row. Head over and nose around for the best deal on trees, as well as wreaths, poinsettias and more.

Between Andrew Road and Olive Road.

Far East Flora: Pick from a wide variety of tree heights, starting from four feet; costs range from \$90 to \$800. They also stock wreaths and other fun festive plant options. Stock is available from November, but do call ahead to pre-order. Go to fareastflora.com.sg for locations.

IKEA: Trees come in 1.6m and 2m sizes and cost \$74 and \$109 respectively, including bases. They'll be available some time in November – for exact release dates, keep an eye of the website, and remember that supplies run out fast. ikea.com/sg/en

Corona Florist & Nursery: Trees range from four to nine feet in height and cost up to \$298 without a stand; delivery is extra (\$35). Stock arrives in the third week of November. 388F Clementi Road.

Prince's Landscape and Construction:

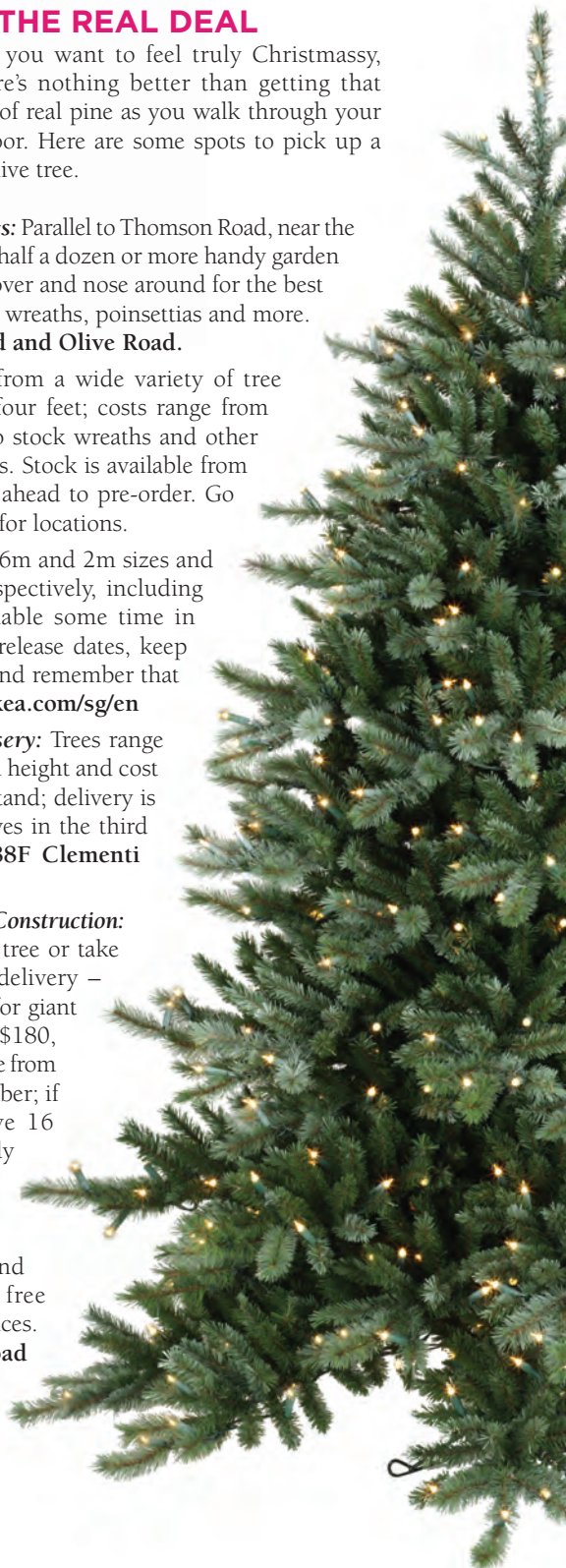
Choose to collect your tree or take advantage of the free delivery – useful if you're opting for giant perennial! Prices start at \$180, and trees will be available from the last week of November; if you want a tree above 16 feet in height, book early as stocks are limited. Too busy for baubles? Snap up a professional decoration package, and you can also opt for free setup and disposal services.

53 Sungei Tengah Road
princeslandscape.com

Oh, Christmas Tree!

BY LINDSAY YAP

If you're getting your home ready for the festive season ahead, why not kick-start the celebrations by finding the perfect Christmas tree for your living room? Take a look at our list of great places to purchase live and artificial trees. (Yule thank us!)





GREAT FAKES

There's no mess or fuss with an artificial Christmas tree, and you don't have to worry about disposal either; just pack it up when you're done and it'll be as good as new for Decembers to come.

Tangs: Pick from a selection of trees up to nine feet tall; prices range from \$179 to \$499, depending on height – no pre-ordering required. While you're at it, tick other items off your Christmas shopping list with the tons of festive goodies in store, including decorations and tableware. tangsg.com

Vanda Win: Here you'll find a range of trees from five to eight feet in height, and costing between \$150 and \$340. 2 Serangoon Road, The Verge. vandawin.com.sg

Cold Storage: Artificial trees will be available in store from mid-November, as well as, of course, plenty of food for your Christmas feast. Go to coldstorage.com.sg for more information and locations.

SKP: Find trees small enough to fit on your desk (40cm, up to 1.5 metres), and pair them with a wide variety of decorations. Other Christmas items in store include cards, gift bags, hats, socks and banners. skp.com.sg

Lazada: Get your Christmas tree for a great price at the click of a button. White and green trees range from 1.2 to 2.1 metres, and prices start as low as \$9.90; some trees even come with lights and decorations already installed. lazada.sg



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Expert Eye



Whether it's bringing in one standout piece of furniture and some gorgeous soft furnishings to seal the deal in a particular room, or starting from scratch and carrying out a full renovation, sometimes it's a better idea to call in the experts. We find out from these readers what they had done to their homes and why.



Trang Pham,
Australian

“We’ve been living in our Siglap-based four-bedroom property, which we own, for five years now. I chose Arete Culture to style my home having seen my friend’s place, which they had worked on; it was gorgeous, and I knew I wanted the same. We asked Arete to help with our living room, master bedroom and bathroom, dining area, patio and the girls’ bedroom. Most of these areas were completed last year, but the makeover of the girls’ bedroom and the outdoor patio has just been completed, and these two are currently my favourite areas.

In terms of style transformation, I would have to say I’m most impressed with my living room. We didn’t replace any furniture; instead, we added Arete’s stylish soft furnishings, including a rug, pillows, lamps and decorations. It’s amazing what a big difference these pieces have made to the room.

The original painted feature wall in the girls’ room did not initially turn out as planned; however, I was relieved how fuss-free it was to change direction and have it painted again. In the end, and with everything pulled together, it’s really beautiful. My girls love their new room and have told me that it’s ‘like a palace!’

We’ve pretty much done the whole house now. I love keeping a beautiful home; so, when a new style is in and I need another home makeover, I’ll be sure to call on Caroline again. My husband knows that a home makeover is my preferred type of present. Caroline is great to work with, and she’s always upbeat and positive, which makes the project exciting and fun.”

“My girls love their new room – they say it’s like a palace!”



Arete Culture
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WHITE LOFTY

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  [mountainteak](#)



Percelia Lee, Singaporean, Shane Pritchard, Australian, and daughter Sophie

“Demolishing walls helped to open up the space between the living and dining rooms and the kitchen.”

“We bought our unit 18 months ago; it’s a four-bedroom, ground-floor condo in Bukit Timah, with a patio area. Without any existing furniture and a tired-looking apartment that needed major renovation, we had a blank canvas to work on, but it was too much of a task for us.

Elizabeth was great from the start; she recognised the potential the apartment had, and appreciated our need for a light, airy space and practical living.

She was also consultative, and had a real eye for detail. One of her suggestions was to demolish some walls, which helped to open up the space between the living and dining rooms and the kitchen. This made the combined area more functional, bright and social, and Elizabeth complemented it with subtle colours and modern furnishings, and kept it soft with beautiful fabrics.

The whole job took about five months from conceptualisation to moving in.

The television wall was the biggest challenge in terms of furnishing, as my husband and I had differing views. A big television in the living area looked irrelevant and obtrusive to me, so, to balance this with Shane’s wishes, Elizabeth designed and installed a timeless and subtle console. This blended in with the rest of the room and added some softness to an otherwise harsh-looking wall.

I had an idea of the colours I wanted to work with but it was a challenge visualising it. Elizabeth brought it all together with a colour palette, and merged it with various fabrics, patterns and textures. Her resource for high-quality furnishing and fabric was priceless. It completed our home!



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THE PAST PERFECT COLLECTION
timeless antiques



Daniel Wasik, British, and Kim Rafeedie, American

“I bought this property two years ago; it’s a one-storey condo with three bedrooms and three bathrooms. I found out about Yellow Cabinet through a friend who had worked with them before and was delighted with their fast and flexible project design and management.

They undertook a complete renovation of the master bedroom and kitchen area for me, as well as full painting and decoration of the house, new ceilings, lighting and patio flooring; they also removed the mezzanine from the second bedroom, created a console in the living room, added a brand new kitchen including worktop and work surfaces, and made a cinema room in the third bedroom.

My favourite part of this work has been the conversion of the third bedroom into a cinema room; I now have a 110-inch screen and projector to watch films and sports, while sitting on electric fully reclining leather chairs.

The master bedroom renovation was slightly problematic, as we extended the area to increase space but had to maintain an outside drainage system. This was a design challenge and took a number of recommendations before landing on the best option.

Next is my plan to redecorate the bathrooms with new floor-to-ceiling tiles to create that hotel bathroom look. ”

“My favourite part of this work has been the conversion of the third bedroom into a cinema room”



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CONCEPT TO CREATION: USING MOODBOARDS

Have you ever thought about embarking on a redecorating project only for your ideas to circle around in your head, leaving you with no idea where to start? Inspiration overload is one reason why moodboards are really important – especially at the start of a project. ELLIE BRADLEY, Interior Stylist at **Atelier Lane**, explains how to create the perfect moodboard by first pinning down all your ideas.

What they do

Moodboards focus ideas and helps you stick to your desired look and style. They are a great reminder of what you need to do, which colours you are working with, and what textiles and patterns suit your style. So many of my clients complain about going out and shopping and buying things that just don't suit, so having a reminder helps keep you on track when purchasing. A lot of money and time is saved, which is always a good thing.

Where to start

I'm always asked how to start the process – my personal approach is practical and fun. The type of renovation determines how many boards you have. For instance, for a new kitchen or bathroom, I would suggest two boards: a concept board that helps define your style, and a second board for practical considerations such as materials and finishes. If, however, you are purely styling – for instance, creating a new look for your living room – you only need the concept board.

Before you begin, you need to assess the particular room; what's working for you? What isn't? How many people do you need seats for? Will the room be mainly used at night? How many windows are there? Where are the power sockets? All of this will give you a starting point and list of requirements to start your boards.

Types of moodboards

The concept board will feature your creative influences. If you don't know where to start, create a Pinterest board

of the rooms you like; then, once you have around 20 to 30 images, you can take a look through them all and figure out their main characteristics. It could be colour, pattern, style – it may even be a type of wood that seems to feature most in your selections. This will help you view your current room in a new light and define the style you want to go with.

A moodboard can be a physical, tactile board or, more commonly nowadays, digital. I work mostly with digital moodboards, as they allow me to work with clients overseas or in regional cities via my online interior design service. However, I always make sure that I'm suggesting items that can be sourced locally to my client.

Final things

At the end of a project, look back at your boards and learn from them: were you too ambitious? Are you naturally drawn to things that are too expensive? Or are you being too safe? Add a surprise into the mix.

To find out more about the services Ellie offers, including her online interior decorating service "Design to your Inbox", visit atelierlane.com.





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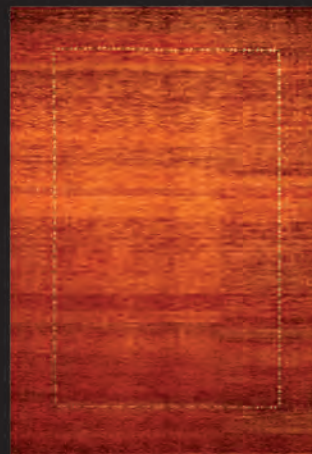
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A high-angle photograph of a modern, bright living room. The room features a light-colored sofa, a low wooden coffee table, and two orange leather armchairs. A large window on the left side provides natural light. The room is decorated with various items, including a large wooden cabinet, a potted plant, and a glass railing in the foreground. The overall aesthetic is a blend of contemporary and traditional elements.

An Artist's Abode

A self-confessed nomad, artist LOUISE HILL has moved home and/or country every two years since she met her husband Ryan in 1998. Here she tells us about their most recent move, from Sentosa to an East Coast shophouse, and what living in this area really means to her.

BY AMY BROOK-PARTRIDGE PHOTOGRAPHY KEN TAN



Who lives here:

Louise and Ryan, originally from the UK, and their 13-year-old twin boys Ezra and Jude.

How long in Singapore:

Two years.

Other places they've lived:

Melbourne, Shanghai, Hong Kong.

Size of home:

Five-bedroom shophouse.

Personal style:

Modern bohemian glamour, with an arty laid-back vibe.





Arriving here in 2014 after four years of living in Hong Kong, Louise and her family chose a house on Sentosa for their first Singapore home. On paper, this sounds like an ideal start – it was a modern and sizeable place, with views over the golf course, and easy access to all that Sentosa has to offer. However, when you get to know the artistic and creative Louise, it becomes obvious why this first home wasn't quite the right fit; their current Joo Chiat shophouse, with all of its quirks and idiosyncrasies, is far more suitable.

When I meet Louise, the first thing that pops out of my mouth is just how beautiful her home is. "It's great, isn't it?" she says. "I feel so privileged to live in a little piece of Singaporean history."

The initial move to Sentosa was made primarily to keep the boys happy, including indulging Ryan and his kayaking hobby, something he started in Hong Kong while they lived near the water in Sai Kung. "Sentosa was lovely, serene and peaceful, and living amongst its tropical greenery was great, but I missed the grit, the heartbeat and the colour of a more traditional neighbourhood, something we've found here now."

Another key reason for leaving Sentosa was finding somewhere cheaper to live. Louise had to choose between moving into a small home and then renting a studio for her design business, or finding somewhere big enough to house the family and her studio, that was still within budget. The shophouse fits the latter brief – though, as Louise points out, they have to do without a pool, facilities or garden. However, that's a small price to pay for the family. They use the front courtyard as their outside space, they have the East Coast on their doorstep, and there's a huge space for Louise's studio. "I also love that we get to see the uncle cycling down the street in his string vest, and that the kids get to eat at the hawker stall in their pyjamas!"

TOP LEFT

The large black lacquer sideboard is from Hu & Hu in Shanghai; the two tan leather Le Corbusier chairs were up-cycled and re-covered by Louise.



Pretty Prints

The family moved into the house in August, and their sizeable collection of furniture and artworks from Louise's business, Louise Hill Design, has now been put into place – *just*. "I feel like I'm living in one of my prints," she says. The front room already had perfectly placed hooks and spotlights, so hanging her art was no headache. "In fact, this house really had my name on it."

Louise's work comprises a mixture of mediums, including photography, illustration and textiles. Her ideas stem from everything and anything around her, and often take a geographic slant – like





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her Hong Kong ferry edition, for example, which is also her top seller. Her latest print, “We Love Hong Kong”, was inspired by her love of that city and includes glimpses of the Peak Tram, Repulse Bay and Stanley Pier, using Louise’s own photography mixed with various mediums and vintage imagery. Her limited-edition designs run up to 100 prints only, and she hand-finishes each one with gold ink.

Louise’s studio and office spaces are works of art in themselves, with her latest designs laid out on the workbench, and bits and pieces she’s picked up on her travels dotted around. These include beautiful silks with intricate designs, ceramics, and plenty of colourfully decorated tea flasks, which you can spot in many of her prints.



ABOVE The Indonesian daybed is second-hand, the white cabinet and silver stool are from FairPrice Antique, the tea flasks on top are just a small part of Louise’s collection, and the disco ball is from Stanley Market in Hong Kong.

LEFT The master bed is from Originals, one of the few pieces in the house bought first-hand by Louise.

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“I missed the grit, the heartbeat and the colour of a local area, something we’ve got here now”

OPPOSITE

Louise has a huge collection of ceramics, textiles and other pieces that ultimately influence her artwork.

ABOVE

Just some examples of Louise’s artwork hanging in the living space.

Next Steps

Louise’s mother is a knitwear designer and her father a graphic designer, as was her brother, so it comes as no surprise that creativity runs in her blood. “I find I have an absolute need to work. I work all the time; the only time I’ve never worked was the first few years we lived in Shanghai when the boys were three years old, so that was enough!”

Louise is hard-pressed to think of much she does apart from her work, but admits she loves keeping an eye on fashion; “I’m obsessed with the creative director at Gucci at the moment, who’s been coming up with these amazingly fun creations. I get a lot of inspiration from fashion.” She also enjoys cycling along the East Coast, experiencing the grittiness of her local

area, and exploring her new city with her camera, while also keeping an eye out in shops and markets for suitable props for her designs.

Louise clearly has an ability to assimilate into many situations – exemplified by the fact she has moved home and country so many times. “I feel like I’ve lived three lifetimes already. There’s definitely something nomadic in me – always an adventure to look forward to; and I’m not very good at sitting still.” She then counters this by saying she’s looking forward to staying put for a while; and while somehow I don’t believe her, for now, and for at least the next two years, this East Coast shophouse will serve as her inspiration.



Recommendations

Eats & Drinks

Ding Dong Restaurant
115 Amoy Street
6557 0189 | dingdong.com.sg

Meat Liquor
99 Duxton Road
6221 5343 | meatliquor.com.sg

My Awesome Café
202 Telok Ayer Street
6222 2007 | myawesomecafe.com

Potato Head Folk
36 Keong Saik Road
6327 1939 | ptthead.com

Satay by the Bay
18 Marina Gardens Drive
sataybythebay.com.sg

Tippling Club
38 Tanjong Pagar Road
6475 2217 | tipplingclub.com

Health & Leisure

CHI Health
45 Rochester Park
6776 2288 | chi-health.com.sg/rochester

The Capella
1 The Knolls,
Sentosa Island
6377 8888 | capellahotels.com

Expat Hair Studio
422 Joo Chiat Road
6444 7929 | expathairstudio.com

East Coast Park
East Coast Park Service Road
nparks.gov.sg

Ordinary People
ordinarypeople.ink

Tanjong Beach Club
120 Tanjong Beach Walk
9750 5323 | tanjongbeachclub.com

Home & Décor

Arts in Mind Framers
#01-05 Print Media Hub
61 Tai Seng Avenue
6635 1900 | artsinmind.asia

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

Property Guru
propertyguru.com.sg

Interior Design Journey
9062 7974 | interiordesigninjourney.com

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louise-hill-design.com

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Katong Cool

Inspiring Design from HomesToLife

Hot on the heels of their new flagship store at 65 Mohamed Sultan Road, home furniture and furnishings destination HomesToLife has re-worked its magic in the East with a total revamp of its space at 112 Katong.

Originally a pop-up store, HomesToLife has transformed what was a temporary offering into a permanent fixture, with masses more space to showcase their gorgeous collection of furniture and homewear. They've kept, and expanded on, all the things their customers loved about the pop-up store, including a place to rest and refuel. Here is a look at some of the reasons to check it out, and, as you'll see, it's not just your home that will thank you, it's your kids and your tummy too.

Furniture for every desire

A casual wander through the store immediately rewards with a wide range of styles and options. Furniture and accessories are displayed in themed settings that create a particular mood and inspire your inner designer. Take the rustic red Cetus sofa in the "Classic Manhattan" setting. A mix of modern and classic, it sits in a monochromatic space that really makes the leather couch stand out. The simple black-and-white surroundings add an air of urban chic. Paired with the sleek lines and mustard brown of the Ekos dining table and chair set, it gives the impression of being in a classy New York loft.

Around the corner the ambience changes again, this time to a vibrant, fresh Scandinavian style. The star of a "Taste of Summer" is the Haysel sofa. A zesty yellow three-seater, it is a burst of sunlight against the crisp white brick wall. An easy chair and ottoman in Tiffany turquoise and emerald green add more flashes of colour, creating a space that is perky, bright and filled with energy.

ABOVE
Ekos dining table, \$1,659, and chairs, \$399 each

RIGHT
Bring a touch of summer sunshine to your home with the Haysel 3-seater sofa (\$1,519); Pouf ottoman, \$429; Web carpet, \$1,399

BELOW RIGHT
Take five: grab a coffee and a bite to eat at Gastrosmiths





FROM TOP Go for “Classic Manhattan” chic with the red rustic leather Cetus sofa, from \$3,499, and Cetus leather bedframe, \$3,109

From tipis to toys, there's something for all the kids. Bloomingville Mini Tipi with sleeping animals, \$299

The Voyager collection of handcrafted leather bags is sure to bring out the stylish traveller within; prices range from \$19.95 to \$349



Gorgeous accessories

From cushions to candles and everything in between, you'll find just the thing to add the finishing touches to your home. We particularly like the Notre Monde (notremonde.com) range of serving trays. A decorative combination of mirror and wood, each tray is one-of-a-kind. Made by hand using traditional techniques and materials, they're subtle, sophisticated and the epitome of serving things up in style.

Another standout from the accessories range is the Voyager collection of leather wallets, travel bags, handbags and pouches. These sleek, classic designs are handmade using fine leather, and are the kind of thing that only gets better with age. With lots of masculine styles, this is a great place to look for gifts for those hard-to-please men in your life.

Cool kids' collection

If you haven't got children, the HomesToLife kids' section will likely leave you wishing you had a whole troop of little rascals just so you could come here to decorate their rooms. The toys from French brand Doudou et Compagnie (doudouetcompagnie.com) are designed to embody a mix of tradition and modernity. Their trademark *doudous* or comforters come in all manner of shapes and sizes, but they're all super soft and snuggly and bound to be a hit with any baby.

Then there are a host of playful accessories from Dutch designer Anne-Claire Petit (anneclairepetit.nl), whose signature crochet animals look as good as they feel. As hard as it might be, resist the temptation to crawl inside the on-display tipi from Danish brand Bloomingville (bloomingville.com). Designed in quality, cream-coloured canvas with natural wooden poles, you can just tell it's going to be the starting point for all kinds of childhood adventures.

All-day dining

When customers told the HomesToLife owners that they loved having an in-store café, that feedback was taken to heart. The new in-house eatery, Gastrosmiths, is more than just a place for coffee and pastries, it's an all-day dining hangout where customers can take a break from browsing furniture, enjoy a business lunch or get together for dinner with friends. But whether they come for the food or the furniture, it's definitely a symbiotic relationship. “We find most of Gastrosmiths' diners will come over to browse our products and our shoppers will take a look at the menu,” explains Phua Bo Wen, Senior Manager, Retail Excellence at HomesToLife.

The menu works its way across continents, serving up modern interpretations of dishes from Asia and the West, which make it appealing to a wide range of palates. Light bites like the Mushroom Escargots or the Aged Cheddar Grilled Cheese made with Somerset vintage cheddar are great for snacks or starters, while the Fisherman's Mee Sua, the Signature Hokubee Ribeye Don and the USDA Prime Ribeye served with pureed potatoes and spinach will easily satiate bigger appetites. If you've still got room for dessert and are feeling adventurous, try the Gorgonzola, a combination of creamy Italian Gorgonzola cheese, black truffled honey, almond crumble and vanilla seed ice-cream – go on, we dare you!

HomesToLife
112 East Coast Road, #03-04/05/06
6443 0658 | homestolife.com

HomesToLife home décor promotional feature

TIMELESS ELEGANCE

PHOTOGRAPHY MICHAEL BERNABE

We take a closer look at the range of French and Victorian-style furniture at **Victorian Flair**, and find out from owner CAROLINE SIM why she came to open such a store in the first place.

Queen size
Provencal Sassy
bed frame (one free
bedside table with
purchase), \$2,990



The regal elegance of French- and Victorian-style furniture can add a certain *je ne sais quoi* to a room. These ornate and opulent designs proved popular with royalty and dignitaries during the 19th century, and continue to be a well-liked choice today.

One such fan is Caroline Sim, who opened her store Victorian Flair in 2011. “I’ve loved interior decorating since my youth, and I fell in love with this style when scouting for furniture for my then new house eight years ago.” Her store now carries a range of reproduction pieces made from mahogany wood and carefully handcrafted by experienced, licensed artisans. “Most items, especially the sofas, chairs and bedside tables, are in a reduced size; this means they’ll fit well in most apartments, befitting our city-living lifestyle.”

The store gets new arrivals every four months, and soon to be added are coffee tables, armchairs, dressers, altar tables and more dining sets. Many are improvised from original designs, which allows customers to own unique and exclusive pieces from the company at more pocket-friendly prices in comparison to original items. “Aside from this, we also accept bespoke orders, and we’re able to fabricate items according to customer’s specs and designs.”

The store doesn’t just sell larger furniture products; you’ll also find smaller pieces such as clocks, lamps, picture frames, candles and flower arrangements, which make nice additions to your own home, or great gifts for friends or family.

For Caroline, there’s no alternative in terms of home décor style. “I find this look is timeless and so elegant, and it can really complete your home.” *el*

Victorian Flair
#06-12 Mapletree Industrial
Block 998 Toa Payoh North
6297 4291 | facebook.com/victorianflairpl



CLOCKWISE FROM TOP

Baroque wall shelf, \$1,388; Kids’ size rattan love chair, \$350; Buffet hutch, \$2,600



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"A place for everything and everything in its place." Benjamin Franklin may have spoken those words more than 300 years ago, but they still sound like good advice today. Whether you're on the hunt for a neat cupboard or chest to store away your belongings, or a striking console or shelving unit to display your wares, here's our roundup of storage furniture to give you some ideas.



This component shelving by String is extremely versatile and flexible, and can be extended in all directions. **Danish Design**

19th-century British colonial
teakwood campaign chest of
drawers with details in rosewood,
The Past Perfect Collection



Early 20th-century document
cabinet in laurel wood from
Shanghai, **China Collection**



Chinese kitchen cabinet in elm
and fir, **Woody Antique House**

Rustic blue sideboard in elm,
Woody Antique House



Solid wood multi-drawer cabinet,
Deeb Designs



Aiden multi-drawer chest
in mango wood and iron,
Galanga Living

Photo: Arete Culture



Antique tapered cabinet from Zhejiang, approximately 100 years old, **Just Anthony**



Bookshelf in solid teak with glass doors, **Scanteak**

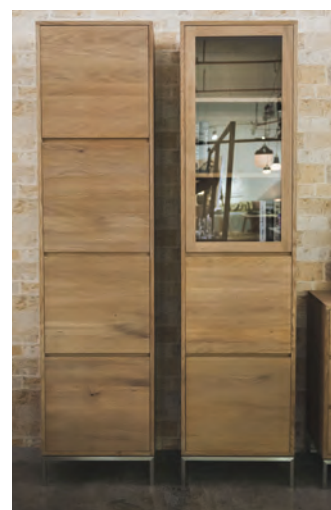


Nomad Java Havelock three-door teak sideboard, **Originals**

Universo Positivo walrus sideboard, **Ethnicraft Online**



Bali chest of drawers, **Ni-Night**



White lofty vertical storage cabinet, **Mountain Teak**

Nomad India white cabinet with blue interior, **Originals**



S3 sideboard storage in oak by Andersen Furniture, **Danish Design**



Wardrobe in burl veneer with soft mist finish and dark bronze metal base, **Taylor B**



Kiko display shelving, **Gallery 278**



Hikaru bookcase, **WTP The Furniture Company**

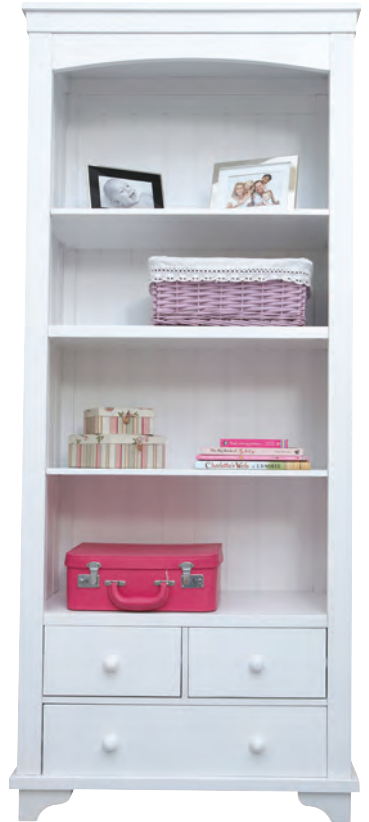


Gray Indian shelves, **Artful House**



Oak Z rack, **Ethnicraft Online**

Large bookshelf
in solid hardwood,
Ni-Night



Hart cabinet deconstructed,
Gallery 278



Display cabinet in mahogany wood,
Victorian Flair



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Teak wave sideboard, **Ethnicraft Online**



Fiske sideboard in teak, **Scanteak**



Krate cabinet by Karpenter, **Mountain Teak**



Dutch colonial satinwood and ebony chest on stand, **The Past Perfect Collection**



Long black sideboard with rattan top, **Just Anthony**

Photo: Arete Culture



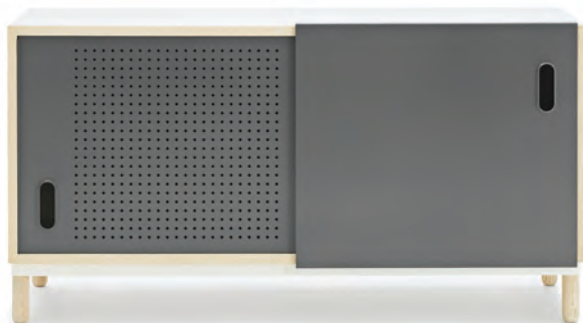
Over-painted mid-19th-century scholar's cabinet from Shanxi Province, **China Collection**



Black leaf-pattern bone-inlay cupboard, **Hacienda Blue**



Intricately carved Indian bridal chest with central panel, **Artful House**



Kabino sideboard, **Kuhl Home**



Full white metal cabinet, **WTP The Furniture Company**



Botanical chest by Caracole, **Taylor B**



Modern Baroque sideboard and upholstered doors, **Victorian Flair**



Interior décor by **E&A Interiors**



Children's Theo table with storage box, **House of AnLi**



Interior décor including inbuilt storage by **E&A Interiors**



Michelle console, **Arete Culture**

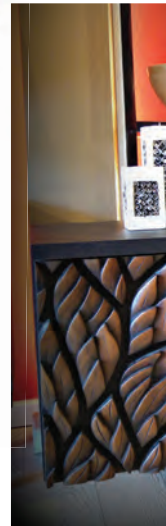


Antique side table, **Deeb Designs**



Numero iron chest, **Galanga Living**

Umbrella basket in natural rope, **House of AnLi**





Skovby multi-functional dining table,
Danish Design



Range of canisters, **Hacienda Blue**



Amsterdam console, **Rimba Gallery**

Stockholm console, **Rimba Gallery**



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Moving home and don't have room for that precious gong from Pudong? Do your ancient fertility masks clash with your new apartment's décor? Fear not! You can always place any excess items from your home into a self-storage facility. We spoke with the team from **EBC Lifestyle Hub** to find out why this kind of storage can be a great solution.

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Customers have 24-hour access to their stored items seven days a week. The beauty of self-storage at EBC is the flexibility of coming by any time, day or night, without needing to notify anyone.

#2 SIZE

EBC offers a range of storage sizes, from half-height lockers to jumbo-sized units. Customers also have the option to take up separate units to add up to their desired size, at the same price.

#3 FLEXIBILITY

While EBC can accommodate customers for as little as one month, they've also had a storer who took up a five-year rental period and paid upfront to enjoy the maximum discount. This discount is applicable over a two-year rental period where the rent is paid up front; there is no refund for early termination, and a minimum 14 days' notice is required.

#4 SECURITY

CCTV monitoring is present all around the building and in the corridors of the storage units, and is maintained and upgraded regularly. The CCTV screens are also shown at the security guard house and reception area for real-time observation. Customers receive a unique user access pin-card code as another security layer. There's also a padlock fixed to each unit, and a facilities team patrols the units on a daily basis. Lastly, security personnel have a schedule to patrol the building every few hours.

#5 PRICE

A half-height locker can go for as little as \$35 per month based on the annual upfront payment rate. This is affordable for customers who are going for short trips back home and need to clear their rented room during that period. The space is big enough to keep at least three normal-sized pieces of luggage and some small boxes.

A medium-sized walk-in storage unit can go for \$140 per month, again based on a year's upfront payment rate. The height of the unit is 2.7 metres, which is generally larger than a typical storeroom in an HDB apartment.

These prices are for non-air-conditioned units; for air-conditioning, the prices are around 30 percent higher. For wine storage, prices start at \$108 per month for a half-height locker, before the upfront discount. *a*

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STREET TALK

AN INSIDER'S GUIDE TO LIFE IN THEIR 'HOOD

THE SPECIFICS

Where do you live?

Surrey Road.

Exact words you tell a taxi driver to get home?

"Just off Newton Road, next to Hotel Royal."

What's the name of your neighbourhood?

Newton Road.

Closest MRT station?

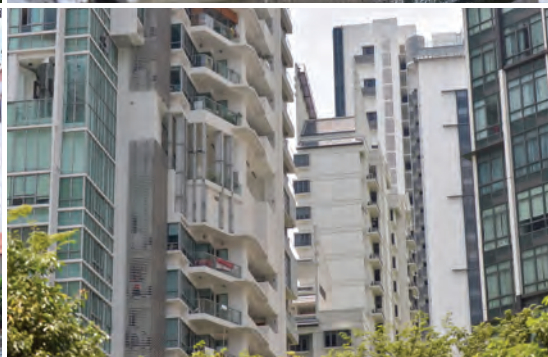
We're right in the middle between Newton and Novena stations.

How long have you lived here?

Three years.

Why here?

It was the best compromise – somewhere that was equidistant from both my workplace and my partner's. Also, it's close to a supermarket and a bus stop, and a stone's throw from Orchard Road.





Name: Niamh Drohan
From: Ireland
Occupation: Project Manager at Apple



THE SCENE

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

Lots of condos; it's largely a residential area.

The closest store to your front door is:

United Square, the unofficial kids' mall – good luck trying to navigate your way around there on a Saturday or Sunday afternoon!

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

A Japanese version of *Desperate Housewives*!

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

Standoffishness (is that even a word?!). When we meet our neighbours in the lift or at the pool, we barely get a "Hello" or "Good morning" from them!

The unofficial uniform of your street is:

Very casual: shorts, t-shirts and flip-flops.

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

Head to the local food court for a chicken rice or grab a curry puff from Old Chang Kee. I reckon it doesn't get much more authentic than that.

If you're missing home, you:

Crack open our freezer supply and invite friends around for a big Irish fry-up breakfast: Clonakilty sausages, black pudding and rashers!

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

PigsFly, just around the corner. It's a cool restaurant and bar that offers lots of different cuisines, from Thai to Japanese to India.

You'd swap houses in a second with:

Anyone living in the condo Soleil @ Sinaran – the facilities are to die for.

A common myth about your neighbourhood is:

There is a perception is that rent is super high where we live, but we managed to snap up a bargain. There are actually plenty of bargains to be had in the current economic climate, and rent prices coming down.

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

The noisy neighbours next door as they house the casts from travelling musicals and shows at the serviced apartments next door. They love a late-night swim and sing-song!

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

Happening in the car park of Hotel Royal. Many a night I've sat watching the amusing late-night antics of revellers stumbling from the hotel bar.



THE SUPERLATIVES

Your hands-down favourite neighbourhood joints are:

- Pete's Place at the Grand Hyatt, which is five minutes on the bus from us, does amazing pizza. If you're feeling lazy, they're on Deliveroo and the pizza always arrives piping hot.
- The Clueless Goat is a great breakfast spot; you can't beat the smashed avocados and poached eggs on sourdough toast.
- Nickeldime is a draft house with craft beers from all over the world; keep an eye out for their food specials, such as one-for-one meatballs on Wednesdays.
- It's hard to resist a *prata* from Jalan Kayu Prata Café in United Square on a hungover Sunday afternoon.
- Skyve is a winner for brunch, lunch or dinner and is nestled away in a quiet spot on Winstedt Road.

You won't find better local food than at:

Newton Circus Hawker Centre.

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

A taxi stuck between a wall and a signpost. (Not sure how it even got there!)

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

Little India is a 20-minute walk away and the Tekka Centre has a wide range of seafood, spices, fruit and vegetables, and fresh flowers.

The guiltiest pleasure in your area is:

Brian my partner is partial to a Kopi-O from Toast Box every Saturday morning and I love a Vietnamese baguette from Banh Mi 888 in United Square.

One thing you'd never change is:

The close proximity to a bus stop. There are really good connections to most spots in Singapore from right outside our front door.

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

The incessant car-horn beeping from people whenever traffic builds up. It's

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.

a busy spot with lots of "enrichment classes" taking place nearby. People just love to double-park – blocking the road when dropping their kids off.

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

Bring in lots of new bars and restaurants, as the choice is quite limited. We'd love if our neighbourhood became the next Tiong Bahru. Also wouldn't mind some air conditioning on the under-passage to Novena MRT – the walk to and from the train is sweltering. *a*



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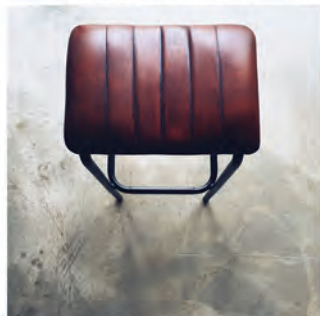
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ARTS & LEISURE



ArtScience Museum

106

On the Wall: Art exhibitions to check out this month

108

Approachable Art: Your guide to this month's Affordable Art Fair

110

On the Stage: Not-to-be-missed theatre productions and concerts

112

Monkey Around: What to expect from Wild Rice's *Monkey Goes West*

On The WALL

What's on Singapore's art scene this month

GEOMETRIC GEMS

If you haven't yet gotten the chance to see **Journey to Infinity: Escher's World of Wonder** at the ArtScience Museum, not to worry – there's still time to catch the eye-catching exhibition, which explores the interrelationship between art and science, as seen by renowned Dutch graphic artist M.C. Escher. Featuring over 150 original works, the exhibit is a retrospective of Escher's sketches and paradoxical designs, beginning with his early prints and drawings, followed by his work on tessellation (the arrangement of shapes closely fitted together, and repeated without gaps or overlapping) and transformation of shapes – a unique feature of his art that blends fantasy and geometry. Adults and kids alike are sure to get a kick out of Escher's world of seemingly impossible architectural constructions and optical illusions, particularly the interactive tessellation puzzle and distorted Escher's Relativity Room. See it from now until early 2017. marinabaysands.com/museum



ARTSY AMBLE

On 5 and 6 November from 11am to 7pm, artists in Wessex Estate will open their doors for the biannual **ArtWalk@Wessex**, an opportunity to visit the studios of local and international professional artists living and working in the historic complex of 1940s black-and-white houses and walk-up apartments in lush Portsdown Road. It's also a chance to buy directly from the artists, who work in a variety of media, and find out about their inspirations and techniques first-hand. The weekend walk is free and self-guided, with maps available at every studio. Check facebook.com/artwalkwessex for updates.



PHOTOJOURNALISTIC FEMALES

Until 20 November, Objectifs gallery presents its second edition of **Women in Film and Photography**, a showcase of independent features and short films, and documentary images by female photographers from around the world who have been associated with the Magnum Foundation, a non-profit organisation that champions photojournalism to promote social change. Featured works address all kinds of global issues – from occupational disease in China to perceptions of women in the Middle East – depicting the triumph of the human spirit under difficult circumstances. Free exhibition entry and \$5 per screening. For more information, visit objectifs.com.sg.



Photo Credit: Heba Khalifa

Affordable Art Fair

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APPROACHABLE ART

To help you plan ahead for your trip to the **Affordable Art Fair**, happening this month from 18 to 20 November, here's a sneak peek at what to expect.



ANTICLOCKWISE FROM TOP

Blue by Zestro Leow Wen Jin, ceramic stoneware (12cm x 10cm x 22cm); edition no. 3, 2014, \$1,000
Kato Art Duo

No Title by Nissa Kauppila, watercolour and ink on paper (111cm x 81cm); unique piece, 2015, \$4,750

KF ART SPACE

Light Grey Flowers by Julie Hendricks, oil on canvas (80cm x 60cm), 2016, \$3,500
Lee Ban Lu Gallery

Same sheep shot by Eddie Botha, Indian ink on mixed media board with electric components (86cm x 70cm), 2016, \$999
Jennifer Shah Gallery

Green Grass by the River by Goh Beng Kwan, collage on canvas (51cm x 51cm), 2015, \$3,500
Art Forum

City-44 by Thierry Hoyau, stainless steel and photography on wood (19inch x 24inch), 2016, \$2,210
Artéria



Since its debut in 1999, the Affordable Art Fair has become a leading showcase of contemporary art across the world, with over 412,000 artworks sold at its many events across the globe. A diverse selection of contemporary artworks from over 600 international and local artists, represented by over 80 galleries, will be featured at this month's Singapore edition, spanning a variety of styles and mediums, from paintings and sculptures to photography and mixed media.

The beauty of the fair is that you don't need to be an art connoisseur or a millionaire to be able to enjoy and buy art pieces. There's a wide range of prices on offer, from a maximum of \$15,000 to as low as \$100 – in fact, 75 percent of the works featured are under \$7,500. And, of course, don't miss the popular "Under \$1,000 Wall"!

If you're looking for a fuss-free browse, drop the kids at the Children's Art Studio, where they'll be well taken care of by the Children's Art Studio provider, Little Artists Art Studio – kids aged four and up will be treated to artsy workshops. Then, grab a coffee from Common Man Coffee Roasters – they'll be there to give you some fuel! – and get shopping. You can also ponder your purchases over lunch at Bistro 1855.



NEW AND NOTEWORTHY

- New galleries to look out for include KF ART SPACE (China), featuring American artist Nissa Kaupilla showcasing her watercolour and ink artworks featuring birds, and Noeli Gallery (China), where you can check out figurative artworks by Fan Shiqiang.
- Notable additions to this year's fair include photographer Daniel Reiter, represented by LUMAS (Singapore), and artist Eddie Botha from Jennifer Shah Gallery (Palm Beach, Australia).
- Expect works from modern Singaporean artists Goh Beng Kwan and Tay Bak Chiang, and popular international artists such as Stiliana Alexieva (Bulgaria) and Dedy Sufriadi (Indonesia).

- Don't miss original works by the eight finalists of the Young Talent Programme 2016/2017 exhibition, in collaboration with ION Art.

EVENT HIGHLIGHTS

- Take part in free Art Education Programmes including gallery talks, live art demonstrations, photography workshops, ceramic workshops by Wessex artists and

a special talk on art therapy. *Note that tours will not be conducted for this edition of the fair.*

- Look forward to a range of innovative art performances, live art demos and great music at the Arty-Licious Evening on 18 November. Affordable Art Fair will donate \$1 for every ticket purchased (including Arty-Licious Evening) to local charity, The Woodbridge Hospital Charity Fund (WHCF).



Visit the Affordable Art Fair from 18 to 20 November at F1 Pit Building, 1 Republic Boulevard. For ticketing information and updates, visit affordableartfair.com/singapore.

On The STAGE

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

SOCIOPOLITICAL SHOWDOWN

This month, Singapore Repertory Theatre (SRT) presents the Pulitzer Prize-winning play **Disgraced**, about a New Yorker of South Asian descent who has worked so hard to achieve his American Dream – a successful law career, a beautiful American wife and a wardrobe of \$600 custom-tailored shirts – only to see it unravel during a heated dinner party conversation about his culture and identity. Nate Silver, who was involved with the Tony-nominated Broadway production, directs SRT's version of the show here in Singapore, which runs from 16 November to 4 December at KC Arts Centre – Home of SRT. Tickets from Sistic. srt.com.sg

A MIX OF MUSIC

Outdoor music and arts festival **Neon Lights** is back for a second edition on 26 and 27 November, taking place across multiple stages at Fort Canning Park. Saturday's lineup features English indie rock band Foals and legendary American hip-hop outfit The Sugarhill Gang, along with Neon Indian, Crystal Castles and British singer-songwriter Lucy Rose; highlights from Sunday include Icelandic post-rockers Sigur Rós and Swedish indie-folk musician José González, along with Blood Orange, The Tallest Man on Earth and other artists. Tickets from neonlights.sg.



AN INDIAN CELEBRATION

From 18 to 27 November, catch the 15th edition of **Kalaa Utsavam**, the annual 10-day festival that celebrates Indian arts during the period of Deepavali, with a selection of classical and contemporary, musical, dance and theatrical performances by acclaimed Indian artists from Singapore and beyond. For a full lineup, visit esplanade.com/festivals-and-series. Tickets from Sistic.

COMING UP!

MUSIC AND MAYHEM

Singapore's electronic music party **ZoukOut** is back for its 16th edition, offering yet another year of dusk-to-dawn revelry, on 9 and 10 December. Held at Siloso Beach, Sentosa, this year's dance and music festival will feature acts including Fritz Kalkbrenner, Hot Since 82, Hardwell, GTA, Lost Frequencies and Tiga on Day 1, and Alan Walker, KSHMR, Martin Garrix, RAC, Snakehips, Tokimonsta, Zedd and Wiwek on Day 2. Tickets from zoukout.com.



HELLO, CELLO!

This month, the **Singapore Symphony Orchestra** (SSO) presents two nights of music featuring renowned cellist Yo-Yo Ma playing with the SSO and the Silk Road Ensemble at the Esplanade Concert Hall. On 11 November, audiences can look forward to Yo-Yo's performance of Elgar's "Cello Concerto in E Minor", and SSO Music Director Lan Shui conducting Kayhan Kalhor's "Silent City" with the Silk Road Ensemble; on 12 November, Yo-Yo will perform with the ensemble and partner with renowned Chinese musician Wu Tong for Zhao Lin's "Duo", a double concerto for cello and *sheng*, a traditional Chinese woodwind instrument of 17 bamboo pipes; the second night will also include Dmitri Yanov-Yanovsky's "Sacred Signs Suite", which draws parallels between Russian instrumental traditions and diverse instruments such as the *sheng*, *pipa* and *kamancheh*. Tickets from Sistic. sso.org.sg



AT THE BALLET

From 22 to 24 November, the internationally acclaimed St Petersburg Ballet returns to Singapore to present a full-length classic production of one of the world's most famous ballets, Tchaikovsky's ***Swan Lake*** – about a young prince who falls in love with the Swan Queen Odette, a young woman transformed into a white swan by an evil sorcerer. See it at The Theatre @ MediaCorp. Tickets from Sistic. facebook.com/slidingdoorsentertainment



MORE BALLET FOR THE DIARY

CHRISTMAS CLASSIC

From 7 to 11 December, Singapore Dance Theatre (SDT) presents the ultimate Christmas classic, ***The Nutcracker***, at Esplanade Theatre. This version brings audiences on a journey through turn-of-the-century Shanghai, with familiar characters such as Clara, the Snow Queen, the Sugar Plum Fairy and her Cavalier. Tickets from Sistic.



FOR KIDS

FABLE FUN

From 4 to 6 November, youngsters three and up can enjoy ***Aesop's Fables: The Town Mouse & the Country Mouse*** at SOTA Drama Theatre. A musical adaptation of the classic fable, this interactive production from The Pied Piper Theatre Company in the UK incorporates audience participation, songs, dance, rhymes and comedy to teach lessons of friendship and kindness. Tickets from Sistic.



Monkey Madness

RETURNS

Pantomime season is upon us, which means it's time for Wild Rice to roll out its annual musical extravaganza. This year, the theatre company brings back **Monkey Goes West**, a cheeky retelling of the beloved Chinese fantasy classic set in modern-day Singapore, about a fearless foursome – including an orphan-on-the-run, a mischievous monkey king, a brave pig warrior and a stubborn but loyal ogre – that embarks on an adventure fraught with trials and tribulations at every turn. We asked director SEBASTIAN TAN about what we can expect from the performance, which is packed with catchy songs and gags to entertain the entire family.

Tell us about this year's production of *Monkey Goes West*. How is it different from the 2014 show?

This year's production is basically for people who missed our sold-out run in 2014, and for those who had so much fun watching it and can't get enough of it. While the overall story remains the same, the show features new choreography, shadow puppetry and some new cast members – including Darius Tan as King Bull, and new First Stage Kids. The show will be staged in a different and slightly bigger venue, the Drama Centre Theatre, so expect a bigger, better production!

How has this old Chinese tale been adapted to current-day Singapore?

It's localised with a parallel story between a Singaporean family and the legend that is *Journey to the West*. Watch it to see for yourself just how that is done!

What do you love most about the story?

I love how it's a very Singaporean story of a local family, seen through the eyes of our main character, Ah Tang. But it's also about how his world gets intertwined with that of Monkey and his gang, as he goes on a journey with them that leads to self-discovery and a great adventure.

Who's your favourite character?

That's like asking a parent who his favourite child is. I won't choose – I love all of them! *EL*

See *Monkey Goes West* from 18 November to 17 December at Drama Centre Theatre. Tickets from Sistic. wildrice.com.sg



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On The SCREEN

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

BIG SCREEN



MOANA

Kids can look forward to an action-packed voyage when Disney's new animated film *Moana* opens on 24 November. The story follows an adventurous teenager who sails out on a daring mission to save her people; along the way, she meets the once-mighty demi-god Maui (voiced by Dwayne Johnson) and together they traverse the open ocean, overcoming many obstacles along the way.



FILM FEST

The **Singapore International Film Festival (SGIFF)** returns for its 27th edition from 23 November to 4 December, bringing together a mix of movies from filmmakers across the region. This year's festival, which takes place across various venues throughout the island including National Museum of Singapore Gallery Theatre, Shaw Theatres Lido, National Gallery Singapore Auditorium and The Arts House Screening Room, opens with *Interchange*, a noir fantasy thriller by one of Malaysia's most celebrated filmmakers, Dain Iskandar Said. Making its Asian premiere at the SGIFF after debuting at the Toronto Film Festival, *Interchange* – based on true events that took place a century ago, when Norwegian explorer Carl Lumholtz travelled through central Borneo – draws viewers into Borneo's traditional folklore and the mysteries behind a series of ritual murders that occur in Said's covert underworld. For more information, visit sgiff.com.

SMALL SCREEN

GILMORE GIRLS: A YEAR IN THE LIFE

The time has come for all you *Gilmore Girls* fans: on 25 November, Netflix is releasing four 90-minute episodes that bring everyone's favourite residents of Stars Hollow, Connecticut, back together. *Gilmore Girls: A Year in the Life* centres on Lorelai (Lauren Graham) and Rory (Alexis Bledel), and the rest of their gang, picking up on life nine years after the original programme ended.



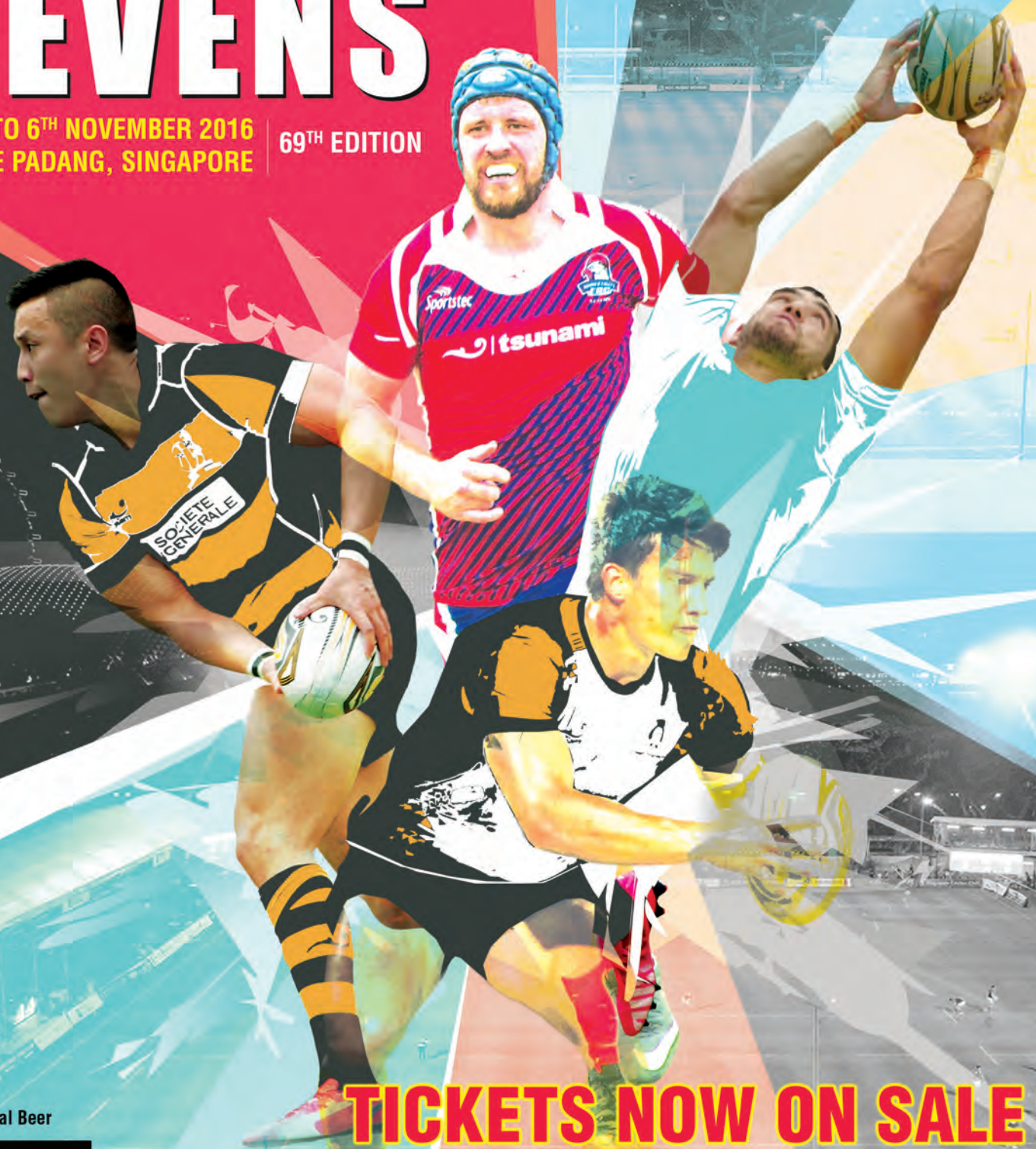
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On The PAGE

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

A Little Life

Hanya Yanagihara

Doubleday | 720 pages

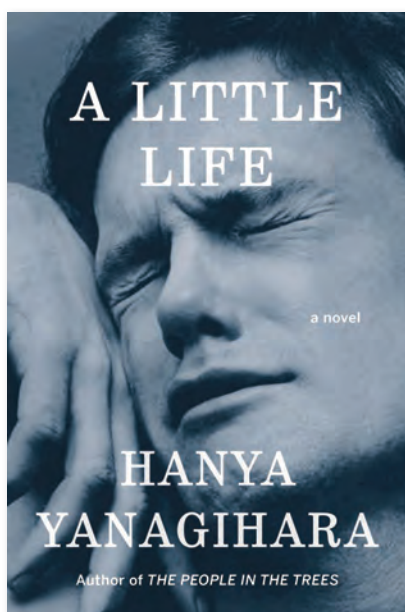
If you haven't yet read this book I urge you to pick it up immediately – don't be put off by its imposing length, as you'll be consumed by it for the entire 720 pages.

Shortlisted for the 2015 Man Booker Prize, this profoundly moving novel narrates the lives and friendships of four young men who meet at college in Massachusetts and move to New York to build their careers. They come from differing backgrounds and initially struggle to establish themselves in their chosen careers: Willem is an aspiring actor whose parents were simple farmers; JB is the son of Haitian immigrants and wishes to break into the art world; Malcolm is a would-be architect with wealthy, bi-racial parents. Little is known about Jude's childhood – he is enigmatic, sidestepping questions about his past and alluding to his prominent limp as the result of a car "injury" rather than an "accident".

As the book progresses, all four become wildly successful (perhaps improbably so, but this enhances rather than detracts from the story) and the focus narrows on to Jude. There are hints at the dark secrets in his past and, as the abuse and suffering he has experienced is gradually revealed, the graphic descriptions are shocking. Without giving too much away, the traumatic events of Jude's childhood have clearly shaped his adult character, leading to his feelings of worthlessness, self-disgust and episodes of self-harm. Just when you think he can't endure any more, the book takes yet another dark turn – bringing me to tears on more than one occasion.

It's a challenging read, which has been described as "bleak, disturbing and harrowing" and, while it is certainly all of those things, it's also a powerful story of love and enduring friendships that will stay with you long after you've finished reading.

– Rachel Ford



LITERARY EXTRAVAGANZA

Calling all wordsmiths and bookworms! Back for its 19th edition, the 2016 Singapore Writers Festival – one of the few multi-lingual literary festivals in the world, celebrating the written and spoken word in Singapore's official languages: English, Malay, Chinese and Tamil – delves into the human condition with the theme, "Sayang", a multilayered Malay word used as both a term of endearment, expressing love and adoration, and as reference to a bittersweet sense of lost opportunities. Taking place across various historic venues including The Arts House, National Gallery Singapore and the Asian Civilisations Museum, the 10-day festival features a total of 140 events, with over 330 participating literary talents including *Chocolat* author Joanne Harris, former CNN foreign correspondent and novelist Atia Abawi, American writer, host and producer of web series *The Nerdwriter*, Evan Pushchak, among others. From 4 to 13 November. Festival passes from Sistic.

singaporewritersfestival.com



What are you reading?



Katie Roberts,
Australian

A Year of Marvellous Ways

Sarah Winman

Genre? Fiction

How did you get hold of it? This was on my book club's annual list – a list guaranteed to throw up some surprises, and occasionally something truly captivating like this one.

What's it about? It tells the story of Marvellous Ways, a hermit-like 89-year-old woman who lives in a caravan on the bend of a remote Cornish Creek. Set in 1947, it relates her chance meeting with returned soldier Drake, and the development of their friendship against a backdrop of their respective chequered pasts, interwoven with the complex characters they cross paths with.

How far have you got? Finished it in a couple of days!

What did you think of it? Others have commented that it took a few chapters to get into the story, but I was hooked from the second page. The writing is magical, lyrical, almost poetic, and there are phrases – and a couple of whole pages – that I photographed to return to and read later. Most nights, I couldn't put the book down – even though I knew I had to turn the light off and sleep!



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 editorial@expatliving.sg. It won't take long!

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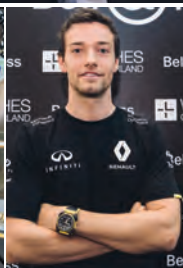
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Around Town



Star-studded Glamour

French luxury timepiece brand Bell & Ross held a meet-and-greet with Renault F1 driver Jolyon Palmer during his visit to Singapore for the big race. Jolyon took part in the Batak Challenge – a test of reflexes and hand-eye coordination on a special machine – alongside six finalists. A cocktail reception followed, hosted by Bell & Ross CEO Carlos A. Rosillo and featuring high-profile personalities.



Classic Rides

Event-goers were treated to a showcase of 20 vintage cars and panel talks by industry experts at the inaugural Luxglove Classic Car Weekend in September. It featured a range of high-performance and luxury cars such as the 1961 Ferrari 250 GTE and the rare Lamborghini Diablo. There were also live detailing sessions that demonstrated techniques such as chrome polishing and paint correction.



BACK BY POPULAR DEMAND!

Monkey Goes West

Written by ALFIAN SA'AT Music by ELAINE CHAN
Directed by SEBASTIAN TAN



a **WILDRICE** production

starring CHUA ENLAI · SITI KHALIJAH ZAINAL · JOSHUA LIM
DARIUS TAN · FRANCES LEE · KIMBERLY CHAN

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Bubbles and Bags

Dreamweave celebrated the arrival of its Autumn-Winter collection of Campomaggi leather goods with a champagne reception at its Shaw Centre showroom. A range of Galimard perfumes from France were also on show.



Ride Away

September's Motoring Heritage Day included Singapore's largest-ever display of vintage cars. Against the backdrop of former army barracks and the intimate atmosphere of Dempsey Hill, the one-day exhibition featured 30 immaculate pre-war vintage and post-war classic cars, and six motorcycles. Guests were treated to cocktails, and entertained with live music by local artists.



Cycling On

In September, Trekology opened its Cuscaden showroom, offering the latest cycling equipment, plus handy services to monitor your training and improve your riding position. The opening event included the auction of the revolutionary superbike 2017 Trek Madone 9.2, with proceeds going to the Children's Cancer Foundation.



60-Year Celebrations

Congratulations to the British Association on its 60th Anniversary, and thank you to the British High Commissioner, HE Scott Wightman, for hosting the celebratory event, and to all of those who gave their time to make it a success. From the Irish dancers to the Pimm's and fish and chips, it was a lovely day!



Wonderful Wines

At the Newcomer Night hosted by Bacco Wines and *Expat Living*, guests had the chance to get to know each other while sampling a range of organic and biodynamic boutique Italian wines. Not only was it a great event, but happily all the wines contained useful antioxidants that minimise next-day headaches!



Women in the Workplace

Dress for Success Singapore celebrated its first year of operations with a networking fundraiser at Novotel Clarke Quay. The organisation's aim is to empower women to achieve economic independence, and its next networking event will be held on 6 December.



A Concert of Note

The award-winning Australian World Orchestra's recent concert at the Esplanade Concert Hall met with rousing applause, not least for "The Witching Hour", a concerto for eight double basses by Australian composer Elena Kats-Chernin that had its international premiere on the night. Business heads from top Australian companies as well as government officials from both Singapore and Australia were in the audience.



"What I love about White Lodge is the longer school day gives me greater flexibility to work."



White Lodge now offers an extension to the daily programme from 8am to 5pm. Many mothers are returning to work and White Lodge wants to help them with child minding.

It's the simple things in life that count.

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www.whitelodge.edu.sg



Members of



LIFE & FAMILY



93 **Mementos & Gifts:** Special Singapore-inspired presents



138
Gold Medal Glory: Paralympics coach recalls a winning moment

143
Dating in Singapore: Some of the ways that singles find love

155
Education Special: What's new at international schools this month

What's New

Editor's Pick: The new Thermos one-push tumbler is exclusive to Singapore and inspired by a popular Peranakan motif, the peony. We like the leak-proof lid, too! \$49. thermos.com.sg



Royal Visit

This month, HRH Princess Anne is visiting Singapore, and on 3 November she'll attend a round of awareness-raising events in her role as president of the Mission to Seafarers Singapore (MTSS) and patron of Riding for the Disabled Association (RDA) – two leading Singapore welfare organisations. After a horse display and presentation of rosettes by Princess Anne to RDA beneficiaries, she will tour the MTSS drop-in centre at Jurong Port and meet volunteers, staff and seafarers. Then follows a reception on the luxury tall ship *Royal Albatross* and a performance by Paul Roberts, former lead singer of The Stranglers.

Girl Scouts Accolade

USA Girl Scouts recently named expat teenager Hanna Chuang as one of its ten National Young Women of Distinction, chosen from nearly two million registered Girl Scouts. Hanna co-founded a Rural Education and Development (READ) service club at the Singapore American School, to raise funds for and increase awareness of the READ programme in Bhutan. This outstanding Scout honour is given to those whose Gold Award projects demonstrate extraordinary leadership and make a sustainable impact. Find out more about USA Girl Scouts Overseas Singapore at singaporeusagirlscouts.org.



All About Kids returns with a super-sized edition featuring quality vendors and gorgeous products for kids and babies. The children will be happy while you shop, thanks to free bubble shows, arts and crafts, a jumping castle and face painting! – so why not make a head start on your Christmas shopping? Wednesday 30 November, 9am to 7pm, and Thursday 1 December, 9am to 6pm, The Pit Building, 1 Republic Boulevard. [facebook.com/EmmaLaueChildren](https://www.facebook.com/EmmaLaueChildren)



Dr. Catherine Lee
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Children begin losing baby teeth at age 6.

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Has your child been screened yet?



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Editor's Pick: Ever been stranded miles from a bathroom with a baby covered in ice cream, chocolate or dirt? For this and other messy scenarios requiring on-the-go clean-ups, keep a pack of Johnson's top-to-toe washcloths handy – no water necessary. \$6.90.



Scooting Sensations

The local distributors of trendy Swiss **Micro scooters**, White and Black Trading, are ready for the Christmas season with the launch of Micro's new deluxe range. Designed in eye-catching metallic colours, this is the boldest collection to date. And product improvements mean the deluxe Mini Micro can take a passenger weight of up to 35kg, while the Maxi Micro can carry up to 70kg. Let's get scooting! whiteandblacktrading.com

School Bells

Registration is open for the 2017 intake at **The White House International Preschool** for children aged 18 months and above. Make a date to explore the Bukit Timah campus and find out about the international preschool curriculum. *Exclusive: Expat Living* readers will receive a registration fee waiver and a \$300 credit for sign-ups before 30 December. 644 Dunearn Road. 6464 6088 | thewhitehouse.com.sg



Luxury Motoring

The new **Volvo S90** and **Infiniti Q30** are now available at Wearnes Leasing, hot on the heels of their launch in September. Leasing packages are available from \$2,450 per month. Speak to a Corporate Leasing Consultant about a vehicle to suit your lifestyle. 45 Leng Kee Road. 6876 5063 | wearnesleasing.com



One Plus One

DetecThink is an **educational gaming app** created to help children learn mathematics through a series of fun, interactive detective games designed to stimulate creative problem-solving and analytic skills. They'll practise maths by solving addition and subtraction problems to advance through the game and unravel a detective mystery. Download free from the iTunes App Store; the first four chapters are free, and full access is \$6.98.



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Windel Milk Cream Advent calendar at \$16.95*

01-18



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01-11/12



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01-07/08



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02-07



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01-16



PAUL BAKERY

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03-14



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*Available from 14 Nov. (*Min 2 persons to dine).

03-08A



THE CHILDREN'S SHOWCASE

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03-17



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*Terms and conditions apply. All featured offers are valid from 1 to 30 Nov 2016 unless otherwise stated, and are subject to change without prior notice. Promotions are not valid with other discounts and/or promotions, privilege cards or discount vouchers. All offers are valid while stocks last. Please check in-store for more details.

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Starfish and Sea Turtles

Give the kids a break from chasing Pokemon's virtual creatures, and introduce them to some real ones instead. A new **nature tour** promises to whisk you away to an uninhabited island, just 30 minutes from Singapore, where you can encounter seahorses, starfish and, if you're lucky, perhaps a turtle and a dugong.

Traditional ways of life are being eroded by rapid coastal development in Malaysia, and this trip gives you a chance to help those affected, with proceeds benefiting the local fishing community in Johor. To book (for small groups only), contact serina_mola@yahoo.com. ►



Help a Philippine Village

Nowhere is feeling the heat of climate change more than the Philippines, and **WWF-Singapore** is lending a helping hand by "adopting" a village in Masbate, one of the country's poorest provinces, where more than half the population lives in poverty. Record temperatures in this area over the past 12 months have dried up the water sources and caused crops to fail, and WWF is providing the village with container farming and rainwater capture systems to keep the community fed. Find out how you can help at wwf.sg.

Get Involved

Want to find out more about environmental and sustainability issues? Every month, the local chapter of **Green Drinks** holds informal talks over a beverage or two. This non-profit environmental movement started in London in 1989 and is now active in 800 cities. You never know whom you'll meet, as the group connects community, green businesses, activists and government, for knowledge sharing and collaboration opportunities. sggreendrinks.wordpress.com

Also, check out Eco-Business for in-depth analysis of environmental issues – from transport to waste, urban planning and water. This website and weekly e-newsletter is a mine of information. eco-business.com ▼



Choosing Sustainable Seafood

In October, WWF-Singapore launched the **Singapore Seafood Guide 2016** to help consumers make informed choices about the seafood they buy. The guide includes 41 seafood species commonly found in shops in Singapore, of which a mind-blowing 75 percent, or 31 species, are marked with "avoid" or "think twice". New entrants on the list of fish to pass up include silver pomfret, yellow-banded scad and Indian threadfin, joining the likes of rays, sharks and bluefin tuna. The *Seafood Guide* empowers everyone to make conscious choices that will help prevent the unsustainable exploitation of fish stocks. ▲

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Back to Basics in Bali

In 2007, Canadian JOHN HARDY sold his successful jewellery business and moved to Bali. There, driven by a passion for sustainability, green education and bamboo, he and his wife Cynthia co-founded the **Green School** and initiated other environmentally friendly enterprises. The sustainability advocate was in Singapore recently to share his vision of a greener world – which, he suggests, starts with you and me.



“We designed a world that doesn’t work – and now we have to design a world that does work.”

You’ve achieved remarkable success in Bali, but tell us about your larger-scale vision of a greener world.

I see the lessons and deeds in Bali as a model for island achievement. And I see things that are happening in Bali – because it’s such an attractive, incredibly energised place – that can be scaled to other islands in the world. Education and design are so important. At Green School we’re creating a green leader “vortex”, because we really need green leaders. We have enough of the regular kind of leaders. Humans have designed a world that doesn’t work – and now we have to design a world that does work.

Is Bali your full-time home?

Yes. I love Bali and I wouldn’t live anywhere else. I travel a lot because there are many people who dream of having a Green School, or a greener island, so I spread the word.

What steps can we take to practise sustainable living every day?

Start with the basic questions. Think about your children asking you these questions: “Mum and Dad, is what you do every day making a better world for me?” Then do something very basic: figure out where your poop goes, and where your energy comes from. Ask the

people you buy your clothing from, “Is this compostable or recyclable?” – and don’t take no for an answer.

Some things are stupidly simple: carry a water bottle, and don’t ever accept another plastic cup. Go further and compost everything in your house, or take it to the local compost station. Become part of the future. As little difference as you make, it’s a signal and a sign for many others.

Change starts with children, so what would you like to see taught in schools around the world in regards to the environment and living sustainability?

We have seen over many years – and continue to see – the “talking head” system, where some smart guy with the facts is standing in front of the room, guarding those facts and dispensing them judiciously. The only thing that *that* produces is more smart guys. Education has to be dynamic; it’s about doing and learning, not about facts being dispensed by smart guys at the front of the room.

Environment is everything. Kids who live in schoolrooms that are off the grid and practise sustainability will be different kids. That’s because it’s not about teaching and talking, it’s about doing and experiencing. Kids need to be encouraged to find causes; maybe recycling, or finding out where their poop goes and what happens to it.

On a personal note, one of your children, Elora, is living and working in Bali; are any of your other children doing so?

My son Orin was upset that I didn’t insist that he study in school so he could get a job in America. When Uncle Sam sent him packing because he’s a Canadian, I said to him, “Orin, it’s not about getting a job, it’s about making jobs and making the world a better world.” And that’s exactly what he and Maria Farrugia are doing at Kulkul Farm, a permaculture farm near Green School. *Æ*

kulkulfarmbali.com | greenbyjohn.com | greenschool.org



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NOTICE BOARD

FAMILY NEWS



Finlay Davies arrived on 3 March to delighted parents Emma Haddock and Paul Davies, and big brother Ethan.



Hayes Elizabeth Vatrano joined parents Lauren and Sammy and siblings Sawyer and Brooks on 30 August.



Amelia Ariana arrived on 16 May to excited parents Kim and Chris Seacombe.



Jiya Singh joined proud parents Ankita and Gauravjit Singh and brother Jaiveer on 6 July.



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.



CONGRATULATIONS

All readers whose babies are featured on this page will receive a 30-minute photography session with award-winning Littleones Photography, plus a complimentary acrylic block (8x6 inches), total value worth \$475 (littleonesphotography.com).

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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**

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All I want for Christmas

is at Tanglin Mall

Expat Living staff recently spent a fun afternoon in the one stop Christmas shopping heaven that is Tanglin Mall, and here they share a few of their top gift choices from all the great stores. With so much to choose from, this is just the tip of the iceberg!

PHOTOGRAPHY MICHAEL BERNABE



Amanda Broad,
Digital Manager

For my kids: I love wooden toys – much nicer than the endless array of plastic that fills the bedrooms of my son and daughter. There are lots of extensions (\$49.90 to \$99.90) available for the Haba Kugelbahn Master Building Set (\$399) and the children can use their own creativity to build different tracks and layouts. **The Better Toy Store (#01-11/12)**

For me: I love Christmas, and these elegant glass candlestick holders (large, \$79) would look beautiful on our festive table. And I'd be thrilled to find a bath bomb (\$7) in my stocking, too. **Tatty Marsh (#02-07)**



Island Shop



White Ginger



Katie Roberts,
Life & Family Editor

For me: I love this halter-neck green dress at White Ginger – it'd be perfect to wear in the Sydney heat at a Boxing Day barbecue with my family. Pair it with a Panama hat (\$270) and a pair of leather silver thongs (\$75) and I'm sorted! **White Ginger (#03-04)**

Secretly, I'd love a Laguiole cutlery set (or even just a few pieces) from House of AnLi, because this tableware just oozes French sophistication, and the colours are gorgeous (24 pieces \$395, basket \$55).

For my Mum: A floaty and cool dress (\$179.90) to counteract the humidity when she next comes to visit, and a necklace to dress it up (\$29.90)! **Island Shop (#02-11/12)**



Leanda Rathmell, Production Manager

For my niece: My niece is obsessed with Ariel at the moment and can't be kept away from the swimming pool, so the Mahina Merfins (\$139) will be the perfect gift to get her imagination going. And the rice cushion would be cute in her bedroom too (\$48)!

The Children's Showcase (#03-08A)

For my boyfriend: Portable and top quality, these Marshall speakers (\$429) are ideal for him to bust his tunes in and out of the house – and the sleek design means we won't have to hide them behind a photo frame! **Challenger Mini** (#03-15)



Michael Bernabe, Senior Graphic Designer and Photographer

For my son: The cotton fabric of these shorts and shirt (\$44 each) is great in Singapore's heat and I know my two-year-old would look cute in them too! **Chateau De Sable** (#02-13)



Amy Brook-Partridge, Home & Property Editor

For me: These champagne glasses (\$28) are from the House of AnLi. I'm bored of my cheap IKEA flutes – and I love the style of these glasses; they've got that *Great Gatsby* feel to them, the pattern is pretty without being too 'cutesy', and they look like they hold more champagne than my current vessels – win-win! **House of AnLi Interiors** (#03-17)

ELIFE & FAMILY



Shopping Fuel
Whether you need breakfast, lunch, dinner or a mid-shopping caffeine fix, there are plenty of options in Tanglin Mall: Brunetti (#01-03/35) for a dose of Melbourne coffee, Chili's American Grill & Bar (#02-23) to catch up with friends, or authentic Indian food at Yantra (#01-28/30).

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Weekdays: avalanche from 7.30 to 7.45pm; snow from 7.45 to 8pm.

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From 12 November to 2 January, subject to weather conditions.

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Tanglin Mall is at 163 Tanglin Road. tanglinmall.com.sg



SINGAPORE GOOD CLASS BUNGALOW, BY ROBERT POWELL, PHOTOGRAPHY BY ALBERT LIM KS, \$60

There are plenty of books on the subject of Singapore's architecture, but here is one of the most recent examples, focusing on the development of the island's stand-alone residential buildings.

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nhb.gov.sg/shop

Singapore Botanic Gardens
Nassim Gate
botanicgardensshop.sg/shop

National Museum of Singapore
93 Stamford Road
nationalmuseum.sg

Singapore Science Centre
15 Science Centre Road
science.edu.sg

Mint Museum of Toys
26 Seah Street
emint.com/mint/go/shop

The S.E.A. Aquarium
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The Glory of Gold

British coach leads two local swimmers to Paralympics triumph

When MICK MASSEY arrived in Singapore in 2014 to take up the position of Head of Swimming at **Dulwich College (Singapore)**, little did he know he would coach two swimmers to medals at the Rio 2016 Paralympics. Following his triumphant return, Mick charted the path to success for us.

BY KATIE ROBERTS PHOTOGRAPHY TEAM SINGAPORE



Medalists Theresa Goh and Yip Pin Xiu with coach Mick Massey at Dulwich College (Singapore)

The emotion of the moments when Yip Pin Xiu claimed two gold medals and Theresa Goh a bronze is still very raw for Mick Massey. Just a week after returning from Rio, he is back at work and fielding requests for interview after interview. And rightly so: the former Team GB National High Performance Head Coach is superbly qualified – and justifiably proud – of delivering Singapore's second and third gold medals, and its first bronze, at the Paralympics Games.

Mick began coaching the girls in January 2015 at the request of Singapore's sporting leaders, with a clear directive that the two athletes were capable of making the final – and the podium – in their respective events in Rio. “My philosophy is always the same when given a challenge. I say yes, then I go away and work out how to do what I've just signed up for,” he says.

Does coaching athletes with disabilities require different skills from those for able-bodied athletes? “As well as an understanding of sports science physiology, years of coaching experience and the ability to communicate and build professional relationships, coaching Paralympics athletes requires experience in thinking outside of the box,” he says. By way of example, Mick says there are no textbooks that explain how to coach an athlete with Yip Pin Xiu's disability, muscular dystrophy.

“A coach has to research the condition and ask experts how it affects the body. Above all, you need to build a relationship with the athlete based on trust – so that she isn't afraid to tell me if she's having a bad day. After this, basically it's the same training an able-bodied athlete would do, pro rata.” Mick places great emphasis on building and leading a solid support team made up of a physiotherapist, a physiologist, a biomechanics specialist and a nutrition expert, all of whom play a huge part in the training.



“I pull her out of the water, kiss her on the cheek and she screams, ‘Did we win?’”

For more than 18 months, Mick, Theresa and Pin Xiu met and trained at the Dulwich College (Singapore) pool and the OCBC Aquatic Centre for between six and eight sessions a week of up to two hours, plus two hours of strength and conditioning. “Having Headmaster Nick Magnus and the college embrace and welcome the girls to use our facilities was a pivotal moment. Bringing training onto my doorstep and thereby reducing the travelling time was a massive bonus for all three of us,” he says.

Mick was with the athletes all the way to the starting blocks at Rio. His elation at their win is as intense as that of Theresa and Pin Xiu because he has invested so much time and energy in preparing them. “It was amazing when they received their medals; I was so proud for the girls and so proud for the nation of Singapore,” he says.

What's next for Theresa, Pin Xiu and their coach? The athletes will now think about their future and decide whether they want to compete at the 2020 Games. “That is for the girls to decide,” says Mick.

Mick came to Singapore in 2014 to build a swim team for Dulwich College (Singapore) and he is keen to take the team to London in 2019 for the Dulwich Olympiad to celebrate the school's 400 years. “Very few coaches will ever get the opportunity to start a project from scratch and leave a legacy in a foreign land. I love life in the college; the drive and commitment that the PE and swim staff show is just infectious. Working with and positively influencing very young children is one of the greatest privileges life can throw at you. It's an amazing place to work, and there is never a day when I don't remind myself of that,” he says.

In Mick's own words:

Poolside at the Games for the 50m backstroke final

“As well as being the coach of Yip Pin Xiu (or ‘PX’ as she is known by many), I also manage her preparation before races. It’s often extremely stressful; she needs help with everything she does, except swimming. There’s a great deal of pressure in getting everything right and I lay awake for most of the night prior to the 50-metre backstroke final.

When we race, everything is done meticulously, to exact timing. After we arrive at the pool, she has time to settle in, have soft tissue therapy, warm up and take 30 minutes to suit up – PX needs a female assistant to help her with that. Then I give her 10 minutes undisturbed time to mentally prepare.

At major competitions we must report to the call room exactly 20 minutes before the race start time – one minute late and it’s disqualification. Once in the call room, the pressure starts to build – if I speak to PX she is disqualified. We are almost telepathic and communicate with our eyes. With about eight minutes to go I plait her hair and put her swim cap on; it’s a very challenging operation. PX cannot do this herself, as she cannot open her hands to grip the cap. Next, I put the goggles in the exact position she likes, and leave the straps in place so I can put them back over her eyes at the last minute before we race.

On this day, there is a delay before the event, so PX goes over and over her mental preparation. My heart is pounding, because if anything goes wrong in this wait we have lost before we even step out. All of a sudden the head marshal says, ‘Sorry, change of plan: the race is in four minutes.’ PX whispers to me, ‘Easy, Coach, don’t panic – we’ve got this.’

We refit the goggles and wait our turn to face the cameras and 12,000 people; I feel sick as I push her out. At the block, I ready her for the race and refit the goggles; I lower her into the water and hold her wrists gently in readiness for the start. She knows what I’m thinking when we make final eye contact: ‘This is your time now; do what you are good at!’

The starter says ‘Take your marks’, and I pull her arms out of the water, ready for the backstroke start we’ve practised thousands of times. She looks perfect, but if we make a single move now we are disqualified. A lasting memory for me is getting severe cramp in my arm at this point – it seems like an eternity before the buzzer sounds. It wasn’t a great start; I just couldn’t get my arm out of the way quick enough and she caught my arm as she threw her own arms back.

At the 25-metre mark, she is head-to-head with the Chinese swimmer and my pulse is racing. At 35 metres, though, PX has edged out in front, and at 40 metres she is a body-length ahead and I know we’ve got it. The crowd is going crazy.

Her win is a huge relief for me, but I know no one else in the building realises that she can’t see the scoreboard. Her disability is degenerative, and her eyesight is getting worse every year. She doesn’t actually know she’s won! I pull her out of the water, kiss her on the cheek and she screams, ‘Did we win?’ I hug her and she knows. The emotion is unbelievable, the Singapore supporters are screaming in the stands and it’s done. Almost two years of preparation for 60 seconds of glory. My job is finished; now it’s all about her.



“No one else realises that she can’t see the scoreboard”

About the Athletes



Yip Pin Xiu won Singapore’s first Paralympics gold medal (in world record time!) in the 100m backstroke (S2 class) at Rio. The 24-year-old won a second gold medal in the 50m backstroke. She had already won a gold in the 50m backstroke at the Beijing Paralympics in 2008. Her disability is muscular dystrophy.



Theresa Goh won a bronze medal in the 100m breaststroke (SB4 class) at Rio. She was the first Singapore swimmer to compete at the Paralympics, in Athens in 2004. 29-year-old Theresa has competed in every ASEAN Games and is the most decorated Singaporean athlete in all sports, having won 29 gold medals. Her disability is congenital spina bifida, and she doesn’t have use of her legs. *ei*



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A graphic at the top of the page features dark silhouettes of several people in a social setting, possibly a bar or club. The figures are positioned against a background of vertical red stripes. The silhouettes include a man standing on the left, a woman sitting at a table, a man standing in the center, and a group of three people on the right. The overall aesthetic is modern and minimalist.

Single in Singapore

BY AMY BROOK-PARTRIDGE

Whether you relocated on your own or you've been unintentionally thrown into the singles scene through the breakdown of a relationship, dating in an unfamiliar country can be both exciting and daunting. We spoke to two expat ladies who are discovering just what Singapore has to offer for singles, and asked them to impart any tips they had on playing the dating game here.

Penny*, in her early 40s, found herself single again after ten years of marriage. "I moved to Singapore five years ago with my husband, but after ten years of marriage he decided that being married wasn't what he wanted. Though we separated last August, I really only hit the scene in March this year."

Susan* broke up with a long-term boyfriend in her 20s and has been single for just over a year.

"I was in a relationship from my late teens into my mid-twenties. I've lived in Europe and the US, but I was always in this same relationship."

How have you found dating in Singapore?

Penny: There *are* men out there, although you may have to look hard for them, and fight other women off! It also depends on what you want; it can be very transient – people come and go from Singapore. This can be great as you never have to run into

them again, but if you are looking for "Mr Big" it's a harder game to play. There also seem to be a lot of younger guys out there who are into older women – something I wouldn't say no to!

Susan: I'm a rookie, so I've only been on a handful of dates, and all of them have gone quite well. The guys were really nice, and we had the same interests so the conversation was good. But I didn't fancy any of them, which is a pity.

Singapore is small, so your single friends may well end up dating the same guy you've dated. It has happened to me, but as there was no real connection on the date anyway it wasn't an issue. If you're both on the same page, some guys can actually become your friends in the long run, which is also cool.

Where are the hot spots for singles in Singapore?

Penny: I'm still fairly old-fashioned, and I think you can meet someone through friends and social networks, although I've also dated men I've met in bars here. Club Street is always full of office workers on a Friday night, and there are always lots of people in Boat Quay, which is not as touristy as Clarke Quay.



Dating at your fingertips: apps like Tinder, and the newer Bumble, are popular choices.

* Names changed to withhold identities.

Talent can be sparse, depending on what is happening in the city, or if you're looking for something long-term. If, like me, you don't want anything serious, there are plenty of options for meeting people.

Susan: The Screening Room rooftop bar is good during the week; and it's not crowded, in case you're anxious about seeing people you might know. Potato Head and Chijmes are also decent spots.

How about further afield?

Penny: I'm originally from Sydney, where there are plenty of available men. I've also lived in London, which has a good dating scene. However, after a recent trip to Dubai, I would suggest to any single ladies to get yourself there for a girls' weekend – there are men everywhere!

Any tips on which dating apps to use?

Penny: I've been on two dates through the Tinder app, and I've been lucky as both were good – and “normal”! You do get connected with some odd people, but you can just un-match with them. I've had some interesting matches on Tinder, where guys wanted to know if I was into bondage, or they were married and here on work, and wanting to hook up!

I also met a guy on Tinder who was here on holiday; three months down the track, we're still talking and have seen each

**“After a recent trip to Dubai, I would suggest to any single ladies to get yourself there for a girls' weekend – there are men everywhere!”
– Penny**

a few times, but he doesn't live here, so the long distance thing is tough. But it's a nice surprise to still be talking and connecting in different locations when we can.

Susan: I use Tinder and Bumble. I think they're on a par with each another, though I like that Bumble puts the girl in control of who she speaks to; you don't have the problem of matching with 20 guys and only speaking with one!

When it comes to meeting them in person, don't set your expectations too high, and go with an open mind. Having come from a long-term relationship, I had no clue what I was doing and I found it all very cringe-worthy, but you just have to accept that this is the dating world that

we live in now. I'm still getting over that part!

What are the best and worst things about being single in Singapore?

Susan: I haven't discovered the worst thing yet – I'm still having fun; however, my single girlfriends often complain that most men come here with their partners, or that it's very hard to find someone who lives here and isn't just stopping by on business. The best thing is that, if you're looking for fun, Singapore has great nightlife, with some very attractive professional men! *a*

If you're still looking for tips on how to enjoy the single life, check out our website, expatliving.sg, to find the best places to eat, drink and have fun in Singapore.

**“If you're looking for fun, Singapore has great nightlife with very attractive professional men out there!”
– Susan**



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Weekend Wheels

Expat Living's own Katherine Allaway was heavily pregnant when she first experienced the benefits of navigating Singapore with her own four wheels. With the assistance of **Wearnes Leasing**, she took a three-day lease of a luxury Volvo XC60, a car she would recommend to any family seeking a spacious vehicle for getting around the island.



How did you use the Volvo over the three days?

At eight-and-a-half months pregnant I had some big baby items to buy (baby bath, play mat and so on), so on Saturday I drove to VivoCity from my home on the East Coast to pick them up; it was so handy to load them straight into the spacious boot. Next up was swimming lessons for my three-year-old – they're held at a nearby condo, so I normally do the sweaty 15-minute walk over there; instead, we hopped in the car and got there in five easy minutes. In the afternoon, I went to a friend's baby shower at The St. Regis Hotel and treated my lovely friends to a personal pickup in the car; there was plenty of space for the toddler booster chair plus three ladies, and we arrived at the hotel in style.

On Sunday – family day with husband and daughter – we took the opportunity to venture

westwards to places we wouldn't normally go. We popped into children's activity centre Playeum at Gillman Barracks for a couple of hours of fun, then to Rochester Park for lunch at Da Paolo, followed by a jaunt to Jurong (which usually feels *very far away*) to visit IMM mall for some discount baby and clothing items. We had plenty of shopping bags by the end of the day, so the boot space was needed!

On Monday, we went to tour the East Campus of UWC South East Asia, a 20-minute drive from our house; then my husband was dropped off at his office in the city.

What were the biggest benefits of being mobile?

The heat is the worst thing about being heavily pregnant in Singapore. I'm a bit of a "greenie", so I try to get public transport when I can, but the unrelenting temperature was making me feel really nauseous, so I've been taking taxis more frequently. It was really nice to get straight into a car that smelled new and with air-conditioning that kicked in quickly. I felt safer with my toddler in her booster chair than in the ride safe vest that we use for taxi trips.

In reality, having a car provides no more independence than getting taxis everywhere, but it definitely gives you the perception that it's suddenly easier to get around. Taking a trip to the west of the island wouldn't usually occur to me because I think the taxi fare gets too expensive.



Does having your own car make any difference to your lifestyle?

As I've mentioned, I think there is a definite mindset with having a car that makes you get out and about more. There are places in Singapore worth visiting where a car is definitely needed, such as the lovely farms tucked away in areas in the northwest where it would be difficult to get a taxi to return home. We never go up there unless a friend with a car is going and they can take us. A car makes these longer trips much easier.

Having said that, owning a car does introduce the issue of finding parking spaces – at peak times in malls I would sometimes drive around for 20 minutes trying to find a space; in those instances, it can feel like ordering a taxi is an easier option, and hopping out wherever you want.

What were the features of the XC60 that you particularly liked?

It's a lovely car: smart leather interior, good 360-degree view out of the windows and mirrors which I don't always find in bigger cars, and a well-designed speedometer so your speed is abundantly clear (handy to avoid getting a speeding ticket!). I also like the steering wheel controls for music and cruise control – they're both useful and safe; and I have to mention the automatic lights, as I've previously been pulled over by the police for forgetting to put on lights in the evening!

The car had great acceleration and responded well on expressways when I needed to change lanes and no one was wanting to give way. The large boot space was essential – it was easy to throw in a buggy plus loads of shopping bags when I needed to, something that isn't always possible in a taxi when they already have a boot full of their own things, as happens sometimes.

Importantly, it was easy to get in and out of the car while heavily pregnant. We have previously owned a premium SUV and I had to hoist myself into that, as it was higher. The XC60 is a convenient height, so I didn't feel like I was in a huge car. *El*

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Tapping into the Mind



Singapore-based psychic life coach LYNDIA WOOLF explains how she helps people tap into their intuition – and get more of what they want out of life.



What's the difference between a regular life coach and a psychic life coach?

A life coach asks questions and creates a format and plan based on what the coach ascertains is best for the client. As a psychic life coach, I can do all that as well as factor in my intuition to create better recommendations. This is predicated upon the client's knowledge and emotional makeup, and the blocks that may hinder or empower him or her. This way, they'll feel they have a better understanding and more control of themselves and their decisions.

What are some of the benefits of psychic coaching?

One important benefit is receiving more in-depth information about the personalities of the people in your workplace, personal life and social life; another is knowing what to look out for in your business, personal and family life, as well as the future path that you face.

How can intuitive skills affect our everyday lives?

Awareness is everything. Some people are more comfortable with the word instinct, but awareness and instinct are actually the same thing; awareness comes with details, rather than simply being a "feeling", which most people have. Intuitive feelings can keep us on the correct path. When we pay attention to them, they can bring the margin of error in our actions down to about 20 percent.

How can we develop and learn to trust our intuition?

I always advise people to keep a small notebook handy and to write down any strong sense or feeling

they may have, along with the date; then, after three weeks or so, they should take a look at the accuracy of these feelings and begin to track them. The more you do this, the more you learn to trust your intuition and the more accurate your intuition becomes.

You travel extensively; do you think your travel experiences have helped in your coaching?

Interaction with people of different cultures is a huge advantage in all areas of life, and it has given me a greater ability to use and understand my skills and intuition. I'm definitely more empathic and compassionate, and a better coach for it. The more we are able to get outside of our immediate surroundings, the more we grow – and that's a good thing.

Who have you worked with recently?

One female client working in HR in Singapore contacted me in a state of confusion, unsure which career direction to take and whether to leave her current job. I could see that this unhappy young woman found it difficult to contend with the different personalities within her workplace.

So, we took a look at the different aspects of her personality and how she was working with her intuition. I examined the tools she was using – and those she wasn't using – to navigate through the workspace. After several sessions, she found that she was better able to communicate and had a better understanding of how to work with the people that were in harmony with her, as well as those who weren't. Importantly, she determined that she really wanted her current career.

The outcome was positive. She stayed in HR, was promoted and was better equipped to cope with and communicate within her workplace. She does check in with me periodically, and we take the time to iron out the wrinkles as she continues to move forward. *EL*

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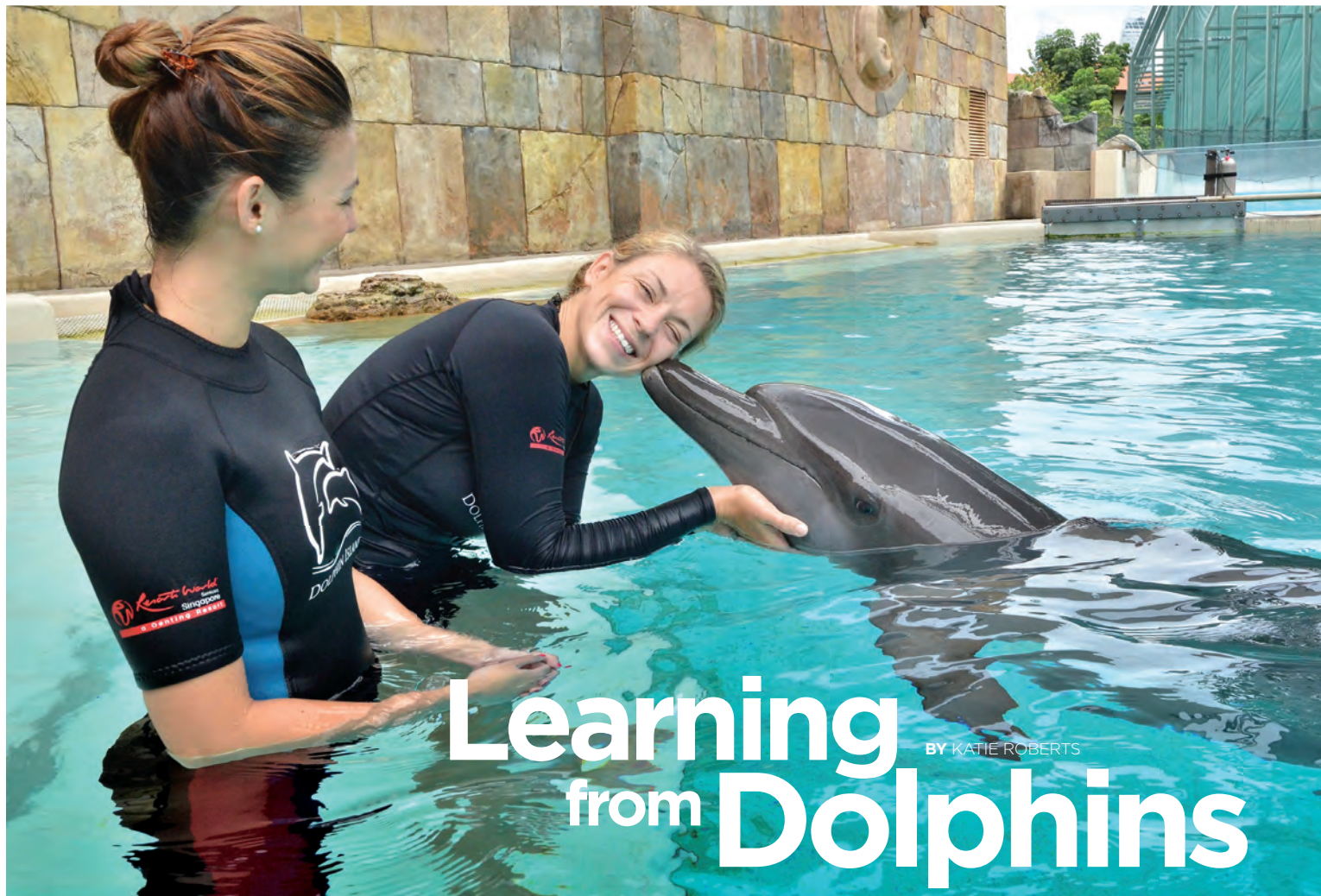
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Learning from Dolphins

BY KATIE ROBERTS

There's much that humans can learn from animals. Research into animal behaviour has found that many species are great communicators, stick together, show loyalty, and care for each other and humans, too. Controlled environments allow opportunities to learn from and about animals, and while opinions on the wellbeing of animals in sanctuaries and zoos differ, it's true that much of the human interaction with our fellow creatures happens within the confines of these facilities. We kept these mixed feelings in mind when we spent a morning exploring **Resorts World Sentosa's** Dolphin Island, learning about the dolphins and how they are cared for.

1 Interaction experience

"If people don't meet an animal, it's hard for them to care about it," says Ashley Benson, trainer and carer of Raaka, a 20-year-old female that is one of more than 20 Indo-Pacific bottlenose dolphins at RWS. Four calves have been born at Dolphin Island since it opened in 2013.

Hailing from the US, Ashley leads 30-minute personal interactions with Raaka in one of the 11 inter-connecting lagoons at Dolphin Island. During the pre-briefing, Ashley tells us what guests are allowed and not allowed to do, and how to behave appropriately with the dolphins. She answers questions patiently, and addresses my concern about dolphins catching viruses from humans – I can feel a cold brewing and don't want to unwittingly pass anything on. Though it's acknowledged that human-to-animal transmission of viruses is very rare, anyone who is very unwell is advised not to participate in interactions.

In the water, Ashley instructs us how to hold our arms outstretched and feel the dolphin as it glides past; she also explains dolphin anatomy and diet, how they are cared for and some of their cheeky habits. Raaka was due to have her teeth cleaned on the morning of our visit (though they aren't that dirty, as dolphins gulp fish whole, rather than chew them), and Ashley explained how we could help do this.

Each dolphin has a primary carer, a secondary carer and a tertiary carer, and it's obvious that they have a special rapport with the animal. The in-water experience is a special and thought-provoking encounter.

During the briefing after our swim, Ashley explains how everyone can help protect the world's oceans and outlines the simple steps we can take to minimise our personal footprints. "I hope that seeing the dolphins up close and learning about them will inspire people to take care of the oceans," she says.



2 Back of house

"Every dolphin has a unique signature whistle – it's a form of vocalisation they develop as calves and it's used for location and identity," says Andrew Schleis, assistant director of Dolphin Island. As he leads us on a tour through the facility, his love for the animals in his care shines through. "Dolphins are widely regarded as intelligent, social creatures and interact well with humans," he says.

A team of 35 trainers from 10 or more nationalities cares for the dolphins round the clock. Andrew shows us the large whiteboard which displays the daily schedule of each animal. "Sometimes it's activities and interactions; other times it's rest, a check-up, or spending time with the environmental enrichment devices for interaction, sensory stimulation and play," he says. "Pregnant dolphins love to rub their bellies on the balls on the bottom of the lagoon."

The dolphins undergo routine monthly health checks (including for the body, the eyes, the teeth, the blood and more), and

the majority of these are easily done – through training, the animals have learned to voluntarily participate with no stress or discomfort. Checks are more frequent for pregnant dolphins, who need more attention and who sometimes undergo ultrasounds during their 12-month pregnancies.

Inside the immaculate veterinary laboratory staffed by four technicians, RWS Director of Animal Health and chief veterinarian Dr Alfonso Lopez explains how blood test results are processed in just 30 minutes; the dolphins undergo similar blood function tests as humans. Other high-tech equipment includes a portable, digital x-ray machine. The water quality of the lagoons is analysed daily in this lab, too.

Next door, in the spotless kitchen, Andrew explains that the dolphins collectively eat five tonnes a month of restaurant-quality squid, herring and capelin. "They're weighed weekly on a nifty swim-up scale and their diet is monitored," he says. "We can tell when they're hungry and adjust their diet as needed." And when do dolphins sleep? "At night, the lights are turned off and there are no interruptions – they need their sleep, just like humans," he says.

While we're by no means experts, it was a positive experience to visit RWS, see what kind of care the dolphins are receiving and learn more about them first-hand. Ultimately, we believe, it's up to the individual to decide whether or not to visit this sort of facility. *EL*

Dolphin Island is located inside Adventure Cove Water Park at Resorts World Sentosa. rwsentosa.com/di



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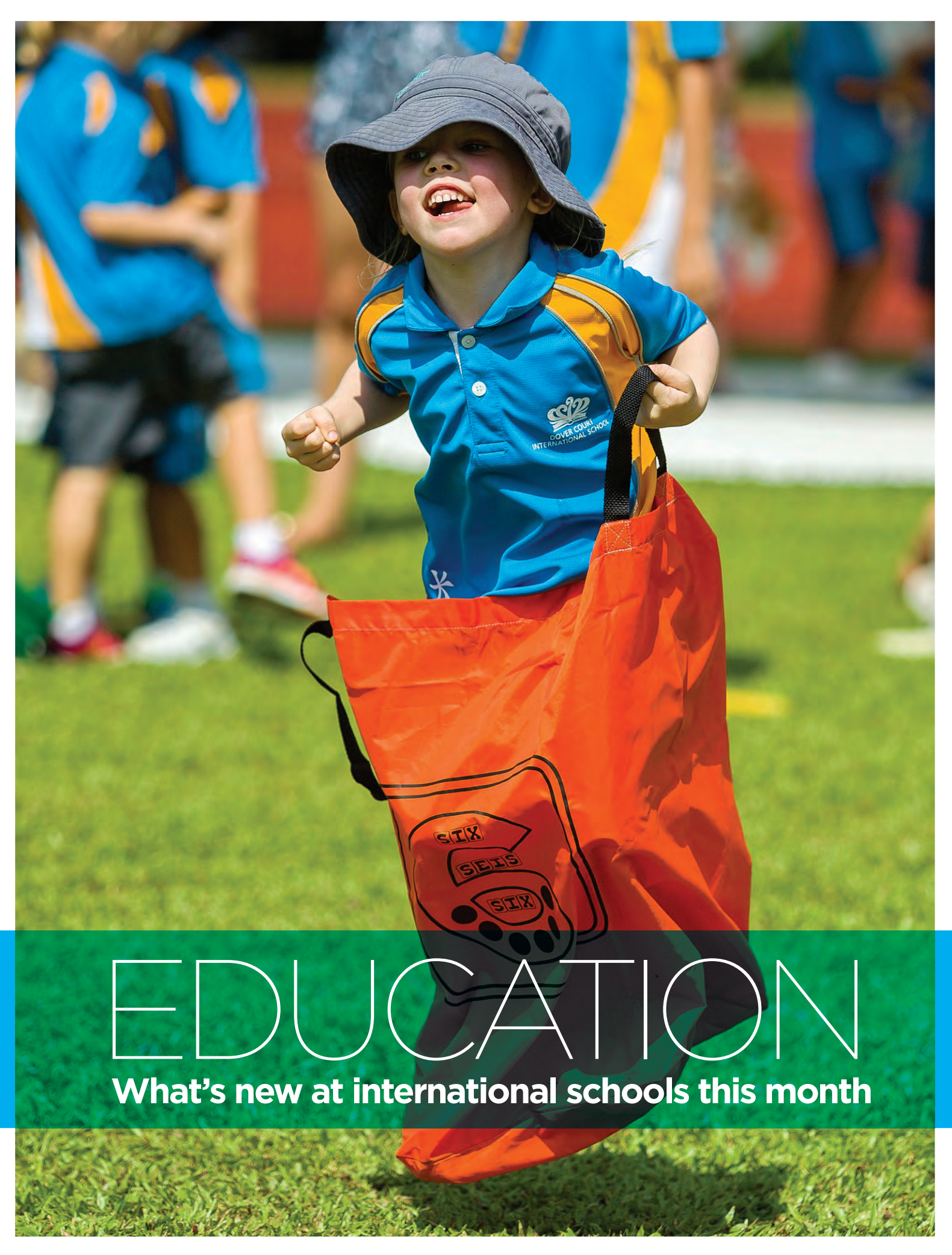
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EDUCATION

What's new at international schools this month



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Learning Outside

Nine overseas school trips

Some lessons are best learnt outside the classroom. Nine international school students tell us about their recent international trips and what made them so special.

MALAYSIA

Student: Beatrice Pochat-Cottilloux, Year 7

School: EtonHouse International School

Location: Sarawak, Borneo

Duration: Five days

“Out of all my camps at EtonHouse, the one that has had the most impact is the five-day trip to Borneo. The first night alone taught us independence, responsibility and awareness. Hearing all the heartbreaking stories of the endangered orangutans living in the wildlife centre where we were staying, as well as the ever-growing struggle to protect them, made us all want to contribute. One of the activities was to invent and construct an enrichment toy for the orangutans and the sun bears.

During guided educational treks we learnt about the disappearing rainforests and how this is affecting animal habitats; we were also told about specific plants that are edible and the ones you should avoid. At night, we slept in little outdoor shelters in the jungle – being surrounded by the sounds of nocturnal animals was an opportunity to truly connect with nature.

As fun as all the activities were, we learned to manage ourselves independently, away from our parents. On top of all that, we spent quality time with friends and bonded with one another through sharing cabins and helping one another out. We enjoyed downtime too, and had lots of laughs while swimming, playing tag and listening to music in our cabins. I have learned so much on this camp and hope these experiences and memories stay with me forever.”

51 Broadrick Road
6346 6922 | ehis.edu.sg

Student: Samantha MacMillan, Grade 12
School: Canadian International School Singapore
Location: Sedili Besar, Johor, Malaysia
Duration: Two days

I was one of 18 Biology and Geography students to take part in this educational trip to the east coast of Johor. The purpose was to collect data and gain experience applying the skills we had learnt in school. The data we collected will be used for our upcoming internal assessments.

During the trip, the Geography students focused heavily on coastal erosion and wave patterns, while Biology students looked at the biodiversity found on a rocky shore in Sedili. Both groups used sampling techniques to gather data, such as random quadrats and transect lines. As I was the only student on the trip who studied both subjects, it was an interesting experience for me, simultaneously investigating the concepts and drawing connections between the two.

Having the chance to make so many practical connections between our studies and what we observe in the real world was a great experience. It helped me gain a much deeper understanding of all the important concepts we've learnt in class. They are no longer just words on a page, but a valuable piece of knowledge that I gained from my hard work.

This trip was also a unique opportunity to visit a stimulating part of Malaysia, and it opened my eyes to the possibilities of learning from our surroundings. After gaining so much from this trip, I hope that one day I will be able to return to Sedili, or travel somewhere new to explore further.

Lakeside Campus
7 Jurong West Street 41
6467 1732 | cis.edu.sg

Tanjong Katong Campus
371 Tanjong Katong Road
6345 1573



CHINA

Student: Grace Cuning, Year 6
School: Dulwich College (Singapore)
Location: Suzhou
Duration: Five days

The moment my music teacher Mrs Munro announced the trip to Dulwich College Suzhou, I knew I had to go! Dulwich College Singapore has hosted this event previously so I had an idea of what to expect. Convincing my Mum and Dad to let me fly to China and stay in a hotel without them wasn't easy, but I successfully used my drama skills to show them how much it meant to me. Before long, I was on my way to Suzhou with two amazing teachers and my fellow students.

MADD is a festival that brings together students from Dulwich colleges in Asia through Music, Art, Drama and Dance. The theme for this year's festival was "Carnivale" and we were told to get our masks, feather hats and samba shoes on and to get ready for some fun!

I chose to explore the drama aspect of the festival and I worked alongside talented teachers, practitioners and former actors to learn new techniques such as shadow work, puppetry and how to use my body effectively on stage. I spent most of my time rehearsing in the Black Box Theatre, but I also knew that my artist and musician friends were busy putting together their own showcases. Hearing the sound of the samba drums and the orchestra filled me with excitement, knowing that our performance was coming together. On the day of the performance, the atmosphere was electric – I'd never experienced so many emotions at the same time. However, our fear, nervousness and excitement enabled us to deliver a show-stopping performance.

Having the opportunity to participate in an amazing event like MADD has been one of the best experiences of my life. I have learnt so much about drama, team work and overcoming my fears. I only hope I can convince my Mum and Dad to let me go again next year.

71 Bukit Batok West Avenue 8
6890 1003 | dulwich-singapore.sg

UNITED KINGDOM

Student: Ashlynn Perry, Year 12
School: Australian International School
Location: London
Duration: 10 days



In Year 12 there has been a lot of focus on where we want to go and what we want to study in the future. I've always considered the performing arts industry as a likely option, but at the start of 2016, my graduation year, I began to understand how hard an industry it is to break into. This fear of failure began to take over and made me doubt my abilities and myself.

This UK trip changed those feelings entirely. We got the opportunity to meet professional actors and directors and undertake workshops with them based on the shows we saw. One of the most enjoyable

things for me was being able to meet all these people and understand what their life is like on a day-to-day basis. It was reassuring to find out that they started off just like me – learning about theatre and taking extra classes outside of school – and this has made the attainment of my goal feel very real and possible.

Other highlights of the trip included touring backstage at the National Theatre and the Harry Potter film studios, as this helped me realise the breadth of opportunity in the theatre and film industry. Not only has the trip confirmed that this really is the industry I want to go into, but it has also helped me understand what I have to do in order to get there.

1 Lorong Chuan
 6664 8127 | ais.com.sg

THAILAND



Student: Eva Muquet-Vaillant, Grade 10
School: GEMS World Academy Singapore
Location: Udon Thani
Duration: Six days

Our trip to Udon Thani was an unforgettable experience. The six days were jam-packed with intense community service and cultural learning, but we were never too tired to enjoy some local entertainment by night.

The sound of prayers woke us on the first morning, and we started the day by painting the local school. This was followed by a Thai “food adventure”, and later that afternoon we visited a Buddhist temple, and attended Thai cooking classes and Muay Thai lessons.

The next day, house building was on the schedule. We stirred buckets of concrete and poured the mixture, pausing only for refreshments, then got right back to work until we completed the flooring. The group spent the night bowling, which was a nice reward for our hard day's work.

The next day consisted of a long lecture about the life of a monk, followed by cleaning a temple and repainting the walls. After lunch was the activity called “Meals on Flip Flops”; we helped the chefs cook meals in big woks, and delivered them to the poorest villagers. The women of the village received the food with laughter, eager to share their stories. Later, we toured the night market – we were exhausted, but still full of excitement and new knowledge.

On the final day, we caught fish and built nets for one family's fish farm. We also tried foods such as durian and chicken embryos, and ended our trip watching traditional dance performances. The friendships and memories I brought back from this trip were absolutely priceless.

2 Yishun Street 42
 6808 7300 | gwa.edu.sg

RUSSIA

Student: Philipp Alex Gehrig, Grade 11
School: German European School Singapore (GESS)
Location: St Petersburg
Duration: One week

Every year, GESS's Model United Nations (MUN) group takes part in the MUN Conference, a simulation of the work of the United Nations that offers high school students an opportunity to play the role of diplomats and learn the protocols of negotiation and debate.

When the team met at Changi Airport in March, it was obvious we had a big trip ahead: over 20 hours of travel including a five-hour layover in Amsterdam. When we finally reached St Petersburg, none of us were prepared for the culture shock that awaited us. Even the atmosphere in the airport was cold – it felt as though we had walked into a military complex.

When I woke up the next morning I was nervous. How will the people be? Is it safe? However, during the sightseeing tour my worries were proven to be unfounded. The people were friendly and the city was absolutely magnificent. The palaces were mind-blowingly huge and intricately decorated, and we even enjoyed a little snowfall.

The opening ceremony of the conference was held in the astounding Mariinsky Palace, and we all felt like members of the Legislative Assembly, which meets in the palace. Our delegation did a fantastic job, we met many great people, and we got to know a new country. We all agreed that we had to depart too early, leaving behind newfound friends and a city that we would all have loved to explore more. After enduring temperatures that hovered around zero degrees for the entire week, we were treated to a brilliant blue sky over St Petersburg as our flight soared out of Russia.

72 Bukit Tinggi Road
 6469 1131 | gess.sg



MOROCCO

Student: Anya Parekh, Grade 11
School: Singapore American School
Trip: Casablanca and Zaouiati Ahansal
Duration: Eight days

Our trip to Morocco was part of SAS's Interim Semester, where every high school student takes part in a service, global studies or eco-adventure trip in one of 28 countries. After several packed days experiencing the food, architecture, markets, mosques and local Moroccans in Casablanca's Old City and Marrakech, we took an eight-hour bus ride to the snowy mountains of Zaouiati Ahansal. There we participated in construction projects and taught English to village children.

I gained a new perspective on education by interacting with the students at the school. While they were learning the alphabet and numbers in English, they never complained when we asked them to repeat a word over and over again. They took what we were teaching very seriously and tried to memorise the words to the best of their ability.

This trip not only made me reflect on other children's education, it also made me evaluate my education as well. Children who live in less developed countries are able to enjoy their education because of their outlook on life; they are very optimistic and understand that there is a whole world of opportunity ahead of them. Little things like grades and college acceptances do not consume their thoughts.

I am extremely thankful for my education and for opportunities like this that show me there is a world outside of Singapore – something I often forget in my day-to-day life. Life becomes more enjoyable when you see it not as a series of mundane events but instead as filled with meaningful experiences – and this is precisely what the children of Zaouiati Ahansal have accomplished.

40 Woodlands Street 41
 6363 3403 | sas.edu.sg

CAMBODIA

Student: Aryeh Abergel, Grade 9

School: Sir Manasseh Meyer International School

Location: Phnom Penh and Siem Reap

Duration: One week

Going to Cambodia was a truly amazing experience. Although our stay only lasted a week, we saw many different landmarks in this beautiful country, and I am forever grateful for my experience there. One of the places we stayed was an orphanage. We had a fantastic time with the kids, and the story of the orphanage was really emotional – it showed us just how much one person can do. Sean Samnang's orphanage started off with about three kids. With nothing but compassion and care, he invested all his time into this major project. Sean had very little money and struggled to provide basic needs such as food. Over time, the financial situation improved as they started to receive donations from generous people. Now, he is a father figure to 50 kids who will continue to have a healthy and educated life.

Another meaningful experience in Cambodia was gazing upon Angkor Wat. It was truly magnificent. Watching the sunset after a long and tiring walk up a mountain was inspirational and breathtaking. I thank my teachers for supervising us while we were there. I hope their experience was as wonderful as mine.

3 Jalan Ulu Sembawang
6331 4633 | smm.edu.sg



HONG KONG

Student: Chloe Long, Year 13

School: Tanglin Trust School

Location: Hong Kong

Duration: Five days

The National Youth Achievement Award (NYAA), also known as the Duke of Edinburgh Award, is an internationally recognised award for young adults aged 14 to 24. NYAA has four elements, all of which complement the academic aspects of Tanglin. For the Adventurous Journey element, students have to plan and execute a journey with a minimal amount of adult intervention, encouraging them to demonstrate the important qualities of independence, responsibility and integrity.

While NYAA is challenging, it is challenge by choice. It's tough, but the reward and sense of achievement are tangible. Plus, if you reach the Gold level you are invited to a very prestigious ceremony where you get to meet the President of Singapore!

For my Adventurous Journey we went trekking in Hong Kong. The hardest thing for me about this trip was lacking the confidence on the first day of trekking and struggling with my backpack weight, which set me behind immediately. The first peak we climbed was challenging – it really knocked my confidence and made me panic about the difficulty of the coming days. However, I persevered and completed the two harder trekking challenges that came next. What really got me through was the support of new friends and the teachers in the group, who helped reorganise backpacks and motivated me to keep me going.

After completing the expedition I felt so much better about myself in knowing that, even when I really struggle, I can overcome physical challenges with determination and the support of my peers. *EL*

95 Portsdown Road
6778 0771 | tts.edu.sg

Nurturing Active Minds

TIPS FOR LEARNING MANDARIN

It's one of the world's must-learn languages and – if you're proficient in it – a passport to a wide choice of international careers. Which is why so many parents are keen for their children to learn Mandarin while they're young and while their minds are so ready to acquire new languages. We asked the experts at **One World International School (OWIS)** and **White Lodge** all the questions parents want answered about the Mandarin learning experience for young ones.

OWIS

Pan Caifeng, Mandarin Teacher, and Michelle Dickinson, Head of Primary



At what age is it best to start learning a language?

Research indicates that it's a case of the younger, the better. The optimum age to start is probably three to four years. The younger the learner, the better they are at mimicking new sounds and learning pronunciation – the brain is open to new sounds and patterns in pre-adolescence. What's more, young children have time to learn through play-like activities and they can try out their newly acquired languages without fear of embarrassment. At an early age, we are giving them the opportunity to tap into their natural ability to hear and distinguish the sounds of other languages and their capacity to make sense of what they're hearing.



People say the Mandarin accent is difficult to master; how is this best taught?

Mandarin Chinese is a tonal language, which means that different tones can change the meaning of a word, even if the pronunciation and spelling are otherwise the same. It's essential to learn the different tones if you wish to speak Mandarin Chinese correctly.

We teach tones through the top-down approach; our teachers model words spoken in the correct tone.

Is it beneficial to engage a tutor for preschoolers?

A tutor isn't necessary; it's actually more beneficial to have a Chinese-speaking helper or nanny who can converse and play with a child in Mandarin.



What is the OWIS curriculum approach as far as language is concerned?

We recognise that the primary purpose of language is communication; grammar is important, but there's a bigger picture. We know that language is no longer seen as being best learnt through mechanical exercises; rather, it's developed through students interacting and engaging.

We follow three key principals: language should be taught by a native speaker; it should be fun and engaging (with teachers using song and dance, arts and crafts, games, cooking and puppetry to build conversation and vocabulary skills and learn about culture); and it should be taught in regular, consistent chunks of time (at OWIS, students have four 40-minute periods a week).

Top apps to try

- **LinguPenguin:** an interactive picture dictionary with audio, simple vocabulary themes and a quiz section.
- **Chinese Flashcards by INKids:** Illustrations and Chinese characters are included on each card; select "Mandarin Chinese" to hear the correct pronunciation.
- **Chungaboo:** An entertaining app in which children touch pictures on cards. Select Chinese in the language setting to see a pronunciation guide and tone marks on each card.
- **Piggy Picnic:** Uses the immersion approach; select English in the settings to understand the questions.
- **Rick & Jacky:** Introduces words and basic sentence patterns.
- **Feed Me Chinese:** Designed in the immersion style, this is a fun challenge for children with some Chinese background.

696 Upper Changi Road East
6542 2285 | owis.org



White Lodge

Penny Gandhi, Head of Curriculum



How does learning a language complement learning in other subjects?

Research suggests that, whatever the subject, all knowledge-building in a school context involves working with language. Language is not only an important tool for communicating and expressing our feelings, needs and thoughts to others, it also helps in learning content in subjects like science, geography, history and mathematics.

And how does it influence long-term brain development?

Babies are said to babble using the different sounds found in the languages of the world; but eventually a child will learn to talk using only the sounds and words he or she picks up from his or her environment. It's in these growing years (say, until the age of 12) that the foundations for thinking, language, aptitudes and other characteristics are laid down, and the blueprint of the brain is completed. The cortex – the part of the brain that processes information – needs constant stimulation, in the same way that exercise is required to build the muscles of the body. Children who are simultaneously exposed to more than one language have greater brain activity and develop better memory skills, attention spans and language development than those who speak one language; this gives them a positive cognitive edge.

How does the frequency of language classes influence learning?

Continuous exposure to any language allows a child to make progress in increasing vocabulary, language construction,

acquisition and application. If exposure to the language is not complemented in their home environment, it's in a child's best interests to be taught in class every day. Repetition, as well as exposure to learning experiences through songs, arts, visuals, play and exploration, provides opportunities to learn and pick up nuances with ease. At White Lodge, we provide the Mandarin learning experience two times daily to all age groups.

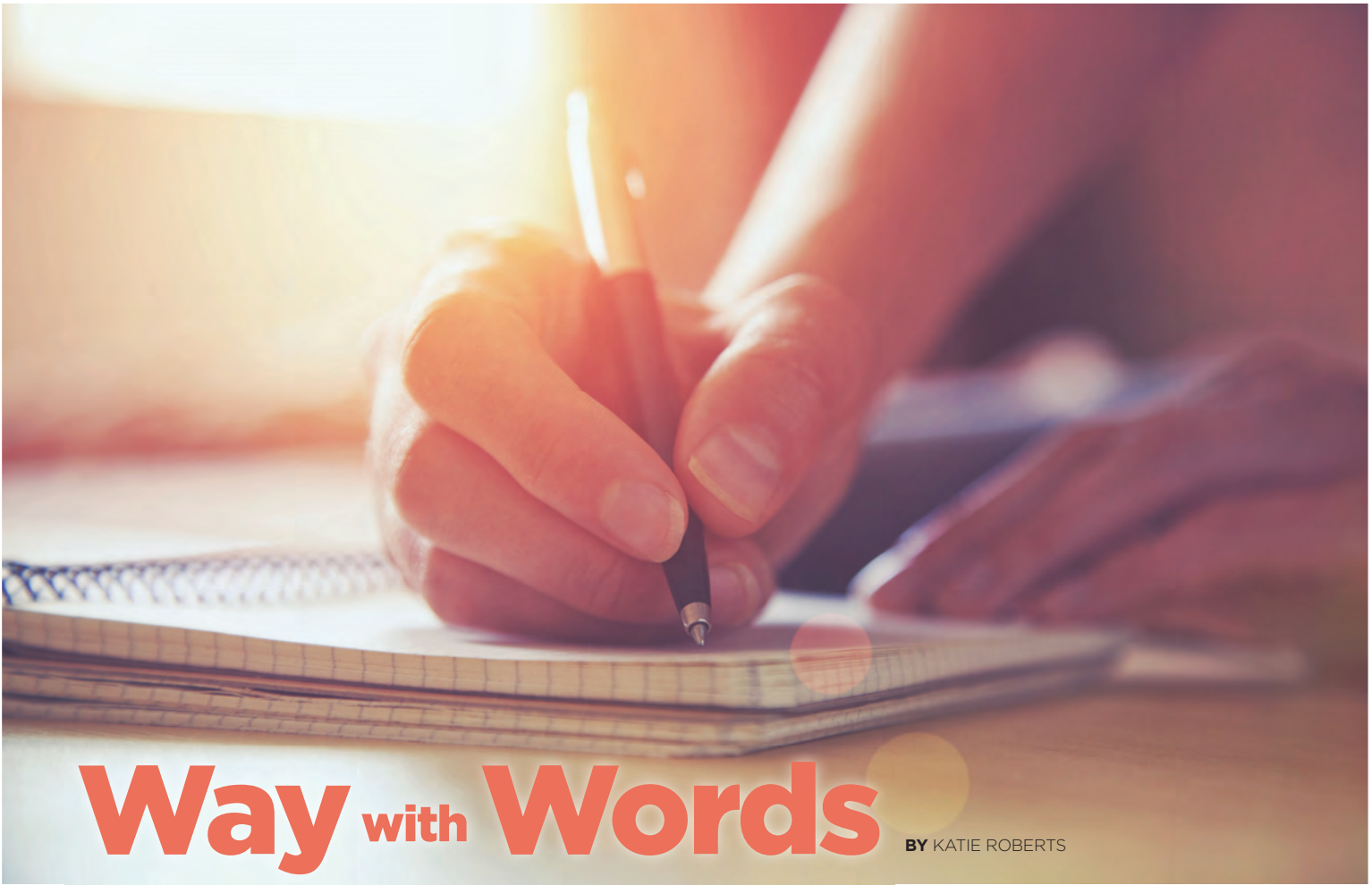
What are some of the techniques appropriate to different ages and learning levels?

The fun way to teach children in early childhood is through sensorial stimulation and exploration through play. In bilingual immersion, all the teaching, including usual conversation, is done in the language the kids are learning. Joining extracurricular language classes after school, reading books and watching videos are great ways to learn language in a visual context. It's also helpful to expose children to the spoken language at home, or by organising play, trips or travel that will allow them to hear more of the language.

What curriculum approach does White Lodge use in language instruction?

We provide an immersion programme in Mandarin language development that combines sensorial stimulation and play combined with learning in an enriched environment. The children practice their conversational Mandarin throughout each day, and by Graduation the four-to-six-year-olds are equipped with basic skills to prepare for their transition to primary schools. *El*

Eight centres across the island
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Way with Words

BY KATIE ROBERTS

Expat kids the world over grapple with the concept of “home”, and it’s especially pronounced in those who are unable to speak the language of their home country and their relatives. This is a subject that 13-year-old GAURI KUMAR has explored – with a nod to the past and an eye on her future – in an award-winning essay.

“It was compulsory for all students to enter the Royal Commonwealth Society Essay Competition, as it was part of the assessment at Singaporean Chinese Girls School, which I attended at the time,” says Gauri, when asked why she entered the competition in February.

“There were four topics to choose from and ‘The view of an outsider’ immediately caught my attention. Even though I’m Indian, my perspective is that I’m something of an outsider because it’s difficult for me to communicate with my relatives due to the language barrier,” she says. Thirteen thousand children across the globe submitted 600-word entries to the annual competition.

Gauri, who now attends Tanglin Trust School, says she forgot about the essay until August when the Royal Commonwealth Society announced that she was the junior winner of the competition. “There is one junior and one senior winner and one runner-up in each category. I was really surprised! It’s the first time I’ve entered a competition,” she says. “My parents and grandparents, aunts and uncles living in India are very proud of me.” The judges’ notes included the encouraging comment that Gauri had

“discussed reconciling different identities in a poignant and mature manner through the use of language.”

Gauri is looking forward to the prize: a trip to London where she will receive her certificate from HRH The Duchess of Cornwall at a formal Awards Ceremony at Buckingham Palace, along with taking part in a series of educational and cultural events.

Has Gauri always liked writing? “Yes, I have. English is my favourite subject at school, and I think this win has inspired me to write a bit more!” she says.

Founded in 1868, the Royal Commonwealth Society is a network of individuals and organisations committed to improving the lives and prospects of Commonwealth citizens across the world. It promotes the value and the values of the Commonwealth through youth empowerment, education and advocacy, and champions human rights, democracy and sustainable development across 53 member states.

Gauri's Essay

Visiting a foreign country can be an otherworldly experience. Venturing into unknown territory, you're left with a feeling akin to being an alien in human skin. Unsure of the practices in your new surroundings, you spend your time in public self-conscious and anxious. Worse is navigation, as the winding roads and alleyways you allied with at home have turned against you here. You struggle against the cobblestone tide, as the crowds surrounding you swim through the streets with ease. Yet, the crucial cultural difference is not presented in etiquette or road maps. The main difference presents itself when you idle in a cafe, submerged in the chit-chat. The pure shock of something as mundane as coffee-shop small talk becoming inaccessible to you seizes you back into reality. You are reminded that no matter how hard you play at being a local, you will never belong to their kind.

Now imagine that country, the country so foreign and strange to you was the birthplace of your entire family, dating back generations. Imagine if that country was the one you called 'home'.

My parents, and theirs before them, were all Indian, speaking Hindi. Neither me or my sister can say a single word in our mother tongue, despite years of effort and lessons. These non-mutual sounds are not simple differences, forgettable and trivial. These are electric fences, making connection nigh impossible. Saying anything other than 'hello' and 'how are you?' becomes a verbal minefield. Your relationships with older relatives, less able in English, are non-existent. Can you love someone you cannot understand?

Language barriers are more than they seem, as anyone who has ever tried to relate to their relatives can attest to.

Words are the foundations of culture, and when you can't use them, your validity as a 'true' member of your country is a house made of straws, painstaking to create and all too easy to break. Explaining a word which has no equivalent in English is akin to describing colours to the blind or music to the deaf. Idioms and metaphors are crucial to the spoken word, but nonsensical to the non-speaker. Even learning something as a third language could leave you rather clueless to colloquial terms and slang. This marks a significant difference between you, the foreigner, and the authentic locals. Portmanteaus and puns are lost on a foreigner. Hearing your relatives crack jokes in a distant language, only to be unable to explain punchlines when you ask them to translate is a common occurrence in not-quite bilingual families. There is an (ironically) unspoken divide between you and your family when their childhoods centred around an alphabet which looks like gibberish to you.

This is not a beg for help, or a dramatisation of the situation. Millions of children and adults would face this same scenario worldwide. After years of hard work, I have gained a passing understanding of Hindi. Conversations between me and my grandparents are conducted in both Hindi and English. I have come to embrace a mystical cypher as my history and culture. While I will not lie and say that this is my ideal, it is a situation that I do not face alone. Being an outsider by being monolingual is something I have come to accept.

My forefathers spoke Sanskrit, my more recent predecessors communicate in Hindi, and I? I am on the road to being the first of my family to be bilingual in another way, conversing in English and German. *El*

"I was really surprised! It's the first time I've entered a competition"



Learning for *Life*

BY AIMEE FORDOS

At **Melbourne Specialist International School (MSIS)**, everything is geared towards helping children with special needs grow into independent young adults. While the degree of autonomy may vary for each unique individual, the passion, dedication and care that goes into nurturing them does not.

When Jayne Nadarajoo set up MSIS back in 2014, she knew exactly what she wanted; the space and location would be key. "I looked at schools for so long and knew I wasn't going to compromise. I wasn't going to put the school in a mall; that was a no-no." Having worked on the project for two years, her patience finally paid off when part of Dempsey's Loewen Cluster became available. This placed the school just a stone's throw from her other businesses, The Pantry and White Lodge Kindergarten. It's a decision that has created a genuine community feel for the students, who can walk from the school to the gym, to The Pantry, then over to neighbouring Swish! for their swimming lessons. It's good for the kids to walk, but it's not just about the exercise; it sends a great message too. "We get wonderful comments from people on the street saying, 'We've never really seen special kids in Singapore'," says Jayne.

There are currently 45 students ranging from four to 18 years old at MSIS, each with their own unique needs. From the Early Years Program through to Transition, everything trains the child to be independent. For some, that means vocational training to find employment; for others, simply learning the skills they need to live on their own.

This is where the school's proximity to The Pantry has also paid off. In the Transition years (age 11 onward), students are prepared for life outside the school environment. The Pantry provides a real life venue where they can

practise skills such as counting money and ordering food as well as basic meal preparation, health and hygiene, and workplace safety. It's here that they'll learn the things that we take for granted, like making toast in the morning.

But it's not just in the kitchen that MSIS finds unique ways to empower and develop its students. Jayne tells me about fashion-obsessed Georgina, who threw herself into her art project when she learned there would be a fashion designer attending the annual student art exhibition. Then there's 12-year-old wheelchair user Pio. By participating in September's inaugural SPD Ability Fun Walk (a 3km walk for people of all abilities), Pio could see other wheelchair users of all ages enjoying themselves in a positive and inclusive environment.

These are just a few examples of how the MSIS philosophy uses real experiences alongside a specialised music, visual arts and drama programme to really help students thrive and build lifelong confidence. It's been such a successful approach that The Pantry has even been registered as a social enterprise, opening up vocational training opportunities to the wider community. (See our October issue for more on this.)

MSIS may only be two years old, but it's already shining bright for the lives and the futures of its young students. *el*

Melbourne Specialist International School (MSIS) is at 75C Loewen Road. 6634 8891 | msis.edu.sg.



Georgina's talent for art has blossomed at MSIS



Pio and Jayne take a break after the SPD Ability Fun Walk



Learning to make breakfast brings students a step closer to independence



Asiatique Collections

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There are times when you need to catch your breath and find a place to recharge, refocus, and unwind. And there's no where better than amidst the natural surroundings at Dempsey Hill and the charming new cluster Loewen by Dempsey Hill.

Start your day with breakfast or brunch at one of the many great restaurants here before taking a leisurely walk around the heritage buildings. Browse the wide range of eclectic modern furniture and gorgeous home furnishings from lifestyle brands like **Curio Home**, **Timothy Oulton by Curio**, or **Asiatique Collections** – which offers a selection by Ceccotti Collezioni.

Bring home a historical artefact from **Shang Antique**, antique treasures from **Maywell Lifestyles**, or stunning textiles from **emgallery** to liven up your living space. There is also a dizzying array of exquisite handmade pieces from **Hedger's Carpet Gallery** or **Lotto Carpets Gallery** you must see. Art aficionados can transform your home with a conversation piece from **REDSEA Gallery** or **Linda Gallery**.

Lovers of Indonesian design, arts, and lifestyle will be tempted by the stylish collections at **Pasardina Fine Living**. If you prefer colonial-style reproductions or furniture made from environmentally friendly materials, **Asia Passion** has what you need. You might also like the wide range of quality indoor and outdoor wood furniture from **Woodfarm Lifestyle** or **Woody Antique House**.

Leave the kids to have fun at **Go-Go-Bambini**, so they can work off their energy. Meanwhile, you can refresh your wardrobe with stylish luxury pieces from **LaPrendo** or the fashionable men's and women's wear from **Lexington Company**.

Fitness warriors can get fit and fab with a rewarding workout at **Elyon Studios**. Or, make time for a luscious treat at **Beauty Emporium@House**.

No matter what your plans are, you will always find memorable ways to spend your time at Dempsey Hill. Visit www.dempseyhill.com to learn more.



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Hedger's Carpet Gallery



Shang Antique

Taking the Reins

Meet Avondale Grammar School's New Principal

In August, experienced Australian teacher and educational leader GEOFFREY FOURACRE joined the **Avondale Grammar School** team as Principal. We asked how he is settling into Singapore so far, and about his long-term view and commitment to the school community.



Tell us a little about your background.

I have more than 16 years' experience as a school principal in Australia. Most recently, I was Headmaster of Oxford Falls Grammar School on Sydney's northern beaches; prior to that, I was Principal of Macquarie Anglican Grammar School in Western New South Wales. I

have a degree in Science Education and also completed a Master's Degree in Educational Leadership and Administration. Over the years, I've been involved in the wider education fraternity and sat on the Boards of the Charles Sturt University Education faculty and two trade Training Colleges; I've also been a Higher School Certificate Examiner and a representative on the NSW Board of Studies Teaching and Educational Standards panel.

What subjects do you teach?

Physics, Biology, Chemistry, Mathematics and Science at both Senior and Junior School level.

Aside from the physical space, what do you think makes a great school?

Good schools have good facilities. However, what makes a *great* school is what is at its heart. Great schools have outstanding teachers who really care about the students and who go above and beyond in providing a high-quality education for them.



Great schools have a safe and caring environment where each person is valued, with a real sense of belonging within a vibrant community. Great schools foster a lifelong love of learning and, through the staff modelling the values they profess, great schools prepare their students for a life of leadership and service beyond their formal education at school.

You've been in Singapore a few months now; what are your initial impressions of the city?

It's an exciting and vibrant place to live; I'm really enjoying the culture, the people and the wonderful lifestyle that Singapore allows me to have. I love the fact that there is a melting pot of different people from different backgrounds, all with something special to add to its culture. I hope that in my time here I'm able to have an impact as an educational leader in developing the next generation of young leaders.

Tell us about your family.

My wife Julie and I have four daughters, and a newly born grandson.

What are your passions?

I get no greater delight than seeing my students grow in character, being challenged in their thinking, enjoying their learning, and participating as responsible citizens in a vibrant school community. *EL*

Avondale Grammar is at 318 Tanglin Road, Phoenix Park.
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20 minutes with ...

Christopher Short, Principal of Dover Court International School

Dover Court International School (DCIS) has welcomed a new Principal, CHRISTOPHER SHORT. After attending Gordonstoun in Scotland, Christopher got his degree and teaching qualification from St Mary's College, University of Surrey. He joins DCIS from the British International School of Hanoi, Vietnam, where he was the founding Head of Secondary. Here's what makes this experienced global educator tick.



What was your path to Singapore?

Born in the UK, I have spent much of my life in education, with stints in Kenya, Sierra Leone, Venezuela, Australia, Dubai, Ascension Island and Vietnam. I first visited Singapore back in 1984 so it has been interesting to re-discover the city to see what has changed and what has not. After so many years, I am very excited to now be living in such a great location.

What's the best thing about being a teacher?

Making a difference to students and seeing them reach their potential. Students I have taught have gone on to become a wide variety of things (including Crown Prince!) and I hope I have played a part in them doing the very best they can – in and out of their careers – and enjoying it.

What advice do you give to parents moving to a new city with children?

Do not worry about the children – they will be more resilient than you. A good school is a great way to build a social and support network for them and you.

What would be your advice to students moving to live abroad?

The same as my advice to young teachers looking for their first opportunity overseas: go for it! Once you are in a new country, look for fresh opportunities, not the things you miss from home.

What does it mean to you to be a teacher?

I have devoted 23 years to education and had some fantastic experiences. I have taken a group of students to The Hermitage in St Petersburg, taught students to scuba dive and then run an expedition with them to remote world-class dive locations, experienced students having a light-bulb moment when they finally understand trigonometry, and developed young teachers into highly effective middle and senior leaders – to name just a few highlights. No two days are the same!

QUICK-FIRE QUESTIONS

What's your favourite education-related quote?
"They'll be smart enough if we are good enough"
– Sir John Jones.

What's one word of advice you would give to parents moving abroad? Absorb.

What one lesson do you want students to take with them? Always strive to improve in every area of life.

What's the most challenging thing about being a teacher? Ensuring you meet the needs of all your students.

Dover Court International School is at 301 Dover Road. For more information, call 6775 7664 or visit dovercourt.edu.sg.



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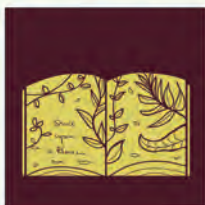
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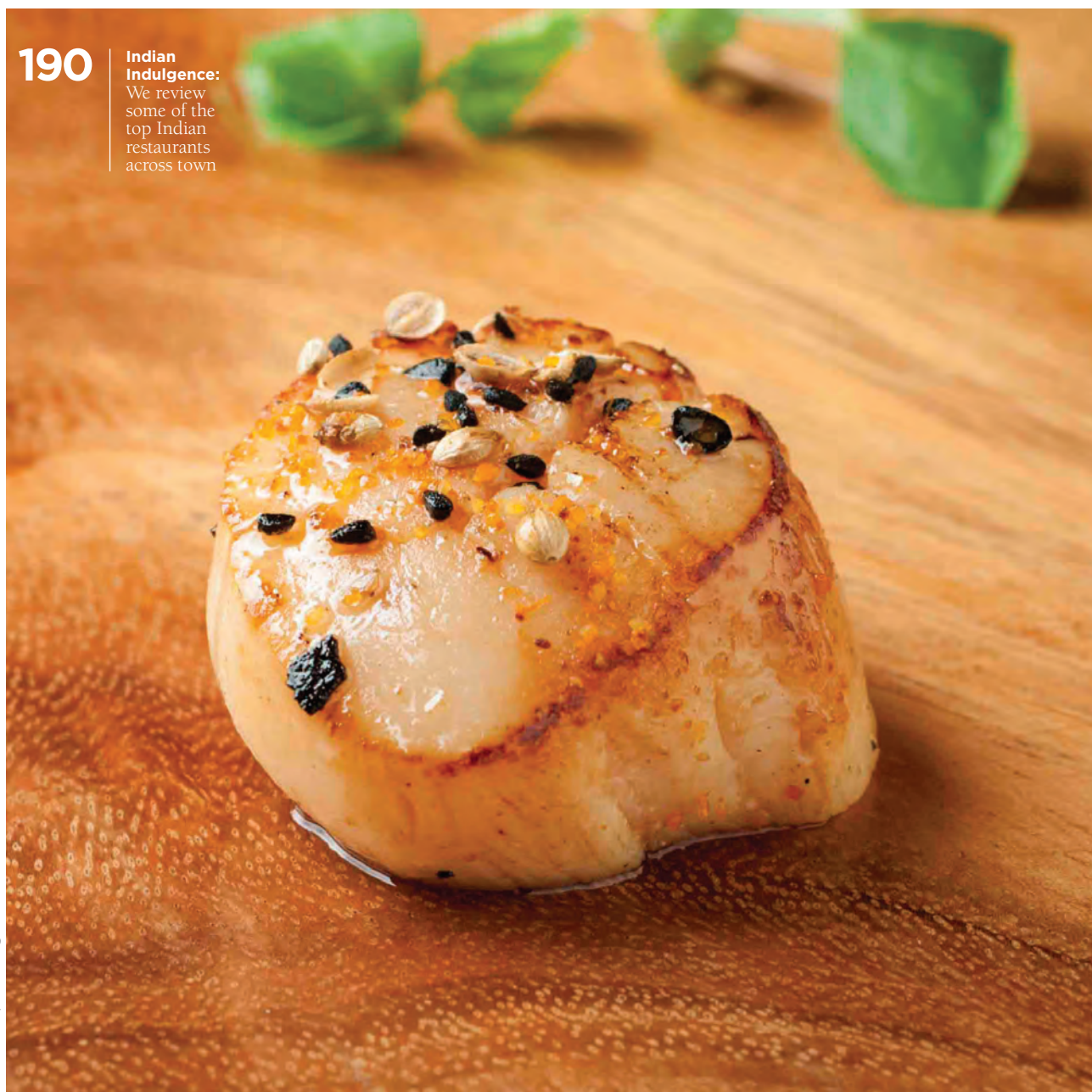


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WINE & DINE

190

Indian Indulgence:
We review some of the top Indian restaurants across town



Tava scallop at Rang Mahal

180

News: The latest on Singapore's food scene

188

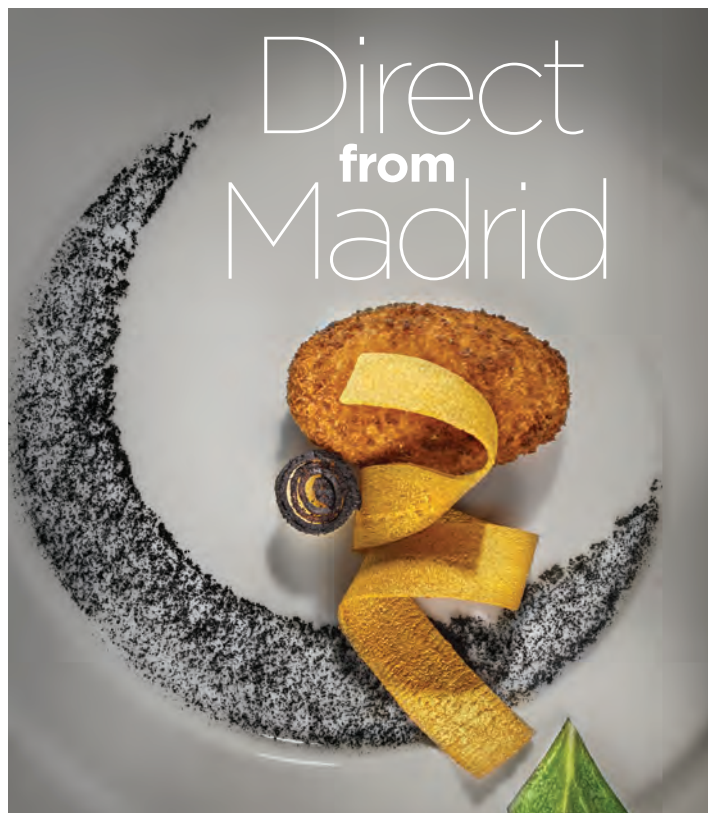
Bottoms Up! We put two new drinking spots to the test

201

Get Holiday Ready: Festive cooking and craft classes, plus holiday-inspired recipes

What's New

The latest trends in food and wine



From 4 to 11 November, Spanish Chef Ramón Freixa plays host to the fourth edition of the **Art at Curate** dining series at Resorts World Sentosa's Curate, Asia's first restaurant to be helmed by visiting Michelin chefs from around the world. Chef Ramón, whose eponymous restaurant in Madrid has two Michelin stars, is known for his culinary approach that blends tradition, sophistication and innovation, and his passion for Mediterranean produce and flavours. Prices range from \$230 for a four-course lunch with wine pairing, to \$420 for an eight-course dinner with wine and champagne. From 15 November, diners can continue to enjoy Chef Ramón's signatures in a special menu co-created with Curate's resident chef. For more details, visit guide.michelin.sg. ▲



Annual Indulgence

Often referred to as the “diamond” of the culinary world because of its exclusivity, the indulgent white truffle is only available a few months of the year. To celebrate the much-coveted delicacy, **Senso Ristorante & Bar** is offering a special menu (available until the end of November), using freshly harvested truffles flown in from Northern Italy, in everything from starters and soups to pastas, mains and desserts – think pumpkin soup with sour cream and shaved white truffles (\$38), white truffle-topped *carnaroli* risotto (\$98), and homemade al dente *taglierini* with white truffle and aged Parmesan (\$98). 21 Club Street. 6224 3534 | senso.sg ▲

A Good Kind of Ageing

Attention, meat lovers! Just when you thought the Huber's Butchery experience couldn't get any better, the Dempsey Hill butchery and grocer has started offering customers the option of having their beef cuts aged on-site in the company's special dry-ageing chiller, designed to further enhance flavour and tenderness. Simply purchase your choice cut, and the butcher will age it for you – then you can just swing by at any time (during business hours, of course), to check on your beloved beef! Dry-ageing charges start from \$20. 22 Dempsey Road. 6737 1588 | hubers.com.sg



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rich in flavour.

**Waitrose Duchy Organic
Cranberry Sauce with Port**
Heavenly cranberry sauce
with a dash of port.



New Bites

FabCafe Singapore



- **Super Loco Customs House** (70 Collyer Quay) recently opened on the Fullerton Bay waterfront, serving up modern Mexican fare and cocktails.
- Ramen fans rejoice! The world's first and only Michelin-starred ramen eatery in Japan, **Tsuta**, has landed on our shores. The 18-seater outlet in Pacific Plaza (#01-01/02/03, 9 Scotts Road) offers the same menu as the flagship outlet in Japan, giving diners a choice of *shoyu soba*, *shio soba* and miso soup bases.
- The recently launched **FabCafe Singapore** at the ArtScience Museum blends art, creativity and technology in a unique café experience. Bringing together coffee, food and state-of-the-art fabrication technology like 3D printing and food laser cutting, this modern café spot first opened in Tokyo before launching in cities including Barcelona, Bangkok and Taipei.

Flavour Fusion

New kid on the trendy Amoy Street block is **Le Binchotan**, a casual-chic French-Japanese tapas bar inspired by the traditional *bincho-tan* (white charcoal) of Japan. The cosy 38-seater space serves up small and large plates of premium ingredients like *uni*, *daikon* and miso, which are smoked over the renowned charcoal. Start the meal on a light note with the signature **Madai** (\$25), a beautifully presented entrée consisting of smoked sea bream, eggplant, radish and sherry vinaigrette, or the addictive **Tenkasu** (\$15), a combination of deep-fried *enoki* mushroom ragout and pickled daikon. The skewers are also a must-try; try the **wagyu striploin** (\$15) or the **foie gras** (\$17). Drinks wise, Le Binchotan serves up bespoke cocktails like **The Gin**, **The Flower** and **The Bowtie** (\$23), a refreshing mix of Hendrick's gin, lemon, coconut and roselle water. Finish with a **Smoked Chocolate** (\$15) – frozen blueberries, yogurt shards and smoky dark chocolate.



*Entenkeule
mit
Schupfnudeln*

Oven-roasted duck
leg with sautéed potato
dumplings, red cabbage
and cranberries

*Sauerbraten mit
Serviettenknödeln*

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beef in rich sauce with sliced bread
dumplings and red cabbage

Brez'n

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*Salat
mit
Entenbrust*

Smoked duck salad
with walnuts
and orange filets

Weihnachtsplatte

Christmas platter
with crispy pork knuckle,
duck leg, Sauerbraten,
red cabbage
and sliced bread
dumplings

*Glühwein
auf Eis*

Iced mulled wine



Entenkeule mit Schupfnudeln

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For reservations please call 6235 1613 or email us at reservations@brezn.com.sg

That's the Spirit!

Here are two beverage-based festivals to look forward to this month.

Whisky Live Singapore

Now in its seventh year, this whisky and spirits festival, presented by La Maison du Whisky, brings together rising stars from the whisky industry, and world-famous distilleries, to offer masterclasses and talks by guest speakers, plus a pop-up bar featuring some of the best bars in Singapore. Don't miss The Collector Room, where you'll find a selection of the world's most sought-after bottles, from closed distilleries to old vintages and single casks. 12 and 13 November at Capella Singapore. For more details, visit whiskylive.sg.

East Imperial Gin Jubilee

This celebration of all things gin is back again, bringing the world's finest gins to our shores – from internationally renowned names like Hendrick's and Bombay Sapphire to boutique brands such as Monkey 47, Death's Door and Sipsmith – along with the region's most renowned bars and bartenders. Gin-related activities include masterclasses, pop-ups, tastings, live stream distillery visits and the now-legendary Gin Lane closing parties. The jubilee will also see 80 top bars competing to create "Asia's Best Gin & Tonic". 20 to 26 November. For more information, visit ginjubilee.com.



An Austrian Affair

Looking to give Austrian-Hungarian grub a go? **Kaiserhaus** has recently introduced an easy-on-the-wallet, three-course Sunday brunch that can be enjoyed with or without free-flow wines and craft beers (\$88 or \$48, respectively). Start with a selection from the cold-cuts, soup and salad buffet, then choose from mains like *wiener schnitzel* (fried veal cutlet), *szegediner goulash* (paprika-infused goulash with cabbage and dumplings), *cordon bleu* (pork cutlet wrapped with smoked ham and melted cheese) and *grillhendl* (crackling half roasted organic chicken); end with a slice of apple strudel or a sweet Viennese treat. Bonus points for the fact that kids under 12 dine free. #02-06/#03-06 Capitol Theatre, 17 Stamford Road. 6377 0013 | kaiserhaus.com.sg

Hawker Fare with Colonial Flair

If you're looking for a twist on the traditional brunch this month, The Clifford Pier's **Heritage Dim Sum Brunch** is one to try. Set in The Fullerton Bay Hotel's charming, colonial-chic restaurant, this weekend feast – offered on Saturdays and Sundays from 11.30am to 2.30pm – oozes Singaporean nostalgia. Traditional dim sum trolleys and live “hawker” stalls serve everything from laksa with tiger prawns, fried carrot cake and made-to-order *popiah* to rickshaw noodles with braised pork belly, Hainanese chicken rice, and steamed pork ribs in black bean sauce; there's also *kueh pie tee* (meat-filled crispy pastry tarts) and loads of other Peranakan favourites; we especially loved the shredded chilli



crab meat – a mess-free way to eat this Singaporean delicacy. The Heritage Dim Sum Brunch is \$48 per adult (\$24 per child), or \$98 per adult with free-flow sparkling wine, house wines, beer, soft drinks and juices. For reservations, call 6597 5266. fullertonhotels.com/Singapore

Revolving Doors

- Modernity meets tradition at the newly opened **VLV Restaurant**, housed in the historic building previously occupied by Indochine in Clarke Quay. VLV presents over 60 Chinese delicacies with a focus on contemporary presentation and traditional Cantonese flavours. The restaurant also features the VLV Club Lounge with live DJs and pumping music.
- Taking over the Ben & Jerry's space at Dempsey is **Little House of Dreams**, a bakery-bistro specialising in desserts and customised fondant cakes. Sweets aside, the café also has a menu of savoury dishes like prawn laksa spaghetti and chilli crab fries.
- Fans of lifestyle franchise and restaurant **Kilo** take note: the Orchard branch has closed its doors but the Kallang outlet is still up and running.
- **Hard Rock Cafe Singapore** on Cuscaden Road has reopened its doors after a major revamp, sporting a sleek new look while retaining its iconic rock vibes.





Alternative Meats for Your Holiday Feasts!

Beyond basic birds and holiday ham

Looking for something other than roast turkey or Yule ham this holiday season? Managing Director RYAN HUBER and Executive Director ANDRE HUBER of **Huber's Butchery** share three alternative meat picks for the holiday table.

#1 Duck

More flavourful than turkey, and gamier in taste than other fowl, duck has a great, rich flavour, perfect for a holiday feast. The tender ducks sold at Huber's Butchery are approximately 2kg each, feeding four to six people per bird. If you don't want to marinate the duck yourself, ask your Huber's butcher to marinate it in-store before you take it home to roast; the helpful staff can provide recipes and tips, too.

Cooking tip: Roast at 160 degrees Celsius for about 1.5 hours, or until the liquid inside the duck is clear in appearance.

#2 Goose

The goose is a fatty bird, and that fat keeps the meat moist, giving it extra flavour. Offering a different gamey taste compared to a duck, and more flavourful than turkey, goose is a great option for spicing up the traditional bird-at-the-holiday-table. The geese at Huber's weigh around 4kg each, feeding eight to ten people. Huber's customers can ask for their geese to be marinated, then bring them home and roast according to the butcher's instructions.

Cooking tip: Roast at 160 degrees Celsius for about 2.5 to three hours, or until the liquid inside the goose is clear in appearance.

#3 Suckling pig

Huber's rolled suckling pig loin and belly makes a great roast for eight people. The tender meat paired with thin, crispy skin is a combination that's sure to be a crowd-pleaser at Christmas dinner.

Cooking tip: Roast at 180 degrees Celsius for about an hour; then, turn up the heat to 220 degrees Celsius for the last 10 minutes. For this and other video recipes, visit youtube.com/user/hubersbutchery. *ℳ*

22 Dempsey Road
6737 1588 | hubers.com.sg

CHRISTMAS ORDERING MADE EASY!

As if Huber's Butchery wasn't already making our lives easier by defrosting, marinating and stuffing our birds of choice, this year, the Dempsey-based butchery is conveniently taking Christmas orders online at hubers.com.sg, as well as in-store (both delivery and pick-up options are available).

All Christmas orders must be placed by Friday 16 December.

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AT THE BAR

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

3RD CULTURE BREWING CO.

#01-33 Maxwell Food Centre,
1 Kadayanallur Street
[facebook.com/3rdculturebrewingco](https://www.facebook.com/3rdculturebrewingco)

First impressions: Sometimes you're after more than the average Tiger to wash down a hawker meal. Taking up one of the stalls in the bustling Maxwell Food Centre is 3rd Culture Brewing Co., boasting 12 beers on tap in one cramped space.

The Chosen One: It's all about craft beer at this bar and, with a dozen on offer, you can enjoy wheat beers, IPAs, pale ales and stouts. For something different, try **Palate Trip** (\$10) brewed by 8 Wired Brewing. Made from a combination of American and New Zealand hops, it's been deliberately soured to add a tart flavour to the sweet malt.

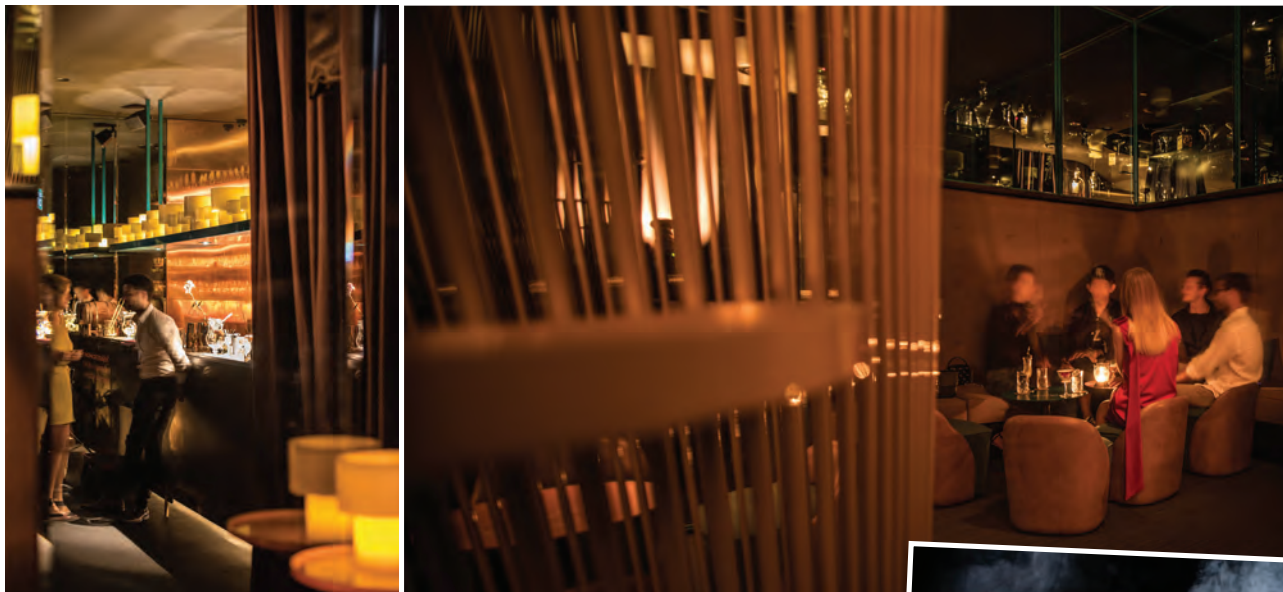
The Cheapskate: Considering what you can pay for a craft beer in Singapore, 3rd Culture manages to keep its prices low. For example, you can enjoy the German-inspired wheat beer **Hefeweizen**, brewed by Australia's Hargreaves Hill, for just \$8.

Bite on this: 3rd Culture doesn't serve food – there's simply no room with the impressive refrigeration system that keeps your beer cold. But you're in Maxwell, with the chicken rice made famous by Anthony Bourdain served just opposite, so you'll easily find something to eat.

Last but not least: You know what it's like at your favourite hawker centre – there are plenty of delicious food options but not much when it comes to alcohol. This would explain the constant queue at 3rd Culture on Friday and Saturday nights. Get there early to enjoy the unique flavours on offer, or before your favourite beer sells out.

– Tim Colman





THE OTHER ROOM

#01-05 Marriott Tang Plaza Hotel, 320 Orchard Road
6100 7778 | theotherroom.com.sg

First impressions: Tucked behind a nondescript door and velvet curtains just off the hotel's lobby, this intimate, dimly-lit drinking house is definitely discreet – but well worth knowing about. The bar looks like a mad scientist's laboratory, with rows of identical, clear, label-free bottles rather than commercial ones. The mad scientist here is head bartender Dario Knox, who, drawing inspiration from the creativity of the Prohibition period (1920-1933) when bars in the US had to concoct new libations from limited stocks and ingredients, has created over 150 spirits – from rums, whiskies, bourbons, ryes and cognacs to vodkas, gins, tequilas and mezcal – that are cask-finished and spice-infused to generate different and new taste profiles.

The Chosen One: With a menu approaching 50 pages, it's tough to choose a tipples. I'd suggest getting a rum or whisky flight (from \$23) to taste three different versions of a bespoke libation. Or order a "direct flight" to taste the original product (Hendrick's gin, for instance) and the finished product (**pepper-infused Hendrick's**, which is fabulous, by the way; \$18 to 40ml, \$25 for 60ml). We also loved our cocktails: a sweet-and-sour **Ciao G-Vine** (\$22) with gin, agave, sugar, lemon, celery bitters and egg white for me, and, for my husband, an **Old Cuban** (\$22) made with aged rum, sugar, lime, angostura bitters, bubbles, mint and smoke.

The Not-so-cheapskate: Most of the 40ml drinks are in the twenty-dollar range, so if you're looking for "cheap", this isn't your place. In fact, if you're into trying vintage drinks, they've even got limited-edition "spirits from the past" on offer from the 1960s and 70s, starting at \$40 a glass.

Last but not least: If you have the chance to chat with the loquacious Dario while you drink, do it. He can give you the history and inspiration behind each cocktail and infused-spirit creation, and every other detail you'd want to know (or wouldn't!); his clear passion for what he does makes the experience that much better.

– Amy Greenburg



Indian INDULGENCE

There's a seemingly infinite number of Indian eateries here in Singapore, each offering its own take on flavours from the vast South Asian country. We at *EL* always look forward to taste-testing curries and other spice-infused specialties, so we were thrilled to review some of the tastiest Indian restaurants in town for this roundup. Here are our top picks!

Yantra Restaurant

#01-28/33 Tanglin Mall, 163 Tanglin Road | 6836 3088 | yantra.com.sg

Yantra by Chef Hermant Oberoi is a contemporary, stylish fine-dining restaurant serving North Indian cuisine with amazing flavours. The atmosphere is cool and trendy and the ambience is great.

Dishes here are best shared – and none of them disappoints. For starters, we opted for the **varqui crab** (\$32), light curry leaf and pepper crabmeat layered with filo sheets and topped with a chargrilled prawn, and **Grazing Goat** (\$45), tender Kashmiri lamb chop with meat-filled *khandvi* rolls, coconut foam and a goat cheese salad. We also enjoyed the **ganderi kebabs** (\$28) – spiced chicken mince on sugarcane sticks. For mains, we couldn't resist the **chicken tikka makhani** (butter chicken, \$40) along with an unusual recommendation of **asparagus with fenugreek leaves and chestnuts** (\$34), and a moist **lucknavi gosht biryani** (mutton biryani, \$40) and **garlic naan** (\$10). A palate-cleansing **sugarcane sorbet** (\$12) prepared the way for **chenna payesh** (\$19), a glass of creamy cottage cheese dumplings with milk and berries.

Pssst! Check out Yantra's weekday lunch buffet (\$29.50 per person), and weekend brunch (\$49).

Star dish: The amazing **chicken tikka makhani**, my all-time favourite. This one was the best yet.

– Jacqui Young



Contemporary
curries



Saha

#01-03 National Gallery Singapore, 1 St Andrews Road
6223 7321 | saha.sg

Previously on Duxton Hill, this gem relocated to the Singapore National Gallery at the start of 2016. As Singapore's main stage for cultural fusion and the evolving art scene, the spot is a perfect fit as Chef Abhijit Saha continues to ingeniously present an age-old cuisine with futuristic flair. The new setting adopts a more minimalist look while reflecting the characteristics of the food – modern, colourful and light.

Browsing the menu is a treat in itself. Interpretations of regional Indian cuisine, classic favourites and familiar flavours are interspersed with atypical ingredients and combinations that are quick to spark your curiosity. The **tandoori-baked brie** (\$20) with sweet-and-sour chutney, and the **Interpretation of Meen Moily** (\$35) – turmeric-grilled sea bass with coconut and curry leaf panna cotta and tamarind rice – were among those that grabbed our attention.

For the full Saha experience, we recommend the tasting menu (starting from \$85 for vegetarian, and \$95 for non-vegetarian), available in four- or six-course options. The dishes are light and virtually free of heavy starch components such as rice and naan, so the flavours take centre stage and the guilt is kept at bay. Our experience began with an **apple-and-cinnamon-spiced popsicle** to kick-start the taste buds; everything that followed surprised our palates and dominated the conversation. The **pistachio-crusted lamb chops with haleem** and the **chicken ghee roast** were particular favourites and went perfectly with the Grover Art Collection Rosé and Pinot Noir that were paired with the respective courses – straight from selected Indian vineyards.

The final note was sweet and delectably fluffy: **coconut and banana espuma** with papaya orange salsa and plantain chips.

Star dish: Absolutely everything on the six-course non-vegetarian tasting menu (\$118; wine-pairing \$85).

– Leanda Rathmell



*Food fit for
a queen*

Shahi Maharani

#03-21B, Raffles City Shopping Centre,
252 North Bridge Road
6235 8840 | shahimaharani.com

Shahi Maharani is undoubtedly one of the highlights among Singapore's fine-dining Indian restaurants, with an established reputation for quality food. Tucked away in a quiet corner of Raffles City, it's easily reached from the lobby lifts of the Stamford Hotel. The décor can only be described as regal – the large room is opulently decorated with portraits of nobility, a colour palette of gold and cream, stately chairs and plush banquette seating. But it's not pompous; my primary school-aged children had fun watching chefs twirl roti and naan bread, the staff were friendly and helpful, and live Indian music amped up the Friday-night atmosphere.

According to the opening page of the menu, Shahi Maharani continues the culinary tradition of serving the dishes enjoyed by royalty in days long past. There are many options to choose from – but each of us had one top dish in mind: dhal for me, vindaloo for my husband, butter chicken for my son and anything for my daughter, “so long as it's not too spicy”.

We started with the **maharani special** (\$42), a sizzling mixed tandoor grill including chicken tikka, fish and lamb kebabs – it was all succulent, spicy

and tasty. Thankfully, we only ordered one starter, as the dishes that followed were substantial. First up was **chicken makhanwala** (butter chicken, \$32), a superb North Indian dish that the children scoffed down with plain and garlic **naan** (\$6) straight from the tandoor, and fragrant **jasmine rice** (\$9).

My husband was very satisfied with the **mutton vindaloo** (\$32), a hot and spicy dish that hails from Goa in the south. I can often eat a completely vegetarian Indian meal, but this time we went protein-heavy and, at the waiter's suggestion, tried a new dish, **nalli gosht** (\$45), slow-cooked lamb shanks in a spicy yoghurt gravy – yum!

I'll return for the good value lunch buffet (\$50 for two) as soon as I can get a reservation; the staff advised me to book a month in advance! Still, food this good is worth the wait.

Star dish: Is it boring to love dhal? My favourite dish was the **tarka dhal** (\$19), a traditional concoction of mixed lentils with onions, garlic and spices. Sometimes, it's the simple things that are the best!

– Katie Roberts

Zaffron Kitchen
135-137 East Coast Road
6440 6786 | zaffronkitchen.com

We chose to take the kids for Sunday lunch at this slick Indian eatery, where booking is essential. (It was *busy*!) There's a small play area with a TV to keep the tinies entertained, plus a kids' menu that offers some Western options, too, for those less-adventurous palates.

We could smell the aromas from the open kitchen as soon as we walked in, and they smelt *goood*! To start, we devoured a portion of **papdi chaat** (\$6.50) – little fried wafers topped with a dollop of sweet yoghurt and mint chutney – and papadums with a selection of chutneys (\$4.50), followed by our staunch family-favourites: **butter chicken** (\$17), **palak paneer** (\$13), **garlic and cheese naan** (\$5.50), **Kashmiri pilaf** (\$5.50) and **chicken tikka** (\$14.50).

The open kitchen means you can see (and smell!) your order being made. The



food was fresh, and had that comforting homemade flavour to it. Ordering is done via an iPad, which was quite fun and made it all super-easy.

Star dish: It has to be the **lamb shank**

biryani (\$21.50). The meat literally fell off the bone and was accompanied by a thick, flavoursome gravy – hearty, tender and oh-so juicy. This is a must-try!

– Emi Finch

Maziga Indian Bar & Grill
#01-10 and #02-03, The Cannery @ Clarke Quay
3C River Valley Road
6253 7307 | maziga.com.sg



Clarke Quay may be bursting with dining options, but Maziga is a must if you're looking for something unconventional. This North Indian gastrobar infuses classic Indian flavours into modern dishes that are stunningly presented; it's Indian street food on a whole new level!

Most of the dishes make great tapas, like the **masala pasta fries** (\$9.50) we enjoyed as an appetiser; fusilli pasta is first fried then tossed in spices and salsa – it's an addictive combination of crunch, heat and acidity, and was wolfed down in minutes. For a main, we opted for the **sweet and sour tandoori jerky lamb ribs** (\$24.90). These are a little on the heavy side, but they're also undeniably delicious – a mix of sweet, sticky and smoky, the best way to do ribs, really!

To drink, we ordered Maziga's signature **Negroni Version 2** (\$18), a specialty cocktail made with homemade botanical syrups and bitters. This unique beverage has an almost floral perfume, and it pairs really well with the ribs. Also try the refreshing **Chai Pani Shots** (\$18), a vodka-infused Earl Grey tea with Kahlua, lime and apple juice. We rounded off our meal with a show-stopping dessert, **masala chai kulfi white forest candy floss** (\$13.90), featuring candy floss, Indian ice cream and hot espresso.

Star dish: **Paneer chili tikka** (\$16.50) – cubes of lightly charred paneer cheese with tamarind and mint yoghurt sauce; the texture was light like tofu, and the medley of flavours divine.

– Anthia Chng

Lavish
Indian
Fare

Rang Mahal

Level 3, Pan Pacific Hotel
6333 1788 | rangmahal.com.sg

Rang Mahal's trendy interior is one of the first thing that strikes you. The high ceilings, dim mood lighting and spacious table settings – which include cosy, private couple's tables, ideal for a romantic date – ooze style and panache.

The menu is wide-ranging, with a mix of well-known and slightly experimental dishes for those looking for something different. One such dish from the appetisers section is the **broccoli tiki** (\$30), pancakes of mashed broccoli and potato cooked with green herbs; it has a delicious, concentrated flavour. Also worth trying is the melt-in-your-mouth **Punjabi chicken tikka** (\$45), which gets its flavour from a marinade of smoked cloves and pounded black pepper, before being roasted in a traditional tandoor.

For mains, we recommend a combination of meat and vegetarian dishes. The **sea bass curry** (\$48), pan-fried fish with hand-pounded spices, was something we'd never tried before, and a pleasant change from our usual choice of chicken or lamb – lighter on the palate and with a flaky, juicy texture. The fragrant **peshwari channa** (\$34), chickpeas simmered with aromatic spices, had a nice kick of spice. For sides, cheese-lovers should forgo the usual garlic naan or basmati rice and try the **Roquefort kulcha** (\$18). This fluffy bread is filled with melted blue cheese, onions and chilli; it may sound unusual, but it's surprisingly tasty and the perfect accompaniment for dipping into and mopping up sauce.

Despite its higher price tag, the quality of the cuisine and ambience at Rang Mahal are worth experiencing at least once. The set Epicurean menu offers two courses for \$88, or three for \$98, including a choice of appetiser, main course and dessert.

Star dish: Definitely the *peshwari channa*!

– Susannah Jaffer



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Punjab Grill

#B1-01A, The Shoppes at Marina Bay Sands, 2 Bayfront Avenue
6688 7395 | punjabgrill.com.sg

Posh-but
unpretentious
Punjabi

Though it sports a sleek, elegant décor and high-end prices, Punjab Grill is not pretentious at all; rather, it has great, friendly service that adds to the fabulous dining experience. The extensive menu features Punjabi specialties (the Punjab region is located in Northern India and Eastern Pakistan) that are conveniently divided into vegetarian and non-vegetarian options.

Wanting to try a selection of different delicacies, both my husband and I opted for the five-course, non-vegetarian degustation menu (\$98). Highlights included the incredible *murgh badami shorba* starter, a **spiced consommé of chicken and almonds** – I can't stress enough how delicious this was; we wanted to drink a vat of it! The main course featured a selection of delicious **salmon tikka**, **New Zealand lamb chops** marinated with cloves, black cardamom and fenugreek, and **tandoori tiger prawns** (our favourite of the three, if we *had* to pick). Another course consisted of tasty **murgh makhani** (butter chicken); Chef Javed Ahamad's butter chicken is presented as a tart-like treat, accompanied by lamb biryani. Of course, I couldn't go for Indian food without eating my favourite, **chicken tikka masala** (\$40), which I ordered à la carte – it was perfect! – along with **garlic naan** (\$10) to dip into the deliciously rich lentil-based **dhal panjratani** (\$32).

We loved watching Chef Javed work in the glass-enclosed kitchen while we ate, and enjoyed every single beautifully presented dish he came out with – paired with nice red and white wines suggested by our waiter. This is definitely a spot for lovers of Indian food, particularly for a special night out; it's a great date-night destination!

Star dish: It's a toss-up between the chicken tikka masala and the juicy, well-spiced tandoori tiger prawns, though the chicken-almond soup was divine, too...

– Amy Greenburg



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Indian Cheat Sheet: 10 Dishes to Know

BY ANTHIA CHNG

If you need a refresher course on curries, snacks and breads, here are ten popular tastes for the next time you're in the mood for Indian.

#1 Masala dosa

Dosa is a type of pancake made from fermented batter, rice flour and ground pulses. Masala dosa is dosa stuffed with a spiced vegetable filling made of potatoes with mustard seeds. Typically served with chutneys or *sambar* (a vegetable stew), this popular dish has its origins in Southern India.



#2 Samosa

This triangle-shaped, deep-fried snack is normally filled with savoury ingredients like spiced potatoes, peas or meat. A common street food in India, samosas are often served with a fresh chutney made of mint, coriander or tamarind.



#3 Biryani

Available at many Indian restaurants and food stalls, biryani is made up of basmati rice, spices and meat; many restaurants serve vegetarian biryani, too. While there are many variations available, the more common ones are mutton, fish and chicken.

#4 Chapati

Also known as roti, this unleavened flatbread is made of *atta* (wheat flour), salt and water. Chapati is a staple food in Indian cuisine and is often eaten with side dishes, grated paneer or a vegetable stuffing.

#5 Palak paneer

This vegetarian-friendly dish is prepared with spinach and paneer cheese, a non-melting, un-aged Indian cottage cheese. A popular dish at Indian weddings and celebrations, palak paneer often contains diced tomatoes and onions, too.



#6 Kulfi

Described as a traditional Indian ice cream, this frozen dessert is creamy and dense. Kulfi can come in various flavours, such as saffron, cardamom, rose and pistachio.



#7 Papadum

Commonly served as an appetiser, or as a side dish to biryani, this crispy, savoury cracker is typically made from flour or paste derived from lentils, chickpeas, rice or potato.



#8 Murgh makhani

Marinated in a cream and spice mixture that may include ginger, lemon, turmeric and cumin, *murgh makhani*, or butter chicken, is a favourite of many. While the meat is traditionally cooked in a tandoor (traditional clay oven), it can also be grilled or roasted. There are several variations of the mild curry sauce that comes with this dish.

#9 Tandoori chicken

Preparation-wise, this popular chicken dish is similar to butter chicken. The meat is typically baked on skewers in the tandoor after marinating in spices and yoghurt. After cooking, ghee (a type of butter) is then brushed on for flavour, and the chicken is served with chutney or coriander.

#10 Beef vindaloo

A favourite among lovers of hotter curries, vindaloo is popular in the Goa region of southern India, and also in and around Mumbai. It can be made from different types of meat or seafood, though beef has become something of an international favourite. Vinegar is a distinctive ingredient of vindaloo.

Curry & Wine

Your pairing conundrum solved!



While beer is usually the go-to beverage for accompanying a curry, some of us prefer a good glass of wine instead. Italian wine specialist and online shop **Bacco Wines** suggests some great vino-pairing varietals from its extensive collection of organic and biodynamic wines to go with your next Indian indulgence.

One of the first considerations when pairing wine with Indian food is how much spicy “heat” you like to taste from the dish. If you want to counter the heat, go for a wine with some sweetness. If, on the other hand, you like your curries as fiery as possible, you should stick to a drier wine. Think of your wine as a liquid friend to balance the food; the spice in the food will seem to decrease as the level of fruitiness in the wine increases.

Another fabulous characteristic of Indian food is the aroma. Pairing it with an aromatic wine will enhance those lovely spice fragrances. Ideally, try to find a wine that has some natural aromas on the nose that you also find in Indian dishes; for example, sweet green cardamom, citrusy coriander, toasty black pepper and smoky cumin.

In particular, you could look for an aromatic Gewürztraminer, as this delicious white wine typically has a slight sweetness that balances the heat of a curry, plus a range of aromas to complement Indian spices. **Traminer Aromatico** (\$52 for Bacco members) from Trentino winemakers Pojer & Sandri is a delicious wine that pairs well with various Indian dishes; the aged version (2010 vintage) is subtler and smoother, and perfect for an aromatic food pairing; while the younger vintages (2012 and 2013) are more powerful, working well alongside hotter curries.



If you're partial to a rosé, particularly with creamier curries like *korma* or butter chicken, you can try the rare Gaglioppo grape wine **Savu** (\$33 for members), by iGreco of Calabria, which brings together sweetness and great aromas. The Gaglioppo grape is very special, as it's an ancient variety that was nearly lost when vineyards prioritised the planting of better-known grapes; but, thankfully, a small group of passionate winemakers have kept Gaglioppo wine alive.

Reds sometimes get overlooked in spicy food pairings, but there are many delicious *vino rosso* choices that work wonderfully. Primitivo grapes from southern Italy (known as Zinfandel elsewhere) are usually fruity and juicy in style, with smoky notes, making for a lovely wine to accompany Indian dishes; try **Alchimia** by Duca Di Saragnano (\$48 for members), for example.

For those who like to maintain all the heat in an Indian dish, look for a drier red that has pleasant aromatic qualities. Consider a red wine with black pepper notes like Nero D'Avola from Sicily, or grab a bottle of Syrah – **Tellus Syrah** (\$37 for members), for instance – which typically offers a spicy pepper finish. There aren't many reds famous for being fully “aromatic”, but the rare grape Ruché is a stunning find grown only in Piedmont (specifically the Asti province). Ruché di Castagnole Monferrato remains one of Italy's lowest-production varietal wines; in fact, only a handful of winemakers work to showcase this incredible grape's potential. Ruché is naturally a very aromatic grape and it makes a mouth-watering red; give **I Firmati** (\$42 for members) by Ferraris a try next time you need a red for your *jalfrezi*.

To buy wine or to find out about upcoming wine-tasting events, visit the Bacco website.

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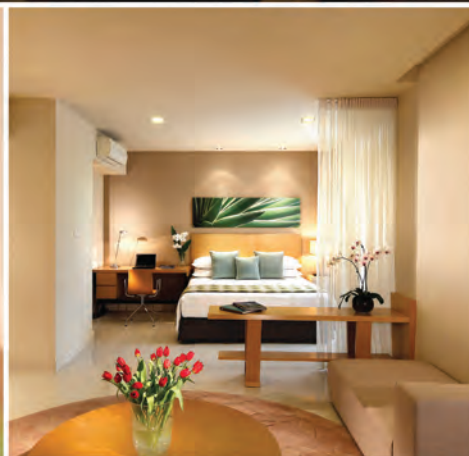
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Get Holiday Ready!

Holiday Dishes Made Easy

Nothing says the holidays like party dips and traditional Christmas treats. Not much of a chef or a baker? Now you can whip up your very own goodies from scratch with these upcoming cooking classes at **Expat Kitchen**.



Sweet Christmas Cheer 25 November from 10am to 1pm \$165 per person

End the year (and dinner) on a sweet note by baking your favourite yuletide treats. At this class you'll learn how to make mince tarts, mini Christmas puddings, ginger cake with lemon frosting and Christmas cookies.

EL readers get \$45 off this class by quoting "SCTEL".

Dips & More 30 November from 10am to 1pm \$165 per person

Dips are great for two reasons: they're easy to make and they keep your guests occupied if you need extra time in the kitchen! On the menu are appetising starters like roasted red pepper dip, Tex-Mex grilled bean dip with corn chips and smoked salmon spread with ciabatta crostini. *EL* readers get \$45 off this class by quoting "DAMEL".

On 8 December from 7.30 to 9.30pm, join Expat Kitchen for spicy mulled wine, meatballs, sausage rolls, mini mince pies, ginger cake, cold cuts and cheeses to celebrate the festive season. Limited tickets (\$50) available. 9 Norris Road.

Expat Kitchen
#02-01, 9 Norris Road
6299 4221 | expat-kitchen.com

Crafts and Cocktails

If you're in need of some help with drinks and décor, check out these classes from **The Providore**, perfect for the holiday season.

Cocktail & Canapés Night \$90 per person

Head down for a fun and relaxing night, where mixologists from Sipsmith Gins will demonstrate how to create cocktails. You'll also learn to make canapés, perfect for the upcoming party and holiday season. Check theprovidore.com for dates.

Wreath Making & Canapés \$140 per person

In this combined craft and cooking session, you'll learn how to create your very own holiday wreaths and table centrepieces, and enjoy a canapé-making demonstration. Featuring florist Kristy Cornell and cookbook author Ghillie James, this is the cooking studio's first series of craft and canapés sessions. For dates, check theprovidore.com.

The Providore
#02, K20, K21, K55, K73 PasarBella at The Grandstand
200 Turf Club Road
9679 6658 | theprovidore.com

Ingredients? Check!

Once you know how to make everything, stock up on all the ingredients you'll need to make those canapés, dips and desserts. Online specialty marketplace **Foodsterr** is a great go-to this season, with a huge range of dried fruits, seeds, oats and nuts, organic products and superfoods, plus those hard-to-find ingredients. Trust us, you'll be glad you're in the know when you're sourcing reasonably priced pecans for that traditional Thanksgiving pecan pie recipe you've been dying to try. (Hey, we've been there, so save yourself the trip to Mustafa!) It's \$2 delivery for purchases above \$50, and free delivery on orders of \$100 or more.

6969 4592 | foodsterr.com



Holiday *Recipe* Inspiration



Mulled Sloe Gin Cocktail

This recipe makes
one serving

From a traditional turkey dinner with a twist to a festive cocktail flavoured with cinnamon, hibiscus and dried citrus, and a scrumptious breakfast-snack treat, try your hand at these Thanksgiving and Christmas-time recipes.

Ingredients and instructions for hibiscus-lime-cinnamon cordial:

Place all of the following ingredients in a pot and simmer for 30 minutes.

- 1 litre water
- 1kg sugar
- One handful dried hibiscus flowers
- Dried lime wheels, 10 pieces
- 2 sticks cinnamon

Ingredients for cocktail:

- 45ml Sipsmith Sloe Gin
- 10ml fresh lime juice
- 50ml cloudy apple juice
- 20ml hibiscus-lime-cinnamon cordial

Cocktail instructions:

- Mix all ingredients in a small wine glass, add ice, and garnish with fresh apple and orange zest.

Recipe courtesy of The Providore, and Proof & Co. Spirits
theprovidore.com

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Roast Turkey with Apricot-Quinoa Stuffing

This recipe serves eight

Ingredients for quinoa-apricot stuffing:

- 380g quinoa
- 500ml boiling water
- 70g butter
- 2 onions, halved and finely chopped
- 4 garlic cloves, crushed
- 1 lemon, rind finely grated
- 2 tablespoons rosemary, finely chopped
- 1 teaspoon ground cumin
- Salt and freshly ground black pepper
- 150g dried apricots, roughly chopped
- 150g pistachio kernels, finely chopped
- 1 cup fresh parsley, coarsely chopped
- 3 eggs, lightly whisked
- Sea salt and freshly ground pepper

Instructions for quinoa-apricot stuffing:

1. Place quinoa in a pot or rice cooker. Pour in boiling water and cook until all liquid is absorbed. Use a fork to separate the grains.
2. Meanwhile, melt butter in a frying pan over medium heat until foaming. Add the onion, garlic, lemon zest, rosemary and cumin, and cook (stirring occasionally) for five minutes or until onion softens. Season with salt and pepper, and set aside for 15 minutes to cool.
3. Stir onion mixture, apricots, pistachios and parsley into the quinoa. Add the egg, and stir to combine.
4. Stuff the quinoa mixture into the turkey cavity, pulling the skin over to enclose.

Ingredients for turkey:

- 80g butter, softened
- 1 lemon rind, finely grated
- Handful of fresh rosemary sprigs, chopped
- Sea salt and freshly ground pepper
- 4.5 to 5kg turkey
- Olive oil, to brush and grease

Instructions for turkey:

1. Combine butter, lemon rind, rosemary, salt and pepper.
2. Preheat oven to 200 degrees Celsius. Run your finger under the skin on top of each breast to loosen skin. Rub some butter over and under the skin. Fill cavity with quinoa stuffing, and tie the legs together with kitchen string.
3. Place the turkey on a wire rack in a roasting pan. Brush the turkey with olive oil and cover loosely with foil. Pour one cup of water into the pan and bake for the first half hour.
4. Reduce heat to 180 degrees, and bake for another hour, basting with oil every 30 minutes.
5. Reduce heat further to 120 degrees for the next hour.
6. Remove foil, roast for 30 more minutes or until golden, and until juices run clear when the thickest part of thigh is pierced with a skewer. Turn turkey breast up for final browning. Then, transfer to a platter and cover with foil; let sit for 20 minutes.
7. Slice the turkey and serve immediately.

Cooking notes and tips

- It can take two to three days for a frozen turkey to thaw.
- To prepare a whole turkey for roasting, remove the neck, giblets and any excess fat.
- Rinse the turkey briefly under cold water, then pat dry inside and out using a paper towel; tuck the wings under.
- To calculate cooking time, weigh the bird after it's been stuffed; allow 35 minutes for every 1kg.
- If you're using a thermometer, start taking temperature readings by inserting deep into the thickest part of the turkey breast and thigh, an hour before the turkey should be done.
- You want a resulting temperature of 80 degrees Celsius for the dark meat (thighs and legs) and 72 degrees for the white meat (breast).

This recipe is courtesy of Expat Kitchen, #02-01, 9 Norris Road. 6299 4221 | expat-kitchen.com

Chocolate Nut Granola Bar

This recipe makes
25 to 30 slices

We love this simple granola bar recipe because it's perfect for a busy Christmas morning breakfast or snack! Conveniently, most of the ingredients can be found on Foodsterr's website, so you won't have to worry about hunting through aisles for every single item.

Ingredients:

- 1½ cups oats
- 1½ cups shredded coconut
- ¼ cup flax seeds
- ½ cup sunflower seeds
- ½ cup pumpkin seeds
- ½ cup chopped almonds
- ½ cup chopped hazelnuts
- ½ cup pecans
- 2 tablespoons of chia seeds
- 2 tablespoons of flaxseeds
- 3 ripe bananas
- ¼ cup coconut oil
- ¼ cup raw honey
- ¼ cup dark chocolate

Instructions:

1. Pre-heat oven to 160 degrees Celsius and line a tray with baking paper.
2. In a large bowl, mix together oats, coconut, nuts and seeds.
3. Blend bananas, coconut oil and honey.
4. Mix wet mixture with dry mixture and pour into the tray.
5. Bake for 30 to 40 minutes, or until golden brown.
6. Remove from oven and let cool on the tray.
7. Melt dark chocolate and pour over the top of the cooling mixture.
8. Cut into granola bars and store in the fridge in an airtight container for up to five days, or in the freezer. *E!*

This recipe is courtesy of Carrotstick & Cravings for Foodsterr. 6969 4592 | foodsterr.com

For more holiday recipe inspiration, head to expatliving.sg.



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216

Land of Smiles:
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Thailand trip

Tubkaak Krabi Beach Resort

212
Travel News: Hot hotels
and trendy destinations

226
Cruising the Coast: Experiencing
Phuket from the water

228
Yangon Weekend: Making the
most of Myanmar's major city



Lost & Found: Stick a Tile GPS tracker on your suitcase or any other item you don't want to lose, and you can use your smartphone to locate it within a 100-foot radius.

What's New

Indonesian Island Exclusive

It's fair to say that the team from *Travel & Leisure* magazine thought **Nihiwatu** was a pretty decent place when they visited the resort on Indonesia's Sumba Island – they subsequently ranked it as the number one accommodation *in the whole world!* Nihiwatu is all about understated luxury set amidst wilderness. It's an all-villa resort with vast outdoor living areas, sandy-floored bathrooms with an open-air concept, and private pools with spectacular views of the Indian Ocean – all just an hour's flight from Bali. Exclusively through Singapore-based travel experts Country Holidays, you can now stay four nights at Nihiwatu for the price of three, through a US\$1,845 package that includes return flights from Bali to Sumba and a complimentary Spa Safari. Call **6735 1033** or visit **countryholidays.com.sg** for info.



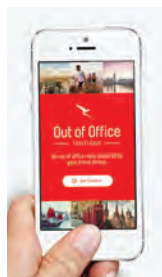
Penang for Kids

Located on Batu Feringgi Beach, **Golden Sands Resort by Shangri-La** stands out as one of Penang's best family-oriented hotels, and a recent revamp means even more of a wet and wonderful time for young ones. The expanded children's play area includes a new splash pad complete with tipping water buckets, and all kinds of sprays, jets and cannons; there's also a new pool for children, with two water slides for endless fun, while the whirlpool has been redesigned to create more space among lush gardens. A new arts and crafts section is set to follow shortly. Everything has been designed with safety in mind, too, so parents can feel at ease. +60 4 8861911 | shangri-la.com/penang/goldensandsresort ▼



Away on Holiday

Qantas Out of Office is a service that transforms your traditional out-of-office auto email reply into a real-time photographic journal of your holiday. Just link your email account (Gmail or Hotmail) to your Instagram account at qantasoutofoffice.com and your email recipients will receive photo updates of your trip. (Tag photos with #qantasoutofoffice.) qantasoutofoffice.com ◀



Swimming with Sea Giants

Anantara Kihavah Maldives Villas in Baal Atoll is offering guests a unique opportunity to get up close and personal with manta rays at Hanifaru Bay. The special viewing spot 45 minutes from the resort allows for snorkelling or free-diving with the rays during their annual migration. Catch this opportunity before the end of this month, or plan ahead for the next season, starting May 2017. anantara.com ▶





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Retreat & Rejuvenate

Nuala Retreats in beautiful Bali is much more than just a relaxing luxury getaway. Among the available retreat options are Yoga, Spa & Meditation and Weight Loss, Detox & Cleanse, for either solo travellers and groups of friends, and with daily schedules that allow plenty of time for shopping, sightseeing, rest and rejuvenation. Or, join the Perfect Balance Program this month and, as a special deal, bring a friend for free. This is for beginners to retreats who are keen to try the various elements of fitness, healthy food and wellbeing on offer. Re-balance your body and mind with daily beach walks, yoga and aquaspin classes, spa treatments and fresh organic juices and meals. **nualaretreats.com | facebook.com/nualaretreats** ▲



Jetting in Style

If you love a bit of in-flight pampering, you'll be pleased to hear that **Etihad Airways** is rolling out new First Class amenity kits by renowned fashion designer Christian Lacroix and pioneering Hungarian skincare brand, Omorovicza. The kits come in two elegant colours: a plum clutch for the ladies and grey wash-bag for the men; the men's case even transforms into a storage case for a tablet device. Passengers can expect a selection of luxurious Omorovicza anti-ageing and rejuvenating creams, oils, scrubs and balms to keep them fresh throughout the flight. **etihad.com** ▲

Back to Nature in Total Comfort

Located on the northern tip of Koh Yao Noi, about an hour's boat ride from Phuket, Paradise KohYao provides a secluded romantic getaway.

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Thai Time!

Keen for an escape to the Land of Smiles? You're not the only one! Here's a selection of outstanding beachside accommodation we've been eyeing for our next trip to Thailand, with all the info you need on facilities and special deals.

Koh
Samui

InterContinental Samui Baan Taling Ngam Resort

The 79 Thai-inspired guest rooms, suites and villas in this exclusive enclave each feature a private balcony with spectacular sunset views over the Gulf of Thailand, the nearby Five Islands and Ang Thong National Marine Park. You can enjoy one of the resort's seven swimming pools, or treat body and soul at the holistic Baan Thai Spa by Harnn. Head out to explore the buzzing nightlife and charming fishing villages of Koh Samui, or go island-hopping for snorkelling, diving or dolphin-watching.

Special offers:

- The Stay & Dine Package includes luxurious accommodation for two adults, daily breakfast at Amber, free meals for children with paying adults, a drinks-and-dining credit of 3,200 Thai baht (S\$120) for every two nights' stay and Wi-Fi access throughout the resort. (Minimum two-night stay, maximum four-night stay.)
- The Weekend Getaway package includes accommodation, daily breakfast, a 60-minute body massage for two people, a bottle of sparkling wine upon arrival and a one-way Samui International Airport transfer. (Minimum two-night stay; Thursday, Friday and Saturday nights only.)

Book these deals directly via the website to enjoy a best-price guarantee. For stays up to 15 January 2017.

+66 7742 9104 | samui.intercontinental.com





Krabi

Tubkaak Krabi Beach Resort

Sitting on a hidden stretch of gorgeous beach, facing a stunning archipelago of 13 islands that rise dramatically from the calm Andaman Sea, and backed by the mighty Hang Nak Mountain, Tubkaak Krabi Beach Resort boasts an enviable location. It also has all the right ingredients for a relaxing hideaway. Nearby twin islands Koh Yao Yai and Koh Yao Noi provide shelter from the southwest monsoon winds, which means the beach at Tubkaak has calm water all year round – not to mention beautiful sunsets that play out against the limestone cliffs. The resort offers a distinctly Thai ambience, with the latest collection of private pool villas featuring spacious layouts and large private pools. And both the resort spa, Lescape, and the Di Mare Italian restaurant are situated right on the beachfront.

Special offer: *Expat Living* readers can enjoy an exclusive rate when booking a stay between 11 January and 15 April 2017 – just type “EXPATLIVING” when making a reservation online.

tubkaakresort.com

Phuket

Centara Grand Beach Resort Phuket

With its inviting pink hue and architecture inspired by the shophouses of Phuket town, the Centara Grand Beach Resort Phuket stands out from your regular luxury resort. Each of the 262 rooms and suites offers views from furnished balconies or terraces that overlook the Andaman Sea off Karon Beach, while classical pillars, covered walkways and manicured courtyards add character.

Kids will love the leisure facilities, which include four swimming pools and an extensive water park complex, complete with lazy river, waterfalls, waterslides and a spa pool – ideal for active family holidays. A selection of restaurants and poolside bars add to the vibe, while the kids' club and the “E-zone” cater for youngsters and teens.

Meanwhile, a collection of exclusive one- and two-bedroom pool villas are located in the resort's most secluded area; these oversized living spaces offer a tranquil escape, with rim-flow pools and verandahs set in lush vegetation, and enormous bathtubs and showers adding to the comfort and indulgence.

From the resort, it's a short walk to the secluded end of Karon Beach, from where the main beach – abuzz with water-sport activities – is easily reached. Local street markets, Thai food, vendors and massages are also a short stroll away, to round out an authentic Phuket visit. *✦*

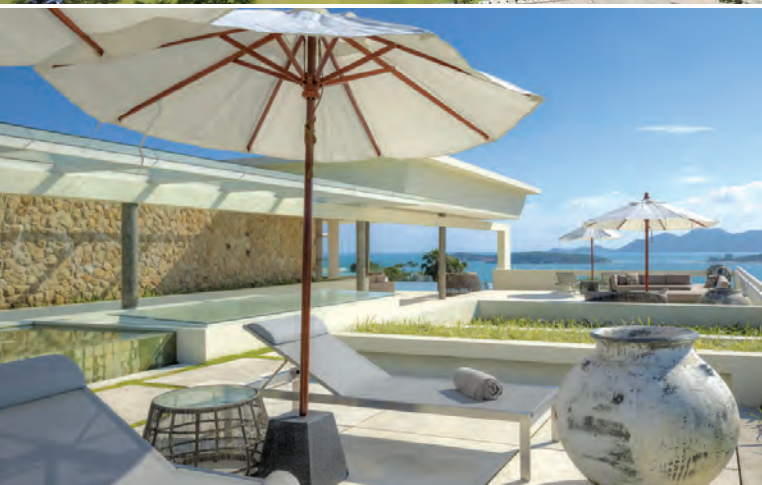
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Sawadika, Samujana!

AMANDA BROAD heads to one of our favourite Thai islands and checks in to a room with a view. (Or a *villa* with a view, in fact...)





Arriving at the Samujana Villas estate perched high on a hill in Koh Samui, it's immediately apparent that this is a place of indulgence.

My particular villa boasts impressive recycled-wood doors with iron handles, and they open to reveal a white-washed stone stairway; climbing upwards, I'm rewarded with a sweeping view of the ocean.

Wandering past sun lounges and white umbrellas, the real gem of the estate is revealed; each villa has an expansive infinity pool with a panoramic view of Hanuman Bay and its small island, Koh Matlang. (I'm told there are myths of

wild donkeys roaming on the island; it's yet to be confirmed if they're true.) Acclaimed architect Gary Fell of Gfab Architects designed the 27 Samujana villas, and great care was clearly taken to ensure they offer privacy and space, while maximising the views of the bays and surrounding hills.

The décor throughout my villa is minimalist island chic, with a clean white palette and striking artwork in every room. An open-plan kitchen with a heavy wooden table to seat 16 overlooks the pool, and there are various places to relax on lounges and take in the view. I'm immediately offered a fresh coconut to drink, and the villa's private butler, DJ, ushers me to a seat at the table where a plate of sweet papaya and pineapple is waiting. Already I can feel myself beginning to unwind.

Why Samujana?

Koh Samui has long been a favoured destination for families and couples alike travelling from Singapore; it's only 90 minutes or so by plane from the Little Red Dot. The island is peppered with accommodation options, so why choose Samujana specifically? Simple: not only do the villas look stunning but the facilities are nothing short of amazing. It also ticks all the boxes for a family vacay, as it's super close to the airport (a 10-minute complimentary transfer), and within walking distance of the famed family-friendly beach of Choeng Mon.

There's also access to a secluded, unnamed beach, which is a marine reserve with minimal boating activity. It has a nice sense of privacy, and more beautiful views toward Koh Matlang. Although a little rocky at low tide, so not





ideal for swimming, there is a sandy stretch for enjoying cocktails and relaxing by the water. Conveniently, there's a partnership in place with the Outrigger and Sea Dance that allows Samujana's guests to charge fare from those restaurants to their villas. Accessed via grassed lawns, this beachfront area is the perfect place to host a celebration, and the team at Samujana can host up to 800 people; smaller, intimate gatherings could also make great use of the space.

Because Samujana's privately owned villas complement one another and offer similar levels of comfort, technology and style, it makes the estate ideal for travelling groups and larger parties; if you were to be spread over a number of villas, no group would feel short-changed. Villa 24 is perfect for a very large group, with eight enormous bedrooms all with ensembles, and the added bonuses of a games room (complete with pool table!) and impressive cinema.

Beyond the villa

A highlight of my trip is a day out on *Kindred Spirit*, a Samujana-owned catamaran that seats up to 15 people; a private charter day trip costs 40,000 Thai baht (around S\$1,570). We sailed around the islands, exploring coves, sunbathing and swimming off the boat. Lunch was enjoyed at the tiny Bamboo Huts restaurant on Koh Phangan's Haad Yuan Beach, where fresh and authentic Thai food will set you back just 90 baht (S\$3.50) per plate.

My favourite nightspot in Koh Samui is Fisherman's Village, which is only a 10-minute mini-bus ride from Samujana. Head to The Shack for some of the best steak on the island; Irish manager Mick is a character, and fun to chat to. There's a nice wine selection, and you can watch your meat getting flame-grilled street-side. Stay long enough and you might be rewarded with a shot of limoncello.

There are lots of restaurants and different cuisines to try here; I liked the look of the Billabong Bar (I may be biased – it was draped with the Aussie flag and the TV screens were showing the cricket), and Samujana's Guest Manager Fabio is fond of Indian restaurant Kohinoor.

The Fisherman's Village area is great for market shopping, and traditional Thai buys of fisherman's pants (I picked up a gorgeous pair in an elephant print), and cotton jumpsuits and beach dresses. Bartering is accepted, and if you're lucky you may see Muay-Thai boxers advertising their skills on the backs of trucks to stir the interest of the restaurant crowds.

And what trip to Thailand would be complete without a traditional Thai massage? Thankfully, you needn't leave your Samujana villa to indulge in one of these; there is something quite special about having a massage by your own private pool.



KURT'S SAMUI SECRETS

Five minutes with Samujana's General Manager, Kurt Berman

Everyone comes to Thailand for Thai food, but I'm looking for something different. What other cuisine would you recommend?

I love Indian food and thankfully there are a couple of really good places to find it on the island. The best is probably Noori India in Chaweng but I would also recommend Haveli in Bangrak and Kohinoor in Fisherman's Village.

There's a local market just down the road from the Samujana estate. What's your must-try dish?

Mango sticky rice – it's not to be missed! Also, the grilled chicken satays are always delicious, as is the whole corn.

I've heard you're the man to talk to about Samui urban myths and Island secrets; what can you share about the best places to go?

Samui is an exciting place to explore as it's small enough to see in a few hours, but large enough to have a wealth of off-the-beaten-track little holes-in-the-wall. I love the Alambic Rum Distillery in the south of island that was started many years ago by a French-speaking couple from Vietnam and Martinique. The locally flavoured rums are best enjoyed with their homemade mixer syrup made with brown sugar and honey.

There are a number of hidden coves around the island and they are best discovered by chance. For a cold beer on the beach with some good food and the sunset, I would recommend Secret Garden in Bangrak. For a more upmarket experience, Cocorum at the Four Seasons is one of the best beach bars I've ever been to.

What about those rumoured donkeys on the island in the bay?

I'm not sure about the donkeys – that one will remain a mystery. However, if you're lucky, you can spot the famed pink dolphins off the south coast of the island, one of only a handful of places in the whole world where they can be seen! *a*



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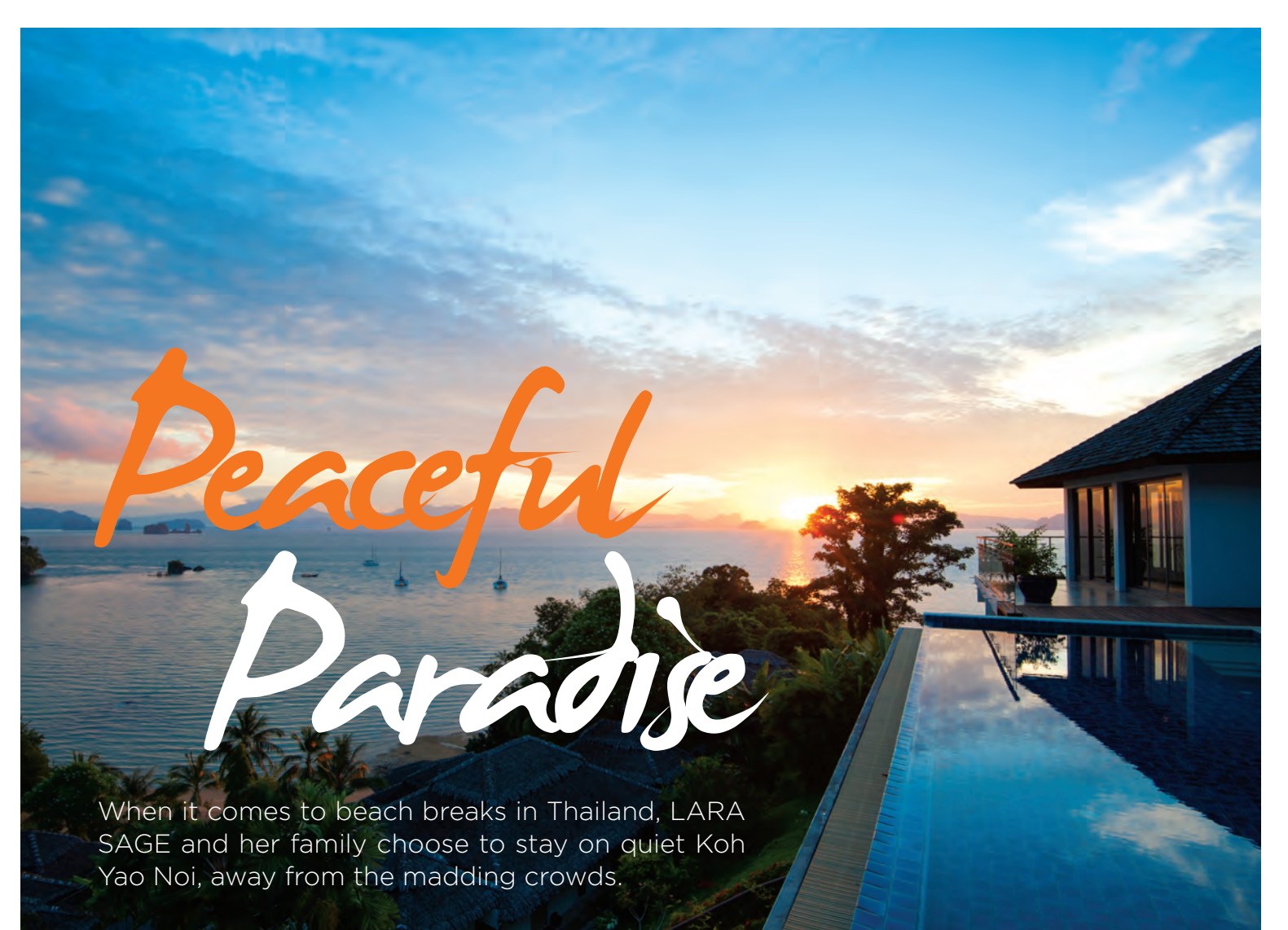
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Peaceful Paradise

When it comes to beach breaks in Thailand, LARA SAGE and her family choose to stay on quiet Koh Yao Noi, away from the madding crowds.

Paradise Koh Yao has been a treasured holiday spot for my family throughout our Asian residency. Located in Phang Nga Bay, between Phuket and Krabi, its waters are an emerald green, and craggy limestone rocks protrude from the sea in all their natural splendour.

While we've visited this remarkable island resort many times during our children's young lives, it's not just families who will enjoy their stay. This is a romantic and peaceful place, and a wonderful getaway for couples.

The motto of Paradise Koh Yao is "Back to nature in comfort", and this is reflected in the hillside vegetation that spills directly onto the beach, and in the combination of sun-kissed days and short bursts of tropical rain. *This is why I go to Thailand!* I go for children to play carefree games on the sand, for awe-inspiring scenery, and for space to enjoy each other's company.

We've been coming here with various friends for 10 years now, and have adapted each trip to suit the ages of the various children. Most recently, we invited friends who were first-time visitors, and they remarked on the genuine experience they felt, away from the crowds that swarmed their previous holidays in other Thai destinations. Once we brought newly-weds along, and after they'd got stuck into happy hour, they became as free-spirited as the children. No surprise, really; you'll feel the same once you've settle into the bar seating area made from a real longboat, or sunk into the beanbags scattered on the beach.

On this secluded stretch of sand, we can genuinely relax, assured of our children's safety. During our visit in June, we swam for hours in the sea and shaded resort pool, or whiled away afternoons on the hammocks and swing. We also took boat trips to nearby islands by day, and, in the evenings, let the children run around with torches, hunting for crabs while we ate leisurely dinners on tables set on the beach. We indulged in an extensive selection of Western and local food and didn't run out of options during our weeklong stay.

There were countless butterflies to see, too – black with blue spots; yellow all over; orange-patterned; bright blue. It was not uncommon to see them fluttering over the water while we were out swimming and kayaking. By sheer chance we were also lucky enough to see flying squirrels, showcasing their airborne acrobatics while jumping and gliding from one palm to another over our heads. Each evening, hornbills cried their loud calls from the surrounding jungle as they flew in to roost. On a boat trip to the nearby marine reserve we watched a gigantic monitor lizard enjoying a dip in the sea and heading back into the jungle, before we too headed off to a starfish-filled lagoon among mangroves and rocky cliffs.

Adding to the natural setting, the resort spa is enhanced by the tranquillity of flowing water, and natural birdsong can be heard from within the open-air treatment salas. I particularly liked my massage bed, which overlooked bright pink water lilies. What's more, by employing local island residents in the spa and



elsewhere, Paradise Koh Yah exudes a genuine feeling of authenticity and meaningful interaction with the community.

The resort offers a variety of accommodation. I highly recommend the elevated rooms, mostly for their views and the sense of space you get from the balconies. We stayed in a Plunge Pool Deluxe Studio; various family configurations are available, including extra beds in the rooms, and units with inter-connecting doors.

Recent refurbishments include a turquoise-and-white colour scheme, which is fresh and inviting alongside sun-bleached driftwood bedside lamps and romantic mosquito-net canopies above the beds.

Even with daily yoga, open-air showers and refreshing sea air, I can assure you I didn't turn into a complete Earth Mother. I also drank copious cocktails, indulged in spa treatments away from my family, turned on the in-room TV when my children needed a break from the sun, ate chocolates from the minibar, and only posted my most flattering pictures on Facebook using the complimentary Wi-Fi!

The most convenient option for reaching Paradise Koh Yao is with organised transport from the airport or any hotel in either Phuket or Krabi. Our car trip from Phuket International Airport to the nearby marina was short and pleasant, and the speedboat to the resort felt like a fun part of a holiday rather than an arduous leg of a journey. For bookings, visit paradise-kohyao.com. *EL*





PHUKET COAST CRUISING

REBECCA BISSET heads off shore for a completely different Thailand travel experience.

I was invited for a weekend cruise off the coast of Phuket on the *Merdeka 3*, a custom-made wooden Indonesian *phinisi* (two-masted boat) available for charter. *Merdeka 3* is the brand new, bigger sister of *Merdeka 1*, which was having a bit of a revamp at the time. (I'm not sure what happened to number 2!)

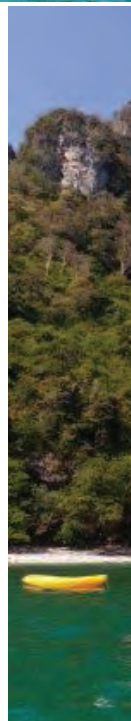
Having been to Phuket several times over the years and even backpacked there in my youth, I thought I knew it and had done it, but this "cruisy" way of seeing things is a whole new experience. The islands are spectacular: large rust-coloured walls of stone pushing up through the water. Inside these giant formations you find little havens, and sometimes an entire enclosed sea, while others have small islands with their own ecosystems, mangroves, bats and other interesting creatures.

We got taken in the boat's motor dinghy through caves to explore these places, sometimes having to lie flat down on the bottom to get through the openings. We also took out the kayaks that are onboard and cruised silently along the coast and found ourselves at uninhabited beaches. It really is an extraordinary way to explore.

The *Merdeka 3* has four double beds (all with ensembles) that open up practically onto the water; it's amazing to wake up to your own sea view! A further two berths are below; these have three beds each and are better for kids.

You don't have to worry about food – unless you're concerned about eating too much, that is; we seemed to have a constant flow of meals, snacks and alcohol coming our way. You could probably catch your own dinner, if you're lucky – rods and tackle are available if you feel so inclined. And, if you'd rather be swimming with the fishes, there are goggles and snorkels to use.

Two large living areas make the set-up feel so spacious, and one of them doubles as a massage parlour, with a masseuse available around the clock to sort out those knotty areas. The top deck is great for tanning, drinking cocktails and watching for meteorites. Unluckily for us, it started to rain around midnight on both nights (it was the rainy season, so lots of short showers) – this is usually the best time to see them; either way, lying up there with the gentle rocking motion and the near silence is special enough on its own.





The owners operate a **Party Weekend Package** and a **Chilled Private Charter** for weekends and weekdays. *Merdeka 1* is 85 feet and *Merdeka 3* is 100 feet, so there's plenty of space for you to have a real party. With eight of us on board *Merdeka 3*, plus crew, it felt pretty empty; it can sleep up to 16 comfortably – plus there's plenty of space for others to sleep on deck, under cover – and it can cater for a party of up to 70! And the best part of its large size and catamaran base is that there's very little movement.

The Party Weekend Package is a fixed itinerary cruise that departs Friday night from Ao Por in Phuket's northeast (near the airport), visits Krabi or Phi Phi (weather permitting), and arrives back in Chalong Bay in the south on Sunday evening. The Chilled Private Charter can be customised to specific requirements – you're encouraged to limit numbers to around 12 people for a more relaxed and exclusive experience. You can also choose where you want to go in the area around Phang Nga Bay and Krabi and Phi Phi islands – this means you can avoid the crowds.

Both cruise types include full board and lodging, all meals plus snacks and fruit, free massage, use of snorkelling equipment, and free soft drinks, water and beer, plus additional alcoholic drinks for the Chilled Private Charter. Depending on which boat you're on, and the size of the group, the cost can start from as little as S\$160 per person for the party package, and from S\$2,350 (total) per day for the private charter. You just need to arrange 30 percent of the price as a deposit, and then pay the balance one week prior to your cruise.

As the owner Neil Dibb says: "It's a rustic and cultural experience for people who enjoy being with nature, and who relish private time in the company of good friends and family."

I would completely agree! *EL*

This high season (starting in December), Merdeka is introducing a four-day "Join-In" cruise from Phuket to Krabi and back, via Koh Phi Phi. This is a book-a-cabin concept, so you share the boat with others, and you follow a set itinerary. For more information about this or other cruises, call +65 9800 8489 (Neil), email sails@spaboat.com or visit spaboat.com.

48 HOURS IN Yangon

BY KATIE ROBERTS

Myanmar's former capital and still its largest city, Yangon is a place of chaotic contrasts. Vendors serve street food on plastic tables outside moss-covered, century-old colonial buildings, cicadas hum in lush-green parks and locals attired in traditional silk skirts (*longyi*) walk with mobile phones glued to their ears – even inside the golden Shwedagon Pagoda.

Rain or shine, it's a place that grows on you. Here's how to fill your day if you're en route to Bagan and its amazing plain of temples, or if you just fancy a weekend away.



DAY ONE

Morning

Wake up in a super-comfortable bed in the **Shangri-La** (223 Sule Pagoda Road; shangri-la.com/yangon) and look out over the city's low-rise colonial skyline, before enjoying a late and leisurely breakfast of *mohinga*, Myanmar's ubiquitous noodle dish; there's plenty on offer to suit all tastes at the hotel's Café Sule.

Arrange a driver for the day through the hotel concierge, your first essential stop being the **Shwedagon Pagoda**. The structure's golden, jewel-encrusted roof contains a 72-carat diamond and has dominated the skyline, and life in the city, for 2,500 years. Technology has well and truly arrived though, with free Wi-Fi at the site. At the ticket counters, it's easy to hire a tour guide who will explain the history and customs of the temple. They'll also be able to calculate which day of the week you were born (Friday, in my case), a helpful piece of information that dictates which "corner" you should stand at to pour water over the Buddha statue there (one cup for every year of your age). Every Burmese knows their day of birth as this is often referenced in their name; surnames are not usual.

Afternoon

Lunch is a laidback affair of Anglo-Burmese classics eaten on the teak verandah of **Belmond Governor's Residence** (35 Taw Win Road), a former colonial mansion complete with geese in the stunning garden. Later, among the art and history exhibits in the **National Museum**, see the magnificent Royal Lion Throne, which belonged to Myanmar's last king, Thibaw Min; he was exiled to India after the British annexed Burma in 1886.

Afterwards, take a drive around **Kandawgyi Lake** in the leafy Embassy district, and snap a photograph outside the home of Nobel Peace Prize winner and National League for Democracy leader, Aung San Suu Kyi. Then head off the beaten track to the **Nagar Glass Factory** (Hlaing Mahasi Road); shattered by Cyclone Nargis in 2008, it now appeals to treasure-hunters seeking one-of-a-kind souvenirs – but don't forget your insect repellent, as the mosquitos can be vicious. Another highlight is the **Thiri Mingalar Market**, Yangon's authentic wholesale fruit, flower and vegetable market – where tourists are definitely a novelty. A more sedate alternative might be to visit the city's 72-metre reclining Buddha (Shwegondine Road).





“Myanmar has a burgeoning art scene, and you can see artworks in established galleries across the city”

Evening

Relax with Japanese-inspired sundowners at **Gekko Bar** (535 Merchant Street, gekkoyangon.com) in the historic Sofaer & Co building – the cocktail menu is courtesy of Singapore bar 28 Hong Kong Street – and stick around for their *yakitori*. Or, for a local dinner, choose from the many barbecue stalls and restaurants along popular **19th Street**. Back at the **Shangri-La**, enjoy a nightcap at the **Gallery Bar**.



cars block streets (motorbikes are banned) and touts lean out of buses calling their route. This chaos is overlaid with a sense of composure, though, as locals go about their business stoically, men and women alike dressed conservatively in simple shirts and traditional *longyi*. You can buy your own *longyi* at the historic **Bogyoke Market** (built in 1926, and sometimes called Scott Market), where you'll also find handicrafts from all over the country, fashion, jade and more.

On the second floor is **Yoyamay** (Room 20, yoyamay.com), which stocks beautiful ethnic textiles, many from the hill tribes. Also, check out the art stalls – Myanmar has a burgeoning art scene, and you can see more artworks in other established galleries across the city such as **Pansodan Cafe Gallery** (286 Pansodan Road, pansuriya.wordpress.com).

climate. Conservation regulations are currently under debate, and at **Yangon Heritage Trust** (22-24 Pansodan Road, yangonheritagetrust.org) you can see heritage exhibitions or pop in to view the efforts of the Trust's conservation work at 501 Merchant Street, where a century-old building has undergone restoration. Amid this colonial grandeur, the octagon-shaped **Sule Pagoda** rises from a roundabout on Sule Pagoda Road. Although smaller than Shwedagon, it's equally breath-taking.

Evening

Head to the airport to catch your flight. If time allows, try a cocktail at the bar at **The Strand Yangon** (Strand Road, hotelthestrangon.com), a landmark hotel built in 1901 by the legendary Sarkie brothers who also built Raffles Hotel in Singapore and the Eastern & Oriental Hotel in Penang. It's due to reopen in November after extensive renovations.

3 WALKING TOUR OPTIONS

- #1 Free Yangon Walks (freeyangonwalks.com): every Wednesday and Sunday at 4pm.
- #2 Yangon Heritage Trust (yangonheritagetrust.org): check the website to book.
- #3 Private guides – ask the concierge at the Shangri-La for assistance in hiring a guide.

DAY TWO

Morning

At times, the city feels like it's packed to the proverbial rafters: people jostle for space on crowded footpaths to sell their wares,

Afternoon

Take a breather at **Rangoon Tea House** (77-79 Pansodan Road), where authentic local food is served in retro surrounds, and everything on the menu, from the samosa salad and the traditional tea-leaf salad to the curry and the biryani, is great washed down with a local draft beer. Call into **HLA Day** (hladaymyanmar.org) just across the corridor, a social enterprise that sells gorgeous clothing, handicrafts, homeware and jewellery to support fledgling artisans and businesses.

Later, on a walking tour, discover the incredible architectural legacy of Yangon's past – it's the largest collection of colonial buildings in Southeast Asia. While they're all charming, many have suffered the ravages of time and the harsh

Make it happen!

Apply for a visa online at evisa.moip.gov.mm (US\$50) to avoid a trip to the Embassy. Fly to Yangon direct with any of several airlines, including cheapie Jetstar for as little as \$200 return. The three-hour flight leaves Singapore at 8.55am, and returns from Yangon at either 11.15am or 7.15pm – do factor in the 90-minute time difference. The months from November to February are coolest and driest, but also the most popular with tourists. We travelled in July and encountered intermittent tropical showers and patches of clear weather. ☺

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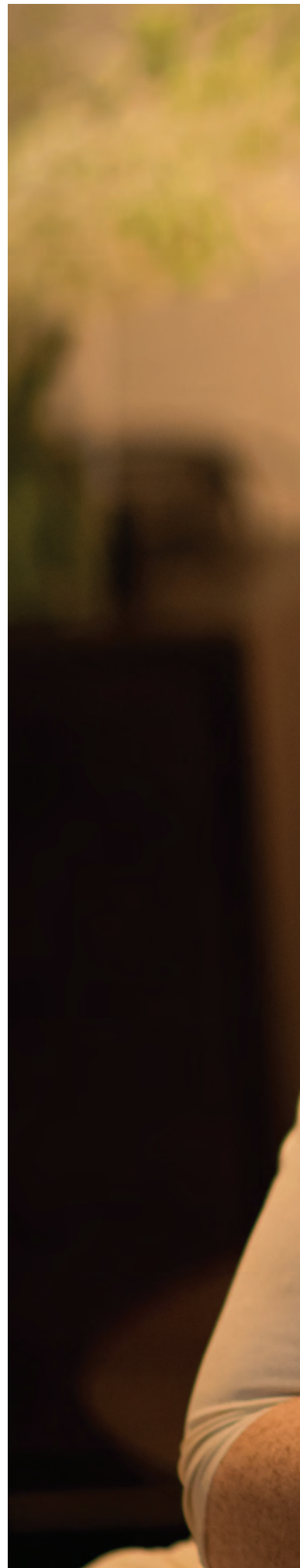
Leah Lambert



Rocking It

LEAH LAMBERT, owner of independent jewellery label **Stones That Rock**, chats to us about growing a jewellery label from scratch and her future plans. (Hint: she's thinking big.)

BY SUSANNAH JAFFER HAIR & MAKEUP KELLY BILIMORIA PHOTOGRAPHY MICHAEL BERNABE







I

t's wonderful to finally meet Leah in her spacious Bukit Timah condo for this interview, and to find out a bit more about the brains behind one of Singapore's best-known independent jewellery brands.

Our appointment has been a long time coming. With her packed business schedule and other commitments – she's a mum of three! – Leah's been busier than ever. We've got lots to catch up on, so we get right to it (over delicious homemade cheese and onion scones!).

It Started in Shanghai

Before starting her entrepreneurial journey, Leah's career was a varied one. "I have a degree in business and marketing from Victoria University in Wellington, New Zealand, and have worked in retail in the US, and then in recruitment back in New Zealand," she explains. Her family's expat stint started back in 1997 with a three-year posting to Sydney, and then again in 2005, when they uprooted themselves from Wellington to Shanghai.

It was while living there that she became fascinated with the beauty of Asian-inspired art and style. Glancing around her spacious living room, I can see a clear influence of this in the numerous eclectic trinkets, ornaments and antiques picked up during her travels over the years.

"I've always had an interest in fashion and design, and I was so inspired by the abundance of markets offering a wonderful variety of pearls, semi-precious stones and crystals in all colours of the rainbow," she says. So she started designing jewellery for herself, and then began giving pieces to friends and relatives. Before long, she was selling to boutiques in New Zealand, and friends were hosting sales parties for her in both New Zealand and the United States.

After moving to Singapore in 2008, she found she was making several trips a year to Shanghai to keep up with the demand for her designs. "In 2011, my friend Anne-Lize Tsinonis and I decided to join forces and officially launched Stones That Rock from my kitchen table, and the business has grown from there!"

Leah and Annie's partnership continued for five years, but now the brand is under the soul guardianship of Leah who is determined to carry out the vision the two women started together.

Creative Inspiration

For Leah, designing is all about the shape, feel and look of the raw materials. "I always come back to the way they feel and look on the body. I love to travel, and so a great source of inspiration is the countries I visit, their scenery and the dynamic contrast of colours," she says. "I also get ideas from the people I meet, the clothes they wear, their energy and what makes them tick."

While the process has evolved over the years, she has always designed concentrically. "I actively research contemporary colours and trends and am lucky to have trusted suppliers with whom I work closely," she says. "My designs are tactile and evolve organically while I mix and match, playing with combinations and colours until my instincts tell me the piece is finished."

She releases new collections twice a year, using materials that she sources in an ethical and ecologically friendly way. Her latest range features a mix of silk tassels, carved gemstones, crystals, metal beads and pendants in a palette of classic champagne, silver and black with pops of green, blue and red.

Browsing the jewellery and trying pieces on, it's hard not to feel like a kid in a candy store. Leah brings out designs from her own personal collection – it includes everything from versatile necklaces of different lengths to everyday semi-precious stone bracelets, which catch the light beautifully and go with practically any outfit.

It's very rare that I, a style-conscious so-and-so in her twenties, could easily pick up something for myself (a leather braided bracelet with pearl detailing), my mum (in her sixties – classic pearls are the order of the day), and my older sister (mid-forties, who would love the elegant lariats), all at the same time. The label has a fantastic appeal for women of all ages – and that's the jackpot for any fashion business.

Stones for a Cause

In 2013, Stones That Rock began to work with Ladli, the vocational training arm of charitable organisation I-India, which provides educational opportunities for women and street children. Their first project was the creation of a fundraising necklace, and then in 2014, Leah and Annie spent time in Jaipur for a week to work directly with the team to create a unique stone lariat.

This experience made a profound impression on Leah. "The vocational centre is a wonderful, calm space, where everyone is trained in a skill and is valued. We worked with the jewellery team, who were trained and managed by a highly skilled master jeweller, who was endlessly patient and kind."

A percentage from the sales of these pieces was donated to the Singapore Committee for UN Women, a non-profit organisation dedicated to supporting programmes that empower women and promote gender equality in the region through a wide range of fundraising activities, public education events, membership drives and more.

A firm believer in joining forces with like-minded designers and small business owners, Leah is well known for participating in and organising fantastic events, such as fashion lunches and dinners, The Well Women Lunch and the famous Glamorous Giving, a huge bi-annual fashion and accessories sale in support of UN Women.

"I believe in giving back to the community that has fostered our own growth. Collaborating for good, while having fun and bringing people together, has a positive impact on everyone involved. We learn and grow together."

On the Journey

The biggest lessons Leah has learnt from her entrepreneurial journey so far? Be kind, be professional, and follow through on commitments. "A courteous and friendly attitude will take you a long way, and having respect for the ideas, knowledge and experience of others is also important; it leads to innovation and a desire to learn." Believing in yourself, she adds, and the service or product you offer, is another key stepping stone to achieving success.

In terms of her future plans, Leah has her eyes set on becoming a permanent fixture in at least one or two leading department stores in Singapore. "I'd also like us to expand our presence in Australasian, American and European markets. It's an exciting time in the global retail industry, with the explosion of online marketing and social media. I believe that with the right drive and planning, our market is potentially limitless." *EL*

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FASHION



The Wit and The Will

240

News: The latest style updates to know

242

Leather Luxury: Brand spotlight and a fabulous giveaway

245

Shopping Edit: Our favourite picks for travelling

What's New

Don't Miss

Buy to Save is a fantastic three-day event which gathers pre-loved designer brands priced to sell for a great cause. Proceeds go to the Singapore Committee for UN Women's local campaigns and regional beneficiaries working to end violence against women through the Help Anna Campaign and the Manila Safe Cities Project. **Buy to Save 2016 will be held at Forum the Shopping Mall, Basement 1 Atrium, from 4 to 6 November. For more information, contact media@unifem.org.sg.** ▼



Just Opened...

Milan-based fashion label **Off-White** has launched its latest store in Singapore, "Windows". Right in the heart of Orchard Road, the concept store showcases the brand's street luxe style, from leather trenches and denim jumpsuits to sweaters. **268 Orchard Road, #01-01.** ▲



Tote Envy

It's summer all year round in Singapore, so it makes perfect sense to stock up on colour! Multi-label fashion store **SocietyA** has just brought in Hong Kong brand The Dot's colourful and vibrant accessories with beautiful prints. We've got our eye on this cool reversible tote – two looks for the price of one! \$269, available from society-a.com. ▲



Street Style

Inject some edge into your wardrobe with the latest **Fenty Puma** by Rihanna line. Debuted in New York in February, this collection is an unusual mix of contemporary Japanese street culture with Gothic overtones and exaggerated proportions. **Available at Pedder On Scotts in Scotts Square, in TANGS and in The Shoppes at Marina Bay Sands.** ▲

UNDER WRAPS

Travelling to colder climes next month? Start preparing to layer up in these new autumn launches.

Minimalist Mode

While we don't exactly get seasons here, it's still nice to own a couple of lightweight jackets for layering, especially if you work indoors in air conditioning! Local designer Gin Lee's range features tailored vests and jackets in lighter fabrics. **Prices start from \$148. Available from the Kapok showroom at the National Design Centre, TANGS Orchard Level 2 and Threadbare & Squirrel in Wheelock Place.** ▼



Fall Favourites

Massimo Dutti has reopened its flagship store at Takashimaya Shopping Centre, alongside the launch of its fall collection. On our radar are the brand's autumn-appropriate coats, perfect for travelling to colder climates; and we can't get enough of the brown and burgundy shades. **#B1-39/40/49, Ngee Ann City.** ▼



For Cosy Coats

From classic pea or long military coats to parka and bomber jackets, Dorothy Perkins has an excellent selection of outerwear in store right now. Layer up! **Available in stores island-wide.** ▼



We Love...

French apparel brand American Vintage's new range, the one to look out for this season. Think padded parkas, wool sweat-suits and long trenches in feminine cuts and autumnal shades like burgundy and ochre. **Prices from \$60. #03-13B Takashimaya Shopping Centre, Ngee Ann City.**



TIMELESS

Appeal

Campomaggi's range of accessories, all made with passion in Italy, have a unique charm and appeal that will make leather lovers go gaga. SUSANNAH JAFFER reports.

If there's one thing I'm willing to splurge a bit more on than most things, it's a decent handbag. Having such an on-the-go (read: running around like a headless chicken!) lifestyle, I – like so many other women – need something durable and sturdy that will put up with being hauled around to photoshoots, sent on press trips, or thrown in and out of taxis on the way to meetings. In a nutshell, nothing too precious or flimsy – top-notch quality and finish are priority.

Italian brand Campomaggi delivers on all of these fronts, and more. The brand was founded in 1980 by the talented Marco Campomaggi, whose father was a sculptor, and each piece is handcrafted from supple, oh-so-soft cowhide leather, and treated with vegetable-based tanning dyes in the prestigious tanneries of Santa Croce sull'Arno, Tuscany.

The standout characteristic of Campomaggi's accessories is their unique distressed exteriors, which lend them an alluring worn-in charm. The bags are actually treated after all the parts are sewn together, giving them a more uniform "weathered" look. A special ageing process gives the leather's surface a hazy colour, too, making it look timelessly vintage – a fusion of artisan work and ancient tradition.

From tote and shoulder bags for everyday casual to pochettes for a night on the town, each product places a strong focus on details, leathers, fabrics and colours. There's even alligator leather, for those who fancy a more exotic feel and texture, or designs embellished with studs for a touch of rock and roll. A selection of cotton canvas bags, complete with a stone-washed leather trim, are also available, and would be great for travelling – they're military grade, durable and some are even water-resistant.

You can find Campomaggi accessories for men and women exclusively at Dreamweave Concepts at #02-24/25 Shaw Centre, 1 Scotts Road. Call 6836 9495 for more information.



Win!

A Luxury Handbag

We love to spoil our readers with snazzy giveaways. Here's what you could be in with a chance to win this month!

FIRST PRIZE:

Leather Bag by Campomaggi (worth \$575)

Made of butter-soft leather in Campomaggi's signature distressed style, this leather mini-bag adds attitude to any outfit. Its embellished exterior features studs of different shapes and sizes. Carry it on the shoulder or wear it across the body, using the alternative strap.



RUNNER-UP PRIZE:
Perfume of your choice by Galimard (worth \$129)

A brand whose heritage dates back to 1747, luxury French fragrance house Galimard makes its signature perfume in Grasse, the famous home of perfume production for many luxury labels. Its fragrances express the floral abundance of Grasse, including jasmine, rose, lavender, orange flower and tuberose. *al*

Both brands are available in Singapore only at Dreamweave, #02-24/25 Shaw Centre. To enter, visit expatliving.sg/competitions.



SUNDAYS WITH A SIP OF BUBBLY.

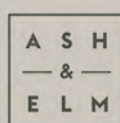
Add a touch of bubbly to Sundays at Ash & Elm from 12pm to 3pm, with highlights including charcuterie and cheeses, hearty roasts and seafood as well as unlimited servings of small plates from the Charcoal Grill.

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Luxe Luggage

Out with those tatty cases! The best travel bags are high quality, functional and stylish.

1



5



4



6



2



3



1. Limited edition Rimowa x Ong Shunmugam case, POA
2. Canvas holdall by Samudra, available at net-a-porter.com and ideal for the beach, \$174
3. Handbag, Longchamp – the perfect tote for carrying all your essentials, \$1,355
4. Cyrah case, Kipling, \$385
5. Aluminium suitcase, Tumi, from \$575
6. Monogram canvas rolling luggage, Louis Vuitton – take it with you in the cabin, \$3,650



Iris and Ink,
available at
theoutnet.com



1



2



3



4



5



6

Feeling the Chill

1. Shirt dress, Iris & Ink, available at theoutnet.com, POA
2. Coat, Topshop, \$149
3. Jeans, Mango, \$39.90
4. Sweatshirt, Lacoste, \$229
5. Jacket, Moncler, POA
6. Boots, Zara, \$99.90

1



2



3



4



5



6



Arizona kimono – the perfect beach or poolside cover up, available at thewitandthewill.com, \$210



Chasing the Sun

1. Floral wrap dress, Mango, \$79.90
2. Bikini top and bottom, available at Willow & Huxley, \$170 each
3. Necklace, In Good Company, \$99
4. Bardot top, Topshop, \$76.90
5. Denim shorts, Seed Heritage, \$69.95
6. Wedges, Zara, \$79.90

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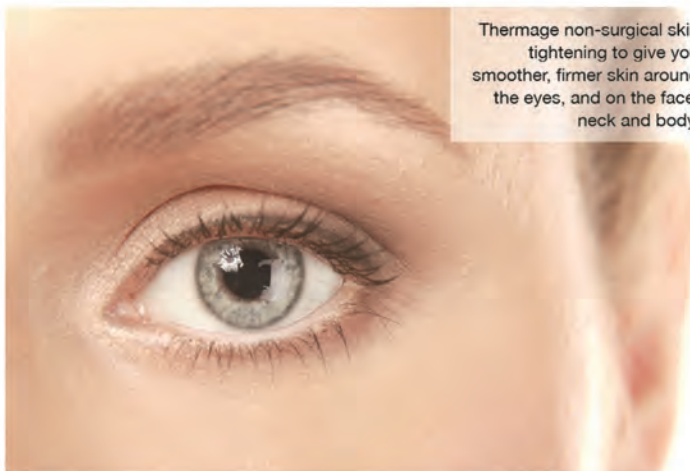
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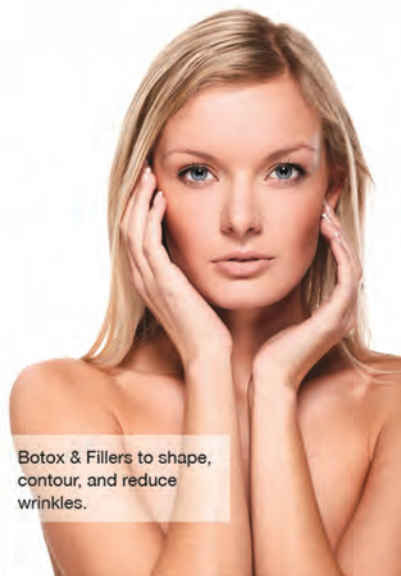


Exilis "melts" fat away and re-contours your body while visibly tightening the skin.

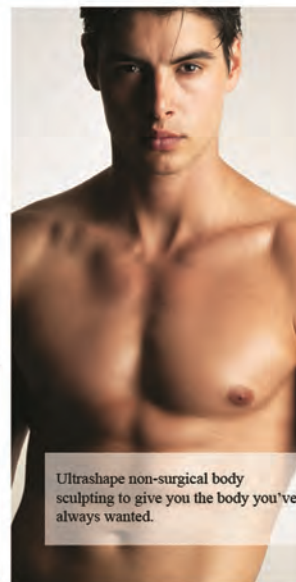


Thermage non-surgical skin tightening to give you smoother, firmer skin around the eyes, and on the face, neck and body.

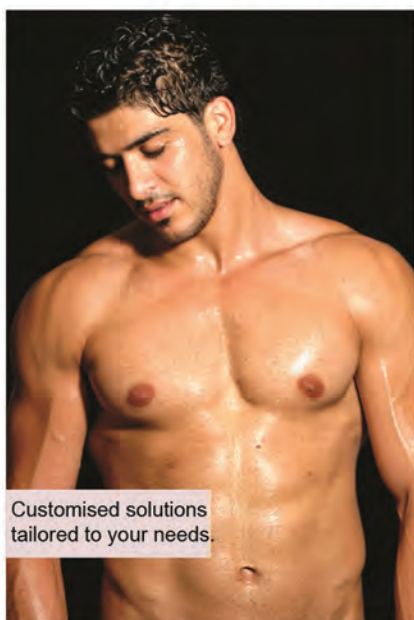
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BEAUTY



254

News: The latest in style and grooming updates

258

Sniff This: New floral-based scents we love

260

You, but Better: Hi-tech skin treatments for a little lift

What's New

NATURAL NOURISHMENT

Natural and organic products are making headway on a global scale, and that's why we're excited about the launch of **Luxe Botanics**. Featuring a selection of hydrating, brightening and clarifying organic skincare products, this up-and-coming label uses naturally grown botanicals like marula nut oil from Kenya and camu camu berry extract from Brazil. luxebotanics.com



Multi-tasking Mask

One way to save space in your vanity cabinet is with products that multi-task. Cue the **Phyto Corrective Masque**, a calming treatment that contains pure botanical extracts and skin-plumping hyaluronic acid. Slather it on to soothe and hydrate the skin after sun exposure, or to help it recover from dry weather conditions while travelling. It can even be used to reduce skin redness after chemical peels or facials. \$98, available at J's Medispa.



On Our Wishlist ...

... is the newly launched **Angel Muse** by Mugler, a sweet scent that has top notes of grapefruit and heart notes of hazelnut cream, with the musky kick of vetiver. \$115, available at selected departmental stores.



A Little More Conscious

The new **H&M Conscious** line offers around 30 skin, body and hair care products that are organic and more sustainably produced. You can find anything from shampoo to body washes and face masks, all in sleek packaging made of recyclable materials. Great gifts! Priced from \$9.90, available at H&M Orchard Building.



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A Beautiful CAUSE



Launched in collaboration with Singapore-based fundraising group Community Chest, new e-commerce platform **beautiful.me** is running an online awareness campaign that encourages the public to discover the beauty of helping the less fortunate in Singapore. Every dollar spent will be matched with one kilogram of rice; the rice will be given to ten local beneficiaries for delivery to needy families. **To make a donation or to find out more, visit beautiful.me/givingisbeautiful.**



Youthful Awakening

If anti-ageing products are your focus, **Olay's Regenerist Miracle Boost Pre-Essence**, packed with golden amino peptides, is one for you. It's water-in-oil emulsion texture feels so luxurious to apply, and it's also said to boost the absorption of any other products you use afterwards. Handy! \$39.90.



Christmas Came Early

Yes, it's that time already, and we've learnt that it's definitely never too early to start working on gift ideas for friends and family. We've already got our eye on **LUSH's Christmas gift sets**, which include a whole new range of bath bombs, shower gels and more. **Prices start from \$15; available at LUSH stores island-wide.**

Firm, Baby, Firm

Tighten and brighten your peepers with **Benefit's Firm it Up! eye serum**. Its special triple radiance complex promises to brighten instantly, and the weightless formula means it's absorbed into your skin in just a few seconds. Gently tap the serum into your under-eye area morning and night. \$67.



Collagen isn't just about your face anymore.



Collagen isn't just about your face, it's about feeling. More Sensation. More Satisfaction. More *you*.

Just like skin, vaginal tissue is made up of collagen fibers. With age or through natural childbirth, a feeling of looseness can result in a decreased feeling of sensation and sexual satisfaction during intercourse. These changes not only affect a woman's overall sexual health, but also her relationship, her confidence and her self-love.

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*Bruce Allan MD et al, 41st Annual Meeting IUGA, 2016 Annual Meeting

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- Dr. Sylvia



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THE MOOD: YOUTHFUL

The scent: Trussardi My Scent

Nashi pear is followed by heart notes of lilac, roses and white musk. Charming and vibrant. \$75



THE MOOD: AWAKENING

The scent: Jo Malone Basil & Neroli

Fragrant with a twist of spice, with top notes of basil and heart notes of citrusy neroli. \$102



THE MOOD: VIBRANT

The scent: Gucci Flora Anniversary Edition

Opens with notes of fresh mandarin and pear, alongside a touch of pepper. At its heart, rose, osmanthus and peony are interlaced with a hint of musk. \$119.00



Fresh Florals

STYLING SUSANNAH JAFFER
WORDS ANTHIA CHNG

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NEW FRAGRANCES.

THE MOOD: INVIGORATING

The scent: Dolce & Gabbana Light Blue Love in Capri Pour Femme

Crisp lemon, mandarin and honeysuckle notes are paired with creamy almond blossom to replicate the aroma of flowers in Capri. \$131



THE MOOD: SUN-SEEKER

The scent: Giorgio Armani Sun di Gioia

A warm, feminine scent with notes of frangipani flower, iris, ambrox and a milky vanilla. Think Mediterranean sunshine. \$119



NEEDLE BACK THE HANDS OF TIME



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AN EXPERT TOUCH

There comes a point where we can all benefit from a little extra help in the beauty department beyond good skincare and nifty makeup tricks, and that's when you need to call on expert help. But how do you navigate the maze of high-tech treatments out there? Here are Singapore's smartest and most-requested beauty fixes to help you put your best face forward.



THE RED CARPET SKIN PERFECTER

Perfect for: Before big occasions or events

If you have an important occasion coming up and your skin is looking lacklustre, tired and lined, or if you simply want to tackle the early signs of ageing, then this luxe treatment may be the solution. It tightens, detoxifies and leaves you with a firmer, smoother and more radiant looking complexion, while also reducing pore size; it's the perfect pre-party skin prep.

What's involved?

The treatment has been designed to produce camera-ready skin, and with zero downtime. It combines a medical-grade laser, which gently improves the texture and uneven colour of dull skin, with a luxurious, calming hyaluronic facial treatment to re-establish water balance in stressed skin.

The best thing about the Red Carpet Skin Perfecter is that it can be incorporated into The Belle Clinic's Bespoke Clinical Program. For example, it can be combined with the clinic's Triple Perfecter with Skin Collagen Refirm radiofrequency treatment, for more mature skin that requires an instantly tightened look.

Try it at:

The Belle Clinic
1 Tras Link, #02-06 Tanjong Pagar
6444 8108 | thebelleclinic.com

THE LUMENIS SKIN REJUVENATION

Perfect for: Targeting sunspots and broken capillaries

If you've spent a bit too much time in the sun over the years (living in the tropics will do that!) and signs of damage are starting to show through, this quick ten-minute procedure can help to improve dark spots and maintain skin firmness.

What's involved?

After prepping with a thorough cleanse, the skin is treated with short-pulse laser technology. It's ablative, so it removes thin layers of dull, dead cells to reveal the fresh, youthful skin below. The treatment is light and pain-free, it doesn't even require numbing cream.

The complexion may be mildly pink for about ten minutes immediately after the treatment, but that soon subsides. It's recommended as a monthly treatment for six months, and then as a maintenance session every three to four months thereafter.

Try it at:

The Aesthetics Centre
1 Kim Seng Promenade, #03-15 Great World City
anitasoosay.com | 6820 3308



CACI LUXURY NON-SURGICAL FACE LIFT AND CAPACITIVE RADIO FREQUENCY (CRF)

Perfect for: Saggy Skin Sufferers

Sadly, as we get on our facial muscles naturally start to lose tone and elasticity. This can be contributed to by a number of other factors, such as genetics, the environment and even weight-loss. It can make us look tired, and in certain cases older than our true age.

What's involved?

The 90-minute CACI treatment uses micro-current technology to tone and target all areas of the face (all 32 facial muscles, to be exact!) with short electrical impulses, while also improving blood circulation and increasing collagen and elastin stores. The electro-buds are filled with something called Instant Firming Serum, which is designed to stimulate the muscles so as to encourage them to reconnect and communicate with the brain. This type of therapy was originally developed for treating facial palsy and stroke, and is now widely used in physiotherapy for pain control and in hospitals for wound healing.

The CRF treatment uses more powerful technology than normal RF radio frequency, as it penetrates the skin more deeply. In conjunction with CACI, this strengthens skin tissue and stimulates collagen production for the ultimate anti-ageing hit. The treatment time is long, but no downtime is required.

For the best anti-ageing results, it's recommended to have two to three sessions a week to focus on different muscles on the face and neck, but you should see a visible lifting and tightening effect in just one treatment.

Try it at:

SWUK Aesthetics
321 Alexandra Road, #02-25 Alexandra Centre
6250 1326 | swukaesthetics.com

TRANSDERMAL THERAPY

Perfect for: Blasting blemishes, dull skin tone and fine lines

Ideal for those with acne, blackheads and a dull or uneven skin tone, this innovative two-step, non-invasive facial rejuvenation treatment uses a combination of microdermabrasion and dermoelectroporation to safely and effectively introduce active retinol to revitalise your complexion.

What's involved?

The first step of the therapy is microdermabrasion to exfoliate the top layer of the skin, removing dead cells and superficial scars, while stimulating microcirculation and promoting tissue regeneration. Next comes transdermal therapy, where an ampoule of retinol is applied to the face and smoothed in using a transdermal hand-piece.

The procedure has minimal downtime, and the visible results include improvements in smoothness, firmness, clarity and brightness of the skin. For the minority who have sensitive skin, there may be slight redness which disappears rapidly over time. The treatments are carried out at bi-monthly or monthly intervals – depending on the condition of the skin.

Try it at:

Mendis Aesthetics
333A Orchard Road, Mandarin Gallery
6235 1728 | drmendis.com

LET'S TALK...BOTOX

Whether you're considering it or you're just a bit curious!



MICRO BOTOX

Perfect for: Those suffering from large pores, oily skin, crow's feet or excessive sweating

Micro Botox remedies a number of different skin complaints, and it's become particularly popular for those with deep-set frown lines, or for those who wish to treat their oily, perpetually sweaty skin, and who'd prefer a minimally invasive treatment with little or no downtime.

What's involved?

Micro Botox is different from Botox in that the drug is administered in a diluted form in multiple areas, injected more shallowly into the skin to affect structures like the sweat and oil glands rather than the muscles. When used on deep-set lines, it improves the look of the outer layer of the skin, while still allowing deeper parts of the muscle to function normally so you don't end up with the dreaded "frozen" look.

There may be some redness and mild swelling in the injected areas, but this subsides within 24 to 48 hours. The results typically last three to six months, so if you'd like to continue the effects, you'd need to book in for repeat sessions.

Try it at:

Aesthetics & Reconstructive Centre
3 Mount Elizabeth, #13-08,
6733 3712 | andrewkhoo.com

THE NEED-TO-KNOW

Should you or shouldn't you? Do the following homework first!

Research your aesthetician

It's recommended to consult with at least two or three cosmetic surgeons before choosing whom to trust your face with. Note down what each recommends and advises, and look for patterns and correlations in advice.

Check their certification

Make sure you're happy with your chosen practice's credentials. A simple Google search should reveal the reputation, qualifications and years of experience of most cosmetic doctors.

On pricing

Be wary of cheap options, and anything marketed as an offer or deal. Generally, a qualified aesthetician may charge a bit more, but you will benefit from his or her accuracy and expertise – this is your face we're talking about here!

Prevention before cure

There is a trend for younger women (and men) to start Botox treatments before the onset of fine lines and wrinkles, in the hope of avoiding more heavy-duty options, like fillers, in the future.



BOTOX

Perfect for: Frown lines, crow's feet, droopy brow and prominent chin creases

Botox works by relaxing certain facial muscles so as to lessen the look of wrinkles and smoothen the skin. Expertly administered, it will allow you to produce normal facial expressions such as smiling and frowning, but without wrinkles. Dramatically softened facial wrinkles and expression lines will make you look younger. It can also lift the eyebrows and open up the eyes for a more youthful, revitalised appearance.

What's involved?

A standard Botox treatment takes about ten minutes to administer, depending on the size of the area treated, and there's no need for a recovery period. It's simple, quick and effective, and the injections are nothing worse than a small stinging sensation. Results become most visible five to seven days after the injection.

One great advantage of Botox injections is that the effect is temporary, lasting for four to six months, so if you like the results you can repeat the treatment as and when you wish. Clinical studies show that the duration of the effect tends to increase over time, so you may require less frequent injections in future to maintain the result. Common side effects include tenderness or bruising at the injection site, and temporary weakness in nearby muscles. *u*

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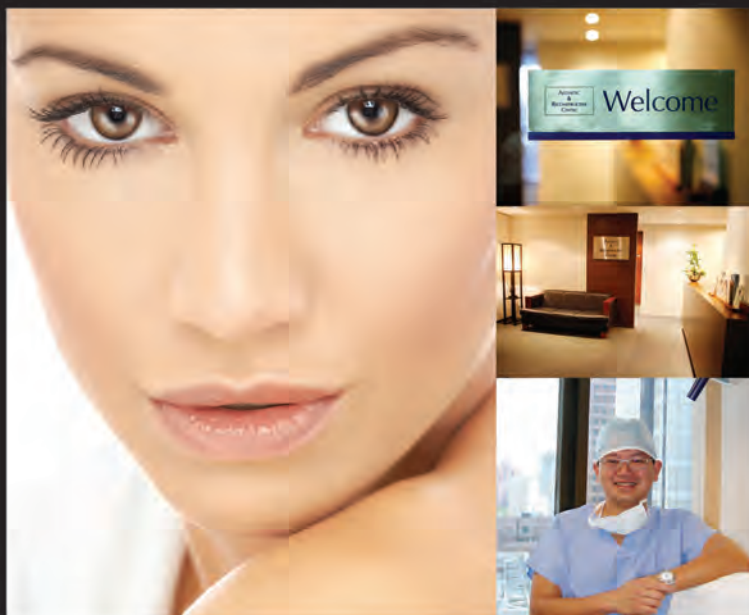
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HEALTH & FITNESS



268

What's New: The latest in health and fitness news

274

Flu Facts: Your questions about influenza, answered

276

Expert Voices: Four specialists discuss important health issues affecting men

285

Don't Slip Up: Tips on staying in shape even when travelling

What's New

A New SOLUTION



Grow a Mo, Save a Bro

Movember is here once again, which means it's time to encourage the males in your life to sport a stache for the entire 30 days of November. An initiative started in 2003 by the Movember Foundation – the only global charity focused solely on men's health issues – Movember is a global campaign aimed at supporting research and awareness for ongoing health concerns faced by men, including prostate cancer, testicular cancer and mental health issues such as depression. Yep, donning some facial hair on the upper lip is meant to get that important conversation started about changing the “face” of men's health. For more information on the Movember movement and how you can help, visit sg.movember.com.

Did you know that about two in five women suffer from varicose veins? That's right – the pesky problem is more common than you'd think. Happily, there's now a minimally invasive treatment option available for getting rid of those enlarged veins that, if left untreated, can lead to leg pain and ulcerations. The VenaSeal Closure System is a US-FDA (Food and Drug Administration) approved treatment that improves blood flow by closing the diseased vein with a medically safe adhesive. According to **The Vein Clinic and Surgery's** Dr John Tan, who is the first in the region to treat patients with this method, VenaSeal is the only treatment of its kind that does not require the use of extensive local anaesthesia; and, it's got a much shorter recovery time – as in, no downtime! – than the traditional technique of stripping the veins surgically. For more information, call 6245 6666 or visit theveinclinic.com.sg. #11-08, 290 Orchard Road. ▲



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The **St James Fitness Festival** takes place for the first time on 5 November, blending live musical performances and exercise classes for a day of wellness and entertainment. Held at St James Power Station (near VivoCity), the festival includes exercise classes like Zumba, kickboxing and HIIT, plus music-driven activities like Deep House Yoga. Special guests include California-based trainer Kristen Noel (K-Swag), who will lead the U-Jam Fitness session, and Jessamyn Stanley, the self-described “fat femme” yoga teacher and body positivity advocate whose yoga lifestyle attracts thousands of followers. Full-day passes from Sistic. For more information, visit themammothco.com. ▲

Coming up:

Get Glowing

The **Illumi Run**, which sees participants doused in Illumi glow water as they run, returns for its third edition on 17 December, this time at Sentosa's Palawan Green. Participants can look forward to music at each of the five ultraviolet stations along the route, and a Neon Paradise party across the finish line with DJ Cookie, Taiwan's top DJ, on deck. The run kicks off at 7pm, following pre-run activities including neon body art, a splash zone and colourful art installations, and music by DJ TiNC. Register by 10 November at illumirun.com.sg.



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Health Matters

– Skin Deep



In case you hadn't noticed, says VERNE MAREE, there's a revolution going on in the world of personal and household products, a movement that goes hand in hand with the rejection of over-processed and packaged foods.

Along with demanding sustainably produced wholefoods, a growing tide of intelligent consumers – people like you and me – are looking for cosmetics, toiletries and detergents that won't poison us. In a way, I feel as though I've come full circle. As cash-strapped teenagers in pursuit of the beauty we didn't know we already possessed, we were forever mixing up oatmeal-and-honey facial scrubs, whipping egg-whites into skin-tightening masks – as if a 16-year-old's complexion ever needed firming! – or bleaching highlights into our hair with lemon juice and the hot South African sunshine.

But the ads in glossy mags worked their dubious magic: as soon as we had the money to buy the chemical-laden products on supermarket and pharmacy shelves, we dived right in.

Waterproof, but permeable

It's almost funny to remember how recently it was that even scientists believed our skins to be not only waterproof (which they are, fortunately), but also totally impermeable. Now we know that many substances – both good and bad – pass easily through the skin and into the bloodstream.

They can also be inhaled into the lungs or readily absorbed through mucous membranes. As one cancer website points out, your skin is a carrier, not a barrier – that's how nicotine and HRT patches work.

Why it matters

Environmental toxins found in cosmetics, toiletries, detergents and cleaners have proven links to an increased risk of cancer, cardiovascular disease, heart attacks, strokes and more. The sulphates found in shampoos, conditioners, body-washes and



toothpaste cause multiple harm to eyes and skin; and even worse, can combine with other ingredients to form carcinogenic nitrosamines that accumulate in the heart, lungs, liver and brain. And that's just for starters; a quick trawl of the internet should strike terror into the stoutest of souls.

To the rescue?

Along with the tide of growing awareness of just how toxic conventional beauty, toiletry and household products tend to be, there's an equal tide of manufacturers launching "natural", "organic" and similar labels. But consumers have been lied to before, and we're still being lied to – after all, the *raison d'être* of business is to be profitable, to satisfy the shareholders. So, how's a woman to distinguish the ethical producer from the possibly cynical manufacturer in a far-flung country who's enjoying a lucrative ride on the "free-from" bandwagon?

One way is to know the producer personally. A friend of mine in Perth, WA, lives in the same neighbourhood as Krissy Ballinger, the founder of The Inspired Little Pot, or TILP (theinspiredlittlepot.com). Krissy's goal, she says, is to help people to "make positive changes to their lifestyles, mainly through the avoidance of chemicals". To that end, she started experimenting with making her own cleaning and body-care products – easily and affordably, and with minimal fuss.

Now, she not only sells made-to-order products via her website, ranging from a foaming facewash and an indulgent whipped body cream, to laundry detergent and a room diffuser, but she has generously published her recipes for them. You can order the reasonably priced ingredients from the website: often basic stuff like citric acid, coconut oil, pink salt, magnesium chloride flakes, natural Epsom salt, pure soap and borax, shea butter, washing soda, beeswax and essential oils by dōTERRA (also available from mydoterra.com).

She makes her products in a Thermomix – a highly desirable if pricy piece of kitchen equipment, if you didn't know that already – but it's not essential to have one.

Face facts

Makeup may be a bit trickier than some other areas: I'm not about to substitute charcoal for my Lancôme Hypnôse mascara, or to give up my Estée Lauder Doublewear foundation or my favourite lipstick. That said, it's sobering to realise how much carcinogenic mineral oil, petrolatum and titanium oxide my body has absorbed and had to deal with over the years.

The same goes for hair products. While I admire those who can get by with henna, for example, or live with frizzy or greying hair, my personal vanity is addicted to Goldwell Light Blonde number 9.0 – and, even more unfortunately, the toxic witch's brew of keratin smoothing treatments.

So, what now?

Ah, you might say, TILP is located on the other side of the ocean; and there's nothing like it in Singapore – which may or may not

be true. But if she's doing it there, surely someone else could start doing something similar here, too?

Simply being aware of the potential for harm of these various products and processes may in itself be a useful start. And then, instead of feeling burdened or overwhelmed, we could try changing just one thing at a time.

When I next visit Perth, for example, I'm going to give Krissy's natural deodorant a go. Commercial toothpaste also worries me, so I'm looking into the options for a natural alternative that's free from fluoride, glycerine, triclosan, surfactants and other controversial ingredients; wellnessmama.com has some useful recommendations.

Each ripple of growing consciousness feeds the wave of demand for non-harmful personal and household products. This wave is not going to be breaking anytime soon, in my opinion – so let's ride it!

Recipes

Though research hasn't confirmed a link between breast cancer and the aluminium that's the active ingredient in most antiperspirants, aluminium is toxic to the central nervous system, and has been linked to Alzheimer's disease.



TILP's recipe for **natural deodorant for sensitive skins** calls for:

- 150g shea butter
- 130g coconut oil
- 25g beeswax pellet
- 120g arrowroot flour
- 50g bicarbonate of soda
- essential oils – 20 drops patchouli, 10 drop tea tree oil, 10 drops lavender.

Encouragingly, my Aussie friend tested it in the gym, and she says it's the first aluminium-free product to work on her.

Commercial washing powders are full of harmful chemicals, fragrances and fillers that not only are absorbed from clothing into the skin, but do damage to the environment, too. Krissy's recipe for **homemade washing powder** requires:



- 500g pure soap powder (or four bars supermarket laundry soap)
- 800g rock or pink salt, plus 60 to 100 drops of lemon and lavender essential oils
- 1kg borax
- 1kg washing soda
- 100g bicarbonate of soda.

That's it. (Find full instructions on the TILP website.) *✎*



Fighting the Flu

Though influenza, or the flu, is present all year round, it typically peaks during colder months. So if you're soon to leave for a holiday in your colder home country, consider getting vaccinated; it'll give you a better chance of celebrating happily and healthily. We asked DR NANDINI SHAH of **International Medical Clinic** (IMC) to fill us in on the facts about the flu and its vaccination, and about other ways we can prevent catching the illness.

How does the flu normally spread?

The droplets created when an infected person sneezes or coughs can spread the infectious illness; it can also be caught by touching a surface where the virus has been deposited.

What are the symptoms?

Flu symptoms can include:

- Fever
- Fatigue
- Muscle or body aches
- Dry cough
- Sore throat
- Sneezing
- Runny or stuffy nose
- Headache
- Nausea

Symptoms typically appear within one to four days of being infected, and can be at their worst in the first few days; even adults who are young and fit can feel ill enough to need to go to bed. Most people recover within three to seven days, but it can sometimes take up to two weeks to recover completely. It's common to have an irritating cough that may persist for a week or so after other symptoms have gone. But don't confuse the flu with the common cold – flu symptoms tend to have a more sudden onset and can last longer than those of the common cold, which is caused by a different group of viruses.

How can the flu be treated?

The immune system usually clears the virus on its own, so treatment is largely aimed at easing symptoms until the infection settles, and to prevent complications, rather than treating the virus itself. Though antiviral medicines do not cure flu or offer long-term protection, they are sometimes used to reduce the risk of developing complications, and can reduce the severity and duration of symptoms by a day or two.

Antibiotics are not routinely prescribed for viral illnesses such as flu or flu-like illnesses, as they kill bacteria, not viruses. However, they may be used if a complication caused by bacteria develops, such as a chest infection or pneumonia.

“Antibiotics are not routinely prescribed for viral illnesses such as flu or flu-like illnesses, as they kill bacteria, not viruses.”



Tips for tackling a flu

- Paracetamol or Ibuprofen can reduce a temperature, and ease aches and pains.
- Drink plenty of fluids to help prevent dehydration.
- Decongestants, antihistamine tablets, throat lozenges and saline nasal drops can help ease nose and throat symptoms.
- Try to refrain from smoking.

What's the usual period of contagiousness?

Adults may be able to pass on the flu to others before they know they are sick, as well as while they're unwell. Most healthy adults can be infectious one day before symptoms develop, and up to five to seven days after. Children and people with weaker immune systems may remain infectious for longer.

What precautions should be taken to avoid the spread of the flu?

In addition to avoiding unnecessary contact with others while unwell, the spread of influenza can be prevented by good hygiene methods including:

- Washing hands regularly with soap and warm water;
- Cleaning surfaces such as your computer keyboard, telephone and door handles to get rid of germs;
- Using tissues to cover your mouth and nose when coughing or sneezing, and placing used tissues in a bin as soon as possible.

Of course, the best way to prevent the flu is by getting vaccinated each year.

Who should get vaccinated, and how often?

The flu vaccination is recommended annually to stay protected, as the viruses that cause the flu change every year. People particularly at risk of the flu include those over the age of 65, pregnant women, and children and adults with underlying health conditions (especially long-term heart or lung disease), weakened immune systems, asthma and diabetes.

Does the vaccination have any side effects?

The influenza vaccine is very safe. Mild side effects include soreness, redness or swelling at the injection site, low-grade fever and body aches. Only about one to two percent of people who receive a flu vaccination will have fever as a side effect; these symptoms generally last one to two days and then fully resolve. *EL*

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Every Man FOR HIMSELF!



Men tend to be reactive rather than proactive when it comes to their health. Unlike their female counterparts, many guys don't keep a close eye on what's happening with their bodies, often choosing to plough on in the face of various ailments and symptoms. EMILY WETZKI speaks to four health specialists from some of Singapore's top clinics about areas of concern that might not be at the forefront of most people's minds, and finds some potentially lifesaving tips along the way.



FEELING STRESSED?

Many men have an aversion to visiting the doctor, so it's not surprising that health problems are often overlooked in the hope that they will simply go away. Stress is one such problem. Though it can be one of the biggest causes of disease, especially in men, stress is often ignored due to the stigma related to seeking help. NANCY HO of **Regional Hypnosis Centre** says men need to start giving more priority to mental health, before it has a knock-on effect on the rest of the body.

"When you are stressed, cortisol is produced. The more stressed you are, the more cortisol you make," she says. "It's like a slow poison, not only affecting your mood but also attacking your cells, your organs and your whole system."

Men and women differ greatly when it comes to seeking help for mental health issues. Traditionally, society expects men to be strong and to provide for their families, so they're often reluctant to seek treatment. "Normally, people will come to see me about a particular symptom – for example, a fear of flying or anxiety at work," Nancy explains. "Women are more likely to come in for help with emotional things like not feeling loved, relationship issues or comfort eating; men for issues relating to confidence or performance."

Left untreated, stress, anxiety and worry can lead to much more serious health issues. Nancy says she can help her male clients to reduce negative thinking patterns that are prohibiting them from leading normal lives.

"We need to get rid of 'energetic toxins'," she says. "When we feel attacked in some way, those toxins get trapped at the base of the ribcage where a lot of the organs are." Nancy explains that many mental issues stem from childhood, which, in some ways, is a good thing because they're treatable. "The good news about problems related to your conditioning is that you can be unconditioned," she says. "You were not born with the problem, so therapy can be used to help get you out of the hole you're in."

Nancy works from a triangular principle based on three pillars: mind, consciousness and thoughts. Working on

understanding these pillars can help her clients regain balance and control. A main element of the way Nancy treats her clients is through her own method of hypnotherapy: using the sound of her voice, she can help her clients move from a conscious state to what she calls a "let-go" state.

"In a let-go state, you can really feel your feelings," she says. "One story can flow after another, and the root of the problem can emerge. It's about processing thoughts – thoughts influence feelings, which, in turn, influence behaviour and actions." Nancy assesses clients on a case-by-case basis and tailors her treatment plans with each person accordingly.

How can men improve their mental health at home? Nancy says she often gives clients mind and breathing exercises to do in their spare time. She believes that when you have negative thoughts, it's normally about something from the past; panicky or fearful thoughts, on the other hand, are normally about the future. By acknowledging this and letting go, you can move forward without being a slave to your worries.

LOOKING GOOD

Stress can take many forms, but something new for many men in this age of social media is the pressure to look good. We're increasingly putting our images out there on smartphones, Instagram and Facebook, and it has become common for men to seek treatment for better aesthetics, including problem areas on their legs. Varicose and spider veins have traditionally been more associated with women but, as physical challenges like marathons and triathlons become more popular, vein problems are increasingly becoming a male issue, too.

DR IMRAN NAWAZ from **The Vein Centre** explains that both environmental factors and genetics can play a part in the development of varicose veins.

"People are going to the gym, wearing shorts, posting on social media. More and more middle-aged people are doing physically challenging sports that put pressure on their legs. In active men, we are seeing more problems. Twenty years ago, this wasn't the case."



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While people have been treating varicose veins since the time of the ancient Egyptians, until recently, “stripping” these veins (the traditional treatment in which the offending veins are pulled out) and invasive surgery were the only widely used methods of alleviating the condition. Now, though, technological advances have paved the way for much more accessible (and less painful) treatments for unsightly and uncomfortable vein conditions.

For large, problematic varicose veins, The Vein Centre can administer **venous ablation therapy**. In this treatment, Dr Nawaz inserts a heating device inside the vein, causing it to shrink. Guided by ultrasound technology, this method ensures that no outside structures are affected; the vein is punctured and small tubes are inserted to do the job.

Ultrasound really plays a key part in the treatment of veins today, helping the surgeon to see how large the veins are and which ones need attention. Dr Nawaz admits it has had a huge impact. “It’s much more accurate than assessing something purely from the surface appearance,” he says, “and we also use it for follow-up care.”

Men vary widely in how severe their vein symptoms are before they seek treatment. Some men are merely concerned with how the veins make their legs look, and Dr Nawaz says he is treating more men to remove spider veins for cosmetic reasons. For a small patch, he usually uses either **laser therapy** or **sclerotherapy** (where a solution is injected into the vein, causing it to collapse). This can be very effective for less-severe spider veins.

For those experiencing ongoing problems with spider or varicose veins, Dr Nawaz recommends some “at home” fixes that can help alleviate the symptoms. These include putting your feet up (the higher, the better), wearing compression hosiery, which pushes the blood and pressure back up the leg, and avoiding standing for long periods of time. As with many ailments, losing weight will also help, simply because it reduces the pressure on the legs.

What won’t help, however, is putting off seeing a doctor when there’s a problem; so Dr Nawaz also stresses the importance of seeking help as quickly as possible.

SKIN DEEP

Another doctor who wholeheartedly agrees with this line of thinking is DR DENNIS LIM of **Dennis Lim Surgery** at Mount Elizabeth Hospital. A general surgeon with expertise in head and neck surgery, he is also a surgical oncologist who specialises in treating skin cancer. Unfortunately, says Dr Lim, he all too often sees male patients who have ignored warning signs and waited too long before seeking treatment.

While most people know the dangers associated with sun exposure, in a tropical environment there are higher risks, particularly for expats with fair skin that’s not designed for life near the equator. According to Singapore’s National Cancer Centre, skin cancer currently ranks sixth in the list of the most common cancers occurring in men here.



The chances of successfully treating the most serious form of skin cancer, melanoma, depend greatly on early detection. That’s why men everywhere need to be more aware than ever of changes in their skin.

Dr Lim advises that any mole that increases in size or sensitivity, or one that bleeds or changes in any way, should be looked at immediately by a dermatologist. “Around 95 percent of melanoma is low-stage (Stage One or Two), and can be very easily cured,” he explains. “Beyond 90 percent of melanoma patients survive for five years or more.”

Many people are unaware that melanoma can result from bruising and blood clots under the skin. Bruising can lead to cell mutation, and this is when cancers can start to form. Most people ignore bruises, but it’s important to monitor them, especially if they aren’t going away. A history of skin cancer, either personally or in your family, is another important reason to monitor your skin.

For patients in the very early stages of melanoma, treatment normally involves only minor surgery; the tumour can be removed, and a biopsy can determine whether the disease has travelled to other parts of the body. Dr Lim’s clinic provides a procedure called sentinel lymph node biopsy. Radioactive material is injected into the patient’s thumb; this material then travels and localises in the sentinel lymph node (under the arm, next to the breast). The theory is that, if the cancer has spread, it will have followed the same path. So, if the sentinel lymph node is removed and analysis shows that it doesn’t contain cancer, there is no need to remove other lymph nodes in the area. This eliminates the need for unnecessary major surgery, and is a huge step forward in skin cancer treatment.

Dr Lim explains that, even for those who are diagnosed in the last stage of cancer (Stage Four), there’s still a lot of hope for treatment and recovery. Every year for the past five years, there have been advancements in new methods to combat the disease, and new, effective immunotherapies have become available. Dr Lim puts huge importance on diagnosing and placing his patients in the correct stage of cancer in order to devise and administer the most accurate treatment programme possible.

Perhaps surprisingly, Dr Lim says that avoiding the sun is not the key to evading skin cancer – it's being careful that counts. He advises being outside in the early morning or late afternoon when the sun is less strong, and wearing sun protection by covering up with clothes, as opposed to creams, which can be sweated off. It's important for men to change their mind-set about taking precautions, particularly when taking part in outdoor activities – and, remember, if it looks abnormal, get it checked.

PLAY IT SAFE

The issue of mind-set also goes for other cancers that commonly affect men – perhaps the most well known being prostate cancer. Located in front of the rectum, the prostate gland is responsible for producing a fluid found in semen. DR NEIL FORREST, a GP at the **International Medical Clinic (IMC)**, says that prostate cancer is something that all men should be aware of.

“We recommend all men discuss screening with their doctor from age 50,” he says. “Many men are reluctant to discuss this issue, and the uptake of screening is poor.”

What makes prostate cancer so common? Risk factors include being over 50, having a family history of the disease and having a diet that's high in fat or alcohol. There is also some evidence to suggest higher rates in those who are overweight, who smoke, or who are of Afro-Caribbean ethnicity. However, says Dr Forrest, there is really no one cause.

“Prostate cancer is unusual in that there are no definitively proven ways to prevent it,” he explains. IMC encourages its patients to be proactive about their health, and is careful to inform them about warning signs. Getting up at night to urinate, difficulty with stopping or starting urine flow, and blood in the urine are all things to be monitored. These symptoms can also be due to a benign enlargement of the prostate, which is very common; so it's important not to panic, and to discuss things with your doctor before reaching a conclusion.

If you're concerned about changes in your prostate area, or know someone who is, IMC performs routine prostate checks to

look for lumps or nodules. “The check will involve a discussion with your doctor, a rectal examination and a blood test,” Dr Forrest explains. “While this may sound unpleasant, it is very quick and safe – and it could save your life!”

IMC offers this prostate check as a key service, to encourage men to take the test. But, what happens if something abnormal is found and the results aren't what you'd hoped for?

“If further investigation or treatment is required, you will be referred to a urologist. Singapore has excellent specialists who are skilled in the latest treatments, including robotic prostate surgery,” says Dr Forrest, as well as more well-known methods such as radiotherapy and conventional surgery. However, the biggest challenge for doctors is that current research is undecided about which types of cases need aggressive therapy, and which can be safely monitored without it.

November is a particularly pertinent month for talking about prostate cancer. It's the time when countless men all over the world grow a moustache as part of “Movember”, a movement that raises awareness and funds for researching and finding a cure for the disease. So, this month, why not get checked, or get the man in your life to do so? You might not be able to prevent prostate cancer, but at least you could catch it early enough to give yourself a fighting chance. *a*

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BY AMY GREENBURG

While You Travel

Whether you're travelling for business or pleasure, there's no denying it's difficult to prevent all your healthy decision-making from going out the window. With many expats heading abroad for the holidays – not to mention the many business trips that we or our partners are required to take – we thought it would be wise to get some expert advice on keeping fit through it all. Here, CHRIS RICHARDS, general manager of **Ultimate Performance** (UP) Singapore, weighs in with his top tips for making smart choices on the plane, and staying active at your destination.

The journey

"Travelling is a necessity for many of our clients, which means they can't use it as an excuse! Instead, we need to be proactive with our planning, and hold ourselves accountable to ensure it's not a case of three steps forward, two steps back, every month," says Chris. "What I've found is that those who exert the most discipline during the outbound journey are most likely to make the trip a business success without compromising their physique-related goals."

Three things to be wary of when flying:

#1 Alcohol

Most business executives are accustomed to having a few drinks in the airport lounge, followed by a few glasses of wine on the plane to relax and kill time. However, according to Chris, this is without a doubt the worst possible start to your trip. Hello dehydration, empty calories and the increased likelihood of making poor food choices!

If you must drink, either in transit or during your trip, Chris suggests sticking to one type of booze and exercising restraint. "Make the best 'bad choice' by avoiding beer and sticking to clean spirits," he advises. "Alcohol has the greatest potential to cause slip-ups, so I always encourage clients to stick to the likes of gin or whisky, with zero-calorie mixers, and limit themselves to two or three drinks. And make hydration a priority, both during and after drinking alcohol."

#2 Hydration

Humidity is significantly lower in the cabin of a plane than in our typical indoor environment, making dehydration a real issue. To combat this, Chris recommends drinking approximately 250ml of (non-alcoholic) fluid every hour.

#3 Aeroplane food

Aeroplane food is always a tricky hurdle, which is why Chris suggests packing meals for the plane, or buying something like fish or cold meats with a bag of salad at the airport; the key, he says, is to opt for lean cuts of protein with vegetables. Alternatively, consider taking on some protein powder so you can prepare a super shake during your flight.

If you can do it, fasting may be a viable option, especially for overnight or short flights of less than four hours, says Chris. For an overnight trip, the fast will also help with jet lag, as you'll be able to regulate your meal times – it'll be breakfast in your new location!

Training while travelling

"When travelling, it's imperative to maintain your training schedule," says Chris. "The only time a break would be worthwhile is if you've been going hard with your training and diet for a long time, you're on vacation, and you simply want some mental relief from it all."

One of the main issues of long-haul flights is the accompanying jet lag. "Exercise is one of the best ways to mitigate jet lag, as it can help with time-change adjustments and speeding up the return to a normal circadian rhythm – our internal body clock."

Chris adds that there are two ways to utilise training to help with jet lag. Firstly, train as soon as possible after you land. "This approach works superbly for eliminating the nauseating fatigue that long flights can create," he says. "In professional wrestling, where the travelling schedule often requires wrestlers to travel to multiple cities each week, one of their secrets to staying fresh and focused is to do some form of exercise when they land after a flight."

Secondly, do your training first thing in the morning. So, if you land at night, set your alarm at your usual wake-up time the next day, and train! However, replicating your home training regimen in a hotel gym or somewhere else can be tough, especially if equipment and time are limited.

"Efficiency is the priority here; five to 20 minutes is all you'll need," Chris says. "All hotel gyms will have some cardio equipment that you can use for this, and, at the very least, a treadmill. Instead of using it the traditional way, try 'deadmills'! For example, go hard for 10 to 20 seconds, then go slow for 40 to 50 seconds."



Short on time and space? Chris advises following one of these systems:

#1 EDT (Escalating Density Training)

Pick two exercises – they can be anything, as long as the muscle groups used for each exercise don't overlap; then set a rep target for each exercise, and perform as many sets back and forth as possible in the time you have.

#2 Rep goals

Rep goals work well in exercises like chin-ups, dips and push-ups, but can be used with any exercise. Set a rep target, set a rest interval and get to the number in as few sets as possible.

#3 Bodyweight circuits

There's no excuse with these, as they can be done anywhere, even in limited space – for example, 10 reps of super-slow squats (squat up and down, five seconds each way), or 10 to 15 reps of "squeeze press-ups" (regular push-ups made harder by squeezing your hands inwards and against the floor, as you go up and down), among other exercises. Packing some resistance bands can also be very handy (and it's easy to slip them into your suitcase!).

Additionally, Chris suggests getting outside for some physical activity. "Walking and running are great ways to see a city," he says. He notes that it's best to get out early in the day, as exposure to sunlight will help your circadian rhythm to readjust if you've switched time zones.

So, before you take off, here's the take-away...

"If you're someone who travels, don't use that as an excuse to go backwards," says Chris. "Focus on what you can do, and set a goal of at least maintaining your current fitness so that you can push on further when you return." *✎*

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- expatrealtor.net — Properties for sale and rent — previously Expat Rentals
- google.com.sg — Singapore-specific search engine portal
- hardwarezone.com.sg — Up-to-date computer prices in Singapore
- gov.sg — For official matters pertaining to the government
- primetime.org.sg or athenanetwork.com.sg — Meeting the networking needs of professional women
- app.www.sg — An extensive site about Singapore services and what's available
- singaporefairs.com — Forthcoming fairs and bazaars
- singaporeforum.com — A useful expat message board
- singpost.com — Have you got the right postcode for your mail?
- singtel.com — Directory of phone numbers and addresses
- yoursingapore.com — The Singapore Tourism Board
- singaporeair.com — Flight information on SIA and Silk Air

NOVEMBER 2016 TAROT FORECAST

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SCORPIO OCT 23 - NOV 21



Things slow down this month while you choose to take the time to analyse your current situation and reflect on it. The reason for this retreat is to correct what you feel unsatisfied with. It's important that you check the validity of your sentiments, so pressing pause on things may be the ideal thing to do. You may also be feeling washed out, so the chance to recharge will actually do you good. Once you've returned to the drawing board and re-prioritised, you'll feel more ready than ever to do what it takes to manifest your dreams and goals.

SAGITTARIUS NOV 22 - DEC 21



You're bursting with creative energy this month. The advice is to be bold and courageous, and don't think for one moment that your ideas seem far-fetched and unrealistic. In order to stand out, you'll need to be guided by your gut instincts. A lot of your successes this month will be dependent on your willingness to break out of conformity. You'll be faced with major dilemmas and feel trapped by your own mind, by what others think of you and perhaps by what you're trying to create. When this happens, you'll need to shut off your noisy mind for a moment and listen to that inner voice to steer yourself through.

CAPRICORN DEC 22 - JAN 19



It appears that you've been sitting on a decision for far too long. This month, you'll be nudged to make that decision after receiving a wake-up call that things can't carry on as they are any longer. You'll get a sudden urge to stop bending over backwards for others and to start doing things for yourself. There will be brisk movement and activity as you waste no time in making changes in your life. The lesson for this month is that time waits for no one. Be bold and confident, and go and get what you want, as you certainly deserve it.

AQUARIUS JAN 20 - FEB 18



After some months of worrying about your finances, you'll be pleased to know that things will be falling into place this month; indeed, your worries seem to have been unfounded. You'll still need to keep up the pace, but you won't need to rush to achieve things now that you've reached the point you were hoping to get to. All you have to do now is maintain. It's good to know that all your sacrifices have paid off and you can finally live it up a little!

PISCES FEB 19 - MAR 20



You've got all the right ingredients to make this a successful November. Yet, while the ball seems to be in your court, there are still some people or circumstances to overcome to ensure that your path is clear. With your calm and confident demeanour, any conflict you face this month is likely to be tackled fairly easily; you'll face the challenge head on and turn a tense situation into a jolly one with your charm. You're on your way to making your wishes and dreams come true.

ARIES MAR 21 - APR 19



There is a return of a familiar joy this month. A family member or someone that you regard as close enough to be family comes for a visit or to stay for good. You get to relive old memories and enjoy that warm, cosy feeling of familiarity. Make the most of this time and enjoy this happy period. What's more, this visit may also bring inspiration to create something – it could be anything from redecorating or organising a fundraiser to starting a home-based business.

TAURUS APR 20 - MAY 20



A big lesson awaits this month when it comes to cherishing your close relationships. There's a chance for you to win an argument or a competition the right or the wrong way. Being arrogant is probably going to leave you a very lonely person. This requires some thinking through, and a prioritisation of what is important to you – is it winning, or it is maintaining a harmonious relationship? The pleasure of winning may be temporary and will come at a cost; walking away, on the other hand, might mean you get to enjoy the company of your relationships for longer. Choose wisely!

GEMINI MAY 21 - JUN 20



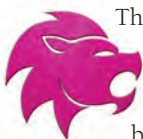
While you'll feel an excitement and a buzz this month, at the same time, your mind's objectivity will bring you down to earth. You're bursting at the seams with creativity, filled with excitement over new ideas and pursuing a new passion. It's OK to feel emotionally buoyed, but this must be followed through with a well-thought-out action plan. Research and feedback would probably be a good place to start, followed through with a very strict schedule. To make your dreams happen, discipline is of utmost importance this month.

CANCER JUN 21 - JUL 22



There is a niggling feeling that you can do better than you're doing right now. You have whatever you could ask for, but still don't feel 100 percent contented; something seems to be missing from your life. A struggle to perfect something new might just be the missing piece of the jigsaw puzzle; so you decide to stir some action into your November by taking up a new pursuit. You'll either build upon your existing skills or pick up something completely different – like watercolour painting, for example, even though art wasn't your subject back at school.

LEO JUL 23 - AUG 22



This month, you will receive everything that you could ever have dreamed of. Basically, your wishes will be fulfilled. But, to make the most of your good fortune, here's a reminder that it has to be followed through with strict discipline and hard work. No need to change the formula at this point in time. You're doing things perfectly, but the key is to keep going as you are. The technique and the momentum that have led you to this level of success need to be maintained.

VIRGO AUG 23 - SEP 22



Victory is a nice feeling, and with it comes recognition. Sharing the secret of your success could actually teach you more than what you already think you know. Being an inspiration to others can at times inspire you further. The key is never to stop sharing; that way, your learning will never stop either. With this constant flow of giving and receiving, you'll experience a non-stop flow of creativity and find yourself unlocking the key to pushing yourself to greater heights this November.

LIBRA SEP 23 - OCT 22



It's going to be a very inspirational month. Your mind is buzzing with ideas and dreams that you're seeking to manifest. The good news is that things don't just sit in your mind but are set in motion to get you to your destination. The journey ahead isn't going to be easy; remember that most great things are born from blood, sweat and tears, so soldier on! Resist conforming to the masses; stand out and you'll be very pleased with your achievements by the month's end. And a word of caution: pause when your body drops you hints to do so.

ADVERTISER LIST

AESTHETICS & BEAUTY

Aesthetic & Reconstructive Centre	267
ARC Dental Bali	267
Chez Vous	268
Cutis Medical Laser Clinics	257
Hair We Are	265
Mendis Aesthetics & Surgery	252
Nila Aromatherapy Bar	266
Pure Tincture	266
Reverzze	268
The Aesthetics Centre	255
The Big Blow	265
The Vein Clinic & Surgery	19
Visage The Salon	266 & 268

ART

Affordable Art Fair	107
Framing Angie	2 & 3
Gnani Arts	8 & 9
REDSEA Gallery	IFC & 1

ARTS & LEISURE

Singapore Cricket Club — Rugby Sevens	115
Singapore St Andrew's Society	117
Tanglin Mall	127
The Christmas Fair & Santa at Cluny Court	10 & 11
The Fair Christmas 2016 @ Pan Pacific Orchard	113
Wild Rice — Monkey Goes West	119

CARPETS

Hedger's Carpet Gallery	69
The Orientalist	12 & 13

FAMILY & EDUCATION

All About Kids	173
Aureus Academy	172

Australian International School	25
Avondale Grammar School	129
Between Two Trees	174
Canadian International School	142
Chatsworth International School	171
Dulwich College	OBC
EtonHouse International Holdings	145
Integrated International School	131
ISS International School	173
L'Academie de Danse Singapore	178
Luminous Dance Academy	177
Melbourne Specialist International School	154
Playeum's Children's Centre for Creativity	177
Singapore American School	15
St. Joseph's Institution International School	149
Stamford American International School	23
Swallows and Amazons	176
The Children's Showcase	141
The White House International School	150
UWC South East Asia	153
White & Black Trading	175
White Lodge	122

FASHION

An Cee Chantelle	250
Mohan's Custom Tailors	249
Shopping at Tiffany's	251
Stones that Rock	251
Summer Moments	177
Taula Jewellery	250
White Ginger	250
Willow & Huxley	251

FINANCIAL & LEGAL SERVICES

Expat Insurance	75
St. James's Place Wealth Management	169

Chartwell Associates	176
Consilium Law Corporation	178
Jenny Lai & Co	178
Job Search	178

FOOD & BEVERAGES

Au Petit Salut	208
Bacco Wines	187
Brez'n	183
Don Quijote	209
Expat Kitchen	207
Foodsterr	206
Huber's Butchery	209
InterContinental Singapore	244
Market Place	181
Natural Springs	208
Ryan's Grocery	197
Sakurazaka	195
Shahi Maharani Restaurant	206
Shelter in the Woods	195
The Butcher	208
The Providore	207
Verre	203
Wine Culture	203

FURNITURE & HOME DÉCOR

Arete Culture Lifestyle Concepts & Spaces	44
Artful House	29
China Collection	21
Deeb Designs	101
E & A Interiors	47
ebc Office @ EBC Lifestyle Hub	104
European Bedding	35
Galanga Living	103
Gallery 278 ^L	77
Hacienda Blue	104
Just Anthony ^L	31
Kala Tarang	102

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King Living	6 & 7	Family Dental Centre	271	PHOTOGRAPHY & PRINTS	
Kühl Home	IBC	G & L Surgical	285	Brilliant Prints	97
Laurastar	238	Health & Fertility Centre for Women	287	Janette Osvay Photography	175
Mountain Teak Furniture Gallery	63	International Medical Clinic	133	Littleones Photography	174
OHMM	81	Osteopathic Treatment Centre	290	Michael Gronow Photography	176
Originals	17	Pulse TCM	259	The Studio Loft	178
Piccolo House	103	smilefocus	289	Tomato Photo	171
Pure Interior	67	The Counselling Place	290	White Room Studio	178
Rimba Gallery	101	The Harley Street Clinic Heart & Cancer Centre	273	Within Images	178
Sunleaf Shutters	53				
Taylor B Fine Design Group	4 & 5	UPFitness	281	PROMOTIONAL FEATURES	
Teak & Mahogany	60	Urbanrehab	288	Dempsey Hill	167
The Past Perfect Collection	65			HomesToLife	82 & 83
The Vein Centre	41	HOME SERVICES			
Victorian Flair	91	Amah A-Team & Cleaners	104	TRAVEL & LEISURE	
Window to the Past ¹	27	Comfy Homes	104	Alila Seminyak, Bali	251
Woody Antique House	43			Angsana Bintan	213
Yellow Cabinet Design Studio	104	MOTORING SERVICES		Bintan Resorts	210
		ComfortDelGro Rent-A-Car ¹	70	Cruise Whatever	252
		Evergreen Rent A Car ¹	172	Golden Sands Resort, Penang	251
HEALTH & FITNESS		Komoco Car Rentals ¹	156	Nuala Retreats.com	252
Clarity Eyecare	287	Wearnes Automotive ¹	37	Paradise Koh Yao	215
Complete Healthcare International	33			Parkroyal Serviced Suites	201
Core Synergy Studio	290	MOVING & RELOCATION SERVICES		Radisson Golf & Convention Center	
Dennis Lim Surgery	288	Asian Tigers Mobility	86	Batam	223
Donna O'Shea Fitness	290	Santa Fe Relocation Services	102	Seminyak Bali Villa	252
Dr Georgette Chan Clinic	289				
Dr. Catherine Lee Orthodontics	125				

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ONLY IN Singapore?

BY KAREN FERNANDEZ

Following the sound of music, I chanced upon the square where the two energetic *getai* performers were belting out tunes on a makeshift stage. Their colourful clothes glittered in the garish spotlights and their boisterous routine had many enthralled. Those who could understand local dialect laughed at the witticisms in the lyrics; for me and the others who could not, it was a new, fun and Instagram-filled experience. The crowd was good-natured and didn't seem to mind the endless flashes from ubiquitous smartphones.

It was the Mid-Autumn Festival in Chinatown. There were shops selling things I never knew I needed or wanted. "Just try only!" said the old uncle, deftly cutting up slivers of mooncake of every colour and flavour. The traditional lotus seed paste mooncakes I loved were clearly *passé*; instead, "snow skins" filled with durian, salted egg, sweet potato and peanut butter and banana were the in thing. And the pretty boxes they were packed in added a whole new dimension of choice.

Next to the mooncake uncle, a young man in thick glasses asked, "You got travel a lot?" He had travel adaptors for virtually every country in the world. Two stores down, shelves of balms and creams promised instant relief from annoying ailments – anything from aching muscles and upset tummies, to chasing away the dreaded Zika-bearing mosquito. As I opened a jar, an elderly Indian lady sniffed in the nose-numbing scent too, and nodded approvingly. "Buy two: one for home, one for your handbag. You never know when you will get backache," she said.

On the next street, three young American girls were engrossed in choosing bracelets, and taking selfies of each colour combination on their arms. Nearby, in the feng shui shop, rows of gold-plated dragons waited to bring wealth and luck to their new owners. I bargained hard for two rabbit lanterns made of wire and cellophane. The storeowner theatrically rejected my

offer, saying to anyone who would listen that he was barely surviving; but he quickly called me back, grumbling under his breath that his rental costs were killing him. I couldn't help thinking to myself, from Koh Samui to Marrakesh, some things were the same the world over!

In Food Street, people were tucking into steaming plates of chilli crab, grilled stingray, oyster omelettes and pig entrails. It was easy to tell the residents from the visitors: residents wore the Singapore uniform of shorts, T-shirts and comfortable flip-flops; visitors had shoes and socks on.

As I ambled through Chinatown that evening, soaking in the sights, smells and sounds, I wondered how many places there were in the world where you could wander around engrossed in taking pictures with your iPhone and not have to worry about your bag (or phone!) being stolen, or being leered at because you were in shorts; where you could eat street food knowing that you wouldn't become violently ill; where you could get lost, safe in the knowledge that people would helpfully walk you to your destination.

So many things we take for granted in Singapore ... *EL*

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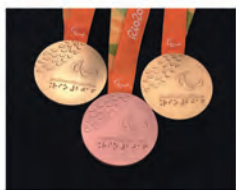
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Michael Massey our Head of Swimming is the kind of inspirational spirit we look for in every teacher. He is someone who understands what it takes to be extraordinary, and more importantly what it takes to get there.

As coach for Singapore's Paralympic swimmers Theresa Goh and Yip Pin Xiu he helped mastermind their incredible performances in Rio. "I am very proud of the girls and really happy for the (Singapore) team," Michael said afterwards. A hearty congratulations from Dulwich. We couldn't be more proud to have him on board with us.



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