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EDITOR'S NOTE



It's that time of year when many of you will be wondering what to buy for Christmas gifts – and wondering whether they'll love what you buy!

At the moment, I'm thinking that a super power would be a good gift for myself – although, as my team has pointed out, there are worse places in the world than Bali for me to lose my passport and have to spend a few extra days. But I could definitely use the power to see hidden or missing things – like aerial x-ray vision!

What would your super power be, either to help yourself or to help others? Is there a part of your gifting at Christmas that can go to a good cause? I always think buying a well in a region of the world that's short of water is a good one; but knowing where the money goes is always difficult.

This year, we bought a tuk tuk that takes books out to rural areas in Cambodia, which is great, but it still needs maintenance, petrol and salaries. If you have any suggestions of causes that are worth supporting, let us know at editorial@expatliving.sg.

We have plenty of ideas for gifts in this issue and online to help you; no super powers included though!

Wishing all of you who celebrate Christmas a happy one, and for all of you who are making use of the break, here's hoping you get away somewhere nice.

Oh, and just a reminder: keep an eye on your passports!



Rebecca

REBECCA BISSET
Editor-in-Chief

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CONTENTS

NEWS

- 12 News Headlines**
- 16 Calendar:**
What's on in Singapore this month
- 24 About Town:**
Social snaps
- 28 Readers' Letters**
- 30 EL Forum:**
Online happenings and upcoming events
- 33 Christmas Gift Ideas**

HOME & PROPERTY

- 44 News**
- 47 Win!**
\$2,500 worth of furniture from Arete Culture Outdoors
- 48 Home Showcase:**
Interiors expert Elizabeth Hay infuses her home with Christmas spirit
- 58 Dining Décor:**
We style an outdoor table two ways for Christmas
- 62 Product News:**
Festive décor and other goodies at Galanga Living
- 66 Christmas Style:**
From centrepieces to glassware and baubles
- 73 Buyer's Guide:**
Cool chairs and stools in store now
- 84 Street Talk:**
Living on Haig Road



ARTS & LEISURE

- 92 On the Stage:**
The latest in live music, dance and theatre
- 94 On the Screen:**
Big and small screen highlights of the month
- 96 On the Wall:**
What's on in the art scene
- 98 On the Page:**
Recent book releases

66 We've got fabulous Christmas ideas for your home

73

It's chairs galore in our six-page furniture guide





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CONTENTS

LIFE & FAMILY

- 103 News**
- 108 Noticeboard:**
New births
- 110 Animal Shelters:**
What they want for the holidays and beyond
- 112 How We're Spending Christmas**
- 114 Expat Insights:**
Coping with Christmas blues
- 116 What is Life Coaching?**
- 118 Fun for Kids:**
Indoor activities to try with little ones
- 120 Cruise Control:**
The Expat Living team goes aboard the amazing *EagleWings*

WINE & DINE

- 130 News**
- 138 A Culinary Christmas:**
Dining highlights in December
- 154 Cocktail Corner:**
Easy-to-make holiday-inspired recipes
- 156 Popping Corks:**
The best bubbly and wine picks for the holidays
- 159 Boxing Day Recipes:**
Three great ways to use up leftover turkey
- 162 NYE Hotspots:**
Where to go to ring in the New Year



120 Read about our wonderful afternoon cruise

172 From the Cape to the land of the Zulus



TRAVEL

- 170 News**
- 172 South Africa:**
From the Cape to the land of the Zulus
- 179 Chapman's Challenge:**
A running event with a difference
- 186 Golfing Getaway:**
A weekend round on Bintan



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Live CONTENTS

COVER FEATURE

- 189 Giving Back:**
Meet the team behind 100 People Doing Good

FASHION

- 194 News**
196 Getting Shirty:
CYC's designs for the festive season
197 Steamy Solution:
How to keep your clothes crease-free
198 Party Outfits:
Gorgeous frocks for the holidays
206 Final Touches:
Polish off your look with these final details

BEAUTY

- 212 News**
216 Tried & Tested:
Our star beauty-product picks of 2016
218 Hair Up-dos:
A tutorial to achieve an elegant braid

- 206** Great ways to refine your outfit



213

Connecting expats with local charitable causes



HEALTH & FITNESS

- 224 News**
228 Health Matters:
How a hormone imbalance can affect sleep
232 Family Health:
Two go-to clinics for newcomers and old hands alike
234 Tooth Talk:
Your dental and orthodontic questions answered

- 236 Festive Fitness:**
Staying healthy over the holiday season

- 238 New Treatments:**
A minimally invasive approach to varicose veins

REGULARS

- 243 Numbers & Websites**
244 Horoscopes for December
246 Advertiser List
248 Parting Shot:
Home and the third-culture kids

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What's New

NASA Exhibition

If you're looking for something to fill a rainy day – or even a sunny one! – head to the new blockbuster exhibition at the **ArtScience Museum**, *NASA – A Human Adventure*. Find out everything you ever wanted to know about space exploration and check out over 200 artefacts, including full-size models of the pioneering Mercury spacecraft, the Apollo 11 Command Module that carried the first humans to the moon, and the Rover astronauts used to explore the moon. marinabaysands.com/museum

For more great things to do this month, head to expatliving.sg

Thoroughly British

Some of us will be lucky enough to visit London to see the legendary **Harrods** Christmas window display and pick up our favourite festive treats. If you aren't, you don't have to miss out; just head to the online store for a spot of shopping. But you'll need to get your order in soon! harrods.com



Competition

Love Lego? Win a Technic Porsche 911!



Kids and kids-at-heart will salivate over the newly released Lego Technic Porsche 911 GT3 RS. The 1:8 scale model includes a six-cylinder boxer engine with moving pistons and an adjustable rear spoiler, and with more than 2,700 pieces it's sure to keep the winner busy for many days after Christmas. For your chance to win this prize, valued at \$549, enter at expatliving.sg/competitions. The winner will be drawn at 12 noon on 15 December.

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Christmas Events

It's just not Christmas without sparkling lights, seasonal songs and some friendly jostling through excited crowds to finish your last-minute shopping. Here's where to get into the festive spirit this month.

Twinkling Lights

Gardens by the Bay

Singapore's biggest yuletide fair returns to **Gardens by the Bay** from 2 December to 1 January 2017, and, if previous years are anything to go by, it's set to be spectacular. Feast your eyes on Italian light sculptures, stroll through a magical forest adorned with festive baubles, sing along at choral performances or build a snow angel at the snow playground. Check out this European-style festive market from 3.30 to 11pm daily.

Sentosa Cove

You'll find a Christmas wonderland at Sentosa Cove's Quayside Isle, from now until 31 December. From magical bubble-themed light displays to choo-choo train rides and a yuletide market, there's something to entertain the whole family. Look out for Santa during weekend lunchtimes to get your hands on some candy canes!

Orchard Road

Stretching from Tanglin Mall all the way to Dhoby Ghaut, this spectacular Christmas light-up is not to be missed. It's one of the longest, grandest festive lighting displays in Singapore, so be sure to set aside some time to admire it on foot, by bus or by car.

Tanglin Mall

Get a taste of winter in sunny Singapore at Tanglin Mall's evening faux-snow shows, until 2 January. Soak in the festive atmosphere with the family and get the kids excited with daily avalanches and ankle-deep snow.

VivoCity

Expect yet another towering Christmas tree at the VivoCity Sky Park this year. Until 26 December, watch the tree come alive each night with a spectacular light show at 7.30pm, 8.30pm and 9.30pm. There'll be hand-bell and carol performances on weekends, and the chance to meet Santa Claus.

Rousing Carols

Cluny Court

Be treated once again to the beautiful voices of the children from Tanglin Trust School and Dulwich College this Christmas. On 10 December, don't miss The Dulwich Singers as they perform at 10.30am and 11.30am. Before leaving, be sure to have a photo taken with Santa. **Cluny Court, 501 Bukit Timah Road. [facebook.com/ClunyCourt](https://www.facebook.com/ClunyCourt)**

Raffles Hotel

Enjoy Christmas carolling at Raffles Hotel this month, with various performances by Raffles Hall Voices and the Victoria Junior College Choir. Raffles Hall Voices performs on 10, 11, 17 and 18 December, with 20-minute shows at 12.30pm (North Bridge Road Atrium) and 5.30pm (Raffles Courtyard), while on 23 and 24 December, Victoria Junior College Choir performs at 12.30pm (North Bridge Road Atrium) and 2pm (Raffles Courtyard). **1 Beach Road. raffles.com**

Orchard Road

Enjoy your favourite Christmas tunes on 17 December at **Palais Renaissance** on Orchard. Come by from 1 to 1.45pm and be mesmerised by the talent of the Emmanuel Choir from the Church of St. Bernadette. **390 Orchard Road. palais.sg**

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This Month

SHOPPING & FAIRS

BookFest@Singapore (2-11 DEC)

Don't miss this annual mega-event that features a comprehensive range of the latest publications, stationery, gadgets and educational materials. Expect interesting author appearances, and great imported and local snacks at the Titbits Carnival. **Suntec Singapore Convention & Exhibition Centre, 1 Raffles Boulevard.**

Festive Weekend Open House at Bacco (10-11 DEC)

Drop by the Bacco office to try some labels from their extensive boutique wine collection and to grab fantastic deals during this weekend sale. Order bottles for your next party or pick up something special as a festive gift. #02-09 The Herencia, 46 Kim Yam Road. baccowines.com



OSIM
Sundown
Marathon
Penang 2016

SPORTS & FITNESS

Illumi Run (17 DEC)

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

OSIM Sundown Marathon Penang 2016 (17 DEC)

Singapore's iconic night race is celebrating its tenth anniversary by launching an overseas incarnation of the race, in Penang, Malaysia. Runners can choose between 5K, 10K and 21.1K (half marathon) routes. **Bayan Lepas, Queensbay Mall, Penang. sundownmarathon.com/penang**



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DANCE, DRAMA & THEATRE

Jingle Bell Rocks! (9-10 DEC)

Be mesmerised by the talent of West End soloists Laura Tebbut and Oliver Tompsett and a 51-piece orchestra performing festive favourites. Get into the holiday spirit with a host of modern, pop and traditional Christmas tunes. **MasterCard Theatres, Marina Bay Sands. Tickets from Sistic.**

Rock Magix (18 DEC)

Enjoy live music from seasoned rockers 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.**

Monkey Goes West (UNTIL 17 DEC)

Wild Rice's award-winning pantomime *Monkey Goes West* is an affectionately cheeky retelling of the beloved Chinese fantasy classic. Packed with catchy songs, hilarious gags, wushu and magic, it promises to brighten up your holiday season! **Drama Centre Theatre, 100 Victoria Street.**



FAMILY

The Nutcracker (7-11 DECEMBER)

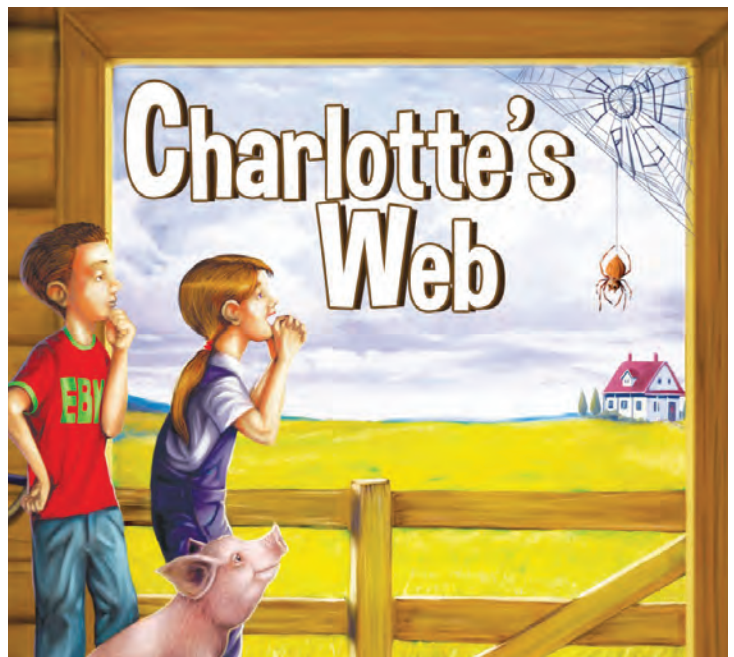
All-time Christmas classic *The Nutcracker* returns, featuring Tchaikovsky's vibrant score and renowned characters such as the Snow Queen and the Sugar Plum Fairy. It's an enchanting and whimsical celebration of the world of dance. **Esplanade Theatre. Tickets from Sistic.**

A Very Electric Christmas (9-11 DEC)

Look forward to 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.**

Charlotte's Web (UNTIL 11 DEC)

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



SSO Christmas Concert (16-18 DEC)

Get into the festive mood with the SSO Christmas Concert this month. It's a favourite event for young and old, as they sing along to their favourite Christmas tunes. **Victoria Theatre. Tickets from Sistic.**



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The Nutcracker

SOCIAL

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 and mulled-wine cocktails. **Shangri-La Hotel. britcham.org.sg**

Dinner with Kumar (UNTIL 31 DEC)

Don't miss Singapore's favourite Drag Queen of Comedy, Kumar, as he returns to Hard Rock Cafe Singapore each Saturday evening with some rib-tickling, risqué jokes. Laugh along as you feast on your favourite food and down your favourite drinks. **Hard Rock Cafe Singapore, 50 Cuscaden Road, #02-01 HPL House.**



The BritCham Ball

ART

IN Exhibition (UNTIL 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, with the aim of developing a passion for art and encouraging creativity. **Australian High Commission, 25 Napier Road.**

Singapore Biennale (UNTIL 26 FEB)

Titled **An Atlas of Mirrors**, this year's exhibition will present a range of works by more than 50 artists. The artworks featured will reflect on shared histories and current realities in and beyond the region. **Singapore Art Museum. Tickets from Sistic or the Singapore Art Museum.**

Charles Fazzino: Eye Candy (1-31 DEC)

Among the most popular 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 creative endeavour, his style has been incorporated into the very fabric of pop culture. **Bruno Gallery. brunoartgroup.com**

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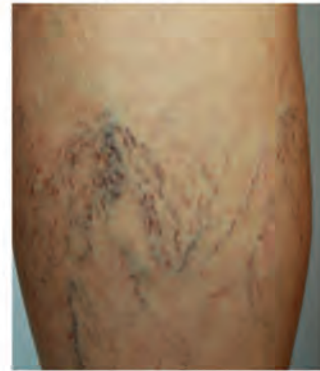
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Plan Ahead

Golnaz Fathi: Contemplations (UNTIL 22 JAN)

Drop by Sundaram Tagore Singapore to view the works of Iranian artist Golnaz Fathi. She is known for abstract paintings that are rooted in the rich traditions of Persian calligraphy. **Sundaram Tagore Gallery, 5 Lock Road. sundaramtagore.com**

Iskandar Jalil: Kembara Tanah Liat (Clay Travels) (UNTIL 28 FEB)

Don't miss the first exhibition to map the work of prominent Singaporean ceramist Iskandar Jalil, taking the visitor on an artistic journey that explores his travels and his role as a teacher. **National Gallery. nationalgallery.sg**

KidsFest 2017 (11 JAN - 12 FEB)

Expect some world-class theatre at the upcoming KidsFest, in the form of nine different productions over five weeks, at two different venues. Nurture your children's love of language and literature as they watch the characters come to life. **Victoria Theatre and KC Arts Centre – Home of SRT. kidsfest.com.sg**



Passenger – Live in Singapore (13 JAN)

Performing in Singapore for the first time, English singer-songwriter Passenger will bring his brand of reflective and relatable pop indie-folk music to the stage, including phenomenal worldwide hit “Let Her Go”. **The Star Theatre, 1 Vista Exchange Green. Tickets from Sistic.**

Race The Dead 3 (14 JAN)

After a one-year hiatus, Race The Dead returns with a new survival challenge. Experience a massive adrenaline rush as you try to dodge the hordes of zombies and manoeuvre through traps as night falls. **40 Siloso Beach Walk. racethedead.sg**

Run For Light 2017 (14 JAN)

Support and empower the less fortunate by taking part in the upcoming Run For Light event. You can choose to tackle the full 10K distance, a 5K fun run, or even a special blindfold walk. **runforlight.com**

Two Door Cinema Club – Live in Singapore (16 JAN)

Don't miss indie-pop sensations Two Door Cinema Club performing in Singapore this month. As schoolmates in Northern Ireland, band members Alex Trimble, Sam Halliday and Kevin Baird were inspired by the pop-rock sounds of Foals and The Maccabees. **The Star Theatre, 1 Vista Exchange Green. Tickets from Sistic.**

St. Jerome's Laneway Festival Singapore 2017 (21 JAN)

Back for its seventh instalment, Laneway will this year feature an eclectic line-up of around 30 international bands playing across four stages, plus a myriad of food and drink options for a great night of music and partying. **The Meadow, Gardens by the Bay. Tickets from Sistic.**

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Around Town



Sailing with Royalty

It was a great honour for tall ship the *Royal Albatross* to have Her Royal Highness Princess Anne on board this past October. She was greeted by a 43-strong contingent from RDA (Riding for the Disabled), which included Paralympians Maximillian Tan and Gemma Rose Foo, and therapy horse Amorcita.

Budding Designer

Raffles College student Aung Naing Linn has been awarded the title of Young Designer of the Year. Launched by Design Intervention, the awards aim to inspire the next generation of designers in Singapore. In addition to her receiving a cash prize of \$2,000 and an iPad Pro, her school was presented by Design Intervention's Nikki Hunt and Andrea Savage with 38 books for its library.





Let's Talk Business

At our October EL Coffee Morning, Business Women's Network founder Michelle McFarlane offered useful tips about growing small businesses. Our readers left motivated and inspired to achieve more.



Supporting Nokor Tep

In October, the annual Nokor Tep Bubbles and Bling brunch was held at the beautiful home of nutritionist and Health & Vitality founder, Liza Rowan. Event-goers were given an update of the status of the Nokor Tep Hospital in Phnom Penh, a women's hospital that will be completed in 2017.



Upcoming Centennial

US Ambassador Kirk Wagar hosted the American Association of Singapore's (AAS) Centennial Preview in his home, with wonderful food prepared by The American Club. The committee team dressed up in the style of the various decades that next year's 100-year anniversary will celebrate. 2017 is going to be big!





A Classy Affair

It was hats, gowns and champagne galore at this year's Ladies' Charity Race Day, organised by the team from British home accessories shop, Tatty Marsh. Held at the Tanglin Club in Orchard, the Melbourne Cup event was fun and fabulous – and for a good cause.



Celebrating in Style

Pan Pacific Singapore celebrated its 30th anniversary and the opening of its revamped pool with a party in October. Around 200 guests enjoyed a dazzling display of fireworks, spectacular performances by water drummers and a lucky draw.



Feast for the Eyes

The Wine Food Fashion dinner held at Skyve Wine Bistro attracted 100 guests who enjoyed a fabulous four-course meal paired with delectable wines from TTG Wines. They were also treated to two mini fashion shows featuring White Ginger clothing, InZone5 activewear and Stones That Rock accessories.

LETTERS

We want to hear from you!

Send us your thoughts on the magazine, or on any subject under the sun. To help her toast the early success of her new business, **Genevieve Powell** wins a bottle of champagne.



DOWN TO BUSINESS

The recent EL coffee morning at the beautiful Danish Design showroom was incredibly inspirational for me, and I think I can say the same for the other 40-plus women who attended.

I've just started my own small business – it's still too early to go into the details, but watch this space! – and I felt like Rhiannon Hills from Danish Design and guest speaker Michelle McFarlane really understood the issues I was facing. Their presentations were honest, and they spoke from the heart. They went through point by point what one must do in order to grow – from data and information gathering to the power of networking and social media.

At just \$15 for all that, plus coffee and nibbles, I'd say it was great value and time well spent.

– Genevieve Powell

Ed: Good luck with growing your business!

THE MO MUST GO

I'm proud of my husband for doing his bit for cancer awareness by growing a moustache this month, but even he admits that it looks terrible. It makes him look like his Uncle Pete – and not in a good way! So, no thanks, I won't be sending you a photo of him for Expat Living's Facebook Movember Gallery. (And the mo is most definitely coming off on the 30th!)

– Annelise Cronje



Ed: We agree that a moustache doesn't suit everyone. Maybe he should try a beard next year ...

WINE AND FRIENDS

We haven't really found it easy to meet like-minded people in Singapore, especially being single couple without kids. So we really appreciated your September newcomer event with wine-tasting at Bacco Wines. Not only did it make us fans of Italian wines, but we also met two other newly arrived couples – one from Australia, the other from Ireland, that have already become our good friends. Thank you!

– Julie and Andrew Sheridan

Ed: You're very welcome! All the best for your stint in Singapore – and, going by our combined experience, the friends you make in Singapore could turn out to be friends for life.



Best Letter



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MUMS & BUBS

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CONTACT susan.knudsen-pickles@expatliving.sg

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EXPAT LIVING

CLUNY COURT

tomato photo



edit
lifestyle

Christmas Countdown



SKANDINAVISK



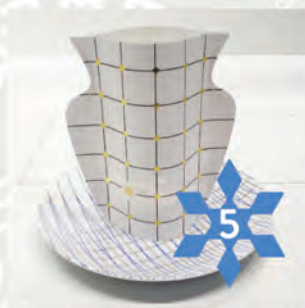
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MAISON DE VACANCES



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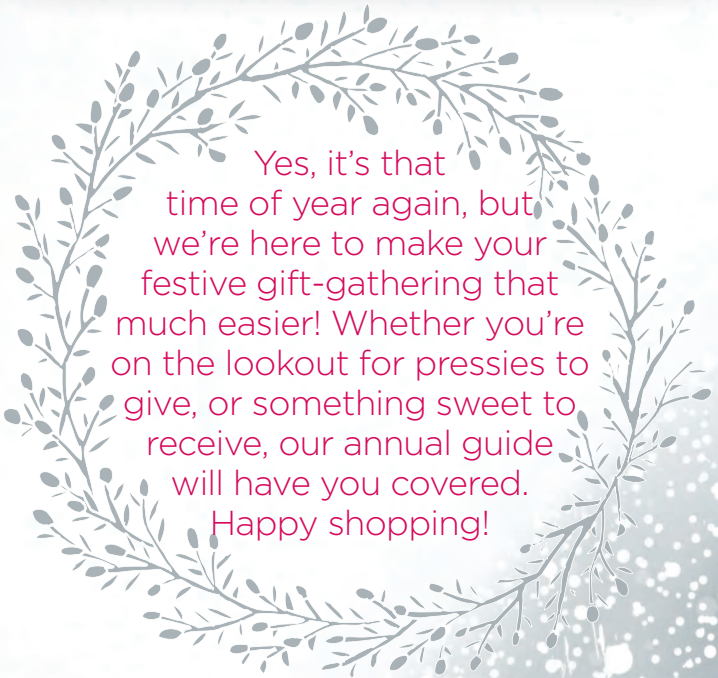
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137/139 Tanglin Road, Tudor Court 247927 Singapore / +65 6836 5686



Gift Guide

2016



Yes, it's that
time of year again, but
we're here to make your
festive gift-gathering that
much easier! Whether you're
on the lookout for pressies to
give, or something sweet to
receive, our annual guide
will have you covered.
Happy shopping!



Cyrnos candle by Cire Trudon, \$150, available at Escentials, escentials.com.sg



Eloise Manon pyjama set, \$490, Maison Zhou, maisonzhou.com



Large hobo bag by Campomaggi, \$1,250, Dreamweave Concepts, dreamweaveconcepts.com



Three-wick candle, \$40, Bath & Body Works

Limited edition festive treat set, \$48, Crabtree & Evelyn



Soaper Spa set by Soap & Glory, \$48, available at Sephora, sephora.sg



The Ultimate Beauty Kit, US\$195, Net-A-Porter, net-a-porter.com



Andromeda necklace by UNode50, \$379, available at Embrace Jewellery, embracejewellery.com



Semi-precious stone bangle, \$69, White Ginger, white-ginger.com



Siren Teardrop earrings in blue lace agate, \$260, Monica Vinader



Misty Lariat necklace in silver, \$65, Stones that Rock, stonesthatrock.com



Navajo ring by Aurelie Bidermann, \$499, available at Edit Lifestyle, editlifestyle.com



Rose-gold envelope clutch with jade love clutch, \$245, Desti Saint, destisaint.com



Sunglasses, \$615, Givenchy



Large leather personal planner, \$99.90, Kikki K



Dress, \$69.90, Zara



The Avid Explorer gift kit, \$155, Aesop



Backgammon, Wild & Wolf,
\$55, available at Edit Lifestyle,
editlifestyle.com



Galimard fragrances, priced from
\$59, Dreamweave Concepts,
dreamweaveconcepts.com



Golden Tools Set,
\$270, The Proof
Flat by EC Proof



Men's Grooming
Treats Set, \$78,
Origins

MonoChest accessory organiser in black by Monowear, \$129, available at Ante, facebook.com/antesg



GMT steel watch with silver dial, POA, Louis Vuitton

PEN-F camera body, \$1,798, Olympus, olympus.com.sg



Sunglasses, \$360, Hugo Boss

Backpack, \$139, Zara



Micro luggage reloaded, \$525, White & Black Trading, whiteandblacktrading.com

..... For The Kids



Pretend Play, Eeboo, \$26.90, The Children's Showcase, thechildrensshowcase.com



Magna-Tiles, priced from \$89, The Children's Showcase, thechildrensshowcase.com



20-piece Christmas puzzle, Eeboo, \$12.90, The Children's Showcase, thechildrensshowcase.com



Shoes, \$100, Melissa



Deluxe Mini2go scooter, \$195, White & Black Trading, whiteandblacktrading.com



The Magic Spicebox cookbook, \$11.95,
indian-spicebox.com/magic-spicebox



Mini travel case, \$24.95, Seed Heritage,
seedheritage.com



Mini tent by Deuz, \$89,
The Children's Showcase,
thechildrensshowcase.com

Micro Flex deluxe scooter, \$385, White &
Black Trading, whiteandblacktrading.com



Amazing animal knits, \$36, Ni-Night, ni-night.com

Mice toys, Maileg, \$69.90,
The Children's Showcase,
thechildrensshowcase.com





MemoryBoards, priced from \$35, memoryboards.info



Canvas prints, priced from \$49, [Brilliant Prints, brilliantprints.com.sg](http://brilliantprints.com.sg)



Stone pebble resin bowl, priced from \$169, [Gallery 278, gallery278.com](http://gallery278.com)



Blue and white ceramic containers, priced from \$100, [Just Anthony, justanthony.com](http://justanthony.com)



Colourful Turkish towels, \$30, [Summer Moments, summer-moments.com](http://summer-moments.com)



Kivita coasters (set of two), [RabLabs, \\$295, available at Edit Lifestyle, editlifestyle.com](http://RabLabs.com)



Capiz tray and assorted accessories, priced from \$185, [Arete Culture, areteculture.com](http://areteculture.com)



Lamp collection, \$138, [Teak & Mahogany, teakandmahogany.com](http://Teak & Mahogany.com)





Design letters, priced from \$38, Danish Design, danishdesignco.com.sg



Napkin rings with black lip shell (set of four), \$45, House of AnLi, houseofanli.com



Notre Monde gold beads mirror round tray, \$225, Ethnecraft, ethnecraft-online.com.sg



Pineapple jar, \$88, Homlab, homlab.sg



Watch Me wall clock, \$82, Kuhl Home, kuhlhome.com



Aluminium stool, \$178, WTP The Furniture Company, wtpstyle.com



Grand Royal crystal glasses, priced from \$88, Villeroy & Boch, villeroy-boch.com.sg



Tall mugs (set of two), \$100, The Past Perfect Collection, pastperfect.sg



Wave vase by House Doctor, \$58, available at Journey East, journeyeast.com



Shophouse wall art, MemoryBoards, POA, memoryboards.info



Valet table, \$299, Scanteak, scanteak.com.sg

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HOME & PROPERTY



62

Product News:
Feeling festive at Galanga Living

48

Home Showcase: The Christmassy abode of Elizabeth from E&A Interiors

70

Product News: Our round-up of fun party-season glassware

66

Expert Tips: Simple ideas for creating festive centrepieces

What's New



The Jia Ju rocking stool from **Scene Shang** is a fun take on the traditional rocking horse. sceneshang.com

Members' Perks

Taylor B is giving customers even more incentive to shop online, with the Taylor B Platinum Member programme. Sign up with an email address and take advantage of a host of benefits, including 20 percent off any item purchased within 30 days of signing up. With no fees or membership agreements, what's not to love? For full details, go to taylorbdesign.privy.com/campaigns/74067



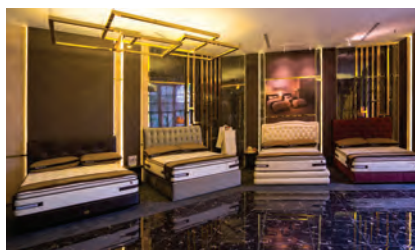
Downtown Nights

Oakwood Asia Pacific is to manage the soon-to-be opened **OUE Downtown** serviced residences, located between Raffles Place and Tanjong Pagar. The development, which will have 268 rooms along with retail and office space, is slated to open mid-2017. oakwoodasia.com ▼



Dream World

Sealy Posturepedic has renovated its flagship Tanglin store into a "sleep palace", with each mattress range in its own dedicated section for customers to try out. Head to **#01-02 Tanglin Place, 91 Tanglin Road** for a wander around the 270-square-metre showroom. ▼



Kitchen Chic

Toasters, kettles, blenders and mixers just got more stylish with the new range from Smeg, available in black, red, cream, pastel blue, pastel green and pink. Toasters and kettles retail at \$228. Find the range in **Tangs**, or online at tang.com. ▼





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Go with the Flow

Gallery 278 has introduced the Flow range of furniture, inspired by the fluidity of nature, to its in-store collection. Made of solid timber, these conversation pieces have been crafted by skilled artisans to evoke the softness of fabric and draping. **278 River Valley Road. gallery278.com ▶**



COOL COLLECTIONS

Kuhl Home is celebrating the launch of its 2017 collection – and a brand new showroom – by offering customers 30 percent off the new range until 31 December. Products include Scandinavian brands such as Bolia, Normann Copenhagen and Skovby, while the new showroom is at **#01-02 Harbourside Building 1, 1 Boon Leat Terrace**. For more information, go to **kuhlhome.com**.

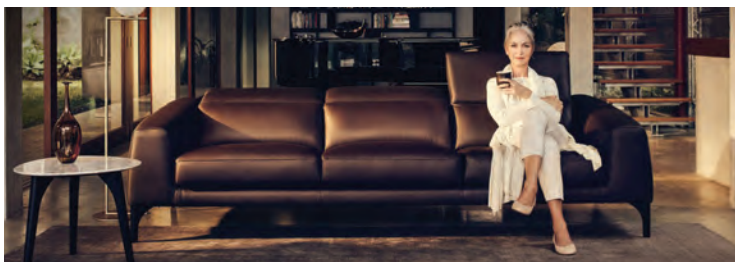
Bright Lights

The **Panthella lamp** now comes in miniature, and in eight eye-catching colours – yellow, orange, mauve, red, pink, blue and two shades of green. Snap one up for \$398 (usual price \$605) before 15 December from **Louis Poulson, 5 Purvis Street, #01-02**. ▼



Sofa So Good

King Living has stayed true to its practical design roots with its Reo sofa. The comfy perch comes with adjustable headrests, which can be switched from high to low, as well as optional smart pockets (for storage) and other add-on components including speakers, a wireless charging table and an LED light. **#01-00 Hong Aik Building, 22 Kallang Avenue. kingliving.com ▶**



WIN

Over \$2,500 worth of home furniture and accessories from Arete Culture Outdoor Living

If you're the lucky winner of this month's competition, you'll take home all of the following:

- Lucia set comprising a pair of lounge chairs and a side table in all-weather wicker, \$1,650
- Two Paradise Road outdoor cushions, \$190
- Arete Culture outdoor teal cushions, \$190
- Textured throw, \$185
- Outdoor rug, \$250
- Table décor and accessories, \$330
- Statement outdoor lantern, \$225

A firm believer in affordable luxury, the Arete Culture Group celebrates the opening of its new showroom dedicated to the tropical life: **Arete Culture Outdoor Living**.

As a tribute to island living, the showroom offers an extensive range of well-priced, versatile, all-weather outdoor sets, lounge chairs, dining tables and side tables. Shoppers can also order bespoke pieces that are made-to-order in Singapore and delivered within three weeks, including bar cabinets, coffee and

dining tables, and statement mirrors.

The showroom also offers a range of complementary outdoor accessories, from hurricane lanterns and table décor to patterned outdoor rugs.

Catering to everything from small balconies and large verandahs or patios, Arete Culture Outdoors is a one-stop shop for home-owners seeking affordable and fuss-free style. *✿*

Arete Culture Outdoor Living
#06-04 Tan Boon Liat Building,
315 Outram Road



Christmas

IN MOUNT FABER

We get festive at the Mount Faber home of ELIZABETH HAY and find out what plans she has for her son Arthur's first Christmas in Singapore.

BY AMY BROOK-PARTRIDGE
PHOTOGRAPHY MICHAEL BERNABE



The calming blue living room is Elizabeth's favourite space in the house.



Elizabeth's Christmas table includes Waterford glassware, small décor pieces picked up from Africa – Elizabeth's family has a home in Kenya – as well as other items from Singapore stores, including Robinsons.



The last time we showcased Elizabeth Hay's home, just over two-and-a-half years ago, she was living in an Emerald Hill shophouse, had recently got engaged, and the business she set up with Chloe Elkerton, E&A Interiors, was just moving into its first premises in River Valley. Now she's married to Tim, they have a one-year-old son, Arthur, and two "Singapore special" adopted dogs, and they've moved from their shophouse to a black-and-white house in the green surrounds of Mount Faber.

"We loved the shophouse and the location was amazing, but it only had two bedrooms, and we wanted at least one more, as well as some outside space for our dogs," explains Elizabeth. She and Tim loved the old feel of their place at Emerald Hill, and couldn't see themselves in something ultra-modern, so they started to look for a black-and-white house to rent.

They bid on a handful of houses but lost out, then found this spot through an agent, so they didn't have to go through the bidding process again. "It had been empty for a few years and was completely derelict, but we saw the potential." The move-in date was set for August 2015, when Elizabeth was eight months pregnant, so it was imperative that all necessary works to the house were completed by then.

"It was pretty stressful," she admits. "Basic maintenance such as painting walls and polishing floors were the agent's responsibility. Working alongside their contractors I had my own people renovating the bathrooms, which I don't think had been touched since the 1970s, as well as adding standard things such as water heaters, fans and air-conditioning, and building the *attap* outside."

The family loves the greenery at their doorstep, the great dog walks that are nearby, and the fact that it's so easy to access the Henderson Waves bridge. "One drawback is that you can't just pop out on foot and grab a coffee, but it's really nice to be so close to Sentosa, and you're only five minutes from Tiong Bahru by car."

Who lives here:

Elizabeth and husband Tim, both from the UK, one-year-old son Arthur, helpers Jo and Mehl, and adopted dogs Gracie and Blaze.

Size and type of home: Three-bedroom black-and-white house in Mount Faber.

Interior style:

"Vibrant, full of pattern, multicultural, eclectic, bohemian, colourful, layered and homey," says Elizabeth.

Favourite room:

Elizabeth loves her sitting room. "The soft blue is such a relaxing colour; first thing in the morning and early in the evening are my favourite times to sit in there, as it feels so peaceful."



Ongoing Designs

Moving house and the arrival of Arthur have meant a busy year for Elizabeth – and with Elizabeth and Chloe’s interior design business E&A Interiors going great guns, it’s not going to calm down any time soon. “We’re now a team of six at E&A. We welcome all kinds of projects, and our aim is to keep working on our large-scale work as well as smaller commissions; whether it’s just getting some cushions made or a full-scale renovation, we’re open to it all.”

The business is currently completing around ten major renovations a year, as well as many soft-furnishing projects of varying sizes. It now stocks 40 boutique brands of wallpaper and fabric, and plans to add more to its collection.

Although Elizabeth’s home style is, in her own words, “layered with colours and patterns, and a little Boho-chic”, for their clients’ designs they promise to turn their hand to any style. “Clients come with so many different briefs – for example, an English look, a Hamptons feel, or French country chic. Singapore is a fun place to practise interior design, because so many of the apartments are completely blank canvases and you can get away with almost any aesthetic here.”

ABOVE: The console is home to many family pictures and just one of the decorative owls that Tim has bought Elizabeth.

LEFT: The wreath, which includes cinnamon sticks and dried oranges to give it a truly festive aroma, is made by Becca from Silk Flowers Singapore.



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“I still get really excited about Christmas. I love the lead-up, spending time with friends and family, the food, and everything about Christmas Day. I have such happy memories”

OPPOSITE PAGE: Vai Segolsson of Glass Floe makes glass accessories, including the angel in the centre. “Handmade decorations can add so much charm, but it’s hard to find them here. Vai’s are beautiful, especially her glass snowflakes and angels!”

Both the wreath and the stair-runner were created by Charlotte Puxley.

The stockings were handmade from material supplied by Elizabeth’s interiors company.

Family Festivities

Arthur spent his first Christmas in the UK, so this year the Hays are staying put in Singapore. “We’ve got my mother, my sister, her husband and their two children coming out here for two weeks; I’m so excited!” Last year, they spent the holidays with Tim’s family in a rented house in Wales, so this year will be a decidedly different experience: Christmas in the tropics.

Their plans include a cosy family dinner on Christmas Eve, then church on Christmas morning. “We open our stockings first thing in the morning and then wait until after lunch for the tree presents.” Elizabeth is planning on cooking a traditional Christmas lunch; “I’ll be making everything from scratch, and my mother is bringing out a Devon ham.”

As Christmas is Elizabeth’s favourite time of the year, she hopes that Arthur has the same experience. “I still get really excited about it – I love the lead-up to Christmas Day, and getting into the festive mood. I will definitely be doing a wreath-making class with the wonderful florist Charlotte Puxley and going to lots of carol services! I just love spending time with friends and family, the food, and everything about Christmas Day. I have such happy memories.”



Recommendations

Robinsons at The Heeren ("for Christmas decorations")
260 Orchard Road
6735 8838 | robinsons.com.sg

Vai Segolsson of Glass Floe ("for handmade Christmas decorations")
glassfloe.com | facebook.com/glassfloe

Charlotte Puxley ("for beautiful wreaths and Christmas decorations")
79 Chay Yan Street, #01-02
9863 3510 | charlottepuxleyflowers.com

Silk Flowers Singapore ("Becca de Saint Maur supplies stunning faux Christmas flowers")
8307 6355 | silkflowerssingapore.com &



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One Table, Two Ways

BY AMY BROOK-PARTRIDGE & LINDSAY YAP
PHOTOGRAPHY MICHAEL BERNABE

We ask KEVIN BOLAND, chief executive officer and designer at **OHMM**, what Christmas means to him, and take the chance to style one of the store's outdoor table sets in two different ways, each with a festive twist.



Where will you be for Christmas this year?

We're heading to Sri Lanka and we'll be spending Christmas Day by the beach, with swims in the sea and a seafood lunch.

How important is Christmas for you?

As a kid, it was fantastic, with all the excitement and build-up. As an adult, it used to be more about family reunions – but now it's a chance to get some rest and recuperation and explore a new place.

Do you have any family Christmas traditions?

Yes – on waking, we gather together, share a pot of tea and exchange presents.

What's been your favourite Christmas?

I remember one in my early twenties, when we were living in London and went back to see family in Zimbabwe. Christmas Day lunch was a long, alfresco affair under a msasa tree and with clear blue skies – it was a far cry from the cold and dark of the UK!

If you could ask for one set of OHMM furniture for Christmas, what would it be?

My all time favourite OHMM chair is the Fiesta, and I would ask to have it woven in one of our new fibre colours – chalk, with granite cushions. It's a very comfortable chair that also looks great, particularly in this colour combination. Ideally, I'd ask for four chairs and a table, perfect for breakfast, lunch, apéro time or dinner.

If you were going to give a set of OHMM furniture to someone for Christmas, what would it be?

It would depend on the person, their space and its potential usage. It could be a one-off chair for the bedroom; or, from our new collection, Sol, a daybed to lie on and dream beneath the stars.

Will you be making any New Year resolutions?

Ha! It's always the same, to be honest: to live more in the moment and be grateful for what I have. For OHMM, it's that we will continue to craft our proposition to inspire and delight our clients – and continue to build out internationally.



Rubix table and
Rubix armchairs,
OHMM; 180cm
white blossom
tree, \$449, and
white snowflake
lantern, \$35,
Tatty Marsh;
large pink tray,
\$89, Lemongrass
& Aubergine;
chocolate dipped
gingerbread
men, Bakerzin.



Singapore
placemats
on cork, \$17
each, green
porcelain
dinner plate,
\$28, porcelain
breakfast
bowl, \$30,
cutlery (just
seen), from
\$25 per piece,
Lemongrass
& Aubergine.



Plastic wine glass,
\$14, and tumbler,
\$12, Lemongrass &
Aubergine.



Novo armchair and Rubix table, OHMM; La Classica Contura tableware, La Classica cutlery, red linen placemats, Octavie crystal glassware including champagne flute, red wine and water goblet, Villeroy & Boch; tree decorations from \$8 to \$14, Tatty Marsh.

Bone inlay vase, \$160, Hacienda Blue; orange and cinnamon wreath, \$120, Silk Flowers Singapore.



Directory

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

Villeroy & Boch
#01-74/76 Capitol Piazza
15 Stamford Road
6500 3560
villeroy-boch.com.sg

Lemongrass & Aubergine
#02-26 Cluny Court
501 Bukit Timah Road
6463 0752
lemongrass-aubergine.com

Hacienda Blue
9061 9446
haciendablue.com

Tatty Marsh
#02-07 Tanglin Mall
163 Tanglin Road
6887 4225
tattymarsh.com

Silk Flowers Singapore
8307 6355
silkflowerssingapore.com

Ann Chong, Baker
9693 3743

Bakerzin
Bakerzin.com 

Traditional Christmas cake, \$100, supplied by baker Ann Chong.



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Deck the Dining Room

BY AMY BROOK-PARTRIDGE
PHOTOGRAPHY MICHAEL BERNABE

Tobias table with glass top, \$1,799; Manson chair with concrete seat and black metal, \$179 each; White deer, \$199 (a range of sizes is available); Smoke mouth-blown decanter in clear and grey glass, \$49; Fabian iron-and-teak bookshelf, \$999; Habiba tall tea-light hut in whitewash, \$50.



Laust ceramic brown and bronze plate, \$39; Cleo metal star, \$5; Cole set of three hearts, \$24.

We chat with KRISTIN PAPASOLOMONTOS of **Galanga Living** about her plans for family festivities this year, and we take a look at the cool furniture and Christmas décor in her store.



Where will you be for Christmas this year, and what will you do on the day?

We'll be in Singapore; in fact, we usually are, simply because after 11 years in Asia we no longer own any winter clothes that fit! We do pretty much the same thing every year: the children wake up and open their stocking (buying us some important sleeping time), then we go downstairs and open presents under the tree.

We generally have the main elements of dinner delivered by Mr Hoe of Hoe Brothers Catering. He is a great resource for when you don't want to cook, and we started getting Christmas dinner delivered from him when the children were very small and we were very sleep-deprived. We do some parts ourselves – chipolatas wrapped in bacon, the potatoes, the gravy and the stuffing – but he does the main bird. We always have trifle and a Christmas log for dessert.

Do you have any family traditions at Christmas?

Our family is Greek-Cypriot-British-Norwegian-Singaporean, and we try to incorporate different aspects of our cultures throughout the year to create our own special third-culture blend. We aim to keep ties to our home traditions as well as incorporate Singaporean ones.

We always go to church on Christmas Eve, to the family service at St George's; then we have a "feast", as my children call it. We watch the *Portable North Pole Santa* video – we've done this since my eldest, who turns 13 this year, was young; my youngest is five and she really loves it. We also always read *The Night Before Christmas* at bedtime.

Because we're far away from family at this time, our expat community becomes our family. So we started a tradition of having a drop-in drinks party before the schools close for Christmas, and then we have a Boxing Day tradition where we get together for a large brunch at the British Club with several other families. Oh, and our children's school, Nexus International School, does a great carol service at the beginning of December. We always go to that, too – it's such a lovely community event.



Clockwise:

Esrum stoneware range including bowl, soup plate, pasta plate and dinner plate, from \$20 to \$34 per piece; TVIS cutlery from \$11 to \$14, Smoke mouth-blown glass tumbler in clear and grey, \$12, and white wine glass, \$14. Noct owl, \$25; Dadi black marble tray with three bowls, \$69. Cris Christmas tree, \$29.

Can you remember a favourite Christmas?

There hasn't really been one that stands out as my favourite above all the others. For me, Christmas means creating family traditions and memories that I hope my children will hold dear when they have grown up.

What Christmas gift would you like to receive from Galanga Living?

I'd love some of the new glassware products we have just got in; the blown glass is beautiful – I love the curves and colours.

What would you choose from the store to give someone for Christmas?

The concrete and copper candles; they're so modern, but the copper element gives them the warm festive glow that I remember from my childhood, when it was cold and dark at Christmas.

Will you be making any New Year resolutions?

My only resolution is not to make them! You can start over in any aspect of your life at any point you choose during the year; also, life changes so fast these days that any decision you make in January may not be relevant come September! *✍*

Galanga Living
#01-02 Henderson
Industrial Park
211 Henderson Road
6475 2633
galangaliving.com

Hoe Brothers Catering
9780 9160
sales@hoebrothers.com.sg

Portable North Pole
portablenorthpole.com

The British Club
73 Bukit Tinggi Road
6467 4311
britishclub.org.sg

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CENTREPIECE CREATIONS

PHOTOGRAPHY
MICHAEL BERNABE

Yes, you can pick up some great Christmas decorations in the shops, but sometimes it's nice to also create something for your home to give it that personal touch. We asked NAOMI HARYANTO and CAROLINE CHIN GEYLER from **Arete Culture** to pass on some simple tips on how to make your home sparkle with festive cheer.

What you need

- White candles. Low-cost options can be found at The Verge, IKEA and Spotlight. To elevate the look, opt for scented candles from Robinsons or Arete Culture, which carries Cochine, Maison by Amanda Dyer, and Parks of London.
- Mirrored trays or other metallic items.
- Hurricane candleholders.

General tips

- Layering is key – incorporate different textures, and colour-coordinate your décor.
- Create different heights in your centrepiece to give depth and dimension.
- Add festive touches such as pinecones, branches and berries.
- The more layers you create, the more lavish the centrepiece will feel. *æ*

Shop the look at Arete Culture:
#06-01 Tan Boon Liat Building
315 Outram Road
9640 3829 | areteculture.com



Traditional colours such as red with natural green elements can evoke a holiday ambience. Simply add red berries and branches to your candleholders, trays, and candles.

A combination of white tones can create the illusion of snow and cool holiday weather. In addition to the silver and gold, Arete has added arctic decorations including baubles, a stand and faux branch to create a wintry look.

Gold and silver accents create an elegant ambience. Sophisticated metallic decorations combined with the reflection of candlelight add extra festive sparkle and shine to the table. Add snowflake ornaments and an organic branch to create depth to the vignette.

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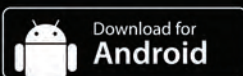
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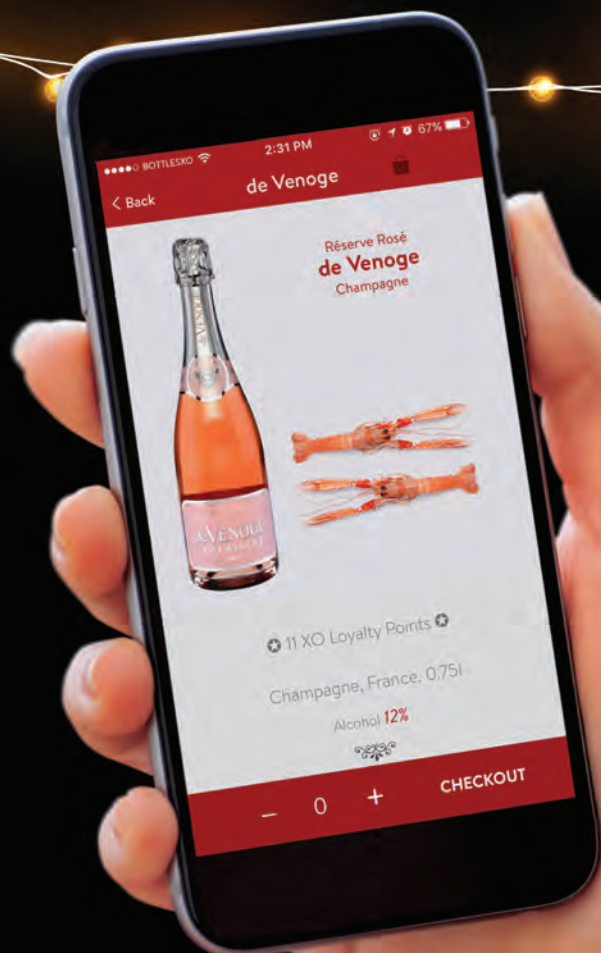
**NO MINIMUM
ORDER**



**NO DELIVERY
FEE**



www.bottlesxo.com





Assorted Christmas decorations and accessories, from \$10, Ni-Night, 7 Joo Chiat Place, ni-night.com

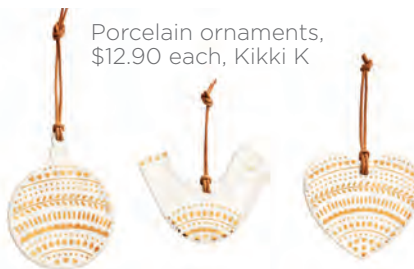
CHRISTMAS DÉCOR

More novel ideas to get your home looking festive!

Santa's sleigh ride toy in porcelain, Villeroy & Boch, #01-74/76 Capitol Plaza, 15 Stamford Road, villeroy-boch.com.sg



Porcelain ornaments, \$12.90 each, Kikki K



Hurricane candleholders in gold (\$118) and silver (\$110), Teak & Mahogany, #07-02/03/04 Century Warehouse, 100E Pasir Panjang Road, teakandmahogany.com



Advent calendar eraser kit, \$39.90, Kikki K, various locations, kikki-k.com



Timothy Oulton by Curio

Discover

a New Indulgence



Managed by Country City Investment Pte Ltd

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 Pearl Lam Galleries.

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**.

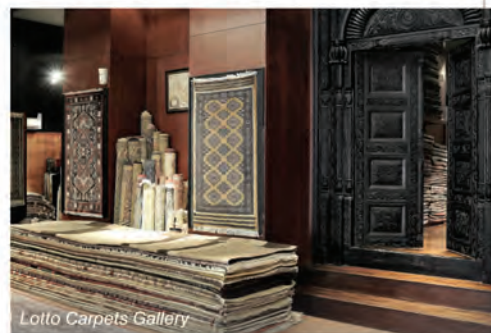
No matter what your plans are, you will always find memorable ways to spend your time at Dempsey Hill. Visit www.dempseyhill.com to learn more.



Woodfarm Lifestyle



emgallery



Lotto Carpets Gallery



Pearl Lam Galleries

Planning to entertain at home this holiday season? Here's a quick look at some funky glassware in the shops right now that might help your party go with a cool clink.

Party Time!



Enjoy some swanky sipping with this classic Callaway 12-ounce martini glass, \$23, Crate & Barrel



Hydration is key at boozy parties, so make things easy and keep one of these water bottles close by, \$25, HomesToLife.



Snowflakes glass in green, \$15; Comet wine glass with blue swirl, \$25; Sprinkles margarita glass, \$25, Teak & Mahogany.



Boston in green champagne flute, rose beer tumbler, and red wine goblet, Villeroy & Boch.



There's no need to worry about broken glass with these Dolce Vita acrylic glasses in white and smoky grey. Both the champagne glass and the wine glass cost \$28, Lemongrass & Aubergine.



This Oursin urchin cup makes a striking vessel, \$17, HomesToLife.

Turn to page 154 for a couple of Christmas cocktail recipes that would fit some of these glasses perfectly!



Rona's Silhouette champagne glass with a generous stem to help keep the bubbles cold for longer, \$13 per glass, Crate & Barrel.



Britta Optic red wine glass with a twist, \$26, Crate & Barrel.

DIRECTORY

Crate & Barrel
(various locations)
crateandbarrel.com.sg

HomesToLife
(flagship store)
65 Mohamed Sultan Road
6635 5050 | homestolife.com

Lemongrass & Aubergine
#02-26 Cluny Court
501 Bukit Timah Road
6463 0752 | lemongrass-aubergine.com

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

House of Villeroy & Boch
L1-74/76 Capitol Plaza, 15 Stamford Road
6384 7309 | villeroy-boch.com.sg

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PULL UP A CHAIR

In our modern, sedentary lives we probably stay seated for a little too much time, but while we're doing it, we may as well do it in style! Whether you're keen to mix and match your dining chairs, find a beautiful antique perch for your desk, or use a simple stool as a piece of décor, here are some ideas to make you sit up and take notice.



Arcade chair in solid wood with fabric upholstery, Gallery 278



Bullet chair handmade in Denmark, from \$2,266, Kuhl Home



Originals Nomad home Perry armchair, \$750, Originals



Mono armchair, part of the Prologue collection, \$720, Scantek



Blue wing chair with diamond tufting, \$950, Arete Culture



Kulu armchair by Square Roots in 100 percent solid French oak, Mountain Teak



Oak Bjorsing chair, \$385, Ethnicraft Online



Copenhagen retro lounge armchair in white, Teak & Mahogany

Spanish chair influenced by ancient Islamic culture, from \$7,027, Danish Design



Chillax leather easy chair by Karpenter, Mountain Teak



Upholstered chair, E&A Interiors



One-seater sofa, \$925, Ethnicraft Online



Philippa armchair combining a Nordic and modern look, from \$2,074, Kuhl Home



Upholstered chair, E&A Interiors



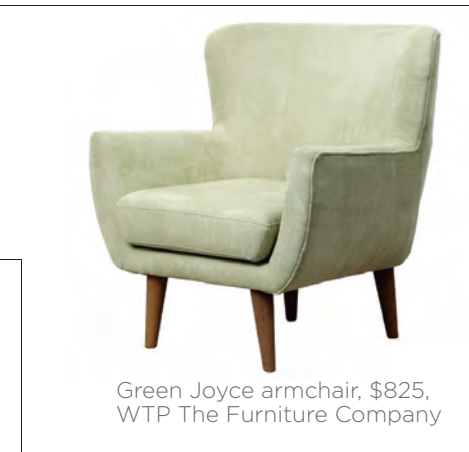
Oliver tub chair in premium King fabrics, from \$1,765, King Living



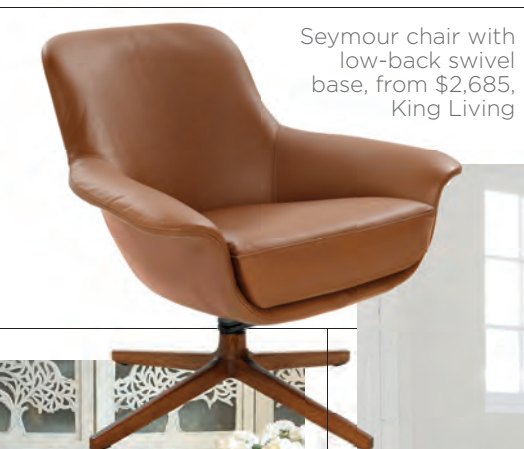
Swoon lounge chair by Space Copenhagen, from \$3,946, Danish Design



Canary-yellow upholstered wingback chair, Artful House



Green Joyce armchair, \$825, WTP The Furniture Company



Seymour chair with low-back swivel base, from \$2,685, King Living



Blue and white ikat chair, Artful House



Kansas dining chair, Journey East



Klop stool, \$521.50 (excluding shipping), Atelier Lane



Universo Positivo disc stool, \$195, Ethnicraft Online



Woody stool, \$521, WTP The Furniture Company



Röger stool in solid suar wood, \$250, Dréamweave



Qeeboo rabbit chair, \$460, Journey East



Mustard poufs, Teak & Mahogany



Gallery stool, from \$1,057, Danish Design



Brigg's counter stool in red by District Eight Design, \$460, Journey East



Wood stump in 100 percent solid French oak by Square Roots, Mountain Teak



Blue and white ceramic stools, from \$250 each, Just Anthony



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Pair of British colonial
rosewood library
chairs, The Past
Perfect Collection



Elm-wood carved armchair
from Shanxi Province, \$500,
Just Anthony



Ladies armchair, \$400,
Just Anthony



British colonial
Victorian
armchairs, newly
upholstered,
The Past Perfect
Collection



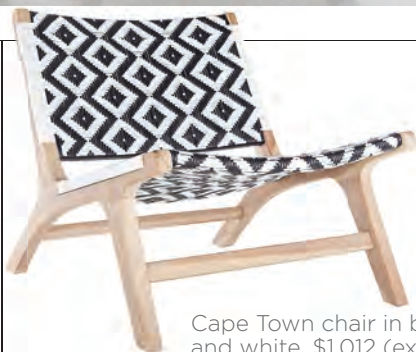
Flo armchairs, OHMM



African Malawi
armchair, also available
in white or natural,
\$680, Originals



Bone inlay chair in
black and white,
\$660, Hacienda Blue



Cape Town chair in black
and white, \$1,012 (excluding
shipping), Atelier Lane



Rocking chair,
\$325, Ni-Night



Lorrie lounge chair,
\$569, Scanteak

Jacky wicker armchair,
House of AnLi



Monet high-back chair in taupe,
\$790, Dreamweave

DIRECTORY

Arete Culture
#06-01 Tan Boon Liat
Building
315 Outram Road
9640 3829
areteculture.com

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

Atelier Lane
ellie.b@atelierlane.com
atelierlane.com

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

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

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

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

Gallery 278
278 River Valley Road
6737 2322
gallery278.com

Hacienda Blue
9061 9446
haciendablue.com

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

Journey East
#03-02 Tan Boon Liat
Building
315 Outram Road
6473 1693
journeyeast.com

Just Anthony
379 Upper Paya Lebar
Road
6283 4782
justanthony.com

King Living
22 Kallang Avenue, #01-00
6805 4198
kingliving.com

Kuhl Home
#08-01 Century
Warehouse
100E Pasir Panjang Road
6878 0180
kuhlhome.com

Mountain Teak Furniture
Gallery
#07-02 Tan Boon Liat
Building
315 Outram Road
6224 7176
mountainteak.com

Ni-Night
7 Joo Chiat Place
6440 7567
ni-night.com

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

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

The Past Perfect Collection
#02-01D Sime Darby
Centre
896 Dunearn Road
6737 3078
pastperfect.sg

Scanteak (various
locations)
60 Sungei Kadut Drive
6368 2802
scanteak.com.sg

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

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

Acapulco black lounge chairs,
Teak & Mahogany



Rana chair by
Nana Ditzel in
rattan, \$1,490,
Dreamweave



Plantation butterfly chair, \$1,279
(excluding shipping), Atelier Lane



Rio outdoor chair by
Archipelago, \$460,
Arete Culture

Montreal chair, House of AnLi





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Golden Slumbers

In need of a good night's sleep? Then head to the new Dream Sphere on level 4 of the HomesToLife flagship store, where a new concept area turns sweet dreams into reality. The bedroom section is dedicated to creating the ultimate in relaxing sleeping environments. It's called the "Kokünn" concept, and it's a haven for those looking to tuck themselves up in style and comfort. We pull back the sheets and take a look at four great reasons to check it out.

Goodbye compromise

Kokünn is also the name of HomesToLife's own in-house range of customisable mattresses, developed in collaboration with King Koil and made in Singapore. There are three models to choose from, but it doesn't stop there. With three different levels of firmness available on either side of the mattress, you and your beloved can choose your preference. So now all you have to agree on is which side of the bed you each get!

Awesome pillow talk

Choosing the right pillow is just as important as choosing the right mattress. Find the perfect place to rest your head with over 20 choices from the likes of Foss Flakes, King Koil and Coco-Mat. Don't know where to start? A nifty app, in-store tools and resident "Sleep Advisors" will ensure you pick out a pillow that is just right for your individual needs.

Guilt-free slumber

If the world's environmental plight keeps you awake at night, then a Coco-Mat bed system could be the answer. These handcrafted, metal-free mattresses are made from 100 percent natural, renewable materials such as natural rubber, coconut fibre, wool, cotton, horsehair and cactus fibre. With a zero chemical approach and a 96 percent recycling rate at its manufacturing unit in Greece, Coco-Mat is clearly committed to sustainability.

Wonderful wardrobes

French brand Célio's magical walk-in wardrobes bring a touch of Narnia to your bedroom. Their size and shape give the impression of a regular wardrobe unit, but clever design and interior fitments mean you can walk right in and enjoy highly functional, good-looking storage.



ABOVE

Eco-friendly mattresses from Coco-Mat are made from all-natural materials, which are perfect for Singapore's hot and humid climate.

LEFT

Timeless bedroom sets from THÉO will grow with your child.



BOTTOM LEFT

Walk-in wardrobe units from Célio add style and storage to your room.

Dream Sphere for kids

French brand THÉO is a highlight of the kids' range. Combining classic style with a high-quality finish, these well-designed bedroom sets all come with an adjustable bed base, trundle drawer, chests of drawers with removable changing tables and wardrobes with soft-close drawer systems to keep little fingers safe.

But the Dream Sphere is not just about R&R, it's about fun and imagination too. Families will love the gorgeous new playground "The Monkey's Trail" by HomesToLife, launched exclusively in Singapore in partnership with Hong Kong creative arts concept, Baumhaus. Designed to engage children at various stages of development, it's a great place to bond, play and take a break. *u*

HomesToLife (flagship store)
65 Mohamed Sultan Road
6635 5050 | homestolife.com

HomesToLife home décor promotional feature

Carpet Choice

Often compared to choosing a piece of art, finding the right rug for a room is an important decision – one that involves taking colour, design, texture, fabrication technique, thickness and more into consideration. We find out from **Hedger's Carpet Gallery** customer PEGGY LOW how she goes about choosing a carpet, and what she has purchased for her home.

PHOTOGRAPHY KEN TAN

Peggy Low and son Benjamin See, Singaporean

“Just like art, the rugs I purchase for my home and office must add warmth and character. My personal style is modern, but I do love traditional designs for the home, and I find that carpets add ambience.

I like to purchase quality carpets that are unique – either in design, colour or origin – and I occasionally choose antique pieces. I also consider them a good investment, as they can keep their value over time; this is important in these days of high-cost living, when money is often spent on things that you don't even remember! You know that if you purchase a carpet for a relative or a good friend you will always be remembered in their home, and, if it's well maintained, it could last for at least the next 50 years.

I was first introduced to Hedger's Carpet Gallery by a friend who worked for ExxonMobil, the company for whom Hedger's held regular auctions. Alice and Peter from Hedger's are both friendly, helpful and knowledgeable, and provide plenty of information on the varieties and origin of the rugs. With their guidance, I have made some very good decisions. I'd say I've bought 90 percent of my carpets from Hedger's, and I always peek in when they have a new shipment. My current collection ranges from a doormat worth \$300 to a high-quality piece worth \$12,000.

The company's periodical auctions are also great fun, especially as an opportunity to share the experience with friends while enjoying some wine and finger food. The company's after-sales service is excellent, too, and the customer service is never pushy.

I'm very happy with what I have bought so far; each piece is a joy to own. The advice I receive from Hedger's is always welcome. I remember once saying to Peter that I would only use my silk carpets for special occasions, to which he replied, “Why keep them rolled up? You only live once!”



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



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STREET TALK

AN INSIDER'S GUIDE TO LIFE IN THEIR 'HOOD

THE SPECIFICS

Where do you live?

Haig Road.

Who is the road named after?

My good friend Google assures me it is named after Field Marshal Sir Douglas Haig, 1st Earl of Bemerseyde.

Exact words you tell a taxi driver to get home?

"Haig Road. Take the CTE to the PIE, down the KPE to the ECP, please."

What's the name of your neighbourhood?

Tanjong Katong, or Joo Chiat.

Closest MRT station?

We are equidistant to Dakota and Paya Lebar. My teenagers tell me that Paya Lebar is better ... because it has a Burger King.

How long have you lived here?

Nearly two years.

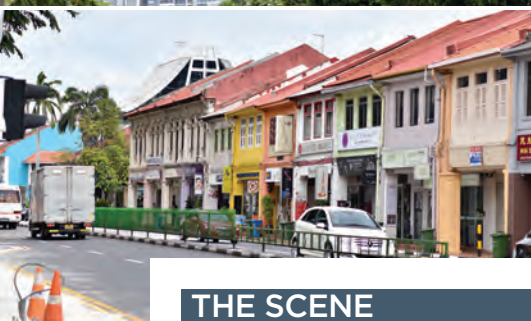
Why here?

Because we love the East Coast, and the house is within walking distance of the Green Line (to hubby's work) and the Yellow Line (to the kids' school). I rented the house off Property Guru without even seeing it in person. It was a delight to discover that we had accidentally stumbled on to the grooviest neighbourhood on the island.





Name: Kim Forrester
From: New Zealand
Occupation: Holistic wellness educator



THE SCENE

When you walk out of your place, the first thing you see is:
 Tanjong Katong Secondary School.

The closest store to your front door is:
 A Shell service station on Dunman Road. Close enough for a sneaky snack, though the potato chip flavours are, well, interesting!

Your street would make the perfect backdrop for a remake of:
 The Aussie TV soap opera, *Neighbours*. We have an awesome, friendly group of neighbour-friends.

Your neighbours are great, but you wouldn't mind a little less:
 Band practice! TK Secondary School has an incredibly talented, dedicated school band that (due to lack of space) often has to practise outside. Their performances are fantastic to listen to, but the days and days (and days) of practice can wear a bit thin. Note: My empirical observations have concluded that brass and drum noises travel more effectively – and with less distortion – than any other instrumental sound.

The unofficial uniform of your street is:
 School uniforms! We have TK Secondary School, Tanjong Katong Primary, Tanjong Katong Girls' School and the Canadian International School very close by.

Which celebrity would be most likely to move in next door, and why?
 Australian actor Michael Caton. Our home is under the flight path to Paya Lebar Airforce base, so we're often graced with the sound of incoming Orions or F-16s. It makes me think of Caton's hilarious character in the film *The Castle* – Australians and New Zealanders are nodding at this stage (all you others – do yourselves a favour!) – and his famous line about the purchase of their house: "Location, location, location; and we're right next to the airport. It'll be very convenient if we ever have to fly one day."

When you're in need of a dose of culture, you:
 Walk Joo Chiat Road and silently revel in the chaos of KTV bars, restaurants and hawker stands.

If you're missing home, you:
 Watch a game of rugby at the Trenchard Arms.

A mandatory stop for out-of-town guests is:
 Rumah Bebe, an exquisite Peranakan store at 113 East Coast Road, and the Sri Senpaga Vinayagar Hindu Temple at 19 Ceylon Road.

You'd swap houses in a second with:
 The lovely neighbours behind us, who live in what was (until recently) the North Korean Embassy. *Seriously. Cool.*

A common myth about your neighbourhood is:
 That it's "all the way out there". East Coasters will understand.

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

A massive late-night rager on your street is likely to be:
 A funeral; we had a five-day funeral in the neighbourhood recently. (Rest her soul.) It was 120 hours of non-stop music, chanting, bells and prayer; a beautiful and poignant cultural phenomenon.



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.

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

The traffic. It's getting popular (read: busy) around here.

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

Build a soundproof, indoor auditorium for the TK Secondary School band.

Why should your neighbourhood be featured in a guidebook?

I'd love for more people to experience our wonderful neighbourhood. Thanks to the likes of Lonely Planet and TripAdvisor, more and more tourists are wandering the streets, and it would be nice if expats also came to enjoy the buzz. It truly is old-meets-new. And it's changing quickly. So get here now, while the old-world charm still holds firm against the (inevitable) gentrification.

THE SUPERLATIVES

Your hands-down favourite neighbourhood joints are:

Bangku Bangku, an exquisite furniture, antiques and curio shop on Joo Chiat Road that has something new every time you visit. Two Pigs Fly is our favourite family dinner venue – casual and friendly hawker-style dining with a wide range of menus and cuisines. Carry On Café on Tanjong Katong Road is my husband's unofficial office and a delightful hangout that sells fresh, nutritious food and up-cycled backpacks. Then there's Merchants Wine Cellar. (Wine. Cellar. 'Nuff said!) Also, the Haig Walk park connector that runs the full length of Haig Road is a people-watcher's paradise!

You won't find better local food than at: Ponggol Nasi Lemak Centre on Tanjong Katong Road. The queue it generates is almost as impressive as the food it serves!

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

Crowds of squealing schoolgirls waving as Olympic gold medal winner Joseph Schooling paraded by on an open-top, double-decker bus.

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

1. Property: Even with prices rising, the rental rates in this area are still some of the best value around.
2. Appliances: Lucky Store on Tanjong Katong Road will get you anything you want, at the lowest price possible.
3. Hardware: There is a hardware store on Joo Chiat Road that doesn't have a single spare square-centimetre on its walls or ceiling! You can bet they have what you need, and the prices (and price tags) are straight out of 1997.

The guiltiest pleasure in your area is:

Delicious homemade ice cream or sorbet at Scoop Therapy, just a quick stroll along our park connector.

One thing you'd never change is:

The mix of *kampong* and city. Many of the older shops, with Uncle or Auntie manning the cash register, are being pushed out due to higher rents. "Nooooo!" I say. I love that the traditional side of Singapore still abides here.



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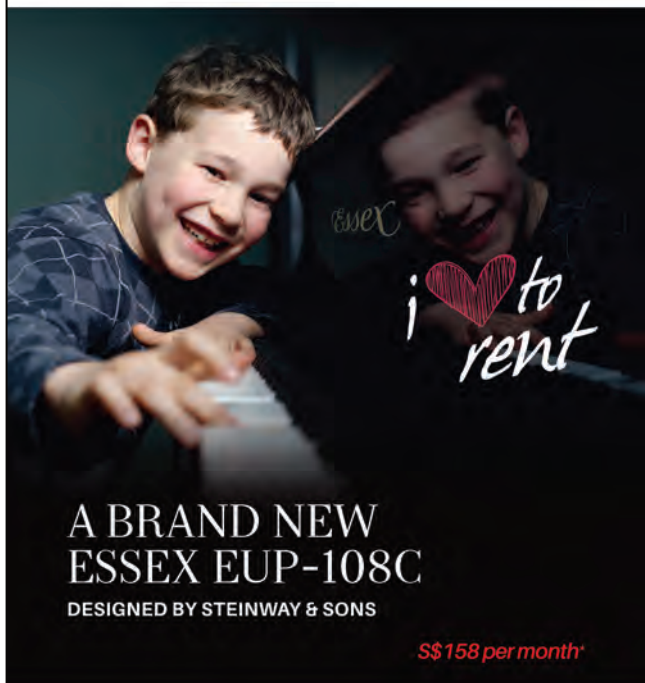
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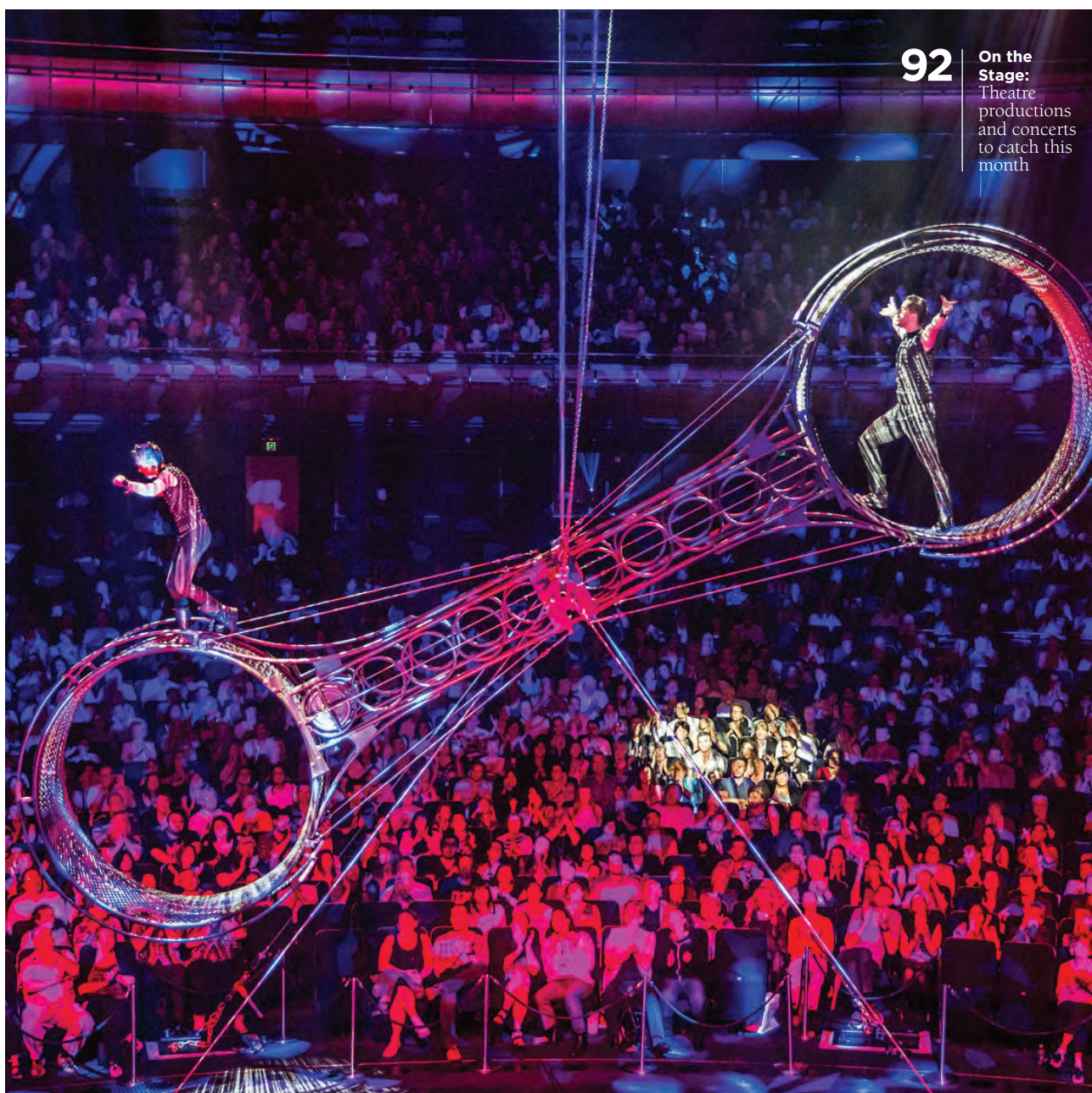
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ARTS & LEISURE

92

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



Cirque Adrenaline

94

On the Screen: Films to watch
this holiday season

97

On the Wall: Art exhibitions to
check out this month

98

On the Page: Here's what we're
reading right now

On The STAGE

What's happening on the Singapore stage this month

ALL LIT UP

From 9 to 11 December, audiences can experience Lightwire Theater's *A Very Electric Christmas*, a family-friendly show that combines light technology, dance and puppetry, set to a selection of hit holiday songs. Performed in complete darkness, the show is recommended for children aged five and above. Since their 2012 appearance as semi-finalists on *America's Got Talent*, Lightwire Theater has become internationally recognised for its signature brand of electroluminescent artistry and storytelling. See it at the Victoria Theatre. Tickets from Sistic. lightwiretheater.com



AWE-INSPIRING AMUSEMENT

From 15 to 25 December, catch *Cirque Adrenaline*, a jaw-dropping show featuring some of the world's most dangerous and death-defying theatrical acts, including motorbike stunts, high-flying trapeze artists, strong men, aerial acrobatic displays and a blazing fire performance. See it at MasterCard Theatres at Marina Bay Sands. Tickets from Sistic. baseentertainmentasia.com



MERRY MUSIC

From 16 to 18 December, get into the Christmas mood with a selection of yuletide favourites – think “White Christmas” and “It’s the Most Wonderful Time of the Year”, plus songs from *Home Alone* – at the Singapore **Symphony Orchestra (SSO) Christmas Concert**. Conducted by Joshua Tan, the show will feature the Singapore Symphony Chorus and the Singapore Symphony Children’s Choir. Oh, and there’s a special sing-along segment, too! See it at the Victoria Concert Hall. Tickets from Sistic. sso.org.sg

COMING UP



HARD ROCK HITS

Mark your calendar – legendary rock band **Guns N' Roses** heads to Singapore on 25 February, bringing its Not In This Lifetime Tour to the Changi Exhibition Centre. That's right! Axl Rose, Slash, Duff McKagan and Dizzy Reed have regrouped – along with newer bandmates Richard Fortus, Frank Ferrer and Melissa Reese – and are heading our way with 80s and 90s hits like “Sweet Child O' Mine”, “Welcome to the Jungle” and “November Rain”. Tickets from Sistic. lamcproductions.com

SUPPLY & DEMAND

Walk down memory lane with soft rock duo, **Air Supply**, on 10 and 11 December, when they bring us their classic hits like “Lost in Love”, “All Out of Love”, “The One That You Love” and “Sweet Dreams”, as well as newer songs from more recent albums, to the MasterCard Theatres at Marina Bay Sands. Tickets from Sistic.



FESTIVE FAVOURITES

On 9 and 10 December, you can rock out to **Jingle Bell Rocks!**, a Christmas concert direct from the UK. It stars West End soloists Laura Tebbut and Oliver Tompsett, plus a 51-piece orchestra conducted by John Rigby. Taking place at MasterCard Theatres at Marina Bay Sands, the concert will include popular Christmas songs and timeless holiday classics. baseentertainmentasia.com

On The SCREEN

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

BIG SCREEN



LA LA LAND

This dramedy romance, set in modern day Los Angeles, tells the story of Mia (Emma Stone), an aspiring actress, and Sebastian (Ryan Gosling), a jazz musician, who are struggling to make ends meet in a city known for crushing hopes and breaking hearts. Opens 8 December at Golden Village cinemas.



ROGUE ONE: A STAR WARS STORY

The first of the Star Wars standalone movies, this epic adventure film starring Felicity Jones and Diego Luna follows a group of unlikely heroes who band together on a mission to steal the plans to the Death Star, the Empire's ultimate weapon of destruction. Opens 15 December.

PASSENGERS

A spacecraft transporting thousands to a distant colony planet malfunctions in two of its sleep chambers, awakening two passengers 90 years before their destination. Starring Jennifer Lawrence and Chris Pratt, this sci-fi romance opens 22 December at Golden Village cinemas.



SMALL SCREEN



THE NIGHT BEFORE

This comedy stars Joseph Gordon-Levitt, Seth Rogan and Anthony Mackie as childhood friends who, for a decade, have enjoyed their wild Christmas Eve reunions. Now that they're adults with families and jobs, the tradition is coming to an end, and to make the last one as memorable as possible, the trio sets out to find the Nutcracka Ball – the Holy Grail of Christmas parties. Premieres 3 December at 10pm on HBO (StarHub Channel 601).

CHRISTMAS TV MOVIE MARATHON

The holiday season means Christmas movie marathons, and Lifetime (StarHub Channel 514) has a weeklong one that's sure to deliver on cheery cheesiness. Every night at 9pm from 19 to 25 December, catch a different made-for-TV movie, starting with *Grumpy Cat's Worst Christmas Ever* and ending with *Wishin' and Hopin'*. Other films include *Wish Upon a Christmas*, *A Gift Wrapped Christmas*, *Last Chance for Christmas*, *The Santa Con* and *Heaven Sent*.



Production of the Year 2015

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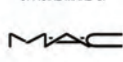
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On The WALL

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

SENSORY EXPERIENCE



Until 19 February, catch **What Is Visible Is Not Invisible**, the latest contemporary art showcase at the National Museum of Singapore, featuring over 30 works by French and international artists from the French Regional Collections of Contemporary Art (FRAC). Taking visitors on an interactive journey of the mind and senses, the exhibition features multimedia installations that recreate various environments in unassuming spaces, generating new perspectives and interpretations of context and physical space – a beach indoors, for example. Other highlights include British multimedia artist Martin Creed's *Work No. 262* installation, which invites you into a space of balloons, and Philippe Parreno's *Speech Bubbles*, which aims to bring to life what a person's thoughts might look like if you could see them. nationalmuseum.sg

ALSO AT NATIONAL MUSEUM OF SINGAPORE

After a two-year renovation, the museum's **Glass Rotunda** reopens this month as a part of the final phase of revamps. Repurposed to showcase two new permanent installations, the rotunda welcomes interactive digital art installation *Story of the Forest*, created by Japanese digital art collective teamLab, and *Singapore, Very Old Tree*, an exhibit by acclaimed local photographer and artist Robert Zhao. For more information, visit nationalmuseum.sg.



ZEN ZONE

Until 10 December, catch Vietnamese painter Bui Van Hoan's **Light on Canvas** exhibition at ArtBlue Studio in Tiong Bahru. Inspired by Thien, or Zen Buddhism, each of the colourful oil-on-canvas works features hidden elements not necessarily seen at first glance, revealed through layers of light and shadow and subtle variations in hue and texture. 23 Yong Siak Street. artbluestudio.com



NEXT MONTH

CONTEMPORARY COLLECTIONS

Singapore Contemporary returns for a second edition from 19 to 22 January, presenting a wide range of contemporary artworks from Asia, Australia, Europe, and North and South America. Expect everything from original paintings and limited-edition pieces to sculpture, photography and large-scale installations. A highlight of this edition is Photo17 Singapore; one of the largest photography presentations ever to hit the island, it celebrates photography as a prominent and expressive art form. Complimentary talks, enrichment programmes, tours, painting demonstrations and a variety of hands-on children's activities will also be on offer, on the basis of first come, first served. See it at Suntec Singapore Convention & Exhibition Centre. Tickets from singaporecontemporary.com or sistic.com.sg.



BEHIND THE SCENES

Ever wonder what goes into coordinating an exhibition at National Gallery Singapore? We chat with the museum's Senior Manager of Exhibitions, British expat LOUISE CLARK, about the **Artist and Empire: (En)Countering Colonial Legacies** event, and what went into planning it.



What's a typical day at the office like for you?

My work involves communicating across the many departments within National Gallery Singapore, as well as with external stakeholders such as lenders and exhibition designers. I work closely with the curatorial team that's responsible for the content of the exhibitions, the exhibition team that does the fabrication and design of the exhibitions, and the artwork management team that brings in the works from across the globe and installs it all. I also manage the timelines and budgets for the exhibitions. For Artist and Empire, I worked closely with the curatorial team on the loans from the UK, liaising on a daily basis with institutions such as Tate Britain and National Portrait Gallery, as well as private lenders in the UK. A lot of work goes on behind the scenes to create an exhibition – from the artwork logistics and installation, to the creation and scheduling of the accompanying programme of events and educational programmes.

How long does it take to plan this type of exhibition?

The ideas are often years in development, but my role as project manager often starts a year or two before the opening.

There are over 200 works featured in the Artist and Empire exhibition. How difficult is it to coordinate bringing in so many pieces from around the world?

It's a matter of careful planning and research from our curators to find the appropriate works; our artwork



management team handles the transport and display logistics. There are many considerations that must be factored in, from conservation, logistics and lighting to specific lender requirements.

Previously shown at Tate Britain, this exhibition examines from a contemporary perspective the art produced for the British Empire, and features viewpoints from Southeast Asia. How has the exhibit been adapted for Singapore?

The curatorial team here has developed the narrative to appeal more to the Singapore audience. It has included works from the National Collection, and from Malaysia, India, Australia and Brunei, as well as more works from contemporary artists, all of which act as a counterpoint to the historical pieces from the original show, which was called Artist and Empire: Facing Britain's Imperial Past.

See it until March 2017 at National Gallery Singapore, 1 St Andrews Road. nationalgallery.sg



On The PAGE

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

The Sleep Revolution

Arianna Huffington

Harmony Books | 392 pages

How many hours of sleep did you get last night? If you're concerned about the quality and quantity of your slumber, or you're just wondering how important rest actually is, then this easy-to-read, thoroughly researched book from the founder of *The Huffington Post* is your go-to guide.

I picked it up from the new titles shelf at the library recently – mostly because Arianna was pictured on the cover and I wondered what on earth she might have to say about sleep. Turns out she has had her own battles in this area, and she came to the subject at the point of exhaustion after learning first hand that “sleep is a fundamental need that must be respected”. She's well and truly reformed now, and has the facts to back up her viewpoint. For instance, did you know that staying awake for 24 hours can have the same effect on a person as having a blood alcohol concentration of 0.1? (That's double the legal limit for driving in Australia and many other countries.)

This New York Times Best Seller charts the history of sleep, the science of sleep, sleep disorders, dreams, how to fall asleep and why it's sometimes so difficult to get enough. (At least nine hours of sleep is thought to be essential for children aged nine to 12; for adults, it's seven.)

With an encyclopaedic 110 pages of appendices, notes and references, there's plenty of information to dive into and lots of insightful quotes, like this one from John Steinbeck's *Sweet Thursday*: “It is a common experience that a problem difficult at night is resolved in the morning after the committee of sleep has worked on it.”

When did we start to ignore the importance of sleep? It probably goes back to the introduction of artificial light, which effectively changed the concept of night forever. The first public street lamp was lit in Paris in 1667, while London's Pall Mall became the first city street to be lit with gas lamps, in 1807. Since then, further technological advances, and modern constructs like the school day, have contributed to many people pooh-poohing the need for much sleep.

For those of you who would love more of the stuff, though, the solutions espoused here include skipping the pills and snake oil remedies for a start. Ditch electronic devices from the bedroom, focus on simple meditation and breathing techniques, and, finally, count your blessings. Yes, gratitude really does help.

–Katie Roberts



BOOKS GALORE

From 2 to 11 December, catch the 10th annual Popular **BookFest@Singapore** at Suntec Singapore Convention & Exhibition Centre (1 Raffles Boulevard) featuring a range of publications, stationery, gadgets and educational materials. Expect character meet-and-greets, a Harry Potter-themed dress-up Christmas party and other family-oriented activities. For more details, visit bookfestsingapore.com.



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What are you reading?



Shamus Sillar,
Australian

The Old Ways – A Journey on Foot Robert Macfarlane

Genre? Non-fiction (travel/memoir).

How did you get hold of it? Stumbled onto it online and downloaded the available sample; then, once I'd read that, I bought the real thing.

What's it about? In a word: walking. Macfarlane uses his home in Cambridge as a starting point for a series of walks that he undertakes in the UK and beyond, during which he ponders everything from the natural world to map-making and literature.

How far have you got? Hard to say! It's a book that you don't really need to read in a linear fashion from start to finish; rather, you can dip in wherever you like and pick up a "path" to follow.

What did you think of it? I love all travel writing, whether it's Bill Bryson swinging into some small town and having a naughty laugh at the locals and their foibles, or Pico Iyer making subtle, lyrical observations about Japanese culture and religion. Macfarlane's stuff is very different, but just as good. It's a bit wordy, so if you prefer people cutting to the chase, you might want to avoid it. But if you enjoy a journey as much as a destination, it should be right up your alley.



Katie Peace,
British

The Miniaturist Jessie Burton

Genre? Historical fiction

What's it about? Set in 17th-century Amsterdam, the story revolves around an 18-year-old girl starting her new life as the wife of a wealthy trader. As she tries to navigate the pious and gold-obsessed society, she must also come to grips with her staff, her sour sister-in-law and her distant husband. When her husband presents her with an exact replica in miniature of the house she lives in, as a wedding present, she enlists the help of a miniaturist to furnish it. However, the elaborate pieces and dolls produced by the miniaturist seem to mirror her life all too closely, and almost predict the future, leading her to begin understanding the dangers and undercurrents of the household in which she lives.

How far have you got? Finished.

What did you think of it? It's unlike anything I've read before – the mystery and intrigue gripped me to the end. I also found the setting interesting, as I knew nothing about 17th-century Holland, or about the lives of women or their servants in those days. It's not difficult to get into, and it must be pretty good as it's the first fiction book that's captured my attention since I gave birth to my second child six months ago!



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www.thechildrensshowcase.com



The 
Children's
Showcase

LIFE & FAMILY



Christmas goodies from Harrods

110

Happy Dogs: Looking after animals in 2017

112

Time to Celebrate: Where *Expat Living* staff will be this Christmas

118

Holiday Fun: Activities to entertain the kids

What's New



Editors' Pick: Sure to be popular in the Christmas stocking, **Reminder Bands** are simple, stylish and affordable bracelets for men and women with a meaningful reminder to be present, no matter how busy you are. From Tangs, Gallery & Co and online at mindful-company.com.



Enjoy a taste of the facilities at **Tanderra** this Christmas season with the family club's newly launched Festive Season Memberships; these allow you to use the indoor and outdoor play spaces, swimming pool and café, and take part in exclusive member events and enrichment activities. Sign up for an annual membership afterwards and get 13 months' membership for the price of 12. **#01-21 Block 73, Loewen Road. 6509 3468 | tanderrasingapore.com** ▲

New Lego Launch

Just in time for the school holidays is the new ride at Legoland, **Ninjago**. Lego fans big and small are going to love the 4D Dark Ride inspired by the highly popular Lego characters and TV series. Become your favourite character and defeat your enemies, from snake tribes, ghosts and skeletons to the Great Devourer – you'll even get the chance to throw virtual projectiles. legoland.com.my



Memory Matters

The **Counselling Place** is starting a new programme for those with ADHD, learning difficulties, cognitive deficiency, memory deterioration, stroke or brain injury. It comprises 25 daily online sessions, conducted across five weeks, that run for 30 to 45 minutes each and consist of tasks that target working memory and can be adapted to various age groups, from toddlers to adults. **7500A Beach Road, #04-323 The Plaza. 6887 3695 | thecounsellingplace.com** ▼



Stylish & Sustainable

So well designed are Greentom strollers that they've earned a place not only on the street, but in a museum too, having receiving a Red Dot Design Award this year. The Greentom Upp is Danish ingenuity at its best: the frame is made of recycled polypropylene and bioplastic, and the fabric is made from recycled soft drink bottles. Not only that, all components of the stroller can be reused or recycled when the kids have outgrown it! See it at the Red Dot Museum or buy it at Motherswork. greentom.com





Dr. Catherine Lee ORTHODONTICS

Children & Adults (Braces & Invisalign)



Children begin losing baby teeth at age 6.

**Complex dental treatment can be simplified
through an initial orthodontic screening
when the first adult tooth appears.**

Has your child been screened yet?



Free Your Smile!
Braces and Invisalign®

Provider of

 **invisalign®** (For Children and Adults)



Editors' Pick: Not only are they hygienic, but the new **Tollyjoy** antibacterial feeding bottles are fitted with a unique anti-wind feeding nipple, to make life easier. Bottles and nipples are available in four sizes, from \$4.30 each. tollyjoy.com.sg



Happy Feet

Enjoy 20 percent off children's shoes at **The ShoeCo.** from 17 December until the eve of Lunar New Year. Head to the website and sign up for the newsletter to get \$10 off your first purchase. Stores at Great World City and Tanglin Mall. theshoeco.com.sg ▼



Dance & Prance

Starting next month, **Tanglin Arts Studio** will offer students greater flexibility in class selection. For 60-minute classes from Monday to Saturday at the Loewen Gardens Studio, groups of five sessions, 10 sessions and 15 sessions will cost \$160, \$300 and \$420 respectively. The 30-minute You & Me and Twinkle Toes classes will cost \$200 for 10 sessions. Don't forget to book a free trial! 100 Turf Club Road, #01-02 Horsecity Block M. tanglinartsdancestudio.com 6479 0304 ▼



There's something for everyone at the **CIS Winter Holiday Camps**: they're educational, memorable and fun! Active kids will enjoy different sports and outdoor activities, while those who love technology will have a blast building robots and learning coding and app design; there's plenty for creative kids, too. Morning, afternoon and full-day camps for children aged four to 14 years run from 19 to 30 December. **Lakeside Campus, 7 Jurong West Street 41. 6436 6634 | cis.edu.sg/holidaycamp** ▲



Budding Bilinguals

Known for its English-Mandarin bilingual immersion programme, **Maple Bear** offers an engaging curriculum and learning environment for children aged two months to six years old. Registration for 2017 is open at all 16 centres. 9777 4866 | maplebear.sg ◀



FILL YOUR CHRISTMAS WITH SWEET JOY AT INTERCONTINENTAL SINGAPORE

Add a touch of conviviality to your Christmas celebrations with a medley of theatrical festive buffets and set menus at Ash & Elm, or partake in a charming Afternoon Tea experience at The Lobby Lounge. With an array of gourmet roasts and handcrafted logcakes to choose from, set your tables for jubilant feasts this season!

For more information, please call 6825 1224 or visit singapore.intercontinental.com/festive

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NOTICE BOARD

FAMILY NEWS

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.



Kate and Phil Scanlon welcomed their daughter **Francesca Rose** on 15 August, a little sister for brothers Ari and Izaak



Lee and Nicola Gregory are delighted about the arrival of their first child, **Aaron Donald Raffles**, on 7 May



Alex Rozsondai arrived on 28 July, to the excitement of her parents Adrian and Mirela



Sofia Torrado was born on 1 September to parents Francis and Mahaseena, joining big sister Isabella



Penelope Rose McBurney was born on 28 March to proud parents Brynie and Joe, and joins siblings Isabella and William

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).

littleones
Photography



A Dotty Bee baby bouquet, containing silk flowers and baby essentials (for three to six month olds) including bodysuits, socks, hat and winding cloth made in 100 percent cotton and disguised as flowers, worth \$127 (dottybee.sg)

Dotty Bee



TANGLIN MALL

presents

Fantasy Christmas

SANTA'S WORKSHOP

19, 20, 26, 27 NOV
3, 4, 10, 11, 17, 18 DEC 2016
12noon, 3pm & 6pm
Level 2 Atrium

Santa Claus will be here to share stories with us this festive season. Bring your family and friends down to take a photo and celebrate this festive moment with Santa!

ACAPELLA CAROLLING PERFORMANCE

16, 17 & 18 DEC 2016
12.30pm

There's nothing like a chorus of Christmas carols to put you in a feel-good holiday mood. Be sure to listen out for the carolling performances!

MEET SANTA AND HIS FRIENDS

17, 18 & 24 DEC 2016
1.15pm & 6.15pm

Santa Claus, Gingerbread man and Toy Soldier will be making an appearance to share the love and joy with you this holiday season. They will also treat children with sweets and chocolates. Don't miss the opportunity to capture magical moments with them.

Orchard Road Best Dressed Building Contest



VOTE FOR US

12 – 27 NOV 2016

Vote for us in the Orchard Road Best Dressed Building Contest and stand a chance to win \$150 Tanglin Mall Gift Vouchers in the lucky draw.

To vote, simply download the Free 'OneOrchard' app available on App Store and GooglePlay.

SHOP & REDEEM

12 NOV – 25 DEC 2016

Spend \$50* to redeem a roll of Christmas gift wrapper.

Spend \$120* to have a chance to win prizes in the sure-win lucky dip.

SNOW SPLENDOURS

Come and be amazed by the life-size winter animal topiaries and giant toad stools as you wander through the Fantasy Christmas garden arches with your loved ones! Don't forget to look out for the topiary musicians by the Grand Christmas tree.

Soak in the festive spirit with family and friends or simply frolic in "snow" at our picturesque Fantasy Christmas garden. Capture the jolly moments for a lifetime to remember!

12 NOV 2016 – 2 JAN 2017

Weekdays

Avalanche**

7.30pm – 7.45pm

Snow**

7.45pm – 8.00pm

Weekends/Public Holidays

Avalanche**

7.30pm – 7.45pm & 8.30pm – 8.45pm

Snow**

7.45pm – 8.00pm & 8.45pm – 9.00pm

**Subject to weather conditions

**Avalanche – Foam

**Snow – Artificial snow

*Terms and conditions apply. Limited to 1 redemption per shopper per day only. While stocks last. Max. two same-day receipts, double-spending for supermarket receipts. All redemptions must be made on receipt date. All information, event details and mechanics are correct at time of print and are subjected to changes without prior notice. For more details, please visit our Information Counter at Level 2 or log on to www.tanglinmall.com.sg.

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A Wish for the Animals

BY AMY BROOK-PARTRIDGE

The majority of animal shelters in Singapore rely on the generosity of the public, who either donate their time as volunteers or give money to help the cause. The stray animal population continues to be an issue here, so we asked representatives from some of the leading animal shelters what their wishes are for Christmas and beyond.



Fiona Foo
Founder of Hope Dog Rescue

“Hope Dog Rescue provides dog food to factory workers who care for strays living in their factory compounds. We also provide food to low-income families who have fallen on hard times but are doing the best they can to keep their dogs with them.

Research has shown that having a pet can slow down the development of dementia, and that the companionship of pets has a positive impact on the general wellbeing of senior citizens; so we provide dog food to senior citizens who need help to care for their dogs.

“We also provide medical aid for for all these dogs when it’s needed, and for the street dogs that aren’t as fortunate. So, for 2017, we hope that you will continue to support us and believe in what we do, in order that we can keep on making dogs and their humans happy!”

To find out how you can help, go to hopedogrescue.blogspot.sg.

“Our wish is for Singapore to be more tolerant towards stray dogs, for there to be less need for culling, and for more dogs to find forever homes”

– Kevin Neo, *Exclusively Mongrels*

OPPOSITE PAGE
Resident SPCA cats.

THIS PAGE

Hope volunteers feeding a factory stray. "These dogs will line the streets and wait for us on the days they know we are coming," says Fiona.

Hope Dog Rescue provides workers and animal caregivers at factories with cat and dog food. These people also help Hope catch the dogs and cats for sterilisation.

Walking one of the SPCA dogs in the education area.



“Our dedicated rescue officers attend to over 2,000 animal emergencies a year” – Dr Jaipal Singh Gill, SPCA



Ricky Yeo,
Action for
Singapore Dogs

“I have a practical wish for the dogs in my care. If I could wake up tomorrow to crate-loads of flea- and tick-killing brand Frontline Plus, and Heartguard to prevent heartworm, I would be happy! Then there would be another crate containing dog food, shampoo, leashes and collars; and people willing to help out with walking, washing and playing duties.

“Our philosophy ‘One Dog at a Time’ means that we will do what it takes to ensure the dogs in our care receive the very best treatment, however poorly they may be. We believe we are speaking up for and representing the 8,000 stray and helpless dogs in Singapore, and we aim to show that local stray dogs can be so full of love and loyalty – all they need is a chance to show it.”

For more information on Action For Dogs and its activities, go to asdsingapore.com or facebook.com/asdsingapore.



Kevin Neo
Exclusively Mongrels

“Our wish is for Singapore to be more tolerant towards stray dogs, for there to be less need for culling, and for more dogs to find forever homes. How do we do this? By holding more adoption drives throughout the year to educate the public on tolerance, as well as working more closely with the AVA (Agri-food and Veterinary Authority of Singapore) on stray dog management issues. Adoption drives, social media posts and word of mouth help with finding foster carers and then, hopefully, adopters for all the dogs who need a home.”

Find out more at facebook.com/exclusivelymongrels.



Dr Jaipal Singh Gill
Executive Director of SPCA

“Right now, we only have two vehicles for our 24-hour emergency animal rescue, cruelty and welfare investigation services. We’ve been using one of the vehicles for 19 years, and it’s reaching the end of its life. So, we could do with sponsorship for a rescue vehicle in order to continue running our critical animal welfare services.

“Our dedicated rescue officers attend to over 2,000 emergencies a year. Their work is not without risk, and it attracts no fanfare; they dutifully carry out their mission to save countless animals from life-threatening situations.”

If you’re interested in sponsoring a rescue vehicle, email fundraising@spca.org.sg. 

making merry

The *Expat Living* team will be spread across the globe this Christmas. Here they share their plans for the big day, what's on the menu, the books they've got on their holiday reading list, and where in the world Santa can find them on 25 December.



"My husband and I, our two children, my brother and my mother-in-law are heading to Malaysia's Cameron Highlands where we're hoping to recreate a traditional English turkey lunch with whatever local substitutes we can find. With two young children, I will likely be reading *'Twas the Night Before Christmas!*'" – *Katie Peace, Regional Sales and Marketing Manager (British)*



"I'll be going to the wedding of one of my close friends on Christmas Day! I'm sure it will be a day full of love, laughter, food and, of course, champagne." – *Grace Bantaran, Admin Executive (Filipino)*



"This year, we'll stay at home in Singapore. My husband is English and is an amazing cook, so we'll be having a traditional roast with all the trimmings and probably spend the day swimming, eating and drinking, with a few pressies thrown in, and later an impromptu get together with any friends. It's become a bit of a tradition that I get a book in my stocking, so my holiday reading is always a surprise! I do love *Hello* magazine's Christmas edition, so will probably indulge in that too." – *Amanda Broad, Online Manager (Australian)*



"Our family will get together at my cousin's house for a buffet or pot-luck dinner, chill out, catch up and watch some TV! I'm not sure what I'll be reading – but a new phone is on my Christmas wish list, plus world peace!" – *Beatrice Ng, Designer (Singaporean)*



"I'll be with my kids and my sister and her family in Shropshire in the UK, where my mum has lived for about 20 years. After a service in the little thatched black-and-white church, we'll enjoy the same comforting dinner we've always had: turkey, stuffing, Brussels sprouts and bread sauce. Mum does a great Christmas cake and we'll also have Nana's trifle. After dinner we'll go for a walk, maybe have a drink at the pub and later I will catch up on the local Shropshire magazine and enjoy UK TV. I quite fancy the new Michael Kors smart phone as a gift!" – *Rebecca Bisset, Editor-in-Chief (British)*



"We will eat Christmas lunch at a hotel with visiting family and follow that with lots of swimming at home with the kids. My reading list includes *A Little History of the United States* by James West Davidson; the Trump/Clinton election fiasco has raised so many questions. And on my Christmas wish list? Smarter voters around the world." – *Colin Purchase, COO (South African)*





"This year, we'll spend Christmas at a beach shack near Kingscliff, a town in northern New South Wales, Australia, with family, beach-goers, surfers and sharks for company. Our plan is to eat and drink ourselves silly. On the menu will be prawns and oysters, ham and turkey, mangos and cherries, and beer and bubbles – oh, and a dangerously flammable pudding. I'm likely to gravitate mostly towards the prawns and the beer. Reading is kind of my job, and it's been a busy year, so I'm actually hoping to read the back of my eyelids a lot." – *Shamus Sillar, Group Editor (Australian)*

"I'll spend this Christmas with my family in Germany where Christmas Eve is the most important day of the holiday. My mum traditionally hosts dinner at her house and this year there will be 13 of us. The *tannenbaum*, or fir tree, is usually put up and decorated on Christmas Eve, and for dinner we usually have stuffed turkey or roast goose and dumplings. After dinner we sing carols and exchange gifts. I'm wishing for snow; we rarely get snow over Christmas, but when we do it's magical! *Frohe Weihnachten*, Merry Christmas!" – *Karin Galley, Sales Manager (German)*



"I'll spend Christmas here with my family (Mum, Dad, my partner and our cats!) eating typical Eurasian fare. On the menu is *curry debil*, shepherd's pie, turkey, ham, pineapple tarts, cake and wine. Our family tradition is to go to Christmas Eve midnight Mass, followed the next day by visits to extended family and my godparents. On my wish list is a new MP3/iPod, some books, and a facial." – *Christel Gomes, Editor (Singaporean)*

"This Christmas, I'll be in England's Yorkshire Dales with family! We'll tuck into a traditional roast (complete with Yorkshire pudding and mince pies for dessert), and spend a few merry hours in the pub to keep warm. I'm looking forward to getting cosy by the fire with a recently purchased book: *A Little Life* by Hanya Yanagihara. I already got my Christmas wish: after two years of long distance, my boyfriend is finally moving to Singapore in January." – *Leanda Rathmell, Client Services Manager (British)*

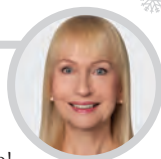


"For the first time in six years, we're venturing back for a hot Aussie Christmas. It will be a festive week of celebrations across three cities with my family and husband's family, and my birthday on Christmas Eve, too. On Boxing Day, I'm locking myself away with *The Story of the Lost Child* by Italian author Elena Ferrante and will hopefully find a year of good luck in my Christmas stocking." – *Katie Roberts, Editor (Australian)*



"Australia is my second home and because my husband is Australian we'll head there for Christmas with family and friends. On the menu is a tradition meal including Grandma's turkey and swimming in her pool afterwards. I'm a sucker for all things Apple, so the iPhone 7 is on my wish list." – *Susan Knudsen-Pickles, Events Manager (Danish)*

"Roy and I will be heading to Perth, Western Australia for Christmas at the home of our son and his family, plus daughter Blaire and her new fiancé – so there's lots of reason to celebrate! I'm looking forward to plenty of hot sunshine, fresh air, swimming in the sea and cooking up family meals with all that great WA produce; and with two young granddaughters, the tree, the presents and Father Christmas will feature high on the agenda. As for books, I'm expecting Mia (nearly seven) to read bedtime stories to me." – *Verne Maree, Freelance Editor (South African)*





'Tis the Season to be ... Lonely

BY KIM FORRESTER

How do you handle the holidays when you're not where you most want to be? The reality for millions of expats around the world is that major holidays and festivals are often spent away from the embrace of family and close friends. These times can (obviously, and understandably!) amplify feelings of isolation, homesickness, longing and loneliness. So, how do you cope when circumstances keep you away from the traditional family gathering at holiday time?

#1 Acknowledge the significance

Missing out on special events is an inherent part of expat life, and it can be easy to dismiss the impact of not being there for a significant holiday, and to downplay the intensity of your emotions. It's wiser to acknowledge that the influence of distance is greater at this time of year, and to understand that you'll need to take extra care to keep your emotional equilibrium.

#2 Get active!

Public holidays can be a great time to catch up on much-needed rest and relaxation – except when you're celebrating a major event away from home. A long day of “nothingness” can only increase the likelihood of feeling lonely and broody. So, be prepared. Fill your day with pre-organised activities and events. In this way, you will wake with a sense of purpose, spend the day in delightful distraction and, hopefully, fall into bed exhausted.

#3 Don't emulate; formulate

Resist the temptation to recreate hometown traditions. Trying to follow the same schedule, adhere to the same traditions or cook the same food will only amplify the inevitable differences in climate, culture, available ingredients and so on, and highlight the divide between “there” and “here”. Instead, use the opportunity to invent new, more achievable celebrations that are fun, fulfilling and location-friendly. You'll not only negate the constant reminder that you're far from home, but you'll create life-long memories and fun anecdotes for the future. (“Do you remember our Singapore Christmas when we...?”)

#4 Create connection

Loneliness is always the result of disconnection: a sense of being apart from others, or not belonging. Therefore, make meaningful connection an important part of your day. Celebrate with good friends, or socialise with people you would like to know better. Spend time with the underprivileged of Singapore, bond with your immediate family or simply get outdoors and consciously connect with nature.

#5 Choose happiness

No external factor can ever “make” you feel good about the day; nobody around you is responsible for your happiness or enjoyment. Therefore, it's vital for your own wellbeing that you practise acceptance and gratitude to the best of your ability. Sure, you may experience moments of sadness or isolation over the holiday period, but if you make a conscious effort to be grateful for what you have (however small or insignificant) you'll find you always have a foundation of happiness to return to. These special holidays are about celebration – so choose to celebrate the day, your life, those around you and your amazing self. *EL*

kimforrester.net

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New Outlook, New Life

ANNA TAN is the CEO of **Coaching Go Where** and a big believer in unlocking the power of the mind.



Who can benefit from life coaching?

All of us have “stuff” in our lives that we struggle with and which is the cause of emotional pain. Usually, we just put up with it as we don’t believe it can be changed, or because we have become used to it. What a shame to live with that mind-set and be unhappy! The great news is that coaching can help unblock that kind of thinking and help us to

become happier in our own lives. This in turn positively impacts all those around us.

Who typically signs up for your coaching services?

My clients are business leaders or business owners who want to achieve significant improvement in their performance and relationships, both at home and with work colleagues. They also include women who are transitioning between careers, or who are looking to go back to the workforce after having children.

What do you aim to help others achieve?

To discover that happiness is within their grasp, through shifting their thinking and self-limiting belief systems. Also, to find what is most important to them and unlock their potential to achieve their dreams. Happiness is a choice everyone can have by shifting their perception of life.

Describe your coaching style.

I am a neuro-linguistic programming (NLP) master coach and hypnotherapist. NLP is the study of our brain and our behaviour. It gives us an understanding of why we do what we do, and insight as to how we can change ourselves by breaking free from unhelpful thinking and behaviour. I specialise in working with clients to shift their self-limiting beliefs and help them take steps towards the achievements they desire in their personal and professional lives.

What role does hypnotherapy play in life coaching?

Hypnotherapy uses deep relaxation to help people reach into their subconscious minds, so as to access memories of past experiences. The goal is to shift negative thinking and behaviours, and replace them with more positive thinking and resources.

Can you give a specific example of how a person might benefit from hypnotherapy?

Many of our deep-rooted fears – such as a fear of failure or rejection – stop us from trying new things, like a career change. This can manifest in our lives in different ways. Through hypnotherapy, we can take you back in memory to the time (usually when you were a child) when the fear or belief was first instilled, and provide you instead with a more useful, empowering belief.

How can it help?

Anna suggests five ways that life coaching can be beneficial.

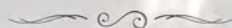
- #1 Increase self-awareness and insight
- #2 Provide self-empowerment to change our thinking and therefore change our life
- #3 Start a journey to dispel demons and replace them with positive and helpful thinking
- #4 Improve our inner confidence and self-esteem
- #5 Allow us to choose happiness and know that it’s possible *EL*

coachinggowhere.com



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10 Cool Things to Do with Kids

If you're not heading home for Christmas check out these fun indoor places to keep the children entertained during the school holiday break. No more last-minute cancellations for rain or trying to avoid the unforgiving sun. And fun activities don't have to come with a heavy price tag – everything listed here costs \$30 or less!

SCIENCE

1 Future World: Where Art Meets Science

Art is brought to life with cutting-edge technology at this new permanent exhibition, where it's even possible to transform your drawings into real-time 3D animations. Travel from earth to the stars on a fascinating journey of exploration and don't miss the spectacular LED light display, which gives the illusion of moving through the cosmos.

ArtScience Museum at Marina Bay Sands
marinabaysands.com/museum

2 Science Centre

The Science Centre needs no introduction as a hot favourite with both kids and adults, but have you checked out the great exhibits added during 2016? You'll need a full day here (or to buy an annual membership) to see the colourful Butterfly Vivarium, The Tinkering Studio and E3 (E-mmersive Experiential Environments), as well as the daily fire tornado demonstration, Omni Theatre and Snow City. Phew!

15 Science Centre Road
science.edu.sg

3 Hideaways – Creating with Nature

Playeum is 100 percent kid-centric and its latest exhibit, Hideaways, aims to develop creativity through experiential learning. Children can discover the ecosystem around them through a hands-on journey that encourages imagination and creative problem-solving. See them concentrate hard as they build insect homes and animal habitats, create musical instruments with recyclable materials, and more.

Block 47 Malan Road, #01-23 Gillman Barracks
playeum.com



ART

4 Keppel Centre for Art Education

Solve tactile puzzles, save a magic forest in the Art Playscape, build a house at the Project Gallery and pretend to be an art curator; these hands-on play activities at the Keppel Centre will stimulate imagination, curiosity and critical thinking skills. Rain or shine, this is a wonderful afternoon beyond your own four walls!

National Gallery Singapore, 1 S. Andrew's Road
nationalgallery.sg

5 See a Show

Live theatre is a fabulous learning experience for kids, and these two productions will delight the kids and your hip pocket: the much-loved children's farmyard favourite *Charlotte's Web* (until 11 December; KC Arts Centre – Home of SRT) and the ballet classic *The Nutcracker* by Singapore Dance Theatre (7 to 11 December; Esplanade).

Tickets from Sistic

PLAY

6 Splash @ Kidz Amaze

The opening of Singapore's first indoor water playground is great news for water lovers, who can now splash about regardless of rain, lightning or haze. Punggol SAFRA's new complex includes an Enchanted Deep Sea theme, interactive walls, five slides and birthday party rooms with direct access to the water fun. SAFRA Punggol, 9 Sentul Crescent
safra.sg/enjoy/family/splash-at-kidz-amaze

7 Diggersite

Crazy about construction? Here, kids can operate a mini-excavator (no kidding!) and bring their *Bob the Builder* dreams to life. Operate the excavator to pick up bricks and knock over metal bottles in the outdoors section, or scoop up colourful balls with a digger indoors. Parents can also operate the machinery (we foresee dads having just as much fun as little ones), and it's great for helping kids develop fine motor skills, too!

Raintree Cove, 1020 East Coast Parkway #01-04
facebook.com/diggersite

8 LilliPutt Mini Golf

This is a fun spot for the whole family, with 18 mini-golf holes modelled on Singapore landmarks – from the iconic Esplanade, to the much-loved hawker centre and the quirky Haw Par Villa. Look out for special effects too, such as the MRT train that takes off when your golf ball lands in a carriage!

902 East Coast Parkway, #03-05 Block B, Big Splash
lilliputt.com

ANIMALS

9 Farmart Centre

Take a break from the city and get up close with farm animals at Farmart's Animal Corner, where kids can learn about goats, rabbits, hamsters, birds, frogs and tortoises. There are also educational farm tours, animal feeding sessions, fresh farm produce on sale, prawning activities and hawker food available. Free entry.

67 Sungei Tengah Road
farmart.com.sg

10 We Are the Furballs

If a pet puppy isn't an option, the first dog petting café in Singapore is the place for young animal lovers to experience a pooch up close. Gentle and with relaxed temperaments, the six furry balls of happiness at the café – Duchess, Bui, Slinky, Lulu, Mochi and Yuki – are sure to put a smile on children's faces. Note: Minimum age of entry is 10 years, and there are regulations regarding adult supervision.

#07-07 Bugis Plus, 201 Victoria Street
facebook.com/wearethefurballs



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BY REBECCA BISSET

The *Expat Living* team heads offshore in style, for an afternoon and evening aboard the awesome *EagleWings*.

As a thank you to my wonderful team, I took them out on the beautiful new yacht, *EagleWings*, which made its debut at this year's Singapore Yacht Show. This luxury sailing catamaran, berthed at One Degree 15 Marina, is the first of its kind: measuring 68 feet, it has four cabins and a massive living space of 300 square metres, including a 10-seater dining table and lounge, jacuzzi, piano, bar, kitchen and even a chair lift for the less mobile. It's no surprise that it ended up being the special night I had hoped for!

It would be ideal for a 40th or 50th birthday, or a special client event. You have the option to make it as active as you like with everything from water sports to karaoke (as we did), or you can just cruise and chill.

But instead of me bragging more about it, I've asked some of the team for their feedback from our trip, to help you make the decision.



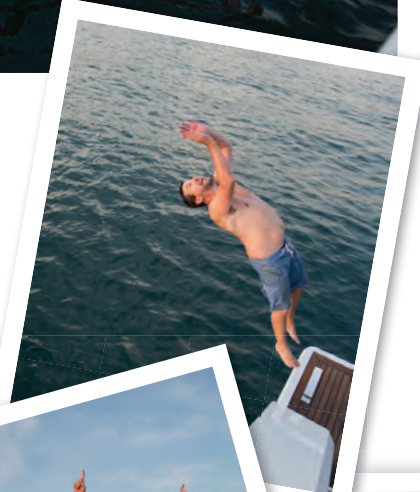
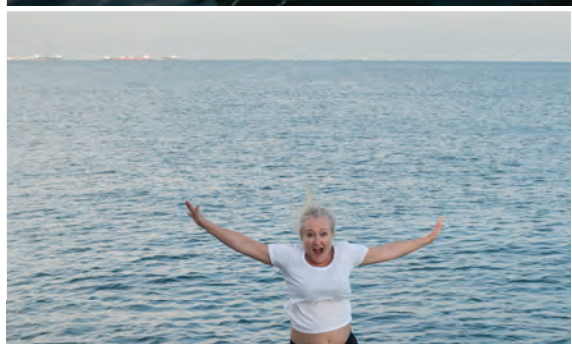
“When we were told we were going on a boat cruise, I hadn't quite expected the big, gleaming, triple-decker luxury yacht that presented itself when we rocked up to One Degree 15 Marina. There's something about stepping on board a boat like this that immediately makes you feel special, and the four hours we were on board raced by. Not feeling 100 percent, I opted to stay on the boat and not try out the water activities on offer, but it was lovely sitting on the netting at the front and watching the world go by – and by that I mean my colleagues being whizzed around the waters on a banana boat, kayaking across the waves or leaping from the top deck of our vessel. The food was delicious – I particularly liked the deep-fried tofu and Korean noodles, and sitting on the deck sailing past the Singapore skyline at night was a great way to end the evening.”

– Amy Brook-Partridge



“I thought the boat was spectacular. So well fitted-out, and fantastic for large groups and parties. Growing up around the water in Australia, it felt like a relaxing afternoon at home with friends (just on a much more impressive vessel!), diving off the deck and feeling the salty air on my face again. The staff were great and really knowledgeable, answering all our questions about locations and islands and weather patterns with ease. I thought they planned the route really well, taking in the sunset in a secluded bay and being in prime position for the burst of fireworks at Sentosa. (Who doesn't love a little night-time sparkle?) Winding that up with a cruise to Marina Bay, it was the first time I'd seen the city from that perspective, and a great chance to appreciate a different view of the Singapore skyline.”

– Amanda Broad



“I'm usually nervous about swimming at Singapore's beaches, on account of the questionable water quality, so I haven't really taken advantage of the miles of ocean that surrounds us. On the afternoon of the trip, we moored at the back of St John's Island in a sheltered, quiet cove, and I had no hesitation about jumping in, swimming, riding the inflatables and sea-kayaking for hours. It was great fun and I worked up a healthy appetite for the dinner that followed.”

– Katie Roberts



“When the garage at the back of *EagleWings* opened up, I felt like I was looking into Q’s workshop in a James Bond film: it was full of high-tech vehicles, gadgets and other equipment, for hours of fun on the ocean. I would have used it all, too, if I didn’t spend the whole time doing 007-style leaps into the water from the boat’s highest balcony.”

– Shamus Sillar



“I really loved lying on the outdoor hammocks and beds while watching the sunset, having a glass of wine and chatting with friends. It was absolutely relaxing; the perfect way to unwind! Thrill-seekers are sure to love the banana boat ride as much as I did.”

– Anthia Chng



Whatever you choose to do during the cruise, it gives you a great view of the city and the surroundings. *EagleWings* can host up to 50 people, and the company also has a smaller boat, if you prefer. Various buffet menus and dining options are available, so ask them about these, too. There’s plenty of variety in the food and drinks on offer, or you can BYO, like we did. If you have 50 of you, it only works out to \$100 a person – which is a pretty good deal! *eu*

For more information about chartering *EagleWings* for your own celebration or company event, call 9228 2222 or visit eaglewingsyachtcharters.com.sg.



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WINE & DINE



Pan Pacific Singapore's beef rib-eye and coconut ham

138

Holiday Feasts: Your guide to dining in and out on Christmas Day

154

Celebratory Sips: Festive cocktail recipes for Christmas and New Year's Eve

159

Turkey Takeover: Three ways to use your leftover turkey on Boxing Day

162

Countdown Cravings: Welcome the arrival of 2017 at one of these hotel hotspots

What's New



Bringing a fresh twist to Japanese *izakaya* dining, The **Modern Izakaya** is a new restaurant-bar at Chijmes that serves a mix of traditional eats and contemporary creations. Using only imported *bincho* charcoal, the eatery's *kushiyaki* (grilled skewers) and grilled tapas boast distinctive, smoky tastes that'll leave you wanting more. Also expect grilled-to-perfection bites, mostly at wallet-friendly prices of \$3 or \$4. On top of the exotic grills and tapas, The Modern Izakaya carries a range of Japanese whisky brands such as Nikka, Hakushu, Hibiki and Yamazaki, as well as premium sake by the bottle. #01-18 Chijmes, 30 Victoria Street. izakaya.com.sg

Bubbles and Sweets

Looking for a holiday hamper gift? We can't think of anything better than chocolate and champagne! French artisan chocolatier, **Laurent Bernard Chocolatier**, known for its decadent cakes and other gourmet sweets, has rolled out some new holiday hampers this season, and at a variety of price points. The Absolute Hamper is the most indulgent by far; for \$888, you get a bottle of Dom Pérignon, three boxes of chocolate (that's over 50 pieces!), a fruit cake, jam, macaroons and other treats, all in a leather box. Other holiday hampers range from \$120 to \$333, with delivery options available. For more details, call 9645 9307 or visit laurentbernard.com.sg.



New Chef, New Menu

Grand Hyatt Singapore recently welcomed Chef Cataldo Chiloiro at popular Italian restaurant, Pete's Place, along with a new à la carte menu featuring dishes like *parmigiana di melanzane* (\$22) and wood-fired pizza *burrata* (\$25) made with 48-hour dough. singapore.grand.hyattrestaurants.com/petesplace





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Fresh Fusion

Open only in the evenings, recently launched European fusion restaurant-bar **Pyxiemoss** offers a chill-out spot for office workers in the area, with its signature bespoke cocktails taking centre stage. Noteworthy ones include the Ginger Julie (\$18), a concoction of Monkey 47 gin, Japanese shiso sake and grapefruit juice, as well as the SRWMC (\$22), the bar's take on a white Negroni. From 10.30pm onwards, bar bites are served. Go for the Carrot Dog (\$5 a piece), an appetising mix of char-grilled carrot cloaked in *gula melaka* and curry leaves and topped with house-made *achar* (spicy mixed vegetables) on a pillow-soft bun. For something more substantial, try the Seaviche (\$8), a refreshing seafood-free ceviche using fresh sea coconut instead of raw seafood. While there are a number of vegetarian options, meat is offered here, too. An ode to the chef's Indian heritage, the Mother's Lamb (\$18) is a rich yet balanced dish of lamb hearts and neck, alongside slices of lamb "bacon". 43 North Canal Road. **6532 2171 | pyxiemoss.com**

New Bites



Fat Lulu's



- From the folks behind Five & Dime Eatery comes **Fat Lulu's**, a cool new spot offering Asian BBQ like spicy pork ribs and skewers of Iberico pork collar with house-made *sambal* and *kecap manis*. Those with a sweet tooth can look forward to signature desserts like Childhood, a peanut popsicle with cookies and raspberries. 297 River Valley Road.
- Gallery & Co. at National Gallery Singapore has launched a pop-up concept, **Pop Bar**, with food from Park Bench Deli and drinks from Proof & Co. Open until 2 January 2017. #01-05, 1 St Andrew's Road.
- **Quaich Bar** has opened a second outlet in the new South Beach development, offering an impressive whisky collection of more than 500 labels. Enjoy aged single malts from distilleries like Bunnahabhain and Springbank with bites like Scottish smoked deep-sea salmon (\$24). #01-16 South Beach Avenue, 30 Beach Road.

Fat Lulu's photos: John Heng



Merry Feasting at Seasonal Tastes

Yuletide feasting and New Year celebrations come alive at Seasonal Tastes where loved ones can gather over hearty meals overlooking amazing views of the city.

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BOAT QUAY BEAUTY

Fans of restaurateur Beppe De Vito of Aura fame will want to try his latest venture, **Braci**. Occupying the top two floors of a heritage shophouse at 52 Boat Quay, this rooftop spot is cosy and intimate. The open kitchen allows diners to get up close and personal with the chefs and watch their meals take shape – eating here isn’t just sublimely delicious, but an experience to relish. The progressive Italian menu is impressive, with highlights including foie gras *semifreddo* with kumquats and fig *vincotto* (\$26), *tagliolini* with red prawns and caviar (\$38) and cannelloni with scampi, truffles, sweet peas and veal jus (\$38), all of which feature in the five-course menu (\$100 per person) – the best way to experience Braci. Worth trying, too, is the grass-fed beef tenderloin with chanterelles and truffle (\$58) and, for dessert, the pumpkin pie with frozen yogurt and liquorice (\$18); we can also vouch for the *gianduiotto* with *frangelico* cream and golden hazelnuts (\$18) – yum! End with a nightcap from the extensive cocktail and spirits menu while taking in fabulous city views. **6866 1933 | braci.sg**



Revolving Doors

- Previously located at Dorsett Residences near Outram, Michelin-starred Peranakan restaurant **Candlenut** has reopened at the new COMO Dempsey with an expanded seating capacity, including an eight-seater private room that’s great for business lunches or intimate dinners. Open for lunch, dinner and takeaway, the restaurant is known for its authentic Nyonya cuisine by Chef Malcolm Lee. Block 17A Dempsey Road.
- A new kid on the Marina Bay block, **Monti** has opened at the iconic, spherical Fullerton Pavilion (82 Collyer Quay) previously occupied by Catalunya. The dining and drinking destination offers freshly made pastas and Italian sharing plates in an elegant setting, before turning into a hot night spot with a live DJ and craft cocktails.





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AT THE BAR

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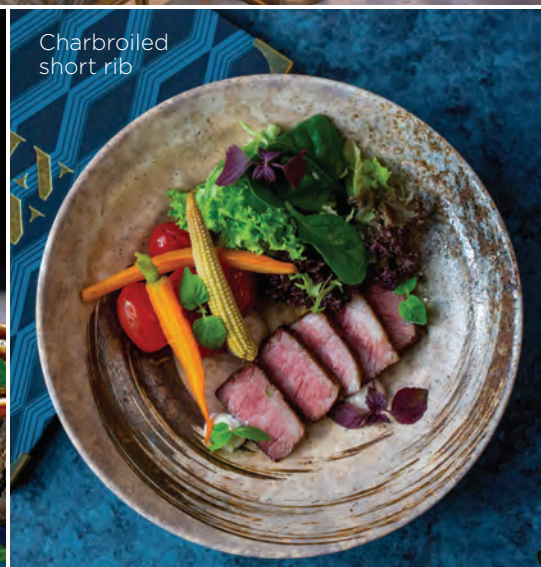
CIN CIN

#01-02 Oasia Hotel Downtown
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First impressions: This newish bar on the ground floor of Oasia Hotel in Tanjong Pagar specialises in gin, with close to 100 different varieties from both well-known labels and lesser-known boutique distillers. It also offers over 500 ways to customise your own G&T (from \$16; choose from 13 types of tonic!) or gin martini (\$24 to \$26) – decide on your preferred gin, vermouth and bitters, and whether or not you'd like it shaken or stirred, followed by your choice of garnish. If this is a bit overwhelming, super-knowledgeable head bartender Fadly Sujebto can steer you in the right direction, according to what you like. If you're still struggling, just choose one of the 12 signature gin cocktails on the menu. Be sure to sit right at the bar, like we did, if you need Fadly's guidance, or on its open-air side for a more alfresco feel. No matter where you plant yourself, the whole place is sleek and stylish, decorated in shades of teal and cobalt and with Art Deco touches.

The Chosen One: From the signature cocktail list, we especially loved the refreshing **Violette Szabo** (\$26) – Bankes London Dry Gin, cucumber syrup, lime juice, Domain Chandon Brut, basil leaves and cucumber – and the citrusy and spicy, exotic-tasting **Operation Siam** (\$20) – Bulldog gin-infused kaffir lime juice, simple syrup, East Imperial Superior Thai Ginger Ale, dried lime and rosemary. We also tried three small-batch gins (from \$20 per glass) from Kyrö Distillery in Finland, each infused with different botanicals – definitely worth a try if you're really into new gins.

The Cheapskate: The bar has one-for-one offers on the signature Cin Cin Martini, house-pour beers and wines during Happy Hour from 5 to 8pm daily.



Bite on this: The must-order here is the spicy **fried calamari with sweet chilli sauce** (\$14) – a great bar snack done right. We also enjoyed the **charbroiled, sliced short rib** (\$20) with horseradish crème.

Last but not least: There's a DJ on Friday nights from 9pm to midnight, playing some great tunes. *EL*

- Amy Greenburg

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AT HOME OR OUT

Whether you're having a festive meal at home, or heading out on the town to celebrate, your holiday dining options are pretty much endless. Here's our roundup of Singapore's Christmas culinary highlights.

DINING OUT

Conrad Centennial Singapore

Scene: Right near Millenia Walk, this is a great spot for Christmas dining and shopping.

Spread: Until 30 December, Oscar's has a festive buffet feast featuring a seafood bar, live pasta stations and traditional roasts, plus special holiday highlights like turkey with spicy cranberry jus, honey-and-pineapple-glazed Christmas ham with apple sauce, and twice-cooked pork belly with Argentinian spices. Satisfy your sweet tooth with the "dessert house" filled with decadent sweets – a special addition available only for Christmas Eve dinner, and the Christmas Day brunch and dinner buffets.

Christmas Day brunch starts at \$158 per adult, with the option of including free-flow champagne, house wines, beers and cocktails for a total of \$218. The Christmas Day buffet dinner is \$138, or \$198 with free-flow champagne, house wines, beers and cocktails. On all other days, the festive lunch and dinner buffets start from \$62 and \$75 per adult, respectively.

Secure a spot: 6432 7481/63 | connoisseur.sg

Don't miss: The Royale Hazelnut Crunch log cake (\$65), as well as roasts and other savoury items, all available for takeaway through 25 December at The Terrace and connoisseur.sg.



Don Quijote

Scene: This Dempsey dining spot is known for traditional Spanish fare, including the popular Paella Valencia.

Spread: Whether you're planning to take food home for Christmas or dine in at the restaurant, Don Quijote has both traditional and modern renditions of festive dishes to choose from. Classics such as roast turkey (\$148, 5kg) and honey-baked ham (\$75, 1.5kg) are available throughout December (including on Christmas Day). If you do dine in, be sure to try the Christmas paella – roast turkey and ham cooked in the restaurant's signature paella pan and oven-finished to perfection – available on a pre-order basis in small (\$45), medium (\$60) and large (\$75) servings.

Secure a spot: 6476 2811 | don-quijote-restaurants.com

Don't miss: If you want to enjoy Don Quijote flavours in the comfort of your own home, remember to pre-order, as these dishes tend to sell out fast.



White
chocolate
cheesecake

Jamie's Italian

Scene: Whether you're taking in the harbour view from the VivoCity location, or people-watching at the Orchard branch over at Forum The Shopping Mall, you'll get equally delicious food at both Jamie's locations.

Spread: Until 31 December, both outlets are doing three-course lunch (\$49.90) and dinner (\$65.90) sets, both of which include a glass of bubbly upon arrival. For lunch, look forward to starters like the celeriac and truffle soup, followed by the sea bass with steamed mussels in broth or the wild mushroom *pappardelle*; round out your meal with a tangy lemon tart. If you're up for a more indulgent celebration, the set dinner gives you a wider selection of Italian-inspired dishes. Check out Jamie's signature Italian nachos starter, or the Gennaro's porchetta – slow-cooked pork belly stuffed with apricot, apple, fennel and garlic.

Secure a spot: VivoCity, 6733 5500; Forum The Shopping Mall, 6655 7676 | jamiesitalian.sg

Don't miss: Limoncello at \$5.50 a glass; a sweet and boozy end to your meal.



Kaiserhaus

Scene: Set in the refurbished Capitol Theatre, this elegant restaurant serves Central European cuisine inspired by the Habsburg Empire.

Spread: You can expect rich and robust flavours here, and a range of wines from countries including Austria, Hungary, Italy, Slovenia and Croatia, as well as Hirter draft beer, available exclusively at Kaiserhaus. Until 25 December, try the Christmas Special, a hearty, three-course meal that includes soup, roast duck and a homemade cake or pastry, as well as a glass of wine or craft beer (\$88 for two people).

Secure a spot: 6377 0013 | kaiserhaus.sg

Don't miss: The traditional Austrian fruitcake with rum-soaked raisins, candied lemon peel, butter glaze, cinnamon and powdered sugar (\$23), available for takeaway.

Pan Pacific Singapore

Scene: An awesome spread, as always, with scenic views of Marina Bay and the Singapore Flyer.

Spread: Until 26 December, enjoy a festive buffet spread at Edge restaurant featuring specialties like the Master Butcher's own Christmas charcuterie, wagyu beef striploin and other grilled meats, plus a carving station with maple-syrup-glazed roast turkey breast and 12-hour-roasted whole pork leg. Round it out with a visit to the raclette cheese station, and Pan Pacific Singapore's array of Christmas sweets such as the Santa-hat-shaped chocolate strawberry *petit gâteau*, fruitcake infused with Earl Grey and Jamaican pepper, and milk chocolate and fresh raspberry log cake. The Christmas Day brunch is \$158 per adult, while Christmas dinner is \$128; both include juice, soft drinks, coffee and tea.

Secure a spot: 6826 8240 | panpacific.com/singapore

Don't miss: Holiday takeaway treats from Pacific Marketplace on the first floor of the hotel – think honey-glazed ham with cinnamon and pear chutney, apple and pecan stuffing and roasted beef rib-eye with fresh herbs and truffle sauce, plus an array of sweet treats. Visit pacificmarketplace.sg for more information on holiday takeaway treats.



Stellar at 1-Altitude

Scene: This sky-high, award-winning restaurant with splendid views of the CBD is definitely a stellar spot to spend Christmas.

Spread: If you have guests in town over the holidays, Stellar's Christmas Eve and Christmas Day dinners (\$130 per person, or \$150 for a window seat) will surely impress. Filled with seasonal ingredients prepared in executive chef Christopher Millar's progressive Australian style, the five-course meal is accompanied by carving stations featuring holiday roast favourites, as well as sweet treats like crab-apple tarte Tatin and purple sweet-potato log cake.

On Christmas Day, tuck into Stellar's family brunch buffet (\$140 per adult) from noon to 3pm, and spring for free-flow prosecco (\$60) while you're at it; it's a celebration after all! What's more, kids below 12 dine for \$60, while kids under six dine free.

Secure a spot: 6438 0410 | 1-altitude.com/stellar

Don't miss: Fun and festive cocktails served at Stellar at 1-Altitude, and upstairs at 1-Altitude Rooftop Gallery & Bar, until the end of December.



Roast turkey with corn bread, sweet onion and pecan stuffing



Verre Modern Bistro & Wine Bar

Scene: Located along the river in Robertson Quay, this sleek, modern-chic bistro-bar is known for housing fine wines in its impressive glass-encased cellar.

Spread: Set the Christmas tone right with the restaurant's special set menu (\$100 per person; available until 26 December), which includes three dishes and a dessert. Start with salmon tartar with melba toast and caviar, followed by a half-lobster in lobster bisque with angel hair pasta. The third course is duckling *a l'orange*, baked in orange sauce and served with fennel puree. End with the *chocolat au lait* – chocolate fondant with milk ice-cream.

Secure a spot: 6509 1917 | verre.com.sg

Don't miss: Verre's massive wine list – these guys take their wine seriously and have a varietal to suit anybody and everybody!

Singapore Marriott Tang Plaza Hotel

Scene: Right at the hub of Orchard, this is a great spot to relax after shopping with free-flow bubbly and festive treats. It's also the go-to place for enjoying the Christmas lights display.

Spread: On Christmas Eve (lunch: \$75 per adult, dinner: \$138 per adult) and Christmas Day (lunch: \$118 per adult, dinner: \$138 per adult), the buffet line-up at Marriott Cafe includes both traditional offerings such as roast turkey with dried fruit and chestnut stuffing, and modern takes like pan-fried duck foie gras with fig jam and port wine reduction. Alternatively, dine under the stars at the Pool Grill where you can enjoy a special three-course set dinner menu (\$78) on Christmas Day.

Secure a spot: 6831 4605 | singaporemarriott.com/dining

Don't miss: Takeaway options like red velvet Yule log cake (\$68), truffle-buttered roast turkey (\$238) and gift hampers (from \$190), available at the hotel's forecourt stall (by the hotel entrance).



Herb-crusted lamb loin
with eggplant caviar and
honey balsamic sauce



Senso Ristorante & Bar

Scene: This Italian fine dining spot on Club Street boasts a beautiful courtyard and sophisticated dining room, plus a private dining room that's great for groups.

Spread: Indulge in a five-course Christmas Eve dinner for \$148, including a glass of prosecco; or a four-course dinner with a glass of prosecco on Christmas Day for \$108. Standout items include the *guancia di filetto di vitello brasato*, gently roasted veal tenderloin with winter black truffle sauce, and the *salmone e caviale*, smoked salmon roll served with Italian caviar, horseradish mousse and dill sauce.

If you fancy a brunch, go on Christmas Day for traditional dishes like oven-roasted turkey with pumpkin puree and Brussels sprouts with cranberry jus; also worth checking out are the live pasta station and the festive dessert selection. The Christmas brunch is \$158 per person, including a free flow of premium alcoholic beverages.

Secure a spot: 6224 3534 | senso.sg

Don't miss: The live pasta station serving risotto with porcini mushrooms and mascarpone at the Christmas Day brunch.



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The St. Regis Singapore

Scene: Dine in the ultra-luxe setting of this five-star hotel located at the quiet end of Orchard.

Spread: The six-course Christmas Eve dinner at LaBrezza (\$188 per person, or \$208 with wine pairing) includes such highlights as smoked double chicken consommé with *cappelletti* pasta, seared foie gras, and *passatelli* pasta in parmesan cream sauce with porcini mushrooms. Dessert sounds divine, too, with sweets like buffalo ricotta with honey and cinnamon mousse, caramelised peanuts and warm *pandoro* cake.

Feasting resumes on Christmas Day with a champagne brunch (prices start from \$178 per person) at Brasserie Les Saveurs from noon to 3pm, featuring an assortment of fresh seafood, delicate canapés and mains like goat cheese and spinach ravioli. Psst – start with complimentary aperitifs at Astor Bar from 11am to noon, as part of the champagne brunch at Brasserie Les Saveurs.



Christmas Eve pumpkin gnocchi with smoked duck (LaBrezza)

Secure a spot: LaBrezza, 6506 6884; Brasserie Les Saveurs, 6506 6860

Don't miss: Tons of festive takeaway options including homemade foie gras terrine with port wine and fig chutney, and marinated beef tenderloin with truffled mashed potato. Just remember to pre-order! Visit stregissingapore.com/christmas for more details.



Le Méridien Singapore, Sentosa

Scene: Set in Sentosa (right next to the giant Merlion!), this hotel celebrates both its French brand heritage and its

Singaporean roots with a festive holiday spread that incorporates dishes from both cultures.

Spread: The Christmas buffet dinner (\$69 per adult), offered on 23 December

and Christmas Day at Le Méridien Singapore Sentosa's dining venues, Latest Recipe and the WoW – World of Whisky, consists of classic French dishes like braised duck à l'orange and *bouillabaisse* (fish stew with aioli), alongside local and Asian specialties such as fried flower crab with black pepper sauce, prawn *assam pedas* and tandoori chicken. The dessert spread includes yuzu gula melaka log cake, lychee panna cotta, and a show-stopping éclair *croquembouche* (choux pastry balls) tree in locally-inspired flavours like pandan kaya.

Secure a spot: Call 6818 3305 or visit lemeridiensingaporesentosa.com.

Don't miss: The Christmas Eve buffet dinner (\$98 per adult), at which you can savour French-inspired dishes like *coq au vin* and baked fish *meunière amandine*, alongside comforting Christmas fare like roast turkey with chestnut stuffing. From 1 to 20 December 2016, enjoy a special early bird discount of 20 percent off when dining reservations are confirmed with advance payment. Children aged six and below dine for free, too.

The Ritz-Carlton Millenia Singapore

Scene: Tuck into Christmas delights while you're serenaded by Christmas carollers. And, let's not forget the eclectic, British-colonial charm of the space itself – we love Colony's mix of vintage furnishings, old maps and tartan prints, mixed with modern touches.

Spread: The Vintage Champagne Brunch (\$198 per adult for the first seating, \$228 for the second seating) at Colony will definitely make things extra merry on Christmas Day, with unlimited Moët & Chandon Grand Vintage Blanc 2006 and Rosé 2004, as well as mulled wine and holiday cocktails. You'll also be treated to roasts like honey-baked gammon ham with apple purée, and special creations like foie gras flambé with garlic brioche



and cranberry compote. Meanwhile, kids can look forward to special appearances by Santa Claus.

Colony's Christmas dinner (\$98 per adult) highlights include stuffed chicken roll with pine nuts, spinach and red wine sauce, and grain-fed rib eye steak with Yorkshire pudding.

Secure a spot: 6434 5288 | colony.com.sg

Don't miss: The hotel's vast selection of takeaway items, from log cakes, gingerbread and pralines to festive hampers, roasts and eight-person dinners that include both meat and side dishes.



W Singapore, Sentosa Cove

Scene: A modern-chic atmosphere that puts a contemporary spin on holiday dining.

Spread: Christmas gets a twist at WOOBAR with a special Drop The T² menu – a holiday-inspired version of WOOBAR's regular afternoon tea experience. It's filled with all kinds of goodies, from pumpkin-and-apple pie, cinnamon star cookies and decorate-your-own chocolate gingerbread to hazelnut-crusted foie gras, and fried goat-cheese and honey balls. The Festiviti-Tea Drop The T² Christmas menu, available until 27 December, is \$65 for two people on weekdays, and \$75 for two people on weekends and public holidays.

Secure a spot: 6808 7258 | woobar.singapore@whotels.com

Don't miss: The special Christmas Eve buffet dinner (\$98) and the Christmas Day bubbly brunch (\$198) at The Kitchen Table restaurant.

DINING IN

Cold Storage

No Christmas is complete without a turkey or a ham. Save yourself hassle by buying yours ready-cooked from Cold Storage. We recommend the Extravagant Christmas Feast (\$189.95), which includes a medium Butterball turkey (around 4.5 to 5.4kg) with chestnut stuffing and turkey gravy, a Burgers' Smokehouse spiral ham (4kg), and a rib-eye roast beef (1.3kg) with black pepper sauce. And, with your purchase of the Extravagant Christmas Feast you'll get a free backpack cooler bag to keep the meat fresh, as well as a complimentary cheeseboard. Just follow the reheating instructions, and you'll have a hot and delicious meal in no time! Psst – Get a free wine decanter for every Christmas feast purchased (until supplies last).

To order: Orders must be placed by 20 December. Though Cold Storage is not offering delivery, there are over 40 outlets island-wide where you can order and collect from.



Shahi Maharani North Indian Restaurant

For something a little different, we recommend the Christmas offerings from this North Indian restaurant, available until 31 December. Whether you're dining in, taking out or ordering delivery, you must try its special take on the traditional roast turkey – the tandoori turkey (about 4.5kg for \$110). Marinated overnight and prepared with aromatic flavours like fenugreek, coriander, rose water and mint leaves, the turkey is grilled to perfection in the tandoor (hot clay oven), and accompanied by a selection of delicious sauces including *makhni*, mint yogurt and tomato chutney. Or, opt for the other version (\$130) of the turkey, stuffed with minced meat biryani. The roasted leg of lamb (\$140 for about 2kg) marinated in a traditional Indian spice paste is another great option. If you're feeding a smaller crowd, consider ordering a chicken; \$50, or \$70 for a stuffed tandoori chicken.

To order: Order at least three days in advance by calling 6235 8840, and collect at the restaurant (#03-21B Raffles City Shopping Centre, 252 North Bridge Road).



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Huber's Butchery

Apart from its traditional turkeys and Yule hams, this butchery has a wide range of alternatives like duck, goose and suckling pig if you're up for serving something different on your holiday table; or, go all-out with premium beef options like Australian wagyu (\$148 per kg) and Toriyama *umami* wagyu from Japan (\$309 per kg). The expert butchers can guide your selection, advise on preparation and roasting, and suggest the perfect accompaniments to your meal. They can also marinate your meat in-store if you wish, and stuff the bird of your choice. *Psst:* Don't miss the butchery's own chipolatas – they come in unusual, festive flavours like gingerbread flavoured pork (\$28 per kg), and venison, bacon and red wine (\$30 per kg).

To order: As if Huber's wasn't already making our lives easier by defrosting, marinating and stuffing our birds, this year, the butchery is conveniently taking Christmas orders online at hubers.com.sg/christmas, as well as in-store at 22 Dempsey Road. (Both delivery and pick-up options are available.) All Christmas orders must be placed by 8pm on 16 December.



Sacha & Sons

Known for its delicious in-house smoked pastrami, corned beef and smoked fish, Sacha & Sons has been serving up quality New York-style deli food to the Orchard crowd for over four years. And its festive menu (available until 31 December) is one to look out for this Christmas. Available for dine-in, takeaway and delivery (via Deliveroo) are holiday-inspired dishes like pumpkin soup with roasted beetroot cream, blinis with smoked salmon and caviar, as well as a Christmas platter featuring roast turkey breast, roast beef, twice-cooked brisket and classic baked potatoes – perfect for hosting a crowd. *Psst:* The restaurant is open on 25 December, so you can even drop by for your pastrami fix on Christmas Day if you wish!

To order: It's a good idea to order at least one day in advance, either in-store (#03-02 Mandarin Gallery, 333A Orchard Road) or by calling 6735 6961.

Ryan's Grocery

This specialty grocery and butchery is a great go-to for organic and gluten-free products, whether it's a full-on feast you're preparing or a specific Christmas dish you need to cook according to particular dietary restrictions. They've got all kinds of organic meat to choose from for your holiday table, including the popular US Diestel Whole Organic Raw Turkey (\$155 for about 5kg).

Not in the mood to cook? Until 3 January, Ryan's Grocery is offering a pair of Christmas roast sets that will feed up to 12 people. The Classic Christmas Beef Roast Set (\$298) includes an organic roast turkey, organic grass-fed rib-eye Black Angus beef roast and honey-baked ham, while the Classic Christmas Pork Roast Set (\$198) swaps



the beef for a roast pork collar roll. Also worth checking out is the range of healthier festive snacks like dairy-free chocolates, Christmas teas and gluten-free Christmas puddings that'll make for fab table décor this season.

To order: Get 10 percent off your total bill when your Christmas order is placed before 12 December. Orders can be placed online at ryansgrocery.com or in person at Ryan's Grocery (29 Binjai Park) by 18 December. Pick-up only.

InterContinental Singapore

This year, you'll find a few new additions to the holiday takeaway menu, one of them being a maple bacon-wrapped roast turkey (\$168 for 5kg). Wrapped in decadent strips of bacon, the turkey is slow-roasted over maple chips until tender, giving it a delicious smoked

aroma. Each order comes with sides including charcoal-baked potatoes, winter vegetables, mushroom stuffing and giblet gravy. Kids and adults alike can also look forward to stunning sweet treats; we've got our eye on the Rescue Santa (\$75 for 1kg), a creative log cake made with light mascarpone cream, apricot filling and cinnamon crumble; or try the Singapore macarons (\$15 for

a box of five), guaranteed to please the crowd with their special locally inspired flavours. These treats are available online at singapore.intercontinental.com/festive and at the hotel's Tea Hut (located at the entrance near Bugis Junction) through 25 December.

To order: Call 6825 1224 or email sinhbfestive@ihg.com.





AN INDULGENT
**CHRISTMAS
& NEW YEAR**
CELEBRATION AT SENSO

CHRISTMAS CELEBRATIONS

Indulge in Senso's **5-course dinner menu** infused with the season's Winter Black Truffle, Italian festive treats and sweets on **Christmas Eve and Christmas Day**.

5-Course at \$148++ per person on **24th Dec 2016**

4-Course at \$108++ per person on **25th Dec 2016**

Bask in the convivial atmosphere of a Christmas Brunch at Senso, featuring a festive selection of Christmas delights with free-flow **Ca Del Bosco** from 11:30am to 3:00pm.

Christmas Day Brunch at \$138++ per person

NEW YEAR'S EVE COUNTDOWN

Get ready for a delightful menu and end 2016 on a high note at The S bar with live music by DJ Donat'.

FREE ENTRANCE for Countdown Party at **The S bar** till late.



Shelter in the Woods

Not many places do Christmas goodies better than a traditional rotisserie restaurant. Cue Shelter in the Woods' series of holiday offerings available for either self-collection or delivery. They have whole turkeys (\$98 for about 3kg), whole suckling pigs (\$300 for about 3.5kg) and pâtés (starting at \$100) that will save you the trouble of preparing a feast from scratch. If your party is small, you have the option of ordering half-portions, too! Selected Christmas specials are also available for dine-in until 26 December.

To order: Order at least four days in advance by calling 6466 6225; the last day to order is 22 December, and the final day to collect orders is 26 December. Delivery is available within 5km of the restaurant (22 Greenwood Avenue) for \$20, or free if you spend more than \$120. All confirmed orders require advance payment.



The Butcher

This gourmet butchery is rolling out a special series of Christmas hams with an interesting twist – flavours like lime, jasmine tea and root ginger. Emmett's Great British Ham (\$88, around 2.5kg) is made from free-range pork that has no added hormones and antibiotics, so your guests needn't fret about quality. Fans of lamb can also look forward to the pasture-fed Lake View Australian lamb, available in boneless (\$85, around 2kg), bone-in (\$82, around 2kg) and rack (\$70, around 800g) options.

To order: Order at least four days in advance at any of The Butcher's four outlets (Holland Village, River Valley, Parkway Parade Shopping Centre and Suntec City Mall) or order online at thebutcher.com.sg. The last day for Christmas orders is 17 December (collection from 12 to 31 December), though Christmas offerings will be available until 31 December.



Spice Things Up!

This Christmas, spice things up (literally!) with this roast beef recipe, courtesy of **Ryan's Grocery**, a gourmet butchery and grocery shop that specialises in organic and free-range meats, as well as gluten-free and preservative-free foods.

Roast Beef with Green Chimichurri Sauce

Ingredients for roasting:

- 2kg Australian organic grass-fed beef chuck roll
- 1 vine truss cherry tomatoes
- 2 organic sweet potatoes, scrubbed and cut into four chunks each
- 2 organic sweet corn on the cob, husked and cut into three chunks each
- 2 organic red onions, quartered
- Wambyn Farm Organic Extra Virgin Olive Oil (for roasting vegetables)

Ingredients for marinade:

- 1 jar Latasha's Kitchen Green Chimichurri Sauce/Marinade
- $\frac{2}{3}$ cup Wambyn Farm Organic Extra Virgin Olive Oil
- Organic sea salt and freshly ground black pepper, to taste

Instructions:

- 1 Prepare marinade by blitzing the ingredients into a slightly runny paste.
- 2 Pat beef dry with paper towels. Place in a deep dish and massage all over with half the marinade. Cover and refrigerate for at least six hours (preferably overnight).
- 3 An hour before cooking, remove beef from fridge to bring it to room temperature.
- 4 Preheat oven to 180 degrees Celsius for at least 20 minutes. Roast the beef for 30 minutes. Turn meat over and baste with the marinade, then turn the temperature down to 160 degrees Celsius.
- 5 Place tomatoes, onion, sweet potato and corn chunks on a baking tray. Sprinkle with olive oil, salt and pepper, and place in the oven after 30 minutes. Continue to cook meat and vegetables for 1.5 hours, basting beef every 30 minutes. Remove meat from oven and allow to rest for 10 minutes, covered with aluminium foil.
- 6 Carve the beef, and serve with the roasted vegetables, mixing in the remaining chimichurri marinade. *a*

Ryan's Grocery Singapore
29 Binjai Park
6463 3933 | ryansgrocery.com

Have a merry christmas
at Shelter in the Woods!



For reservations and bookings call us at +65 6466 6225
or email us at reservations@shelterinthewoods.com

Address: 22 Greenwood Avenue Singapore 289218
Website: www.shelterinthewoods.com

SHELTER IN THE WOODS christmas specials

[Dine-In]

Whole Challans Duck
Shelter Gratin Dauphinois
Chocolate Logcake
Available from
01.12.16 till 26.12.16

Shelter's signatures and christmas
specials are available for takeaways.
Free delivery applies within 5km of
restaurant for orders \$120 and above.*

Pre-order from 21.11.16 till 22.12.16
Self-collection/delivery: 01.12.16 to 26.12.16

* Orders must be made 4 days before intended date of
self-collection or delivery. Call us for details!

A 4-course set menu curated by chef masashi horiuchi
to celebrate this festive season with your loved ones.



CHRISTMAS SET MENU

Amuse bouche

:: ONE ::

Symphony of caviar with salmon
salmon tartar served with melba toast topped off with caviar

:: TWO ::

Maine lobster
half lobster in lobster bisque with angel hair pasta

:: THREE ::

Duckling a l'Orange
baked in orange sauce and served with fennel purée

:: DESSERT ::

Chocolat au lait
chocolate fondant with milk ice-cream

S\$100++ per person

DECEMBER 1st - 26th | MONDAY - SUNDAY - 05:00PM - 10:00PM

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modern bistro & wine bar

Festive Flair *in a* Glass

Whether you're entertaining 20 guests or two this holiday season, why not shake things up with a festive tipples? Try these easy-to-make cocktail recipes courtesy of ASLAM, assistant bar manager at **1-Altitude**.

Crème Délicate

Vanilla vodka-based, this creamy cocktail has notes of almonds and a tinge of berry tartness lingering on the finish – it's a mildly sweet, textured dessert cocktail that's perfect for Christmas.

Ingredients:

- 30ml Absolut Vanilla
- 15ml Bols Amaretto
- 15ml Monin almond syrup
- 30ml cream
- 2 raspberries
- 1 pistachio
- 1 marshmallow
- Fraise strawberry syrup

Instructions:

Shake Absolut Vanilla, Bols Amaretto, Monin almond syrup, cream and raspberries, and pour into a chilled martini glass. Grate a pistachio over the top, garnish with a marshmallow and drizzle with Fraise.

Afresh

Ring in the New Year with this delicious take on the champagne cocktail – summery and refreshing with a whole lot of bubbles.

Ingredients:

- 30ml cognac
- 30ml grapefruit juice
- 60ml champagne
- 1 white sugar cube
- 1 sprig of rosemary
- 3 blackberries
- Grapefruit peel

Instructions:

First, muddle two of the blackberries. Then, shake with cognac, grapefruit juice and sugar cube in a shaker and pour over chilled champagne. Garnish with the grapefruit peel, rosemary and a blackberry. *et*

These cocktails are currently available at 1-Altitude Rooftop Gallery & Bar, and Stellar at 1-Altitude, 1 Raffles Place. 6438 0410 | 1-altitude.com



New Year's Eve Dinner Buffets at Grand Hyatt Singapore

Ring in the New Year with five distinct buffet concepts at Grand Hyatt Singapore! Prices start at SGD138++ with free-flowing alcohol and include tickets to a Belle Époque countdown party in the hotel lobby.

Meaning the "Beautiful Age" in French, Belle Époque will celebrate this golden age with ornate touches and live entertainment complete with premium beverages such as Perrier-Jouët Belle Époque vintage champagne and an exquisite dessert extravaganza, from 9:30 PM onwards.

Book now to discover the joy of #LivingGrand.

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Singapore 228211
singapore.grand.hyatt.com

ONLINE RESERVATION





Organic Brut Champagne

Produced from organically cultivated grapes by Duval-Leroy in Champagne, France, this green-gold bubbly is certified organic and vegan-friendly. Currently available for \$79 at popupwine.com.sg.



Nerubè 2010

This organic red from Jasci & Marchesani in Abruzzo, Italy is both fruity and spicy, with aromas of berries, cherry, dark chocolate and vanilla. The wine pairs well with braised and barbecued meats, roasts and pasta dishes. \$44.30, or \$40 for Bacco members; available at baccowines.com.

Festive Finds (to help you unwind!)

From budget-friendly bubbles to splurge-worthy vintages, we've rounded up some bottles that are just perfect for your holiday season soirée, whether that means a party of 30 or dinner for two.

Moscato 2013

With aromas of caramel, flowers, lychee, citrus, peach and pear, this delicate and sweet Moscato from Ca Montebello winery (Lombardy, Italy) pairs nicely with salmon, turkey and chicken, as well as with cake. \$25, or \$23 for Bacco members; available at baccowines.com.



De Venoge Louis XV 1995

Part chardonnay, part pinot noir, this champagne is for serious connoisseurs who want to unwind with a complex vintage. \$299 on the BottlesXO app.





Le Cuvee 17

Crisp and finely balanced, this champagne is packed with fresh citrus, peach-skin and green apple flavours. Currently available for \$55 at popupwine.com.sg.



Ca' di Alte Prosecco

This sparkling wine from Vicenza, Italy is clean on the palate and exceptionally dry, with floral and pear notes. \$32 on the BottlesXO app.

BottlesXO

This “mobile sommelier” delivers bubbly and wine to anywhere in Singapore within an hour – already chilled to the perfect drinking temperature. Even better, there's no delivery charge or minimum order. Simply download the BottlesXO app from bottlesxo.com/download-app (available for iOS and Android), tap and sip. **From 1 to 31 December, get \$10 off your first order by using the code BXOEPL.**

Pop Up Wine

This online wine boutique offers more than 200 different award-winning wines starting from \$25, all handpicked by Pop Up Wine's Australian expat owners. They deliver seven days a week, with a \$7 delivery fee for one to three bottles, \$10 for four to 23 bottles and free delivery for two dozen bottles or more; order by 2pm, and you'll get your wine delivered the same day. Psst! Pop Up Wine will be delivering on Christmas Eve day and New Year's Eve day, so don't fret if you've forgotten the booze for your bash. **Through 31 December, get \$10 off your first order by using the code “\$10OFF” with a minimum \$40 purchase.**

Bacco Wines

On 10 and 11 December, from noon to 8pm, Italian wine specialist and online shop Bacco Wines is hosting a Festive Weekend Open House filled with holiday promotions and tastings galore. The Bacco team will open a range of bottles from its selection of over 350 organic and biodynamic Italian boutique wines, and all bottles in the range will be available at sale prices. So, whether you need 10 bottles for your holiday party, or a one-off festive gift for your co-worker, here's your chance to taste what you're buying. For more details, visit baccowines.com/events.

Also try Wine.Delivery

An online wine and spirits marketplace at your fingertips, Wine.Delivery has a huge inventory of reds, whites, rosés and bubbly at a variety of price points – giving you access to all sorts of celebrated specialties from across the globe, delivered right to your doorstep. The best part? Wine.Delivery offers free delivery seven days a week, even on public holidays. So you're covered, even if on Christmas Day you decide to make a toast by the tree with a bottle of that Japanese sake you've been eyeing, or need a bottle of champagne for a last-minute countdown party. Orders placed by 8pm on the website (wine.delivery) will be delivered the following day. *EL*



Christmas Special

Available till 25 Dec 2016

Celebrate the festive season with a hearty three course menu
of Central European cuisine \$88⁺⁺ For Two to Share

*A soup of the day each, Roast Duck to share, a slice of exquisite home-made cake
or pastry and a glass of wine or Hirter craft beer per person*

Christmas Pastries



Christstollen / Christmas Cake

A traditional Austrian fruitcake with
rum soaked raisins, candied lemon peel,
glazed with a light layer of butter,
cinnamon and powder sugar (500g)
\$23.00⁺

Christmas Cookies

Selection of five traditional Central
European Christmas Cookies (180g)
\$12.00⁺

f kaiserhaussg kaiserhaus

FOR RESERVATIONS • Please call +65 6377 0013 or email us at reservations@kaiserhaus.com.sg
RESTAURANT • Capitol Theatre 17 Stamford Road #02-06 & 03-06 Singapore 178907 • www.kaiserhaus.com.sg

Day-after Dining:

3 Ways with left-over turkey



Need some inspiration for livening up your Christmas leftovers? **Expat Kitchen** shares three different ways to enjoy your turkey on Boxing Day and beyond.

Creamy Mushroom and Turkey Crepes

This recipe makes 12 crepes

Ingredients for crepes:

- 1 cup plain flour
- 2 cups milk
- 3 eggs
- Paper towel dipped in cooking oil

Ingredients for filling:

- 250g shredded leftover turkey
- 4 tablespoons butter
- 1 small onion, finely chopped
- 150g mushroom, thinly sliced
- 4 tablespoons plain or all-purpose flour
- $\frac{3}{4}$ to 1 cup milk
- $\frac{3}{4}$ cup chicken stock or broth
- 1 tablespoon Worcestershire sauce
- 2 sprigs thyme, leaves only
- Sea salt and freshly ground pepper to taste

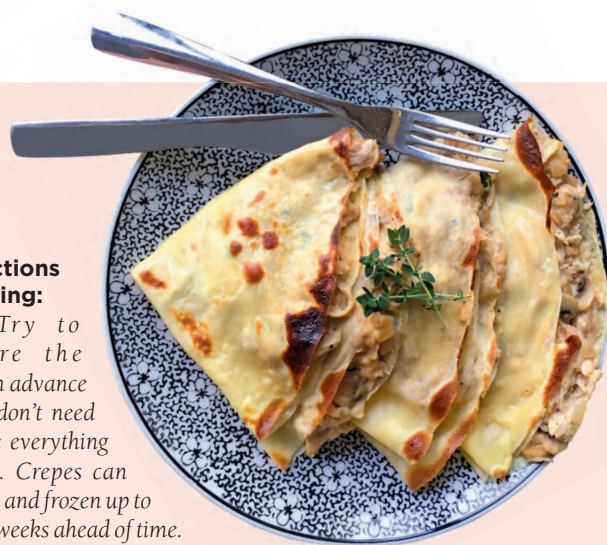
Instructions for crepes:

1. Sift flour into a bowl. Whisk milk and eggs together in a jug. Add milk mixture to flour and whisk until well combined.
2. Rub oil onto a medium, non-stick frying pan, over medium heat. Pour $2\frac{1}{2}$ tablespoons batter into pan. Work quickly and swirl to cover base. Cook for two to three minutes, or until light golden. Turn over and cook for one minute. Transfer to a plate and cover to keep warm. Repeat with remaining batter.

Instructions for filling:

Tip: Try to prepare the crepes in advance so you don't need to make everything at once. Crepes can be made and frozen up to several weeks ahead of time.

1. Preheat oven grill to high, and line a large baking sheet with baking parchment.
2. Heat butter in a pan until it foams; add onions, and fry until well softened (about two minutes). Stir in mushroom and cook until soft.
3. Blend the flour into the mixture. Then slowly add about three-quarters of a cup of milk (you may need more or less), whisking constantly until smooth. Mix in stock, Worcestershire sauce and thyme; stir over medium-low heat until thickened (about four minutes).
4. In a large bowl, stir the mushroom sauce with the turkey; season well with salt and pepper.
5. Fill each crepe with three tablespoons of turkey and mushroom mixture. Fold or roll crepes and place seam-side down on prepared baking sheet.
6. Place under grill (on high shelf) for one minute or until slightly charred. Serve immediately while hot.





Mini Turkey and Cranberry Pies

This recipe makes eight pies

Ingredients:

- 250g shredded leftover turkey
- 2 tablespoons butter
- 1 onion, finely diced
- 6 teaspoons cranberry sauce
- 500g pack short-crust pastry
- Plain or all-purpose flour, for dusting
- 1 egg, beaten
- Sea salt and freshly ground pepper

Instructions:

1. Preheat oven to 200 degrees Celsius, and grease or line muffin tins.
2. Heat butter in a pan until it foams; add onions and fry until well softened. Then add shredded turkey and cranberry sauce, and season well with salt and pepper. Mix to combine and set aside to cool.
3. Roll out pastry on a floured surface, just thinner than a \$1 coin. For the bases, cut out 8x10cm circles using a pastry cutter, then cut 8x9cm circles for the lids; re-roll the trimmings if needed. Push the larger circles into the prepared muffin tins; divide the turkey filling between the hollows and brush the edges with a little beaten egg. Place a pastry lid on top of each and pinch the sides together to seal. Chill them in the refrigerator for 15 to 20 minutes.
4. Brush the tops with a little more egg and cut small slits for steam to escape. Bake for 25 minutes until the pastry is crisp and golden. Then serve warm, or leave to cool and enjoy cold.

Tip: These compact pies are great for school lunchboxes!

Oriental Glass Noodle Salad with Turkey

Serves six to eight

Ingredients:

- 500g shredded leftover turkey
- 200g vermicelli (glass or rice noodles)
- 20 mini calamansi limes, juiced through a sieve to catch the seeds
- 4 teaspoons brown sugar
- 4 tablespoons fish sauce
- 5 tablespoons light soy sauce
- 2 tablespoons sesame oil
- 3 garlic cloves, finely minced
- 2 large red chillies, deveined and finely julienned (matchsticks), or finely minced chilli padi (if you want the salad spicier)
- 2 sticks lemongrass (white part only), very finely chopped
- ½ teaspoon salt
- 2 kaffir lime leaves (middle vein removed), very thinly sliced
- 1 large carrot, finely julienned
- 1 small cabbage, finely shredded
- 2 sticks celery, finely julienned
- 2 spring onions, finely julienned
- 2 cups tightly packed coriander leaves and stems, roughly chopped
- Spring onion, diagonally sliced, for garnish



Instructions:

1. Prepare noodles according to packet directions and drain; set aside to cool.
2. Make dressing by combining lime juice, sugar, fish sauce, soy sauce, oil, garlic, chillies, lemongrass and salt in a small bowl; stir until sugar has dissolved, then set aside.
3. In a large salad bowl, prepare the kaffir lime leaves, carrots, cabbage, celery, spring onion and coriander. Add the turkey and noodles, pour the dressing over the lot and toss to coat.
4. Garnish with remaining spring onions and serve immediately. *✶*

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Hotel Hotspots for Welcoming 2017

Ring in the New Year at one of these fabulous hotels – and then stay to recover!

Buffet Bash

With buffets going on across five of its restaurants (all starting from 7.30pm), plus a Belle Époque countdown party (think Golden Age glam) in the hotel lobby from 9.30pm, Grand Hyatt Singapore's got a lot going on this New Year's Eve. Choose from different buffet dinners (starting from \$138 per adult with free-flow premium alcoholic beverages; prices are inclusive of entry to the Belle Époque party) at mezza9, StraitsKitchen, Pete's Place and 10 Scotts restaurants, or an alfresco barbecue buffet by the pool (\$98 per adult including alcohol, or \$48 per child; doesn't include Belle Époque entry).

If you'd rather skip a sit-down dinner and head straight to the countdown party, single tickets are \$88, and include a free flow of premium beverages such as Perrier-Jouët Belle Époque vintage champagne, live entertainment and a dessert extravaganza. 10 Scotts Road. For more information, call 6732 1234 or visit singapore.grand.hyatt.com.

Rooftop Revelry

Say hello to 2017 with stunning skyline views from HI-SO, Sofitel So Singapore's trendy rooftop pool bar. From 9pm to midnight, enjoy free-flow house spirits, beers, wines and a glass of champagne for \$140, while you party to the DJ's pulsating beats. Private cabanas (great for groups) are available for booking.

We'd suggest dining downstairs beforehand at Xperience, which serves modern European cuisine with Asian influences.

The restaurant's special six-course set dinner menu (\$128) will include such highlights as a poached prawn and caviar appetiser, and a main course of grass-fed beef tenderloin with tempura, and cod, carrot and saffron, along with Ruinart Champagne sorbet and other sweets. Diners can continue their celebrations upstairs at HI-SO with a bottle of champagne for \$100.

For reservations, call 6701 6800 or email H8655@sofitel.com. 35 Robinson Road. sofitelsosingapore.com



The Morning After...

Get yourself sorted with loads of delectable items at W Singapore's New Year's Day Remix Brunch at The Kitchen Table restaurant. Highlights include a mezze spread, skirt steak with garlic, basil and sundried tomato, pork belly, barbecued lobster, and Thai beef and mango salad. It's \$178 with bubbly for adults (this will get you access to the pool, too!), and \$48 to \$78 for kids. 21 Ocean Way. 6808 7268 wsingaporeentosacove.com EL



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TRAVEL

179

Fitness & Feasting:
A running challenge at a beautiful Malaysian resort



Pangkor Laut, Malaysia

170

Destinations & Deals: Travel news from the region and beyond

172

Heritage Hunt: From South Africa's Cape to the land of the Zulus

186

Tee Time: Our weekend golfing getaway on Bintan

What's New



Kids' Camera: The Kidizoom Action Cam by VTech is a mountable camera designed for little ones on the go – perfect for capturing some holiday snaps.

Coastal Gem

The **12 Apostles Hotel & Spa** sits on a quiet stretch of Cape Town's coastline, with uninterrupted Atlantic Ocean views. Despite it being just a 10-minute drive from the lively Camps Bay and Clifton strip of beaches, bars and restaurants, and 20 minutes from the city's V&A Waterfront, nature is the star here. Behind the property is a belt of fynbos (natural shrubland), with cork trees, wild rosemary, figs and proteas in abundance. The hotel has its own helipad for scenic flights, and the glass-sided spa gazebo affords more panoramic mountain and sea views. In-house spa products embrace the natural and the indigenous, from Atlantic sea salts to red bush leaf (rooibos) extract and arnica flowers.

12apostleshotel.com ▼



China Escape

Banyan Tree Lijiang, a resort and spa in the heart of Yunnan Province, has just turned 10, and to celebrate is offering a range of new travel packages. These feature a host of different activities for guests to enjoy – everything from moonlight pagoda dinners to visiting a school to spend time with local Naxi children. A two-night stay in a Jet Pool Villa, for example, comes with daily breakfasts, airport transfers, a Hot Stone Spa treatment for two, a half-day cultural tour with dinner, and more; it's priced at US\$984, and is available until 31 March 2017 (excluding 27 January to 2 February). **banyantree.com ▲**

Meandering in Myanmar

Less than a year old, **The Strand Cruise** is a 28-cabin luxury boat that plies the waters of Myanmar's Ayeyarwady River, operating three- and four-night itineraries between Bagan and Mandalay. This month, you can take advantage of special discounts on top of the 30 percent seasonal promotion for selected dates. Passengers departing on 9, 12, 16 and 19 December will be eligible for a one-night stay in a superior suite at the famous Strand Yangon either pre-cruise or post-cruise, plus complimentary transfers and return flights between Yangon and the cruise embarkation or disembarkation point. **thestrandcruise.com**



Dashing through the Snow

Travel website Viator has listed its must-try festive experiences. At the top is a visit to **Lapland**, and making your childhood dreams come true with a reindeer sleigh ride in the Finnish wilderness. The experience begins with an exhilarating snowmobile ride to a local reindeer farm; then you hop on a reindeer-pulled sleigh and make your way to Santa Claus Village in Rovaniemi. Explore its whimsical cabins, shops and restaurants and pick up some Christmas treats for the folks back home. You'll even have the chance to meet Santa! **viator.com ◀**

New-look Aman

Following an eight-month refurbishment, **Aman Le Mélézin** in Courchevel, France, opens in mid-December, in time for the new ski season. Perched 1,850 metres above sea level in the heart of Les Trois Vallées, the resort has one of the more desirable locations in Courchevel, with the advantage of ski-in/ski-out, and spectacular mountain views. A number of rooms feature a large terrace and a private, red-cedar hot-tub for that après-ski drink. aman.com/resorts/aman-le-melezin ▼



All about Boats

After a successful debut last year, the **Thailand Yacht Show** returns for its second edition, from 15 to 18 December, at Phuket's Ao Po Grand Marina. The show has drawn an increasing number of prestigious brands this time around, including Boat Lagoon Yachting, Lee Marine and Simpson Marine. Catch some of the most stylish and extravagant boats in the world, take part in sea-trials, watch on-water demonstrations and explore some of the latest luxury yachting and boating products. thailandyachtshow.com ▼



Sand & Sea

In October, Small Luxury Hotels of the World welcomed a new boutique hotel to its portfolio. **Halcyon House**, the group's first property in New South Wales, Australia, is a stylish retreat just steps away from Cabarita Beach in the northeast corner of the state (20 minutes from Gold Coast Airport). Suites are individually styled by Brisbane designer Anna Spiro, and the saltwater pool is lined with palms and classic candy-striped daybeds. You'll eat well here, too, as heading up the poolside restaurant is Ben Devlin, an Aussie chef who places great emphasis on supporting local producers. slh.com/halcyon ▼



VIP in The Vatican

Among travel group Trafalgar's **top European trips for 2017** is a private dining experience within The Vatican in Rome. The exclusive experience sees guests fast-tracked through a special VIP entrance of the Vatican Museums with a local expert, to admire the papal art collections and Michelangelo's masterpiece on the ceiling of the Sistine Chapel, before an after-hours tour with a curator of the Ethnological Museum, followed by dinner. trafalgar.com ►





Living South African Culture

from the Cape to the land of the Zulus

LARA SAGE explores the heritage of South Africa in two different ways, first at a fun party in the Karoo, and then through a tour of her family's homeland in the eastern province of KwaZulu-Natal.

Part 1: Western Cape

A friend of mine turned 40 recently, and for her birthday party she booked out The Lord Milner, the only hotel in the preserved historical town of **Matjiesfontein** (matjiesfontein.com), a two-hour drive from Cape Town. It had a “Boer and Brit” theme (she’s Afrikaans-speaking and her husband is English), and their guests dressed up in Wimbledon tennis attire, or as London socialites, Afrikaner farmers, British army generals or Voortrekker settlers – there was even a Posh Spice in a sequined Union Jack!

Matjiesfontein means roughly “fountain of little reeds”, referring to the rush mats (*matjies* in Afrikaans) that were used to build huts there, and it has a history as charismatic as its name. Founded in 1884 by legendary Scottish railwayman James Douglas Logan, it became a fashionable Victorian health spa. Later, it seemed destined to fade away into insignificance, until it was privately purchased in 1968 and proclaimed a National Heritage Site in 1975.

The Lord Milner has been lovingly restored, with plenty of attention to the original fittings. Despite this, the passage floorboards do still creak if you step on the right (or wrong) spot, so it’s no surprise that ghost stories abound. We laughed ourselves silly when encouraged by our entertaining tour guide, John, to stand on one particular tile and take a photo using a flash, to see a “ghost” appear. (You’ll have to find out for yourselves what happens!) John went on to tell us, with a twinkle in his eye, that he was the “coloured” descendant of a white great-grandfather, and of a grandmother who was the “local hot chocolate” of the day!

Matjiesfontein is exceptionally small. It has just one street, with only the hotel, a train station, a museum, a coffee shop, and a pub boasting an antique brass-clad till and portrait of Queen Victoria. Despite its tiny size, there is a double-decker London bus that you can hop onto for a tour of the place – it takes seven minutes!

For a bit of a quirky twist, my husband donned traditional Zulu headgear for the



Lara and her husband in traditional South African headwear



party, reflecting the culture of my own part of South Africa, far away on the country’s eastern seaboard. This led to us concocting the idea to take a group from the party to show them the area where I grew up – the garden province and long coastline of KwaZulu-Natal, also referred to as KZN.



Part 2: KwaZulu-Natal

A few months later, we boarded a flight to Durban, for a four-day trip full of interesting and authentic experiences. On the descent to King Shaka Airport, you can see the rolling hills and the fields of sugarcane, fondly nicknamed “green gold” for their lucrative produce; sadly, they are currently ravaged by drought.

My idea was to expose our group of family and friends to the influential Zulu culture that existed around my otherwise South African-English upbringing in Gingindhlovu, delightfully nicknamed “Gin-gin-I-love-you” by the British army!

Our convoy first took the two-hour drive on a road running parallel to the coast, climbing the Eshowe Hills to **Fort Nongqayi Museum Village** (eshowemuseums.org.za). There, the children climbed the battle-weary old cannon and got a feeling for the old trading posts that once supported various colonial military groups in the area.

It was this place where, in my own childhood, I first comprehended the safety afforded by a real fort in times of war; when I looked through the slits from where the rifles were fired, I could see clearly that the enemy stood much less of chance of aiming a bullet through them!

From the fort, we drove 30 minutes further to the Valley of Nkweleni, and to **Shakaland** (aha.co.za/shakaland). Now a living monument to Zulu culture, it was the set for the acclaimed international TV series *Shaka Zulu*, made in the 1980s. We opted for an overnight cultural package, which highlighted many of the idiosyncrasies of the Zulus.

Kwa Zulu-Natal: a brief history

This part of South Africa was named Natal – derived from the Portuguese word for Christmas – when the explorer Vasco da Gama sailed by in December 1497. A few hundred years passed before the first European settlers, mostly British, arrived and established Port Natal as a trading post.

Since the British paid no heed to the interior, whose tribal Zulu inhabitants had been decimated by Chief Shaka (more on him later!), the tough Afrikaner Voortrekker pioneers were able to enter the area over the formidable Drakensberg mountains. The Voortrekkers defeated the Zulus in battle in 1838, and established the short-lived Republic of Natal, only for the British to annexe the territory in 1843.

The British colony acquired Zululand after the Zulu War of 1879, before facing Afrikaner forces in the Second Boer War (1899 to 1902). In 1910, the colony became a province of the Union of South Africa, and in 1961 of the Republic of South Africa. When the homeland of KwaZulu (“Place of the Zulu”) was re-incorporated into the province after apartheid ended in 1994, the province was renamed KwaZulu-Natal.

“My idea was to explore the influential Zulu culture around my otherwise South African-English upbringing”



Children climbing an old cannon at Fort Nongqayi Museum Village.



Lara (far right) and her family and friends explore the history of Kwa Zulu-Natal.



Getting to know The Chief of the village at Shakaland.

Chief Shaka and Zulu warfare

The illegitimate offspring of a Zulu chief of the late 1700s, Shaka rose to power over 11 years, defeating and unifying neighbouring tribes to become king. Sometimes referred to as the Black Napoleon, Shaka is believed to have been a ruthless leader, forcing his troops to fast-trot barefoot over hot rocky terrain for up to 50 miles a day. He is said to have killed not only anyone who opposed him, but even his own troops if they showed cowardice.

Shaka replaced the traditional long-throwing *assegai* of the Zulus with a short stabbing spear that encouraged hand-to-hand combat; he also introduced the “bull horn” formation for surrounding and annihilating enemy forces, a tactic reminiscent of one used by Roman legionaries.

The Zulu kingdom became the greatest power in Southern Africa under Shaka's command, and a force to be reckoned with, even by the British army. It's no great surprise that Shaka met a violent end: his own half-brothers assassinated him in 1828. The Zulus would later be defeated by modern rifle and artillery fire in the Anglo-Zulu War of 1879.

First, we learnt about the communal layout of the traditional homestead, which is built from mud-and-thatch huts placed in a circular formation; the largest hut is located at the highest point of the slope, and the huts of the chief's many wives are built either side of it. All the huts together surround and protect the livestock at night.

We also enjoyed demonstrations of traditional dancing and bead-making, tasted homebrewed maize beer from a hollow gourd called a calabash, watched demonstrations of stick-fighting, and tried our hand at spear-throwing. Our accommodation was – appropriately – in thatched huts, with a pair of comfortable double beds making for a perfect family experience in keeping with the Zulu way. And despite the fact that we had mod cons like air-conditioning and running water, it was still imbued with an authentic African ambience.

Leaving Shakaland, we returned to the comfort of the **Fairmont Zimbali Resort** (fairmont.com/zimbali-resort), not far north of Durban. With 154 rooms and 18 villas, it's a great choice for families, with spacious inter-connecting rooms facing the Indian Ocean, and two large tiered swimming pools.

Zimbali means “valley of flowers” in Zulu, and the resort is popular for its coastal setting, warm currents, sub-tropical climate, year-round sunshine and interesting culinary influences. This resort is set in milkwood forests, which boast a unique biodiversity.

Hotel guests are greeted by staff in uniforms designed to reflect both Zulu and Indian cultures – Indian workers were brought to work on Natal's sugar-cane plantations from 1860 onwards, and the Indian community in the Durban area is the world's biggest, outside of India itself. The lobby's vaulted floor-to-ceiling windows allow for wonderful





The Fairmont Zimbali resort near Durban provides stunning pools and views of the Indian ocean.



sea views, and a feature wall showcases handcrafted Zulu baskets, reflecting the important role of arts and crafts in local tribal culture.

The golf course designed by former British and South African PGA champion Tom Weiskopf has a “cart only” policy on account of its dramatic elevation changes and varying eco-systems. While adults are golfing (or visiting the Willow Stream Spa), children will enjoy the Y-Univers Kids Club.

Fairmont Zimbali is five minutes from the bustling holiday town of Ballito, and 30 minutes from Durban. It has easy access to the airport (16km away) and to the province’s many attractions. *el*

FACT FILE

Take a Singapore Airlines overnight flight to Cape Town for Matjiesfontein, or continue on to Durban for KwaZulu-Natal. It’s safe to self-drive in both areas: the roads are sound and clearly signposted.

Here’s what else I recommend visiting in KwaZulu-Natal:

- Approximately 2.5 hours by car from Durban and in the same direction as Shakaland are two game reserves in malaria-free areas: **Phinda Private Game Reserve** (andbeyond.com/south-africa) and **Hluhluwe-Imfolozi Park** (kznwildlife.com/hluhluwe-game-reserve.htm).
- **The Oyster Box** (oysterboxhotel.com) is a grand dame of a hotel, lovingly restored to its former grandeur, and set beside the iconic lighthouse on Umhlanga’s beachfront. The Hammam spa, high teas and curry buffets are world-famous!
- **Essenwood House** (essenwoodhouse.co.za) offers surprisingly affordable rates in a charming colonial house in Durban’s trendy Berea area. Built in 1924, this guesthouse overlooks Durban’s city lights and racecourse. Visit the nearby **Moses Mabhida Stadium**, built for the 2010 FIFA World Cup, or head to **uShaka Marine World** for its aquarium, water slides and more.



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A running event with a difference

AIMEE FORDOS visits a beautiful private island resort off the west coast of Malaysia to enjoy two types of R&R: not just resting and relaxing, but running and remembering too.



Covered by a tumble of dense jungle and fringed by smooth granite rock, soft sand and emerald water, Pangkor Laut is an ideal place to flee the travails of our busy modern lives. In World War II, however, it was the setting for an entirely different kind of escape.

Frederik Spencer Chapman D.S.O. (1907-1971) was a top British commando, famed for his exploits behind enemy lines. In 1945, after three-and-a-half years in the wild jungles of Japanese-occupied Malaysia, he made contact with

British forces and a rendezvous was set: destination Pangkor Laut.

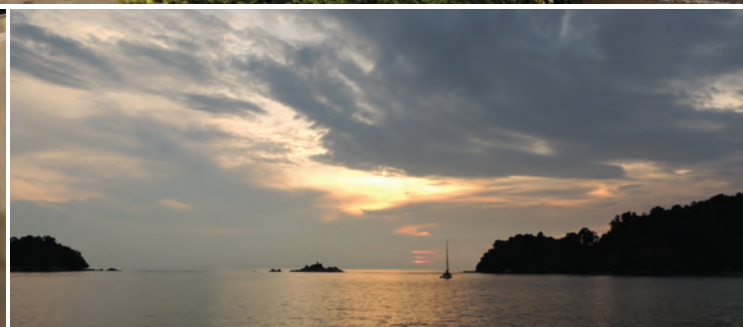
He travelled to the island disguised as Chinese tradesmen, the risk of discovery a constant and very real danger. On the 13th of May, he and a compatriot made their final escape. Under the cover of night they stealthily crossed the island's heavily forested hills to Emerald Bay, where they swam out to a waiting submarine and, eventually, safety.

You would think, under such circumstances, one would not be inclined to take note of the extraordinary beauty of one's surroundings, but the 36 hours

he spent on the island made quite an impression on Chapman. A self-described naturalist, he extolled the wonders of Pangkor Laut in a book, *The Jungle is Neutral*.

Today, the island is home to a luxury resort and spa, and great pains have been taken to maintain those many wonders in their natural state. There are 140 villas scattered across the island, each one carefully designed to blend in with its surroundings. Some dot the hillsides, others are set among lush tropical gardens, while still others sit gracefully over the glittering sea, their stilts a playground for schools of tiny fish.

“Unless you’ve been trained as a mountain goat, it’s best to go slowly!”



Chapman’s Challenge

The Pangkor Laut Resort and Spa is proud and protective not only of its natural heritage, but of its dramatic history too. That’s why, on 13 May 2016, it launched the inaugural Chapman’s Challenge, a 3.8-kilometre run around the resort, followed by 2.4km of steep jungle trails and a 1,000-metre swim in the placid green waters of Emerald Bay.

I was lucky enough to be one of the 108 competitors to take part in the inaugural event, and to spend the weekend discovering Pangkor Laut and its many wonderful offerings.

Our long weekend began with a buffet lunch at the resort’s Feast Village, followed by a preview of the jungle trail part of the race: a taste of what was to come early the next morning. The steep slopes and uneven terrain would make for a challenging run, and, as the resort’s General Manager Ross Sanders pointed out in the briefing later that night, “Unless you’ve been trained as a mountain goat, it’s best to go slowly!” Steep climbs, however, often make for stunning views, and this was no exception, with breaks in the trees exposing beautiful vistas down below.

That evening, we saw even more gorgeous island scenery, this time from the water. We cruised around the island on the hotel junk, drinking in the sunset as the captain regaled us with anecdotes of famous guests and love-struck staff, and a family of sea otters frolicked on the rocks.

Dinner was Nyonya (Peranakan) and Hockchew Chinese-style cuisine at Uncle Lim’s, which stood out not only for the excellent food (the stir-fried squid is not to be missed), but also for its unusual architecture. Sitting atop a giant rock overlooking the sea, it’s built in the shape of a giant parasol and is bedecked with lanterns.



Ready, steady, go!

The next morning was Race Day. The jetty was abuzz with excitement as participants discussed what lay ahead. There were a handful of serious, professional athletes, but most were enthusiastic amateurs or weekend warriors. The general consensus about the course echoed my own feelings: fairly confident about the run (despite the hills), but a little apprehensive about the open-water swim. There was no time for nerves though, and, after a short speech from the guest of honour, Freddy Chapman's son, Chris, we were off!

We wound our way up and down the undulating roads of the resort, then worked around to the jungle trail. By now the pack was well spread out, and one by one the runners made it over the treacherous hills

to Emerald Bay, where they switched their trainers for goggles and hit the water. It may have been the beautiful setting, the buoyancy of the salt water or the confidence-boosting sight of the bay filled with boats, but our fears proved unfounded: all the competitors made it back to dry land, safe and smiling, to complete the challenge.

A gentle recovery

I passed the rest of the day in a state of well-earned relaxation: a little lazing on the deck of my gorgeous spa villa, just looking out to sea, followed by a blissfully easy afternoon by the Royal Bay Beach Club pool. Here, my only distractions were a gripping novel, a tasty Cajun shrimp po-boy and a mischievous group of oriental pied hornbills.

At 4pm, it was spa-time. Any remaining traces of the morning's exertions were soon washed, scrubbed and massaged away in a blissful 2.5 hours at the Spa Village. First came the signature Bath House Ritual, with its many different Asian bathing traditions; then a Campur-Campur massage, featuring a blend of Malay and Thai techniques. The scent of lemongrass and pandan filled the air as my therapist, Laila, worked her magic. A restorative cup of ginger tea in the spa lounge was a gentle transition back to reality and, after a few minutes under the pounding waters of the massive rain-shower back in my villa, I was ready for the post-race party: a celebratory beach barbecue at Emerald Bay's appropriately named Chapman's Bar.



On Sunday came the time to say farewell, but not before enjoying an indulgent buffet breakfast and a waterside tai chi session. Under resident Chinese specialist Dr Zhang Xin Hong's gentle instruction, I was able to follow at least some of the elegant and controlled movements. Despite my lack of finesse, the simple act of being there, with the fresh ocean breeze and the soothing sound of the waves, left me feeling thoroughly rejuvenated and ready for the journey home.

As we climbed aboard the speedboat that would whisk us away to the mainland, I looked back at this little slice of paradise and could not imagine why – unless there were hostile enemy forces on your tail, like there were for Chapman – anyone would ever want to leave.

FACT FILE

Get there: Firefly flies direct from Singapore to Ipoh. From there it's a two-hour drive in a hotel car to the coast and a 20-minute speedboat ride to paradise.

Stay: I stayed in a spa villa, a 55-square-metre bungalow on stilts over the sea, with direct access to the Spa Village and its lap pool. Other options include garden, hill, sea and beach villas, two sea suites and one hill suite named for its most famous occupant: Pavarotti. For those looking to splash some serious cash, there are also eight private luxury "estates".

Chapman's Challenge: Register for the 2017 event at guestservice_plr@ytlhotels.com.my.

DISCOVERY ON BINTAN

Exploring Local Culture

Beaches, pools, bars, restaurants and relaxation all feature prominently on Bintan – it's an island escape, after all! But did you know the destination also has a huge variety of cultural and educational attractions to suit everyone? Here are eight of the highlights.

1 Trikora Coast

Just a 45-minute ride away from Bintan Resorts, on the island's east coast, Trikora features a stretch of four beaches, each with crystal-clear waters in various shades of blue and green. There's a truly relaxed vibe here – you'll feel a real respite from city life – and there are some welcome insights into local culture at the nearby fishing village, where you can witness traditional boat-building.



2 Grotto Santa Maria

Bintan is home to a unique religious site, the well preserved and maintained Grotto Santa Maria, located right opposite Trikora 4. It's thought to have been built by a Dutch priest many years ago, with newer additions by sea gypsies from Vietnam and Catholics from East Timor. Main features include 14 Stations of the Cross and a statue of Mary standing on a globe. Try to visit on a Sunday, when you'll see devotees praying and singing songs in the small chapel on the grounds.

3 Senggarang Village

Built directly over the sea, Senggarang is home to two of Bintan's oldest temples, erected by early Chinese settlers to give thanks for their safe sea passage. The Banyan Tree Temple has partly been swallowed by nature; an ancient tree trunk weaves in and out of the structure. The nearby Vihara Dharma Sasana temple, meanwhile, showcases the co-existence of gods and dragons in Chinese mythology.





4 Penyengat Island

History buffs will love visiting Penyengat Island, which is reached by local boat; it's the kind of place that feels like a step back in time. The island was home to the kings during the last phase of the Malay Kingdom, and the ruins of the old palace, along with the Royal Mosque and mausoleum, all feature a distinctive yellow and green colour scheme. Cannons that were used by locals against their Dutch invaders, though rusted now, are still in place above the sea as a reminder of past events. The island is pending listing as a UNESCO World Heritage Site and has been awarded a Certificate of Excellence by TripAdvisor.

5 Tanjung Pinang

Tanjung Pinang is the capital and largest town of the province of Riau Islands. Here, you can mingle with locals and explore the many tiny shops, with their assortment of clothes, knick-knacks, gems, dried seafood and snacks. The prices are very reasonable, and the town's shophouses offer everything from handicrafts to electronic goods. The best buys, though, are from the street vendors, with their displays of jewelled stones,

handcrafted toys, Javanese batik sarongs and more. Roadside stalls offer fresh produce, including a variety of sweet, sour and salty titbits (from colourful crackers to dried anchovies or *ikan bilis*), along with fresh fruit and vegetables stacked high on wooden carts.

6 Kwan Yin Temple

For many, this unique temple – which has a dragon fruit plantation in front of it – is a must-visit on Bintan. People come here not only to meditate, but to marvel at one of the tallest Goddess of Mercy statues in Southeast Asia, made of brass and coated in 22-carat gold. Equally impressive are the vivid sunsets that can be seen from this spot, if you're lucky enough to come on an evening visit.

7 Panglong Village, Berakit

Sea gypsies are nomads who are born, live and die on the sea, and here, at the largest sea gypsy village in Bintan, you can discover their way of life as it has been carried out for hundreds of years. Expect to see rural villages, stilt houses on waters and salted fish being dried in the open air.



8 Bintan Eco Farm

This is a 17-hectare haven of greenery where different fruits are planted and fish are reared organically. Take a two-hour cycle tour and explore the plantation's offerings, from everyday items like watermelon to the more exotic rosella fruit. Enjoy a plate of *rojak* (mixed vegetable salad) made from ingredients grown on the farm itself, right down to the sauce, a rich mixture of raw sugar, turmeric and shrimp paste.

For more information, visit bintan-resorts.com.



GOLFING GETAWAY

In search of perfecting her swing, and to prove to her husband that the months of golf lessons were worth every penny, EMILY FINCH heads to newly revamped **Laguna Golf Bintan** and discovers she can (nearly) hold her own over 18 holes.

So, if you'll excuse the terrible pun, I will start from scratch. Last year, I took up what some people (shame on you!) perceive to be the ultimate game for the middle-aged: golf. The competitive side of me wanted to get a good decade's head-start: learning such a sport in your late 40s, when the body's not quite as supple as it used to be, has surely got to be way harder, right?

The folks at **Laguna Golf Bintan** clearly recognised my potential (hee hee!) when they read my golf entries on our *EL* blog and kindly asked me to come and try out their updated course. Not content with just a day's golf, we decided to super-size our day on Bintan to a few nights away.

George and I are big fans of the staycation. While our friends back "home" think we live in the world of helper-heaven – and certainly the live-in help is a huge bonus on a daily basis – we do miss being able to drop the kids with their grandparents and do a proper runner. It had been six years since we'd last had more than one night away together.

One step up from the stay-cay is a trip that doesn't involve flying, but where you

get to head off for more than one night, still relatively guilt- (and child-) free. This is where Singapore's neighbour, Bintan, has the edge.

PLAN

We chose to do our two-nighter from a Thursday, meeting at Tanah Merah for the 5pm ferry to Bandar Bentan Telani. We knew we'd feel a lot happier leaving the girls on a day when they were at school, rather than floating around at home over a weekend. Also, being back by Saturday lunchtime meant we had most of the weekend still ahead of us to make up for our bunk!

Remember, Bintan is an hour behind Singapore time, so you gain an hour when you get there; this meant we were ensconced in the resort and Hoovering our first Bintangs by 6pm Indo-time.

STAY

There are so many options now on Bintan. We'd come away for a bit of luxury and wanted somewhere close to Laguna Golf Bintan – I'm not a morning person, but in this climate an early tee-off is essential – and the **Banyan Tree Bintan** provides exactly those things.

On arrival at Lagoi, we were assisted by a Banyan Tree staff member through immigration (British passport holders no longer need a visa, by the way) and ushered with our kit onto one of the resort's smart people-carriers. Ten minutes later, we'd arrived.

As you would expect, the place is beautifully kept, charming (thatched roofs get me every time) and well run. Buggies take you everywhere you need to go – it's a big site. We were whisked across the resort to our Sea View Villa and during our buggy ride could see how clever they've been about the positioning and aspect of each plot; no villa is overlooked by another.

We felt a real sense of privacy entering our digs, complete with its own private terrace and plunge pool, and facing west to capitalise on those sunsets. We could also see the lights of Singapore in the distance, which was quite comforting, having left the kids behind.

Inside stood a massive double four-poster bed complete with romantic mozzie net draped over the top, and ceiling fan above. Don't worry, there's air-con too, along with a desk in case you need to work, and a large day bed



by the window with another magnificent view. In classic Banyan Tree attention to detail, the feather and hypoallergenic pillows that we had requested following the “personalise your villa” email prior to our arrival were all there.

The bathroom was spacious, with a “his and hers” layout and a smart marbled shower next to a floor-to-ceiling window, with yet another view of the sea splashing against the rocks beneath. The usual big white fluffy towels, treat bags containing “smellies”, smart bathrobes and slippers were waiting in the wardrobe.

Don’t overlook this resort as somewhere to visit with children. I was shown around a two-bedroom villa with a small, private pool: it was gorgeous, well laid out over two levels and with its own kitchen. It looked ideal for those with babies, and would also enable you to put kids to bed downstairs while carrying on your evening upstairs. The villa we stayed in could have accommodated two kiddies too, with the day bed turning into a single bed and the option to request another single.

PLAY

I can’t believe my usual holiday lie-in has now been replaced by an early morning tee-off: I have changed! But, you know, an early morning is so different when you’re waking up to a monster buffet breakfast at Banyan Tree’s Treetops restaurant, with

an awesome view out to sea and no fear of being interrupted by demands to go and find a lost hair bobble.

Slap-bang next door is the Laguna Golf Bintan, which has recently undergone a makeover, and is the only golf course on Bintan to feature beachfront holes on both the front and the back nine holes. (As you can see from the photo to the left, the views from some of the holes are awesome.) This was only the second time I’d attempted a full 18 holes – I usually lose interest a bit by about the 14th. So, when that happened, I was able to hang in the buggy and just admire the amazing views and setting. You can ask your caddy to sort out some drinks for the buggy too – a few cold beers to aid play!

After the morning’s activities, I retreated to the Banyan Tree Spa for a head, neck and shoulder massage with a reflexology add-on. The spa has a few villas that serve as dedicated treatment rooms, each equipped with shower, resting room and balcony. There’s a couple’s treatment room too, if that’s your thing.

EAT

There are so many dining options at the resort that we didn’t venture far. Treetops was the breakfast destination each morning, perched on the rocks by one of the swimming pools with an unspoilt view out to sea. Funnily enough,

we didn’t see one single ship at breakfast, which is a rarity for this neck of the woods; we did, however, encounter a few monkeys who attempted to steal my croissants!

Lunches were enjoyed at the Beach Pool Bar, where we devoured a few wagyu cheeseburgers – the view from this pool (there are two in the resort) overlooks the long, white-sand beach, which has a small private section for resort guests.

In the spirit of romance, we had dinner on the first evening at Saffron, Banyan Tree’s signature restaurant. Thai Chef Pimswat Pairote’s classic Thai menu included all our firm favourites – think fine dining in a low-lit and quiet setting.

Keen on some no-frills Indonesian cuisine, for our final night we booked the Kelong Dining Experience. Only on offer for three months of the year, the experience involves being taken out to a floating fisherman’s abode on the sea and indulging in a seven-course eat-a-thon of freshly caught seafood. Needless to say, we were gutted when the weather suddenly turned and we couldn’t embark on this mini-adventure; however, the impressively thoughtful staff brought it all to us instead. There are some interesting inclusions on the menu: George took on a few of the sea snails, but I was less brave and stuck to the curries and rice dishes!

Next time, I hope the weather holds and we make it onto that floating fisherman’s platform to experience the real deal. I also hope my golf has improved by then and I manage the full 18 holes. Might be time for me to book in for some more lessons... and another stay-cay!



Special offer: Book a three-night stay any time before 20 December 2016 and only pay for two nights! Visit banyantree.com for more information. 

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From left: Golda Chew, Isa Schaller, Brian Gillies, Stesha Tan, Geoff Montford and Lisa Montford

The Spirit of Giving

Connecting expats to local charitable causes, the team behind non-profit organisation **100 People Doing Good** is driven to give back. We chatted to some of its members about this big-hearted and inspirational initiative.

BY SUSANNAH JAFFER
PHOTOGRAPHY MICHAEL BERNABE

Embarking on an expat adventure and all that comes with it – settling into a new job or setting up a new career, finding the right school for the kids, creating a comfortable home and navigating a new environment and culture – can be both

thrilling and challenging.

With our hectic schedules and long to-do lists, some could argue that it can also become quite a self-consuming one. Stop and ask yourself this: when was the last time you thought about giving back to your adopted home, instead of continuously trying to build up and improve your own? I asked myself this question recently, and, to be honest, realised I'd given it little thought. Instances of poverty, discrimination, abuse and injustice are better documented and more visible in other Southeast Asian countries – Singapore's social issues, in comparison, fly slightly under the radar (perhaps because they tend to be less publicised).

That's why the driving mission behind organisation 100 People Doing Good is exactly that: to raise awareness of charities within Singapore and the causes they fight for. In addition to their day jobs as financial advisors at Globaleye Singapore, each of the team is passionately dedicated towards engaging the expat community with charitable causes through fun, informative and empowering events.

In a nutshell, 100 People Doing Good is providing a space where business and charity meet, work magic and make a difference. Chairman BRIAN GILLIES, board member ISA SCHALLER and events director LISA MONTFORD tell us more.

Give us some background to 100 People Doing Good. Where did the idea spring from?

Brian: The concept stemmed from my involvement with a completely different company in the UK called Pilotlight, an organisation that gathers senior business leaders together from different industries to volunteer their time and skills to help a charity work on its growth

strategy. It was founded by a lady called Fiona Halton, who was one of the original founders of Comic Relief in the UK.

Two years ago, the Singapore government approached Pilotlight as they were looking to build a skill transfer charity, and so that's how I ended up getting involved. The Singapore version of Pilotlight is called TalentTrust, and it was finally formed five months ago, as it took a while to start up. 100 People was founded in the interim, while I was getting impatient for TalentTrust to get off the ground! Having been involved in charity work since my mid-twenties, I was itching to get something up and running here as soon as possible.

Tell us more about the concept behind 100 People.

Brian: While we were building TalentTrust, I was meeting and chatting to a lot of people who wanted to get involved in giving to charity, but had no clue where to start. Because of that, I was constantly questioning how to identify the good charities and how I could get in touch with them. One day, while Lisa and I were discussing just that, we came up with the simple concept for 100 People Doing Good. The aim is to gather 100 people in a room to listen to a few different charities speak about their work, and we ask each of them to bring 100 dollars to donate towards the cause of their choice at the end of the night – it's that simple. We fund the cost of the event, and 100 percent of audience donations goes towards the charities.

We love the simplicity of the idea.

Brian: Thanks! Each of the charities presents for six minutes and then takes three minutes of questions from the audience. After that, you can choose which one you'd like to give your donation to. The idea is not just to raise money for the charities involved, but to introduce the expats to worthy local causes, while also providing an opportunity to meet and network with like-minded people. Not only do the non-profit organisations benefit from funding, they often make great professional connections that can benefit them in the future. What's more, quite a few of the people attending our events have gone on to volunteer their time for a cause and a charity that has touched them.



TalentTrust: How it works

Each member of a team of industry leaders gives two hours a month of his or her time to work on a charity. For the first six months, they observe the company's operations – what they're spending money on, how they set their goals, and so on. For the next six months, they impart their skills and knowledge to members of the organisation and teach them how to make a business plan to grow its operations over the next five years. Eventually, TalentTrust hopes to achieve the same great results as Pilotlight. The average growth of a charity in the UK is about 5 percent a year, but after the Pilotlight scheme, the average growth every two years was around 54 percent – a huge jump.



What types of local charities have you partnered with?

Isa: Locally, we've held events with charities such as Aidha, Willing Hearts, Home, Aware, Wings, Sportcares and many more.

Lisa: We try to work with a range of charities, and especially to offer a good mix of different ones at events. What's more, with all the charities we get to support and meet through 100 People, we also come across some who could have the potential for development with TalentTrust.

Brian: So, on the one hand we're raising money for charities through events, but then we're also putting skills into those charities to help them grow. Across the board, we're doing what we can to improve and expand the charity sector in Singapore.

Tell us about the type of events you've put on.

Lisa: So far, through a series of events since June 2015, we've been able to raise in the region of \$150,000 dollars for charity. As well as 100 Women and 100 Men Doing Good, we also run a highly competitive and fun pub quiz called Quiz Wars. We always strive to make our events as fun as possible, so they're memorable and enjoyable in addition to being purpose-driven. We've also started to take the concept to corporate entities, and had a very successful event last month with Aon. We're hoping to build on more opportunities like that next year.

What challenges are you facing and what keeps you motivated for the future?

Brian: Historically, the charity sector in Singapore has had a number of issues. It's very well regulated, and there are a lot of hoops to jump through. That's why it took quite a while for TalentTrust to get off the ground. There's also the general challenge of raising awareness

“Across the board, we're doing what we can to improve and expand the charity sector in Singapore”

— Brian Gillies

of what we're doing and the cause behind 100 People. What keeps us all going is that we believe strongly in the cause, and generally in making a difference in the world.

Lisa: Definitely. Singapore can be such a rat race culture and we're all living busy lives, so our event attendance has been building up slowly. We've developed a loyal following of fantastic supporters in the expat community though, which we're very grateful for!

Isa: Despite this not being our day job, it's something we take very seriously and have made a huge part of our lives. On a personal level, after experiencing the aftermath of the 2008 Sichuan earthquake and being part of the charity efforts afterwards, I knew that I wanted to make giving back a part of my life – I find it very rewarding. For all of us, I think, the best thing is that doing this comes naturally. *eu*

To learn more about 100 People Doing Good and to keep up with their events, visit 100peopledoinggood.com or follow the team on social media. Their next event will take place on 8 February.



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FASHION



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194

News: The latest style updates to know

198

Partywear Special: Our readers showcase gorgeous festive frocks

206

Finishing Touches: The final details to your outfit

What's New



Editor's Pick

Come New Year's Eve, you'll find us on the dance floor in these ombré metallic pumps! **Zara**, \$99.90.



JUST LAUNCHED

Indulge in a little piece of luxury from new sleepwear brand **Maisonzhou's** debut collection of vintage-inspired silk lingerie. The boutique local brand's luxe pieces are beautiful yet comfortable, and crafted from their signature stretch silk. Prices start from \$140. Available at selected pop-up stores and at **maisonzhou.com**.

Colourful Collection

Kipling celebrates Christmas with an exclusive collaboration with Finnish illustrator Sanna Mander. We love the injection of ochre shades, which go surprisingly well with many outfits! Compact yet roomy, the Keeya small handbag allows you to carry your daily essentials without being too bulky. \$189.



Affordable Luxe

We're drooling over the new demi-fine jewellery collection by luxury e-tailer **Net-a-Porter**, comprising wearable, quality accessories made from solid gold and silver, at prices that'll keep your wallet happy. We're sold. **net-a-porter.com** ▼





Super Supré

Online retailer **Zalora** is now stocking Australian brand Supré. Known for its youthful, on-trend styles, the label is available to the Asian market for the first time. This season we're loving the pastel palette, choker crops and major midis. zalora.com

Classy Chic

Who says office wear has to look blah and boring? The latest **Carine Roitfeld** collection by Uniqlo combines style with professionalism for the working woman. A collaboration between the former editor-in-chief of Vogue Paris and Uniqlo design director Naoki Takizawa, this range features a mix of outerwear, tops, skirts and accessories in imitation fur and animal prints. Priced from \$14.90. Available at Uniqlo Orchard Central and on uniqlo.com/sg.



Loving Local

In support of local brands and fashion designers, Tangs, together with the Textile and Fashion Federation Singapore (Taff), has launched **庄 Zhuang – Home of Singapore Designers**. At the seven-month pop-up you can expect a cool art installation by multidisciplinary artist Daryl Goh, introducing more up-and-coming brands alongside the current mix. Tangs at Tang Plaza, Level 4.

DECIDEDLY DAPPER

Pushing the boundaries of design, **CYC The Custom Shop** is offering something a little bit different from the traditional tuxedo shirt – just in time for the end-of-year festivities!

When you envision a tuxedo, you immediately think of a suave black suit, a white shirt with pleats, and a classic or wing-tip collar finished with a bow tie. Nice and traditional, right?

Master tailor CYC The Custom Shop wanted to change things up, so it challenged its designers to come up with two different tuxedo shirts for the festive season – and here's the big reveal!

The first design teams the Swiss Plisse with a navy blue print and a wing-tip collar. When worn under a tuxedo jacket, the shirt is ideal for any formal occasion. The printed collar and front placket lends a chic vibe. Remove the jacket, and the look works for an important date, or even for hitting the bars.



The second design will definitely appeal to those with an eclectic sense of style. A fun, ruffled strip next to the button line takes inspiration from vintage seventies style, and will be guaranteed to draw attention (for all the right reasons).

Did you know?

Established in 1935, CYC was the first company in Singapore to make customised shirts!

For more information and for store locations, visit facebook.com/CYCcustomshop.

COOL & Crease-Free

Finding the right ironing solution to care for your clothes can involve a good amount of trial and error. Steaming is one of the safest options, especially for all those summery tops, shorts and dresses, says SUSANNAH JAFFER.

Typically, a move to Singapore means saying farewell to all semblance of outerwear, and swapping woolly fabrics, leather and suede in favour of tropics-friendly cotton, linen and tencel. Breathable and light, these materials can save the day when the temperatures soar, but they do tend to require a more sensitive touch after washing and drying.

There's nothing more painful than ruining a beautiful dress at the ironing stage – either with a too-heavy hand or by not reading the instructions properly. (Trust me, I've been there and learnt the hard way!)

For that reason, a steamer, or an iron with a good steam function, can be your best bet. Not only is it able to protect the beauty of finer fabrics like crepe, lace or tulle, it will also do justice to thicker denim, polyester or nylon.

Nowadays, good steam generators use an ultrafine steam for faster smoothing action. The **Laurastar Lift** is just one example. Interestingly enough, I discovered that this model by the Swiss ironing brand is actually a portable, professional-grade iron head that you can either use upright like a traditional steamer, or lift up onto an ironing board. The latter isn't troublesome, as it feels light enough to carry in one hand from one room to another.

Using something called dry steam technology, it diffuses steam evenly and doesn't moisten fabrics upon contact, which means no more annoying water splotches. Its automatic setting emits short, powerful bursts of steam to release wrinkles quickly and easily, needing only one or two strokes. Design details like this mean that even delicate materials retain their original texture and shape, whether it's silk, cupro, chiffon, velvet, cashmere or even mohair that you're dealing with.

If you prefer a fully integrated ironing board setup with a blowing or vacuum feature, the powerful **Laurastar System Range** is another option. It still comes equipped with a protective soleplate for delicate fabrics, but also includes a heat-resistant iron mat, an anti-scale water filter refill and an accessory where you can hang clothes in the queue for steaming – a thoughtful touch!

The Laurastar Lift also comes in a range of pretty colours to match your individual tastes (and perhaps your décor!)



Did you know?

As official fashion partner for Singapore Fashion Week in October, the Laurastar garment care system was used to perfect the look of high-end runway outfits, including the likes of international designers Guo Pei and Naem Khan. *ℳ*

Find out more at laurastar.com.sg.

A full-page photograph of two women standing side-by-side against a plain grey background. The woman on the left is wearing a vibrant red, strapless, knee-length dress and holding a black clutch bag. The woman on the right is wearing a white, sleeveless, knee-length dress with a V-neckline and holding a black clutch bag with a white pattern. Both women are smiling at the camera. The background is decorated with several white starburst graphics of varying sizes.

Sparkle & Shine

December means Christmas parties, office shindigs and New Year's Eve plans – and, ladies, it's *all* about the dress. Get inspired by some of our favourite frocks for the upcoming festive season, modelled by five fabulous readers.

HAIR & MAKEUP SABRINA TORRE,
ELLIE SAKRZEWSKI AND DAMELZA
HARRIS AT THE BIG BLOW
STYLING & DIRECTION SUSANNAH
JAFFER ASSISTED BY ANTHIA CHNG
PHOTOGRAPHY MICHAEL BERNABE





Clele White

Style notes

Paired with sky-high black platform heels, this torso-elongating dress flatters Clele's statuesque frame. Jewellery is kept simple yet eye-catching with crystal bracelets in mixed shades that reflect the light, while the neck is left bare and the hair pulled off the face into a topknot ponytail to show off her beautiful décolletage. A leather metallic clutch adds polish.

The look:

Metallic clutch, \$115, White Ginger

Red dress by PS The Label, \$150, available at Shopping at Tiffany's

Chinese crystal bracelets, \$25 each, Stones That Rock



The look:

Anna mixed crystal and shell pearl necklace, \$170, Stones that Rock

Dress by PS The Label, \$210, available at Shopping at Tiffany's



Kimberly Billing

Style notes

This off-the-shoulder number flatters Kim's bust line, and she couldn't resist twirling in the A-line skirt with a flirty, high-low hem! Though the "little black dress" is a classic, black can look harsh against some complexions, and navy is a wonderful alternative that suits most skin tones and hair colours. A statement choker necklace attracts attention to Kim's gorgeous décolletage and her Hollywood waves.

The look:

Clutch, \$375,
Elyse and I,
elyseandi.com

Pink bodycon
dress by Honey
& Beau, \$220,
available at
Willow and
Huxley

Katy Black
crystal quartz
necklace (worn
as a choker),
\$130, available at
Stones that Rock



Ankita
Singh

Style notes

Petite Ankita looks ready for cocktail hour in this hot-pink bodycon number. Its mid-length balances the low-cut top, keeping things classy. Jewellery is muted but sparkly thanks to a black crystal necklace, matched with strappy black heels. Her eye-catching patterned clutch is the perfect conversation starter.

Belinda Cabanes

Style notes

Belinda sports a classic black-and-white outfit, and the look is kept fresh and modern thanks to the flattering V-neck and tulip skirt. Crystal bracelets add a touch of sparkle, while a monochrome pony-hair clutch adds cool texture and detail.



The look:

Chinese crystal bracelets, \$25 each, Stones that Rock

Natural hand-etched pony-hair clutch with jade detail, \$295, Desti Saint

White dress by Shilla, \$230, available at Willow and Huxley

Mary-Anne
Vicente

Style notes

This printed pencil dress finishes on the knee and cinches in just below the bustline, suiting Mary-Anne's tall figure beautifully and giving her a striking silhouette. Open-toe heels have the effect of lengthening the leg, and the look is accessorised with a classic three-string pearl bracelet and an iridescent minaudière clutch, just big enough to hold those party essentials.

The look:

Bag, \$359,
Elyse and I,
elyseandi.com

Monica
three-string
freshwater
pearl bracelet,
\$55, Stones
that Rock

Dress by Shilla,
\$260, available
at Willow and
Huxley



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FOR... A GORGEOUS SCENT

The perfect final touch? A spritz of your favourite scent. The brand new Angel Muse by Mugler (remember the original Angel perfume in the blue star-shaped bottle?) evokes a tantalising mix of grapefruit, pink peppercorn, hazelnut cream, vetiver and patchouli.



FOR... SHOE HEEL PROTECTION

These clever stoppers from Clean Heels protect your heels from getting scuffed on uneven surfaces like grass and decking, and come in different sizes and styles to coordinate with any of your stilettos. We wish we'd discovered these sooner! Prices range from \$10 to \$25. Buy yours at dees-boutique.com.

FINISHING TOUCHES

Details matter too! Refine your look with these useful products.



FOR... A GOLDEN GLOW

We all look healthier with a bit of a glow. Benefit's Hoola Zero Tanlines Body Bronzer lets you fake a holiday tan in an instant – and you apply it with a sponge contained in the cap, so there's no need to get your hands dirty! You can layer it to achieve a deeper shade, it's formulated to stay on for 12 hours, and it won't come off onto your clothes. \$53

FOR... TONING DOWN SHINE

Make Up Store's popular Glow Dual Foundation moisturises with shea butter and absorbs excess oil with silica – perfect for on-the-go touch ups. Plus, who can resist that funky limited-edition packaging? \$63



FOR... POLISHED NAILS

We don't know about you, but we don't feel any evening get-up is complete without a manicure, especially for big occasions. Give yourself one at home with the Nails Inc Gel Effect in Crown Place – a sparkly, golden shade. This collection contains charcoal to help keep your nails healthy and in tiptop condition, rather than drying them out.

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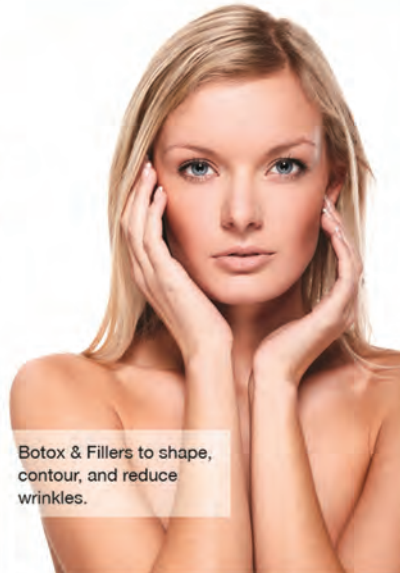


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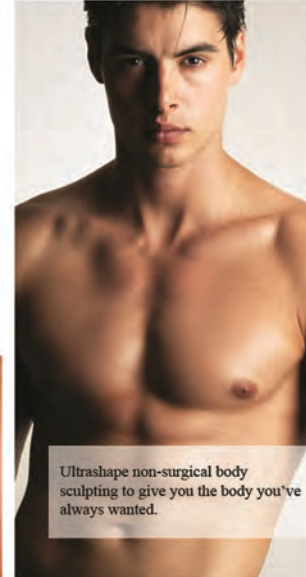


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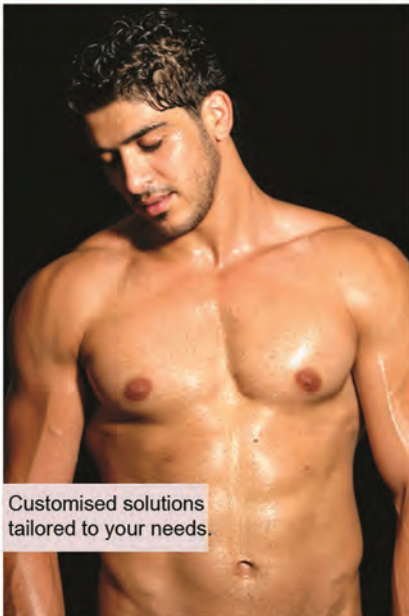
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BEAUTY



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212

News: The latest in style and grooming updates

216

Tried & Tested: Our team's favourite products from 2016

219

Hair Tutorial: Achieve the style of the season

What's New

Colour MAGIC

If you're battling white or grey hair, there's light at the end of the tunnel. You can now rewind time (well, sort of!) with this Italian product, **Reverzze**, which promises to turn your white and grey strands back to your original hair colour, simply and easily. Formulated without harsh chemicals, it interacts with the protein in your silver hairs to add a pigment similar to melanin, the natural pigment in your body that gives your skin and hair its colour. Simply apply the colourless lotion on the grey strands, twice a day over two weeks, and you should see your hair colour change gradually back to your natural shade! **\$59.90 for 150ml bottle. reverzze.com**



Soothing Spray

Gone are the glory days of oil-blotting papers; La Roche Posay's **Serozinc** face spray contains zinc for its sebum-regulating, soothing and mattifying properties. Simply spritz onto your face, leave it for a few minutes to be absorbed, then pat off any excess for an instant refresh. Available at major pharmacies.



New in Stores

New perfume alert! Loewe has released its first fragrance under the creative direction of fashion designer Jonathan Anderson, **Loewe 001** – a sweet-smelling blend of tangerine, bergamot, sandalwood and jasmine with vanilla notes. \$120 for 50ml.



Luscious Locks

Hydrate your hair with the new **Extraordinary Oil Merveille de Paris**, the Christmas limited-edition hair oil by L'Oréal Paris. Its lightweight, non-greasy formula is enriched with white rose oil to nourish dry hair while boosting softness, smoothness and shine. \$27.90. Available at Guardian, Watsons and selected personal care stores.



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Home for the Holidays

'Tis the season of warm, enveloping scents that make us feel all fuzzy inside. It's beginning to smell a lot like Christmas!

Burn Bright

The latest Christmas collection from **Cire Trudon** has sent our hearts a-flutter with three new candles in hand-blown glass vessels. We're loving the nativity-inspired Bethlehem, an exotic blend of spicy pepper, cardamom and saffron with a warm amber, sandalwood and cedar base. **Available at Escentials.**



Calming Collection

The Body Shop's festive range is here and we've got our eye on the **Vanilla Chai** collection, made with handpicked Madagascar vanilla. Cosy and comforting, the rich scents of cinnamon, cardamom, milk and vanilla smell almost like the real deal. Too bad it's not for drinking! **Available in stores.**



Santa Baby...

Top of our wish list is the new **Tom Ford Private Blend** collection. Featuring six scents – Neroli Portofino, Café Rose, White Suede, Tuscan Leather, Tobacco Vanille and Oud Wood – these luxurious candles smell as good as they look. Encased in an exquisite dark brown glass, each is perfect to display at home, or makes a lovely gift for someone who's been extra good this year!





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TRIED AND TESTED

Expat Living staffers spill the beans
on their star beauty products of 2016!

1

I've loved Soap & Glory's Sugar Crush 3-in-1 Body Lotion. This is the one product sample I've kept within reach of my desk this year. The sweet lime fragrance is divine, the ingredients include kiwi water juice (which sounds ultra-healthy, at least) and the lotion is deeply moisturising. It hydrates for the entire day too, which is ideal for skin exposed to office air-conditioning. Buy it at Sephora.



— KATIE ROBERTS

2

I can't get enough of La Prairie's Skin Caviar Luxe Lift Eye Cream, though it's on the pricey side: it glides on nicely and I've seen swift improvements to fine lines and puffiness. I picked mine up at Takashimaya beauty hall.



— JACQUI YOUNG

3

I've been through countless bottles of hair oil over the years, but recently found a gem in L'Oréal Paris Extraordinary Oil. It offers great protection from my daily blow-drying and manages frustrating morning frizz well. What's more, it smells amazing. You can buy it at Watsons, Guardian and major supermarkets.



— LINDSAY YAP

4



I'm a huge fan of OPI nail polishes; the endless array of colours, the even application, and how long they last. I also like the quirky names given to each colour. My go-to's are Bubble Bath for a pink neutral, or Malaga Wine for an elegant, deep red. There were some gorgeous new shades this year to celebrate the release of the new Alice in Wonderland film, including a sparkly black called "What time isn't it?" for a bit of drama. The Hello Kitty collection has a great range of pinks. You can buy these at Sephora or at Robinsons for \$16.95 each.

— AMANDA BROAD

5

ElaDerm CosmeLED serum comes with the Dermabooster micro-needling roller device, which increases the absorption of the product and allows it to penetrate the skin at a deeper level. This works even better in combination with the 3 Days to Instant Youth programme, which includes radiofrequency and LED technologies – your skin definitely looks so much better. The serum gets absorbed easily, and doesn't sit on the surface of the skin or feel oily. I use it before moisturiser (when I remember and am being good!), or at night. It's available at Estheclinic at Rochester Park and Tras Street.



— REBECCA BISSET

6

I've been using the Hada Labo Retinol Lifting and Firming 3D Lotion religiously. It's a lightweight moisturising serum that I use right after my toner. Not only is retinol one of the best anti-ageing ingredients, it doubles as an exfoliant and can also help to prevent or heal pimples. Applying it before bedtime, I wake up in the morning to soft, smooth and supple skin. The lotion can also be used under makeup, as it dries matte as long as it's massaged properly into the skin. The best part is that it's so reasonably priced, and one bottle can last several months! Buy it from Watsons and Guardian stores for \$25.90.



— LIANA TALIB

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Styled Right

ELLIE SAKRZEWSKI from **The Big Blow** salon teaches us how to create an elegant braided up-do at home.

- 1** Create a side parting in the hair. Starting from the side parting, take a three-inch section all the way down to the base of the hairline.
- 2** Section away the rest of your hair so it doesn't tangle.
- 3** Starting from the crown, braid or plait the hair all the way down to the hairline, and secure the braid at the end with a small elastic band. To avoid the braid becoming too loose towards the end, tilt your head slightly. That way, when you straighten your head it will be tighter.
- 4** Make a similar braid on the other side. This side will be shorter as the parting is closer to your ear.

- 5** Returning to the other side of the hair, gather it into one ponytail at the back, or slightly off-centre if you would like the bun to be on the side.
- 6** Backcomb the ponytail a little for volume, and then twist it around into a bun. Secure with bobby pins, letting small pieces fall out to achieve a messy bun look.

STYLIST TIP

Hair washed the day before is easier to braid than very clean hair

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*Dr. Andrew Khoo
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HEALTH & FITNESS

236

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The benefits
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starting your
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*before the
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224

What's new: The latest in health
and fitness news

232

Family Health: Go-to clinics for
the whole family

234

Dentist or Orthodontist?: Your dental
questions, answered

What's New

DEET-free Formula

With the on-going threat of Zika and other mosquito-born diseases, protecting ourselves from mosquito bites is more important than ever. And for those looking to steer clear of DEET – the synthetic ingredient commonly found in strong insect repellents that can potentially be harmful – you're in luck. Formulated by compounding pharmacists at Singapore's Amber Laboratories using a concentrated blend of natural substances including lemongrass and citronella, **Elven Guard** has been verified by Zika experts at the London School of Hygiene and Tropical Medicine as showing complete protection against the *Aedes aegypti* mosquito, which spreads Zika, dengue, chikungunya and yellow fever. In fact, PMD, an ingredient in the repellent that's toxic to insects, is the only natural active ingredient endorsed by the World Health Organisation (WHO) that's proven to effectively protect from mosquitoes for up to eight hours with a single application. Elven Guard is available at Amber Compounding Pharmacy (221 South Bridge Road) and ambershield.com. For more information, visit elvenguard.com. ▶



Family-friendly Fitness, in the Water

Located at 1206A East Coast Parkway, the recently opened **Singapore Wake Park** is the island's first and only cable-ski park where riders can wakeboard, kneeboard and cable-ski with an overhead running cable system – until 10pm! Both first-timers and seasoned enthusiasts can challenge themselves here, as the park features a full-size cable system with obstacles for the pros, and a system that caters to those learning to kneeboard or stand. For more information, visit singaporewakepark.com. ◀



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APPROVAL ALERT

Chemotherapy-induced nausea and vomiting (CINV) is one of the most troubling side effects of cancer treatment, significantly affecting a patient's quality of life. In fact, 70 to 80 percent of chemotherapy patients experience nausea or vomiting without treatments. Until now, CINV treatment in Singapore has meant multiple anti-nausea medicines administered over five days, beginning at the start of every chemotherapy cycle. But, thanks to the Singapore Health Sciences Authority's (HSA) recent approval of the anti-nausea drug **Akynzeo**, patients undergoing cancer chemotherapy can now take just one fixed combination capsule that lasts for up to five days. Introduced in 2014, the US FDA-approved and Australian TGA-approved two-in-one drug is the first and only single-capsule prophylactic that helps patients in both the 24 hours following chemo as well as in the delayed phase (25 to 120 hours after chemo) – something that other anti-nausea medications can't do. For more information, visit mundipharma.com.sg.



COMING UP

Dual Action

The **MetaSprint Series Aquathlon**, a multi-sport event that involves swimming and running (like a triathlon, without the cycling portion!), takes place on 12 February at Sentosa Palawan Green. Whether you participate individually or with a relay partner, you can choose between the "sprint" (a 750m swim and 5km run) and the "discovery" (a 250m swim and 2.5km run), while kids aged seven and up can tackle a 150m swim and a 1.5km run.

Register at metasprintseries.com.



Celebrate, Remember and Fight Back

Organised by the Singapore Cancer Society (SCS), the inaugural Relay for Life (RFL) 2017 will take place on 18 and 19 February at Bukit Gombak Stadium in Bukit Batok, with the mission to unite people who have experienced cancer, whether as patient, survivor, caregiver, family or friend. Spanning 17 hours, the overnight event will include a "fight back" relay, a "survivors' lap" in which cancer survivors take the first lap around the track to celebrate their victories, a caregiver lap and a community lap, as well as a candle-lighting ceremony at which those who have lost their battle with cancer will be remembered. Register at singaporecancersociety.org.sg/relay.



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Did you know?

- Obstructive sleep apnoea (OSA) – where breathing repeatedly stops and then starts again, often with a snort – is up to ten times more common in men.
- A woman is more prone to having OSA after menopause – that's because it's linked to lower levels of the sex hormones oestrogen and progesterone.
- According to one study, 25 percent of couples fight in bed due to being kept awake, and even more than that sleep in separate beds on occasion.
- Especially in the US, homes with dual master-bedrooms are increasingly in demand as couples choose a good night's sleep over cuddles.

Holy triumvirate of sleep

Healthy hormone levels may be the basis of sound sleep, but they're not going to make you deaf; your partner's snoring may still be problematic. What's worked for me is a combination of hormone balancing, melatonin supplements ... and silicon earplugs; a blessed triumvirate.

Blessed, because the benefits of a regular good night's sleep include curbing inflammation, protecting against heart disease, controlling weight, improving mood and memory and even extending lifespan. It's simply one of the best things you can do for yourself, and the internet has plenty of information on the subject.

That said, there's been a lot of misinformation about sleep over the years – for example, that you need less of it as you get older. I'm not finding that myself, and I don't see it in the people around me. As I write this, it's 3pm and my own beloved is nodding off over yet another John Grisham novel on his Kindle. No sleep problems here! He snoozed for a good ten hours last night, and he's only been awake for six. Tonight, he'll be snoring his head off again the minute his head hits the pillow.

Not to worry, though – I'm armed with my Antinois earplugs. You, too, can get them at Watson's or Guardian stores. At around \$10 for a box of six, they're cheaper than marriage counselling – and definitely cheaper than a divorce! *æ*



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Family Healthcare Services You'll Need

BY CHRISTEL GOMES

Looking for a trusted healthcare practitioner in a new country can be stressful. Happily, Singapore's medical facilities and standards rival any in the world. Here are two go-to clinics that provide commonly needed healthcare services for the whole family.

FOR THE KIDS



Vaccinations

If you're a family with young children, finding a one stop family-friendly clinic to keep you on track with immunisation is likely to be high up on your list of priorities. Different countries have different immunisation requirements for school-going children, and in Singapore, immunisation against diphtheria and measles are compulsory by law, explains DR MARIA TANG of **Complete Healthcare International**.

For children born in Singapore

If your child was born in Singapore, certain vaccines would have been given

at birth along with a Health Booklet that includes the immunisation schedule to be followed. This book must be updated every time your child has a vaccine or booster shot.

"The National Immunisation Registry (NIR) in Singapore monitors and ensures that each child receives their vaccines at the appropriate time, and reminds parents when vaccinations are due," says Dr Tang. "The NIR maintains the immunisation records for all Singapore residents aged up to 18 years."

Just arrived?

If you've only just moved to Singapore, be aware that your child's primary school will ask for immunisation records – a requirement at many international schools, too – to demonstrate that he or she has had all the required vaccinations. This strict policy serves to protect other children your child will come into contact with. "If enough children are immunised against a particular disease, the risk of it spreading is low, and the disease may be eradicated altogether," says Dr Tang.

Missed vaccinations?

If you're wondering whether you've missed any of the required vaccinations, simply bring your child to a family doctor, who will be able to advise what he or she needs in order to catch up.

While only immunisation for diphtheria and measles is compulsory by law, the National Childhood Immunisation Programme (NCIP) in Singapore offers vaccinations against tuberculosis, hepatitis B, pertussis (whooping cough), tetanus, polio, mumps and rubella (German measles).

Further to that, clinics such as Complete Healthcare International recommend and provide vaccinations for other diseases that are preventable with childhood immunisation, such as pneumococcus (the bacteria that causes pneumonia and meningitis), rotavirus, varicella (chickenpox), hepatitis A, human papillomavirus (HPV, which can cause various cancers) and haemophilus influenza type b (Hib).

Cost

For expats, the cost of these vaccinations varies according to the clinic you approach. Dr Tang advises to call for the prices, and also to check if your insurance policy covers them; this may be the case, as a certain ones are compulsory.





Prices for basic services vary depending on where you go; polyclinics are the cheapest option, but waiting times are long and you'll need to book well in advance. If you're willing to spend more, a private practice will be hassle-free and quicker. An online search for price comparison will help if you're new to the country. At Aesthete Smilestudio, the price for a consultation and examination stands at \$98, while scaling and polishing is \$138 and fluoride application \$48.

Inlays & Onlays

Another popular service is the application of aesthetic inlays and onlays to replace old fillings. Inlays and onlays are durable, tooth-coloured restorations that repair partially broken and worn teeth without the need for a crown. "More tooth structure can be conserved, and the nerve can be protected better with less grinding of the tooth," says Dr Thean. "Inlays and onlays are frequently used to replace metal fillings (dental amalgams)."

Typically, at your first appointment the tooth is prepared for the inlay or onlay. Another appointment will be required a week later to cement the inlay or onlay to the tooth with resin. "Laboratory-pressed inlays and onlays are superior to the same-day variety in terms of strength, fit, colour and durability," says Dr Thean.

Cost

Expect to pay between \$1,000 and \$1,500 for this type of restoration; your medical insurance company may cover the treatment.



Invisible Braces

Another number you'll want on speed-dial is the dentist, especially if you have children. The need for orthodontic correction ranks high among childhood dental problems, and most practices have metal and ceramic brace options available. But if you have a child who is worried about how braces will look, or about being teased, Invisalign is an option to explore.

According to DR THEAN TSIN PIAO of **Aesthete Smilestudio**, Invisalign invisible braces are not only visually undetectable in the mouth, but are more comfortable than traditional braces. "They can be programmed to move each tooth in any direction," he says, "giving dentists more options to deal with teeth misalignment compared to traditional wire and bracket braces technology."

Discomfort is also "negligible" as compared to braces. "If there is any soreness, it's generally confined to when you're changing to new aligners, and it usually only lasts for a couple of hours," he adds.

Invisalign can be used as soon as all your child's permanent teeth have erupted, which is usually by the time they turn 15. "We discourage kids from starting too early, so as to prevent the clinical fatigue and loss of motivation that can result from an overly long treatment process," says Dr Thean.

What to expect

As for what to expect during the process, the first appointment is generally spent taking moulds, models and photographs,

while the second appointment is to discuss and confirm the virtual treatment plan. The actual treatment begins at the third appointment. According to Dr Thean, the interval between review appointments can be set between four and eight weeks.

Cost

Invisalign treatment costs \$10,000, whether you're an expat or a Singaporean. "The initial deposit is \$2,000, and the balance is payable once you've confirmed the virtual treatment plan. Some insurance providers cover orthodontics, so be sure to check with your particular provider," says Dr Thean.



FOR MUMS AND DADS

Dental checkups, inlays and onlays

Even if your children are lucky enough not to have any major orthodontic issues, the family will still need a go-to dentist for regular checks and the usual scaling and polishing.



Nutritional Medicine

If you often feel a bit under the weather, suffer from cramps or feel bloated without being sure of what's wrong with you, you may benefit greatly from some nutritional medicine advice.

"What's that?" you may ask. Well, it's all based on Hippocrates' edict from well over two millennia ago, "Let food be thy medicine, and medicine be thy food." In other words, for your body to function optimally, the right nutrients and micronutrients are needed in the right amounts, and nutritional medicine attempts to address this.

According to DR COLIN KOH of **Complete Healthcare International**, people who come for a consultation

often complain of "vague symptoms of fatigue, decreased mental performance, abdominal bloating or cramping." He adds that this is often after they've gone for conventional medical testing and been told that they're healthy.

You can expect your nutrition consultant to take detailed notes of your medical history during your consultation. He or she will also conduct a series of tests that may include blood and stool testing; through these, certain nutritional deficiencies, food intolerances or imbalances in gut micro-organisms can be detected. Dr Koh explains that imbalances of this kind are especially common today, because of the widespread use and misuse of antibiotics.

Nutritional medicine has also been found to be helpful in treating certain endocrine and metabolism disorders. "These include perimenopause, thyroid disease and allergies; plus autoimmune diseases that can affect the skin and lungs, such as eczema and asthma; and mental and behavioural disorders like anxiety. It also helps in the management of accumulated toxic substances," adds Dr Koh. *✎*

"For your body to function optimally, the right nutrients and micronutrients are needed in the right amounts"



DIRECTORY

Dr Maria Tang & Dr Colin Koh

Complete Healthcare International
45 Rochester Park
6272 7118 | chi-health.com.sg

Dr Thean Tsin Piao

Aesthete Smilestudio
#02-04 Clifford Centre,
24 Raffles Place
6438 3811 | aesthetesmilestudio.com



TOOTH TALK

YOUR DENTAL AND ORTHODONTIC QUESTIONS ANSWERED

BY CHRISTEL GOMES

What's the difference between a dentist and an orthodontist? What happens if your child needs braces? And what should you know about early orthodontic screening? We speak to three reputable dental practitioners here in Singapore to answer these questions, and more.

It's always challenging to navigate healthcare options, especially as an expat in an unfamiliar country. Thankfully, Singapore is easier than most places and offers excellent dental care options. You can pick up the phone for an appointment, or – in many cases – simply walk in.

First, you'll need to decide if it's a dentist or an orthodontist you're seeking. If your child needs a basic check-up, you'll want to find a dentist to concentrate on the broader aspects of the mouth; an orthodontist, on the other hand, specialises in the correction of dental irregularities such as crooked teeth, overcrowded teeth, and over- or under-bites.

"When is the right time for my child's first dental visit?"

According to DR STEPHANIE SALANITRI of **Smilefocus**, your child's first visit to the dentist should be between 12 and 18 months, or when



the first tooth erupts. A quick check at this early stage will identify factors in your child's habits and dietary history that may contribute to his or her tooth decay risk. Baby teeth are especially vulnerable to decay because the enamel is softer and thinner than in adult teeth, so sugar and food acids can cause more damage.

Taking your child in for regular screenings while he or she is still an infant is a good idea because it helps them perceive the dental clinic as a safe, familiar place, rather than the source of nightmares! Early visits also set the stage for good dental habits and early modifications to diet as part of preventative care.

"What should I expect from a first visit?"

Your child's first visit is likely to be short and informal – a "meet and greet", according to Dr Salanitri. You may be asked to hold your child while the dentist looks into his or her mouth. A quick check will tell much about your child's gums, jaw and bite. Your dentist may also clean your child's teeth or apply fluoride if there are stains or risk of cavities. This is also your chance to ask any questions you may have on toddler teething, thumb-sucking and diet.

Schedule your appointment for early in the day when your child isn't tired or cranky, and treat the visit as a low-key, routine event. "Don't use bribery, threats or negative words like 'pain', 'pull' or 'drill', or phrases like 'It won't hurt much' or 'It won't be too bad', as this will only create anxiety," says Dr Salanitri. "Our dentists have special ways of explaining to your child what is happening, so you can rest assured that your child will be in good hands, especially if he or she is nervous or has special needs."



“At what age should a child see an orthodontic specialist?”

The American Association of Orthodontics recommends children see an orthodontist by the age of seven years. According to DR CATHERINE

LEE of **Dr Catherine Lee Orthodontics**, this is because the first permanent molars and incisors have come up by then, and cross-bites, crowding and injury-prone dental protrusions can be evaluated. “Habits such as thumb-sucking can also be addressed at this time,” she says.

“What sort of jaw problems do you see in children?”

Dr Lee says there are a number of issues that orthodontists commonly correct. They include, but are not limited to, the following:

Jaw growth issues: Sometimes, a child’s upper jaw is underdeveloped, or the lower jaw develops too fast. “Early intervention will help avoid surgery or additional costs later on,” says Dr Lee.

Overcrowding: Overcrowded teeth may be poorly aligned, either because the dental arch is small or because the teeth are large.

An open bite: The result of upper and lower incisor teeth failing to make contact, an open bite causes all the chewing pressure to be borne by the back teeth, potentially resulting in significant tooth wear.

A deep overbite: This occurs when the lower incisor teeth bite into the gum tissue behind the upper teeth, causing discomfort or even bone damage.

An underbite: This occurs when the lower jaw is longer than the upper jaw, causing a change to the appearance of the face.

With most of these issues, early orthodontic intervention can mean less expense later on.

“What are some typical orthodontic treatments?”

“Appliances such as the palatal expander – a fixture applied to the upper back teeth to expand the width of the jaw – and orthodontic headgear, which is worn overnight and applies pressure to the jaw to guide the rate and direction of jaw growth, are examples of early intervention jaw-growth correction,” says Dr Lee.

“How can I tell if my child needs braces?”

Getting fitted with braces is another orthodontic solution for problems like crowded teeth, an open bite or extra teeth; braces work by putting small, incremental forces on the teeth to move them into the desired position.



According to DR HALEH GHODDOUSI of FDC Dental Group (FDC), it’s never too late to get braces. “Orthodontic braces have been used in children and are now increasingly used in adults to treat crooked teeth,” she says, “and an orthodontist can see a child as early as seven or eight years of age to assess their dental development and facial growth. Some early interceptive treatment may be necessary at this stage.”

“What does the process of getting braces involve?”

“The process begins with a detailed assessment,” says Dr Ghoddousi, “that includes the taking of measurements, x-rays, models of your teeth and pre-treatment clinical photographs. Following this, the orthodontist decides whether a removable, fixed or combination brace is most appropriate for you or your child.”

For removable braces, Dr Ghoddousi explains that models of your teeth are required, and the appliance can usually be fitted a week or two later. Fixed braces, on the other hand, are attached chair-side by your orthodontist. “You’ll then need to visit at the regular intervals advised by your orthodontist to have your braces checked and adjusted,” she says. “The final and most important step is to wear retainers to maintain your teeth in their new, straight position.”

“Are braces painful?”

According to Dr Ghoddousi, the pain involved in getting and wearing braces is nothing like a toothache. “It may feel a little tight or achy when they’re adjusted – nothing that can’t be resolved by a couple of the kind of painkillers you would normally take.”

“What brace options are available?”

Dr Ghoddousi says, “There are different types of braces, including metal, ceramic and invisible ones. Metal braces are the most commonly used, though ceramic braces are made of tooth-coloured material and are less visible. The newer version of removable braces are invisible, and they can be removed for brushing and eating.” FDC provides all three types of braces and has expertise in treating adults, children and anxious patients. *Æ*

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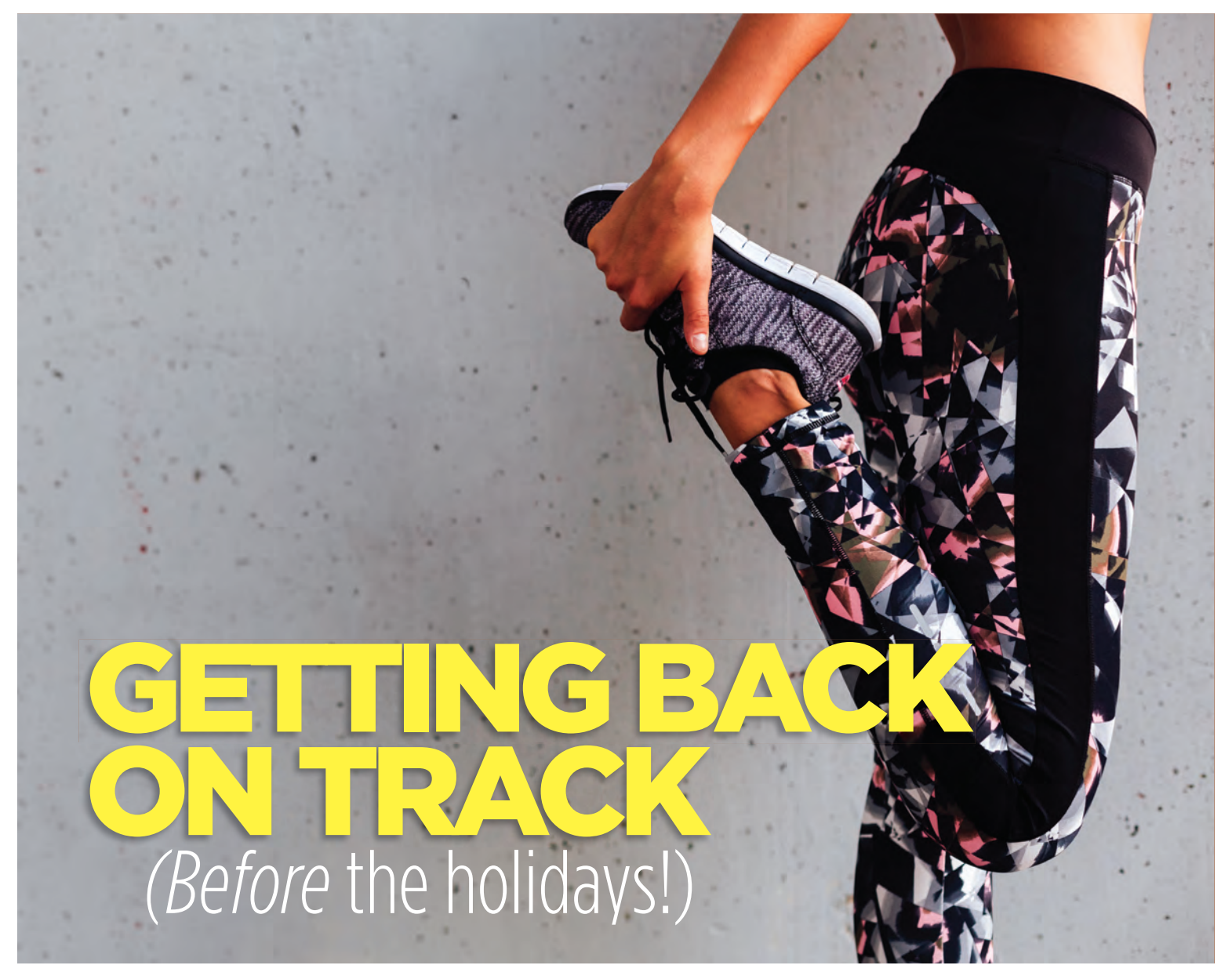
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GETTING BACK ON TRACK

(Before the holidays!)

Waiting until January to get your health and fitness back on track? Here, CHRIS RICHARDS, general manager of **Ultimate Performance** (UP) Singapore, explains why getting on board with a weight loss plan *before* the holidays is better than starting in the New Year.

Christmas is coming, so temptations lurk around every corner. With the festive season upon us, it's all too easy to put health and fitness on the backburner and surrender yourself to yuletide indulgence. So, why not ride out December in a chocolate-induced stupor and hit the gym in January with everyone else? Here's why (and it's a scary thought): statistically, you're currently likely to be the lightest you will weigh all year.

That's right, seasonal weight gain is a real "thing". Your body does a good job of regulating its metabolism throughout the year, without too much weight fluctuation. Yet, while it can cope with a couple of hundred calories above or below your maintenance requirements, even the human metabolism has its limits, and it simply cannot cope with the excessive amounts of

calories that we subject it to over the festive period.

The thing is, your body tries. You know how you heat up when you've stuffed yourself with food? That's your metabolism trying to generate heat to burn through the extra energy you've consumed. However, when it just can't keep up, the extra fuel goes into storage. Put simply, the pounds you add over the festive period tend to stick around for the long term; and a



short-lived health kick or a dry January are just not going to cut it, despite the good intentions.

So, what better time for a fitness initiative than December? You'll be starting with a mindset of making progress rather than regaining lost ground. And, you will inoculate yourself, to a degree, against those extra calories – you might not lose much weight, but you'll be stronger and fitter come the New Year, confident in a gym environment and able to handle yourself amongst the crowd of new pretenders. What's more, gyms in December are less crowded than in January: it will just be you and the seasoned pros, the veterans, the people for whom fitness isn't merely a seasonal pursuit.

The other way doesn't work so well. By starting in January, you stack the odds against yourself; you miss out on a running start, and you have to overcome the inertia brought on by the holidays. Finally, an often-overlooked bonus is that working out will give you something else fun to do besides opening presents and eating!

Special offer: *Expat Living* readers get a UP goody bag and five free group class sessions (worth \$350) when they sign up for one of UP's holiday specials: choose between the two-week "Super-intensive" package (10 sessions for \$1,300) and the five-week "Focused" package (16 sessions for \$2,400); offer valid from 1 December to 15 January, 2017. All training programmes include lifestyle management advice, in-gym training with a professional trainer, tailored diet plans and workout programmes customised to your own metabolism and goals, a personalised supplementation plan, ongoing endocrine profiling and hormonal modulation to ensure that you make swift and continuous progress.

TRIED AND TESTED TIPS

Here are Chris's top five tips for getting the most out of December.

#1 LEARN TO SAY NO

Don't dive into every Christmas party or happening; rather, be selective. If you get invited to multiple events, just remember that you don't need to go all-out at every single one – chances are that no one will notice you're discreetly sipping soda water with lime.

#2 CHOOSE WISELY

Go to events where there will be people whose company you fully enjoy, rather than the ones where you need to drink to survive the company!

#3 PICK YOUR POISON

Sticking to one beverage is generally your best bet. You'll have a better idea of how much you've drunk and, if you do drink too much, the hangover will be less debilitating.

#4 PAY ATTENTION TO WEEKLY RATHER THAN DAILY CALORIE TOTALS

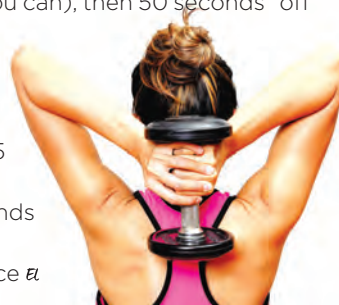
If you're facing a couple of festive blowouts, then plan ahead to remove some of the more energy-dense foods from your diet so as to aim for a weekly calorie deficit rather than a daily one. A sensible approach might be to adopt a "modified fast", while allowing the seasonal events to provide sporadic "re-feeds". In other words, try to consume fewer calories so as to establish a baseline against which you can then occasionally indulge without repercussions. But note, a low calorie count doesn't mean low food volume: consume as much food as you need; but restrict your food *choices* – lean proteins, vegetables and certain fruit are all fair game.

#5 CONDITIONING AND LIFTING

If you're new to training, you'll likely have a limited workout capacity. So, learn how to do basic lifts (track your performance in a logbook and progress the lifts each time you train!) and add some conditioning to your routine.

Here's a beginner's conditioning workout to do once or twice a week; it's best performed on a bike or other low-impact machine. *Note:* Start off at an easy pace and then progress in each session by cranking up the resistance and sprinting levels.

- Warm-up: five minutes at an easy pace
- **Session 1:** 10 seconds "on" (as fast as you can), then 50 seconds "off" (a slower-paced recovery mode); do this five times.
- **Session 2:** 10 seconds on, then 50 seconds off; do this seven times
- **Session 3:** 15 seconds on, then 45 seconds off; do this five times
- **Session 4:** 15 seconds on, then 45 seconds off; do this six times
- Cool-down: five minutes at an easy pace



Level 21, The Octagon, 105 Cecil Street
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LOWDOWN on *Legs*

Did you know that approximately two in five women suffer from varicose veins? Yes, it's that common – which is why we regularly update our readers with the latest news on the pesky condition. Happily, there's now a minimally-invasive treatment method for getting rid of those enlarged veins that, if left untreated, can cause severe pain and other problems. Here's the lowdown from DR JOHN TAN of **The Vein Clinic and Surgery**.

Also known as venous reflux disease, varicose veins occur when valves in the veins of the lower legs no longer function properly, causing blood to flow back downwards and resulting in enlarged, or varicose, veins. Not only can these bulging blue veins become quite unsightly – problematic for those of us who like wearing shorts – but if they get worse they can cause lower leg pain, swelling, skin damage and even ulceration.

Traditionally, the treatment for varicose veins has involved extensive local anaesthesia and invasive surgery, followed by hospitalisation and possible scarring.

However, the **VenaSeal Closure System** – a new treatment approved by the US FDA (Food and Drug Administration) – has been introduced as a minimally invasive alternative that closes the diseased veins with medically safe adhesives.

According to Dr 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 extensive local anaesthesia. During the procedure, which takes only about 15 to 30 minutes, a tiny amount of the adhesive is deposited into the veins through a small catheter. Once the diseased vein has been sealed, the blood is redirected through other healthy veins in the leg.

“In laser or radiofrequency treatments that use heat to cauterise and thereby close the veins, it is necessary to inject a local anaesthetic along the whole length of the vein, from the groin to the calf, to achieve a painless experience,” says Dr Tan. “VenaSeal,

however, doesn't use heat or burn the vein, so it's painless. Local anaesthesia is only needed at the first puncture, where the catheter is introduced; no further injection is needed along the rest of the vein.”

Recovery is quick and no downtime is involved – and that certainly can't be said for the traditional technique of stripping the veins surgically, which takes weeks to heal.

Additionally, VenaSeal doesn't require you to take any pre- or post-procedural medications or painkillers; you don't even have to wear compression stockings afterwards. In other words, you can literally put on your shorts, walk out of the clinic and resume your daily activities right away. *u*



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- Autoimmune Hepatitis
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- Liver Cancer (HCC)

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DECEMBER 2016 TAROT FORECAST

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SAGITTARIUS NOV 22 - DEC 21



It's a time of reassessing past actions and where they have led you to. If you've become ruthless with ambition, you now realise the mistakes that you've made and how your past behaviour is making you feel now. The feeling isn't great, hence a change is in order.

Patience and balance are needed if you're to move along your path with positivity and grace. Make friends rather than enemies; heal past wounds and avoid excessive ambition that carries a risk of losing close and precious ones.

CAPRICORN DEC 22 - JAN 19



Your resistance to change and your inflexible attitude in your work environment or with money-related issues might be rubbing some people the wrong way. Unfortunately, no one seems to be in agreement with your ways this month. In such challenging circumstances, you're advised to step back from the situation and analyse things from a third party point of view. Have an open discussion in which you're able to practise understanding and compassion. This will then put you in a better light and help you to achieve harmony within your environment again.

AQUARIUS JAN 20 - FEB 18



You might feel as if everyone has left your side this December. It's a good time to analyse your past actions. Have you been too aggressive or arrogant, or just not given consideration to others' feelings? Even though you may have attained considerable material success, emotionally you have a lot more on your plate than you can handle. Remember that you have the power to change your circumstances. If you feel you haven't been heard, then express yourself to clear your name. If you haven't been frank with yourself, seek the truth from within. Honesty may be the answer to your problems this month.

PISCES FEB 19 - MAR 20



This month will be like the calm before the storm. You're advised to rest when you need to. You might have been through a very difficult and trying time recently, so a retreat would be ideal – the kind of thing where you're left to your own thoughts to make sense of whatever has taken place. After these recent events, you may rightly be feeling that patience and moderation are the keys for your future endeavours. Know what your long-term vision is, and no upheavals or disasters will be able to shake your ground.

GEMINI MAY 21 - JUN 20



It's time to shift your focus or fixation on a material or emotional subject to something that adds more depth to the purpose of your life. You may find yourself walking away from an emotionally exhausting situation or material possessions to work on a long-term vision. You won't think twice; it just feels like the right thing to do. As an example, you may make a move towards a career that allows you to give back something to society.

VIRGO AUG 23 - SEP 22



You're in pursuit of opportunities to grow your finances this December. You may feel like you're juggling a lot, however, so prioritisation is key. Listen to your body as you go through the month. At times, rest and relaxation are what you'll need to gain clarity to push yourself forward with your creativity. Financial stability should come by the end of the month, but remember while you're in the pursuit of it all to not be enslaved to materialism.

ARIES MAR 21 - APR 19



Things have never looked better financially for you than now. You've reached a comfortable position at last – it's been a long time coming, and it's all well deserved, so enjoy the fruits of your labour. This month, expect an emotional conflict, pain or loss. Take this as a challenge or a lesson to be learnt: pain and loss are part and parcel of life. You'll see it as an opportunity to turn things around. Instead of dwelling on the negative, you'll pick yourself up and focus on your long-term goals.

CANCER JUN 21 - JUL 22



From a relationship perspective, a fantastic December lies ahead for Cancer. You may hear good news regarding a newborn baby, a marriage or a graduation. There is certainly reason for rejoicing within the family. If you're pursuing a new venture, you will need to trust your instincts at all times; the key is to listen before you act. Whatever the good news relates to, there is a celebration to look forward to before the end of the month. Everything works out well.

LIBRA SEP 23 - OCT 22



Expect to have an overwhelming December. The events that are about to take place may not be like anything you've ever experienced. You may feel like you've been thrown off course, and unsure of how to pick yourself up. But pick yourself up you must. When everything on the outside starts to go crazy, you'll need to draw inward. Yoga or meditation may help bring you back to alignment and give you clarity on how to move forward again. The advice is to be responsible for yourself first before you try to fix others. So, if at anytime you feel you have taken on more than you can handle, it's OK to ask for help.

TAURUS APR 20 - MAY 20



You're heading into a period of reflection this month and have come to realise that you need to make a change in your life. It could be work adjustments, improving your education level or financial position, or just living in a completely different way from what you're doing now. Searching for a deeper meaning to life, you develop more empathy towards other people in your circle. You may at times find yourself acting as an "Agony Aunt". If you find yourself giving more than you are receiving emotionally or spiritually, remember that it's fine to walk away.

LEO JUL 23 - AUG 22



December may seem like a trying time at first, but it's often the difficult path in life that leads to the greatest benefits. You'll be presented with a decision to make, and it may not feel like an easy one. The simple option will bring an immediate result, while the more difficult one will take a longer time to achieve – yet its results will be more long-lasting. While making this important decision, bear in mind the cycle of good and bad times that we all have to go through, and always follow your passion and what drives you most – even if that appears impossible at first.

SCORPIO OCT 23 - NOV 21



A very busy month lies ahead for you, Scorpio. You are buzzing with ideas and inspiration. However, these may be in their early stages, and require a bit more research. You'll waste no time moving forward, but can expect to face some obstacles in your path; happily, it seems you will get these out of the way as soon as they arise. Where matters are in their early stages, avoid sharing too much or giving too much away. Otherwise, there's a chance of someone else getting in ahead of you.

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Don Quijote 166
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Grand Hyatt Singapore 155
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123 Sacha and Sons 164
102 Senso Ristorante 150
123 Shelter in the Woods 153
124 The St. Regis Singapore 135
101 Tanglin Mall 109
The Butcher 165
The Providore 166
205 The Westin Singapore 133
209 Verre 153
208 Wine Delivery 23
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BY KRISTIN MCGREGOR

“Where you from?” an Auntie asked my five-year-old twins. “Hong Kong,” they replied – today. Another day, the answer might be “Singapore”, or “Norway” (where Mum is from), or “Northern Ireland” (where Dad is from).

It’s not such a straightforward question for many children living in Singapore. The truth is that my twins were born in Hong Kong and we moved here at six months. We often get asked this question and it recently made me think: if where you’re from is where you consider your “home” to be, where is “home” if you’re not from anywhere in particular?

I am Norwegian, and I come from a small island. My family still lives in the same family home that I grew up in, and their children live within a stone’s throw of there. To them and to me, “home” is the security of having family near by, the same steady friends, mountains, forests and sea to swim in in the summer. Little has changed, apart from the fact that those places can now be seen all over social networking sites. So, *my* home is where I come from.

The definition of home is different for my children – they are “third culture kids”; they have been raised in a culture that is different from that of their parents. My kids are a part of many cultures, they don’t belong to just one. They speak Norwegian, but have never been to Norway. They have classmates from all over the world. Their home is not the same unchanging bubble around them that I experienced. Their home is not defined by the culture of the place they come from.

Expat children probably have a very different idea of home from their parents. We have a sign hanging by our front door in Singapore that says, “Home is where we are together”. This is what home means for my children. Home can be Hong Kong,

Singapore, Thailand, New Zealand, England or any of the other amazing countries they have visited. It can be the friendship of yet another new classmate from another part of the world with another exciting story to tell. It can be a Skype call with family.

The world is smaller than when I grew up. Home for my kids is not a place, it’s a feeling of togetherness. We have our weekly Skype-athon with the grandparents every Sunday. We always have visitors and we are used to people coming and going from our lives. Every year, we have our annual pilgrimage to visit the family. For my children, it’s not where you are from that defines your home and it’s not where home is that’s important. The important thing is that we are *together*.

Today, we’re always together, maybe not always in person, but in thoughts, and by phone and internet. My children don’t have one home, they have many.

The weekly Skype-athon will take place again this Sunday. After last week’s session, my son turned to me and asked, “Does Grandma come from this planet?” Well, I thought, of course there is always an exception! *ℳ*

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At Dulwich, we believe that music and the arts allow each student to explore their natural talents and to demonstrate their skills of creativity, collaboration and communication. To support this our students enjoy a Performing Arts Centre which boasts three theatres, a recording studio, suites of music, orchestral and art rooms and exhibition spaces. This allows our students to find their voice, express themselves and be heard.

We have dedicated open mornings and evenings for DUCKS, Junior School and Senior School; to make a booking visit www.dulwich-singapore.edu.sg or for more information or a campus tour get in touch with our Admissions Team today, call (65) 6890 1003 or email admissions@dulwich-singapore.edu.sg

Inspiration starts here.

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